

Table 1) Comparison of the mean scores of the variables of the DASS-21 scale between the experimental and control groups

Groups	Pre-test	Post-test	Follow-up
Depression			
Religious-spiritual therapy	16.17±5.04	10.58±4.22	8.41±2.91
Hope therapy	16.52±3.94	9.64±3.40	9.18±2.50
Control	17.55±2.15	16.23±1.85	15.76±2.49
Anxiety			
Religious-spiritual therapy	14.70±5.20	9.82±4.57	8.47±2.47
Hope therapy	16.22±4.69	9.76±4.19	9.52±2.80
Control	17.29±2.11	16.05±2.07	16.76±2.14
Stress			
Religious-spiritual therapy	13.52±4.88	10.35±4.51	7.94±2.25
Hope therapy	14.88±4.70	9.94±3.91	9.47±2.12
Control	13.94±1.51	15.70±2.23	15.20±2.19