

Table 1) The mean value of control and experimental group indices in pre-test and post-test stages

| Indicator | Experimental | | Control | |
|---------------------------------|--------------|-------------|-------------|-------------|
| | Pretest | Post-test | Pretest | Post-test |
| Craving | 35/1±13/60 | 79/2±53/52 | 72/1±33/61 | 72/1±33/60 |
| hardiness | 28/1±07/44 | 24/1±87/53 | 40/1±67/43 | 34/2±20/45 |
| Psychological well-being | 80/2±53/241 | 38/2±33/248 | 28/1±27/242 | 28/1±27/243 |