

Table 2. Comparison of the absolute and relative frequency distribution of population-cognitive characteristics in the two groups of experiments and controls (each group of 15 people; the numbers in parentheses are percent)

Variables	Experimental group	Control group	P-value
Education			
Below diploma	6 (40.0)	6 (40.0)	1.0
Diploma	8 (53.3)	8 (53.3)	
Associate degree and above	1 (6.7)	1 (6.7)	
Length of captivity			
Less than 6 months	1 (6.7)	0	0.28
6 months to one year	1 (6.7)	3 (20.0)	
1-2 years	5 (33.3)	2 (13.3)	
2 years and over	8 (53.3)	10 (66.7)	

Table 2. Mean score of resiliency and dimensions of the quality of life in the experimental and control groups in different stages of research.

Variables	Experimental group	Control group	Follow-up
Resilience			
Experimental group	70.00±10.32	83.00±6.49	80.80±6.23
Control group	74.60±15.24	73.26±15.07	71.80±12.14
Physical dimension of quality of life			
Experimental group	22.80±4.09	24.60±2.06	23.80±1.89
Control group	24.00±3.07	23.46±3.50	23.73±2.98
Psychological dimension of quality of life			
Experimental group	19.86±2.79	22.80±2.00	22.00±1.85
Control group	20.60±4.20	20.26±3.86	19.06±3.67
Social relationship dimension of quality of life			
Experimental group	10.66±1.98	12.13±1.64	11.66±1.67
Control group	11.13±2.53	11.86±2.50	10.60±2.66
Environmental dimension of quality of life			
Experimental group	27.53±4.45	32.40±3.40	32.00±3.50
Control group	26.40±5.43	27.73±8.12	26.33±5.10

Table 3. Results of multivariate analysis of covariance to evaluate the effectiveness of resiliency training on resiliency and quality of life dimensions

Stages	Value	F	P value	Size effect	Statistical power
Post-test					
Pillai's Trace	0.903	35.23	0.001	0.903	1
Wilks Lambda	0.097	35.23	0.001	0.903	1
Follow-up					
Pillai's Trace	0.91	38.08	0.001	0.91	1
Wilks Lambda	0.089	38.08	0.001	0.91	1

Table 4. Results of one-way analysis of variance of the post-test and follow-up scores in the experimental and control groups

Variables	Source	Sum of squares	F	P value	Effect size	Statistical power
Changes						
Post-test						
	Resiliency	Group	1107.36	108.8	0.001	0.82
	Error	233.94				
Physical dimension	Group	21.18	7.37	0.10	0.24	0.74
	Error	6.03				
Psychological dimension	Group	50.63	45.09	0.001	0.66	1
	Error	25.82				
Social relationship dimension	Group	16.54	28.02	0.001	0.54	1
	Error	13.57				
Environmental dimension	Group	105.08	8.74	0.007	0.27	0.08
	Error	276.26				
Follow-up						
Resiliency	Group	973.9	101.3	0.001	0.81	1
	Error	221				
Physical dimension	Group	6.32	4-.01	0.054	0.15	0.05
	Error	35.03				
Psychological dimension	Group	58.09	26.09	0.001	0.54	1
	Error	50.02				
Social relationship dimension	Group	12	13.02	0.001	0.36	0.93
	Error	20.09				
Environmental dimension	Group	161	6.06		0.06	1
	Error	68.09				