

Table 1. Comparison of the mean scores of athletes in both groups in the acceptance and commitment therapy (ACT) dimensions in the pre-test, post-test and follow-up

Variables	Pre-test	Post-test	Follow-up	F	P value	Eta-squared
Physical anxiety						
Experimental group	21.13±2.23	14.53±1.68	14.73±1.83	29.389	0.0001	0.512
Control group	21.73±2.81	21.20±2.73	21.13±2.85			
Self Confidence						
Experimental group	10.87±2.03	15.87±1.92	14.80±1.42	43.599	0.0001	0.609
Control group	11.13±1.36	10.00±1.85	9.93±1.91			
Cognitive anxiety						
Experimental group	15.67±1.29	11.33±1.50	10.93±1.62	15.897	0.0001	0.362
Control group	15.60±1.59	14.53±1.64	14.67±2.47			

Table 2. The Bonferroni post-hoc test results to determine the effect of intervention on acceptance and commitment therapy (ACT) in different stages of the test

Variables	Pretest-posttest differences	P value	Pre-test-follow-up differences	P value	Post-test-follow-up differences	P value
Physical anxiety	6.60±0.56	0.0001	6.40±0.78	0.0001	-0.20±0.39	0.999
Self Confidence	-5.00±0.54	0.0001	-3.93±0.53	0.0001	1.07±0.35	0.044
Cognitive anxiety	4.33±0.48	0.0001	4.73±0.44	0.0001	0.40±0.37	0.914