

**Table 2.** The mean of test scores in the control and experimental groups

<b>Factor</b>	<b>Pre-test</b>	<b>Post-test</b>	<b>P value</b>
<b>Emotional self-awareness</b>			
Experimental	65.24±12.76	82.64±11.03	p=0.001
Control	63.09±13.58	65.09±12.17	F=17.35
<b>Assertiveness</b>			
Experimental	132.40±18.25	161.99±13.67	p=0.005
Control	139.06±22.56	141.88±20.73	9.43=F
<b>Meaning of life</b>			
Experimental	61.57±13.39	71.94±5.55	p=0.12
Control	63.18±9.21	67.93±7.64	F=2.46