Contents

List of figures ............................................. ix
List of tables ............................................. xi
List of boxes ............................................. xiii
Introduction ............................................. 1

Part I  Effect sizes and the interpretation of results  1

1.  Introduction to effect sizes 3
   The dreaded question 3
   Two families of effects 6
   Reporting effect size indexes – three lessons 16
   Summary ............................................. 24

2.  Interpreting effects 31
   An age-old debate – rugby versus soccer 31
   The problem of interpretation 32
   The importance of context 35
   The contribution to knowledge 38
   Cohen’s controversial criteria 40
   Summary ............................................. 42

Part II  The analysis of statistical power 45

3.  Power analysis and the detection of effects 47
   The foolish astronomer 47
   The analysis of statistical power 56
   Using power analysis to select sample size 61
   Summary ............................................. 66
## Contents

4. The painful lessons of power research 73  
   *The low power of published research*  73  
   *How to boost statistical power*  81  
   Summary  82  

**Part III Meta-analysis**  87  

5. Drawing conclusions using meta-analysis 89  
   *The problem of discordant results*  89  
   *Reviewing past research – two approaches*  90  
   *Meta-analysis in six (relatively) easy steps*  97  
   *Meta-analysis as a guide for further research*  109  
   Summary  112  

6. Minimizing bias in meta-analysis 116  
   *Four ways to ruin a perfectly good meta-analysis*  116  
   1. *Exclude relevant research*  117  
   2. *Include bad results*  122  
   3. *Use inappropriate statistical models*  127  
   4. *Run analyses with insufficient statistical power*  130  
   Summary  131  

<table>
<thead>
<tr>
<th>Last word: thirty recommendations for researchers 134</th>
</tr>
</thead>
</table>

### Appendices

1. Minimum sample sizes 138  

2. Alternative methods for meta-analysis 141  

*Bibliography*  153  
*Index*  170