

Table 2. The mean scores of distress tolerance and craving beliefs in the pre-test and post-test according to the groups

Factor	Pre-test	Post-test
Distress tolerance		
Experimental	37.35±6.67	45.35±11.28
Control	36.65±9.30	34.75±9.92
Craving beliefs		
Experimental	66.05±18.78	55.25±11.89
Control	69.45±25.52	76.70±22.95