

Figure 8.4

Annotated SPSS Output for a 95% Confidence Interval for a Mean Difference

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
ExerciseMinutes	60	155.6667	20.84704	2.69134

One-Sample Test

	Test Value = 150					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
ExerciseMinutes	2.106	59	.040	5.66667	.2813	11.0520

Lower boundary of
95% CI for mean
difference