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In the before and after study, there is no external comparison group. In the classic application of the before and after design, an individual is tested before the treatment (pre-test) and then again after the treatment (post-test). Changes in values are compared within the individual over time, not between the individual and a control.

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### **Sample Final Report from a Before-and-After Study**

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minutes of before or after school program time to physical activity, and that both strengthening and aerobic activities be included.<sup>2</sup> If your school's program does not meet these standards, try working with the program director to add more movement. The YMCA and Boys & Girls Clubs partner with schools in some areas.

### **Before and After School Activities - AMCHP**

Page 5 of 5 | Before and After Your Surgery: urethral sling surgery. Men's Health Center | UW Medical Center-Roosevelt II | Box 354785 4245 Roosevelt Way N.E., 3rd floor, Seattle, WA 98105 | 206-598-6358 . Questions? Your questions are important. Call your doctor or health care provider if you have questions or concerns.

### **Before and After Your Surgery - UWMC Health On-Line**

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