

**Table 1)** Comparison between Statistical Mean Scores of Mental Health Subscales in Experimental and Control Group

Mental Health Subscales	Experimental Group	Control Group	P Value
<b>Somatization</b>			
Pretest	10.80±5.01	13.30±3.71	0.001
Posttest	9.20±3.22	14.90±3.54	
<b>Anxiety</b>			
Pretest	13.80±5.45	15.80±3.64	0.006
Posttest	10.80±2.44	17.10±4.17	
<b>Inadequate Social Productivity Action</b>			
Pretest	13.20±3.01	11.80±4.57	0.002
Posttest	10.10±1.66	13.80±3.39	
<b>Depression</b>			
Pretest	14.10±4.72	13.20±6.64	0.004
Posttest	10.00±2.35	14.30±5.07	