

Table 1. Comparison of the mean scores of positive cognitive emotion regulation strategies in the pre-test and post-test stages in the two groups

Positive Cognitive Emotion Regulation Strategies	Pre-test	Post-test	F value	Eta coefficient	P value
Acceptance					
Control group	12.37±1.02	12.62±1.36	23.683	0.486	0.0001
Experimental group	12.93±1.48	15.31±1.57			
Positive refocusing					
Control group	12.62±1.62	13.12±1.31	8.036	0.243	0.009
Experimental group	12.81±1.55	14.62±1.58			
Refocus on planning					
Control group	13.25±0.93	12.87±1.25	13.626	0.353	0.001
Experimental group	13.87±1.02	15.00±1.31			
Positive evaluation					
Control group	12.25±1.43	13.12±0.95	5.696	0.186	0.025
Experimental group	12.62±1.31	14.50±1.59			
Triviality					
Control group	13.37±1.20	13.81±1.16	3.849	0.133	0.061
Experimental group	13.81±0.98	15.06±1.43			

Table 2. Comparison of the mean scores for negative cognitive emotion regulation strategies in the pre-test and post-test stages in the two groups

Negative Cognitive Emotion Regulation Strategies	Pre-test	Post-test	F value	Eta coefficient	P value
Self-blame					
Control group	15.18±8.09	14.75±1.23	23.129	0.471	0.0001
Experimental group	15.68±1.01	13.25±1.00			
Other-blame					
Control group	14.06±0.92	13.56±1.09	7.347	0.220	0.012
Experimental group	14.18±1.16	12.56±1.50			
Rumination					
Control group	16.06±1.23	15.25±1.23	6.265	194/0.	0.019
Experimental group	16.68±0.94	14.37±1.45			
Catastrophizing					
Control group	14.81±1.32	14.37±1.08	25.686	0.497	0.0001
Experimental group	14.62±1.14	11.87±1.31			

Table 3. Comparison of the statistical mean scores of the components of burnout in the pre-test and post-test stages in the two groups

Components of Job Burnout	Pre-test	Post-test	F value	Eta coefficient	P value
Emotional exhaustion					
Control group	26.13±3.64	26.46±4.48	19.354	0.41	0.0001
Experimental group	25.93±3.24	20.73±2.31			
Depersonalization					
Control group	17.67±2.32	18.26±2.49	0.007	0.001	0.93
Experimental group	18.12±1.85	18.02±1.74			
Personal inadequacy					
Control group	27.13±3.64	26.46±4.48	9.51	0.25	0.005
Experimental group	26.67±3.13	21.53±2.82			