

Table 1) Comparison between Pretest and Posttest Mean Scores of General Symptom of Stress and Its Sub-scales in Two Groups Using Independent T Test

Index	Pretest	Posttest	P Value
Intra-personal Relationships			
Control	13.44±2.42	14.01±3.40	>0.05
Experiment	14.25±3.13	6.70±4.62	0.01
Physical Situation			
Control	7.20±2.02	6.45±1.93	>0.05
Experiment	7.10±4.14	7.10±4.40	0.13
Job Interest			
Control	11.10±2.43	10.95±2.14	>0.05
Experiment	11.50±2.82	12.15±2.98	0.02
General Symptom of Stress			
Control	31.4±5.8	32.3±6.1	>0.05
Experiment	32.1±5.6	25.7±6.8	0.01