

Table 2. Student T-test for differences in state anxiety, sleep and executive functions by sex.

Instrument	Sex	N	Mean (SD)	t	p	δ
STAIC	Men	548	34.40 (8.47)	-1.32	.19	-
	Women	478	35.12 (9.04)			
BEARS	Men	548	13.04 (3.59)	-1.38	.17	-
	Women	478	13.35 (3.67)			
BRIEF-2	Men	548	44.70 (16.50)	5.18	.001	.32
	Women	478	39.40 (16.20)			
BDEFS-CA	Men	548	76.33 (28.66)	7.05	.001	.44
	Women	478	64.25 (26.21)			

STAIC. State-Trait Anxiety Inventory for Children.

BEARS. Screening for sleep disorders in childhood.

BRIEF-2. Behavioral Evaluation of Executive Function.

BDEFS-CA. Barkley Deficits in Executive Functioning Scale. Children and Adolescents.