

**Table 2.** Comparison of mean of research indices in the control and experimental group

<b>Index</b>	<b>Pre-test</b>	<b>Post-test</b>	<b>P value</b>
<b>Irrational beliefs</b>			
Experimental group	321.45±18.89	314.30±15.96	<0.01
Control group	320.30±20.13	318.00±18.32	
<b>Self-concept</b>			
Experimental group	72.40±11.54	80.75±12.27	<0.01
Control group	70.55±11.86	72.80±11.81	