

Table 1) Classification of the grades the depression, anxiety, and stress subscales

Condition	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mid	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Intense	21-42	15-42	26-42

Table 2) Content of spiritual intervention-based educational intervention sessions

First session The relationship between different dimensions of health, the concept of spiritual maturity, the concept of religious maturity and its difference with spiritual maturity, the definition of spirituality
Second session Promoting life satisfaction, the relationship between spirituality and life satisfaction, the concept of self-esteem and its relationship with spirituality, interest to the environment
Third session Methods of confronting spiritual humans with the challenges of life, spiritual and religious confrontations, spiritual self-care
Fourth session The relationship between faith, hope, love (to the environment) and self-worth (self-esteem) with spirituality
Fifth session The concept of forgiveness, loving yourself and self-acceptance, the concept of relaxation and a relaxing look, positive psychology, its various dimensions and strategies to achieve it, ways to coping with stress, positive and negative behaviors in mental health

Table 3) Comparison of demographic variables and qualitative and quantitative contexts in experimental (n=18) and control (n=21) groups before intervention (numbers in parentheses are percentages)

Demographic and contextual variables	Experimental group	Control group	Significance level
•Quantitative variables			
Average age (years)	14.0±44.98	13.0±90.94	0.089*
Average age of father (years)	44.6±61.00	43.5±95.30	0.720*
Average age of fother (years)	40.6±72.10	39.5±76.00	0.0595*
•Qualitative variables			
Level			
Seventh	5(27.8)	10(47.6)	0.084**
Eighth	6(33.3)	8(38.1)	
Ninth	7(38.9)	3(14.3)	
Number of family members			
3	3(16.7)	3(14.3)	0.0567**
4	10(55.6)	15(71.4)	
5-5<	5(27.8)	3(14.3)	
Religious study (hour)			
No study	7(38.9)	11(52.4)	0.647**
<1-1	9(50.0)	7(33.3)	
1<	2(11.1)	3(14.3)	
Participate in religious activities and ceremonies			
Permanent and continuous	3(16.7)	1(4.8)	0.193**
sometimes	10(55.6)	13(61.9)	
Rarely	5(27.8)	4(19.0)	
never	0	3(14.3)	
Membership in religious groups			
Yes	11(61.1)	11(52.4)	0.588**
No	7(38.9)	10(47.6)	
Participation of family members in religious activities and ceremonies			
Permanent and continuous	3(16.7)	5(23.8)	0.601**
sometimes	11(61.1)	9(42.9)	
rarely	2(11.1)	2(9.5)	
never	2(11.1)	5(23.8)	

Independent T test*; Chi-square test**

Table 4) Comparison of statistical mean scores of stress, anxiety, and depression between the two groups, before and after the training intervention

Variables	Experimental group	Control group	Significance level
Stress			
Before intervention	6.3±22.81	5.3±48.06	0.502*
After the intervention	5.3±56.27	4.2±10.93	0.105***
Anxiety			
Before intervention	4.3±00.75	3.3±43.48	0.625*
After the intervention	4.4±22.98	2.2±10.64	0.057***
Depression			
Before intervention	5.5±83.27	5.4±14.45	0.660*
After the intervention	3.4±94.00	3.3±10.11	0.308***

Independent T test*; Multivariate analysis of covariance***

Table 5) Comparison of statistical mean of spirituality scores and its components between the two groups, before and after the training intervention

Variables	Experimental group	Control group	Significance level
Spirituality			
Before intervention	98.9±56.48	100.8±24.90	0.571*
After intervention	103.6±72.48	100.10±71.16	0.287*
Significance level	0.094**	0.88**	-
Self-awareness			
Before intervention	32.4±83.10	33.4±95.36	0.417*
After the intervention	35.3±38.14	35.4±57.56	0.887*
Significance level	0.061**	0.316**	-
Importance of spirituality in life			
Before intervention	13.2±38.52	14.1±38.74	0.157*
After the intervention	13.3±22.65	13.1±52.72	0.738*
Significance level	0.890**	0.131**	-
Spiritual activities			
Before intervention	20.2±94.41	20.2±14.05	0.270*
Afterthe intervention	16.30±21.2	19.2±33.90	0.038*
Significance level	0.791**	0.282**	-
Spiritual needs			
Before intervention	31.2±38.99	31.2±76.99	0.701*
After intervention	33.1±44.85	32.3±28.62	0.228*
Significance level	0.043**	0.611**	-

Table 6) The effect of the main variables in the pre-test on these variables in the post-test

Variables	Significance level
Effect of stress pre-test	
Stress post-test	0.785
Anxiety test	0.980
Depression post-test	0.854
After spirituality test	0.639
Effect of anxiety pre-test	
Stress post-test	0.811
Anxiety test	0.222
Depression post-test	0.629
After spirituality test	0.285
Effect of pre- test depression	
Stress post-test	0.500
Anxiety test	0.326
Depression post-test	0.638
After spirituality test	0.286
Effect of spirituality pre-test	
Stress post-test	0.087
Anxiety test	0.041
Depression post-test	0.048
After spirituality test	0.829