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| File | Description |
| ego | This is the main meta-analysis raw data set. Columns are: (1) Ego-depletion effect size for each study in Cohen's d (standardized mean difference between experimental and control group); (2) Experimental group sample size; (3) Control group sample size; (4) Depleting task domain code: CA = controlling attention, CI = controlling impulses, CV = choice and volition, CE = controlling emotions, CT = controlling thoughts, SP = social processing, CP = cognitive processing; (5) Study authors, year and (if applicable) experiment/sample number within study. For details see: Hagger, M. S., Wood, C., Stiff, C., & Chatzisarantis, N. L. D. (2010). Ego depletion and the strength model of self-control: A meta-analysis. Psychological Bulletin, 136(4), 495-525. doi: 10.1037/a0019486. Note that all files in this set follow the same format; the only exception is the coding for the moderator analysis which is shown in the Description column in this readme file for each data set. |
| ego1ca | Data for depleting task using global cognitive vs. affective type depleting tasks and those that are a combination of the two as moderators. Moderator codes are: AFF = affective tasks; COG = cognitive task; C&A = cognitive and affective tasks. |
| ego1sp | Data for most frequently used depleting task as moderators. Moderator codes are: NF = Task not frequently used as a depleting task; VAR = Video-watching affect regulation task; COL = Crossing-out-letters task; MST = Modified Stroop task; WBP = Wegner et al.’s (1987) ‘white bear’ paradigm; VAT = Video-watching attention control task. |
| ego1ip | Data for break/rest/recovery between first and second tasks in dual-task paradigm as a moderator. Moderator codes are CQ = completed questionnaires; NI = no interval; FT = Filler task. |
| ego\_sam | Data for tasks in dual-task paradigm presented as the same vs. different experiments as a moderator. Moderator codes are: SAM = presented as same experiment, SEP = presented as separate experiment. |
| ego\_sxp | Data for tasks in dual-task paradigm presented by the same experimenter vs. different experimenters as a moderator. Moderator codes are: SXP = presented by same experimenter, DXP = presented by different experimenter. |
| ego2 | Main meta-analysis raw data set. This data set contains moderator codes for dependent (second) task in the dual-task paradigm as a moderator. Dependent task domain code: CI = controlling impulses, CV = choice and volition, CE = controlling emotions, SP = social processing, CP = cognitive processing. |
| ego2ca | Data for dependent task using global cognitive vs. affective type depleting tasks and those that are a combination of the two as moderators. Moderator codes are: AFF = affective tasks; COG = cognitive task; C&A = cognitive and affective tasks. |
| ego2nbj | Data for dependent task using behavioural and non-behavioral or self-reported judgment measure as dependent measure of self-control as moderator. Moderator codes are: BEH = Studies employing a behavioral dependent measure of a self-control; NBJ = Studies employing a non-behavioral or self-reported judgment dependent measure of self-control. |
| ego2ev | Data for control condition task as moderator. Moderator codes are: EV = Control condition is easier/less demanding version of depleting task; AB = Task absent – control participants sit passively and do not engage in any task; AT = Control participants engage in alternative task in control condition; ID = Individual difference variable defines control condition. |
| ego2ez | Data for complexity of second task as moderator. Moderator codes are: NC = Study not classified as complex or simple; CLX = Complex cognitive processing task; SIM = Simple cognitive processing task. |
| ego\_lab | Data for laboratory of origin as moderator. Moderator codes are: OTH = Data from other laboratories; RFB = Data from Roy F. Baumeister and collaborators’ laboratories. |
| ego2fq | Data for most frequently used depleting task as moderator. Moderator codes are: HGR = Handgrip task; ANG = Solvable anagrams task; FTT = Food taste task; MAT = Math or mental arithmetic task. |
| ego\_mtd | Data for depleting and dependent tasks matched on sphere as moderator. Moderator codes are: UMD = Depleting and dependent tasks unmatched on sphere; MTD = Depleting and dependent tasks matched on sphere. |
| ego\_mtd\_ca | Data for depleting and dependent tasks matched on sphere as moderator using global cognitive and affective task classification. Moderator codes are: UMD = Depleting and dependent tasks unmatched on sphere; MTD = Depleting and dependent tasks matched on sphere. |
| conserve | Meta-analysis raw data set for tests of the conservation hypothesis. Effect sizes reflect standardized mean difference for expecting future self-control task vs. expecting no future self-control task conditions  |
| effort | Meta-analysis raw data set for differences in effort ratings for depleted and non-depleted groups. |
| fatigue | Meta-analysis raw data set for differences in fatigue effort ratings for depleted and non-depleted groups. |
| glucose | Meta-analysis raw data set for differences in blood glucose levels for depleted and non-depleted groups. |
| glucose\_drink | Meta-analysis raw data set of second-task performance effect sizes for depleted participants who received a glucose drink between tasks compared to participants who received a sweet placebo drink. |
| motiv | Meta-analysis raw data set of second-task performance effect sizes for depleted participants who received a motivational incentive between tasks compared to participants who received no incentive drink. |
| neg\_aff | Meta-analysis raw data set for differences on negative affect measures for depleted and non-depleted groups. |
| pos\_aff | Meta-analysis raw data set for differences on positive affect measures for depleted and non-depleted groups. |
| per\_diff | Meta-analysis raw data set for differences on perceived task difficulty measures for depleted and non-depleted groups. |
| self\_eff | Meta-analysis raw data set for differences on self-efficacy measures for depleted and non-depleted groups. |
| training | Meta-analysis raw data set of task performance effect sizes for depleted participants who received training or practice of self-control tasks compared participants who received mild or no training. |