

Table 1) Statistical Mean Scores of Depression in Experiment and Control Groups in Pretest and Posttest (n=30persons per group)

Group	Statistical Mean Score	Maximum	Minimum
Experimental Group			
Pretest	23.40±9.67	55	11
Posttest	18.16±10.95	54	5
Follow-up	20.23±10.21	54	8
Control Group			
Pretest	25.70±10.64	55	12
Posttest	25.97±11.02	55	10
Follow-up	25.73±10.95	55	10