

Table 2) The mean and range of scores of variables in the pretest, posttest, and follow-up in experimental and control groups

Components	Groups	Mean	Minimum	Maximum
Psychological well-being				
Experimental group	Pre-test	39.04±5.79	30	57
	Post-test	40.72±7.30	30	57
	Follow-up	40.24±5.88	32	57
Control group	Pre-test	47.20±4.19	42	60
	Post-test	54.84±4.90	45	67
	Follow-up	55.64±4.40	47	67
Happiness				
Experimental group	Pre-test	41.00±6.46	30	55
	Post-test	48.92±7.18	35	66
	Follow-up	47.08±7.58	33	66
Control group	Pre-test	39.04±5.79	30	57
	Post-test	40.72±7.30	30	57
	Follow-up	40.24±5.88	32	57

Table 3) Combined analysis of variance to examine the effects within and between groups for the psychological well-being and happiness variables

Components	Total squares	Degrees of freedom	Mean squares	F value	p-value	Effect size	Test power
Psychological well-being							
Stages	831.21	2	415.60	21.46	0.002	0.30	1
Grouping	560.66	1	560.66	22.54	0.000	0.32	0.99
Interaction between groups and levels	318.49	2	162.47	8.22	0.001	0.014	0.95
Error	1858.96	96	19.39	-	-	-	-
Happiness							
Stages	734.25	1.43	516.41	9.96	0.001	0.17	0.98
Grouping	1504.16	1	1504.16	24.38	0.000	0.33	0.99
Interaction between groups and levels	361.17	1.43	250.94	4.84	0.01	0.09	0.70
Error	3081.57	69.08	51.84	-	-	-	-

Table 4) Investigation of differences between the measurement stages in the experimental and control groups in the variables of psychological well-being and happiness

Test stages			Mean difference	Standard deviation error	Significance level
Psychological well-being					
Experiment	Pre-test	Post-test	-7.64	2.27	0.001
		Follow-up	-8.44	1.16	0.001
Control	Post-test	Follow-up	-0.80	1.21	0.99
	Pre-test	Post-test	-1.05	0.98	0.90
		Follow-up	-0.85	0.80	0.90
	Post-test	Follow-up	-0.20	0.73	0.99
Happiness					
Experiment	Pre-test	Pre-test	-7.92	0.64	0.001
		Follow-up	-8.08	0.64	0.001
Control	Post-test	Follow-up	0.16	0.26	0.43
	Pre-test	Post-test	-1.68	1.50	0.99
		Follow-up	-1.20	0.80	0.99
	Post-test	Follow-up	0.48	0.82	0.99