

Table 1. The absolute and relative frequency of demographic variables in two groups (n=11 in each group; the numbers in brackets are percentages)

Demographic variables	Experimental group	Control group
Age groups, age		
46-50	3 (27.3)	3 (27.3)
51-55	5 (45.4)	7 (63.6)
56-60	3 (27.3)	1 (9.1)
Educational level		
Below diploma	8 (72.7)	9 (81.8)
Diploma	3 (27.3)	2 (18.2)
Marital status		
Single	3 (27.3)	1 (9.1)
Married	8 (72.7)	10 (90.9)
Occupation		
Unemployed	7 (63.6)	6 (54.6)
Employed	4 (36.4)	5 (45.4)

Table 2. Comparison of the perceived stress and PTSD symptoms scores in the experimental and control groups in the pre-test and post-test

Variables	Experimental group	Control group	F	P value
PTSD symptoms				
Pre-test	99.90±16.44	104.70±20.44	73.18	0.001
Post-test	82.78±11.25	97.03±14.61		
Perceived stress				
Pre-test	46.36±11.22	45.10±7.98	7.95	0.011
Post-test	30.63±5.60	45.54±3.74		