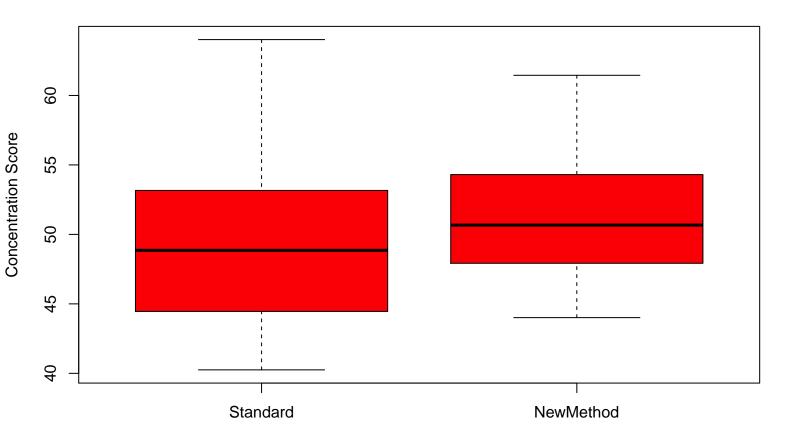Impact of training on concentration