

Table 2) Descriptive indicators of psychological well-being subscales in test and control groups

Variable	Levels	Mean	Difference
Positive relationship			
Test	Pre-test	11.3±71.05	3.1±73.03
	Post-test	15.2±44.02	
Control	Pre-test	11.3±90.42	0.0±33.07
	Post-test	12.3±23.35	
Autonomy			
Test	Pre-test	12.2±11.62	1.0±91.71
	Post-test	14.1±02.91	
Control	Pre-test	12.3±22.23	-0.0±59.21
	Post-test	11.3±63.02	
Environmental mastery			
Test	Pre-test	12.3±84.03	1.0±06.77
	Post-test	13.2±90.26	
Control	Pre-test	11.2±61.99	0.0±43.37
	Post-test	12.3±04.36	
Personal growth			
Test	Pre-test	12.2±60.84	2.1±51.48
	Post-test	15.1±11.36	
Control	Pre-test	11.3±91.01	1.0±19.83
	Post-test	13.3±10.84	
Objective life			
Test	Pre-test	11.2±42.89	3.1±38.44
	Post-test	14.1±80.45	
Control	Pre-test	12.3±44.09	0.0±07.27
	Post-test	12.3±51.36	
Self-acceptance			
Test	Pre-test	12.3±03.95	3.1±29.93
	Post-test	15.2±32.02	
Control	Pre-test	12.3±90.12	-0.0±78.66
	Post-test	12.3±12.78	
Total score			
Test	Pre-test	72.18±71.38	15.7±88.36
	Post-test	88.11±59.02	
Control	Pre-test	72.18±98.86	0.1±65.85
	Post-test	73.20±63.71	

Table 3) Analysis of covariance (Mancova) on psychological well-being subscales (degree of freedom is equal to all variables)

Dependent variable	Total squares	Average squares	Eta coefficient
Positive relationships	2650.08	2650.08	0.194
Autonomy	1902.32	1902.32	0.176
Environmental mastery	2340.56	2340.56	0.190
Personal growth	1820.01	1820.01	0.174
Objective life	2080.54	2080.54	0.183
Self-acceptance	2880.98	2880.98	0.198