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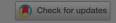
Comparing PETTLEP imagery against observation imagery on vividness and ease of movement imagery

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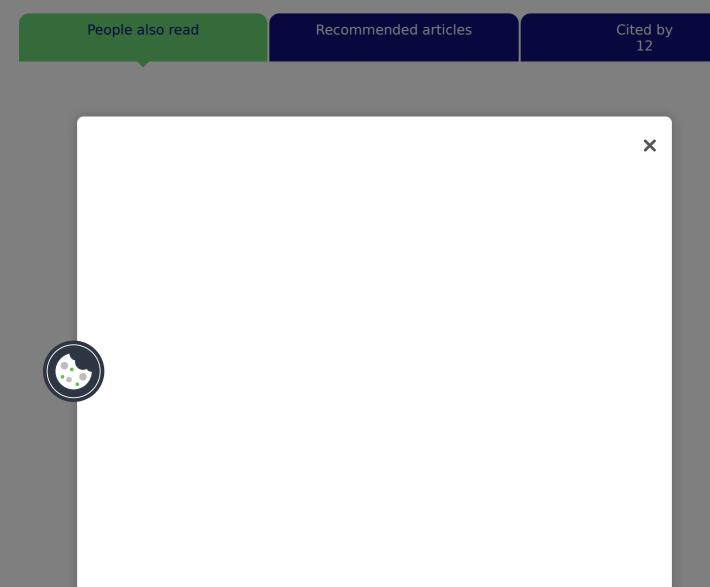
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MANOVA revealed that ease and vividness ratings for EVI, IVI, and KI were higher during the PETTLEP imagery condition compared to the traditional imagery condition, and vividness of EVI was higher during the observation imagery condition compared to traditional imagery. Findings indicate that incorporating PETTLEP elements into the imagery instructions leads to easier and more vivid movement EVI, IVI, and KI imagery.

Keywords:



Related research 1



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