

Table 1
Student Pre/Post Scores N=26

Measures ⁴	Pre Mean (<i>SD</i>)	Post Mean (<i>SD</i>)	Z value	<i>p</i> value	Cohen's <i>d</i>	% Showing Improvement	% Missing
Anxiety about Aging ¹ (n=24)	20.94 (3.42)	21.83 (2.81)	-1.84	0.06	-0.32	54.2%	7.7%
Attitudes Toward Aging ² (n=24)	27.50 (3.20)	29.42 (3.19)	-2.95	<.01	-0.60	66.6%	7.7%
Self-Efficacy ³ (n=19)	33.09 (3.80)	33.60 (4.17)	-0.65	0.52	-0.13	47.4%	34.6%
Volunteer Senior Services (n=24)	3.64 (0.87)	4.00 (0.91)	-1.41	0.16	-0.33	54.2%	7.7%
Comfort Work OAs ⁵ (n=20)	4.09 (0.79)	4.50 (0.59)	-2.18	<.05	-0.49	45.0%	23.1%
Confident Teach OAs (n=20)	3.87 (0.81)	4.38 (0.58)	-2.07	<.05	-0.67	50.0%	23.1%

Notes:

¹ Possible scores range from 5-35, with higher scores indicating less anxiety toward older people.

² Possible scores range from 7-35, with higher scores indicating the more they embrace growing older.

³ Possible scores range from 8-40, with higher scores indicating more self-efficacy.

⁴ Sample sizes vary across the different measures because we handled missing data using listwise deletion, and we deleted extreme outliers.

⁵ OA refers to older adults.