

**Table 2)** Comparison of the mean cognitive regulation of emotion and its dimensions and psychological resilience in the experimental and control groups using analysis of covariance ( $p \leq 0.001$ )

<b>Components and dimensions</b>	<b>Group</b>	<b>Pre-test</b>	<b>Post-test</b>
Cognitive emotion regulation	Experimental	37.00±5.41	45.30±4.52
	Control	37.21±5.57	36.93±4.21
Emotional inhibition	Experimental	22.77±4.02	26.92±3.35
	Control	22.64±4.44	22.28±3.36
Cognitive reassessment	Experimental	14.23±2.84	18.38±3.39
	Control	14.57±2.24	14.64±2.43
<b>Psychological resilience</b>	Experimental	45.00±8.74	55.53±7.06
	Control	45.14±6.19	44.92±5.85