

Table 2. The mean of pre-test and post-test scores in the experimental and control groups

Factor	Pre-test	Post-test	P value
Family-work conflict			
Control	22.16±2.72	22.83±4.06	p =0.007
Experimental	24.25±5.19	16.08±3.03	F =51.097
Work-family conflict			
Control	24.66±4.03	24.50±2.47	p=0.006
Experimental	22.83±4.28	17.25±3.91	F=8.93
Total conflict			
Control	46.50±5.35	46.66±5.42	p<0.001
Experimental	46.08±3.26	38.33±4.70	