

Table 1. Comparison of the pre-test and post-test mean scores of hope, self-confidence, and marital satisfaction in the control group

Variables	Scores	t value	P value	Max	Min
Hope					
Pre-test	46.40±4.31	0.316	0.757	1.476	-2.700
Post-test	45.93±3.84				
Self confidence					
Pre-test	21.27±15.09	0.023	0.982	5.865	-12.446
Post-test	21.13±14.91				
Marital satisfaction					
Pre-test	163.27±18.97	0.048	0.963	6.978	-14.633
Post-test	162.93±19.40				

Table 2. Comparison of the pre-test and post-test mean scores of hope, self-confidence, and marital satisfaction in the experimental group

Variables	Scores	t value	P value	Max	Min
Hope					
Pre-test	41.67±5.95	-3.439	0.004	-2.684	-11.583
Post-test	48.80±5.78				
Self confidence					
Pre-test	20.67±13.59	-2.279	0.039	-0.653	-21.481
Post-test	31.73±14.34				
Marital satisfaction					
Pre-test	150.00±30.54	-2.367	0.033	-2.138	-43.462
Post-test	172.80±19.67				