

**Table 1)** Comparison of the mean scores of depression and anxiety in the experimental and control groups (each group 19) in the pretest and posttest stage

<b>Variables</b>	<b>Experimental Group</b>	<b>Control Group</b>
<b>Depression</b>		
Pretest	27.00±3.67	28.90±3.73
Posttest	17.50±4.21	28.70±5.01
<b>Anxiety</b>		
Pretest	27.54±4.41	27.60±4.78
Posttest	23.03±3.24	28.10±4.12