

Table 1) Mean scores of the components of the Emotional Regulation Skills Questionnaire in the pre-test, post-test, and follow-up stages in the experimental and control groups

Groups	Pre-test	Post-test	Follow-up
Conscious processing of emotions and self-awareness about emotions			
Experimental	3.06±1.73	5.62±2.15	5.37±1.96
Control	3.2±1.78	3.40±1.35	3.26±1.57
Identification of emotions and naming them correctly			
Experimental	3.37±1.62	5.25±1.84	5.18±1.86
Control	2.86±1.45	2.93±1.33	3.00±1.36
Correct interpretation of emotions based on physical emotions			
Experimental	3.06±1.43	5.12±1.96	5.06±1.94
Control	3.66±1.23	3.73±1.03	3.00±1.19
Understanding the intensity of emotions			
Experimental	3.37±1.7	5.18±1.97	5.00±2.00
Control	3.4±1.40	3.20±1.56	3.60±1.05
Self-control in emotionally turbulent situations			
Experimental	3.5±1.63	5.06±1.98	5.12±2.06
Control	3.26±1.43	3.06±1.38	3.46±1.35
Moderating negative emotions			
Experimental	3.56±1.71	5.37±1.92	5.31±2.02
Control	3.40±1.59	3.26±1.66	3.33±1.23
Emotional acceptance			
Experimental	3.12±1.70	4.87±1.50	4.75±1.29
Control	3.06±1.43	3.13±1.35	3.20±1.56
Flexibility and tolerance of negative emotions			
Experimental	3.37±1.14	4.87±1.50	4.93±1.43
Control	3.06±1.22	3.00±1.00	3.00±1.00
Dealing with emotional situations			
Experimental	3.5±1.71	5.06±1.61	5.18±1.75
Control	3.33±1.39	3.2±1.26	2.93±1.38
Total score of emotional regulation			
Experimental	30.56±4.63	46.43±5.45	45.87±5.80
Control	29.8±4.22	29.60±3.81	28.86±3.35

Table 2) Results of analysis of covariance regarding the difference between post-test and follow-up scores of the components and the total score of emotional regulation

Variable	Sum of squares	d f	Mean of squares	F	p-value	Effect size	statistical power
Conscious processing of emotions and self-awareness about emotions							
Post-test	38.62	1	38.62	11.49	0.00	0.29	0.91
Follow-up	34.56	1	34.56	10.65	0.00	0.28	0.94
Identification of emotions and naming them correctly							
Post-test	41.66	1	41.66	15.65	0.00	0.36	0.96
Follow-up	37.21	1	37.21	13.96	0.00	0.34	0.92
Correct interpretation of emotions based on physical emotions							
Post-test	15.8	1	15.8	6.18	0.01	0.18	0.65
Follow-up	33.3	1	33.3	12.39	0.00	0.31	0.64
Understanding the intensity of emotions							
Post-test	30.46	1	30.46	9.6	0.00	0.25	0.84
Follow-up	14.93	1	14.93	5.49	0.02	0.16	0.71
Self-control in emotionally turbulent situations							
Post-test	30.9	1	30.9	10.3	0.00	0.27	0.87
Follow-up	21.31	1	21.31	7	0.01	0.2	0.88
Moderating negative emotions							
Post-test	34.73	1	34.73	11.13	0.00	0.29	0.88
Follow-up	30.43	1	30.43	10.92	0.00	0.28	0.83
Emotional acceptance							
Post-test	23.3	1	23.3	11.43	0.00	0.29	0.9
Follow-up	18.37	1	18.37	9.5	0.00	0.25	0.98
Flexibility and tolerance of negative emotions							
Post-test	27.42	1	27.42	16.66	0.00	0.38	0.97
Follow-up	29.64	1	29.64	23.66	0.00	0.46	0.96
Dealing with emotional situations							
Post-test	26.60	1	26.60	16.75	0.00	0.38	0.93
Follow-up	38.72	1	38.72	18.69	0.00	0.4	1
Total score of emotional regulation							
Post-test	2197.16	1	2197.16	168.37	0.00	0.86	0.88
Follow-up	2238.56	1	2238.56	154.25	0.00	0.85	1

Table 3) Results of pairwise comparisons of the components and total score of emotional regulation in the experimental and control groups

Group	Stage	Standard error	p-value
Conscious processing of emotions and self-awareness about emotions			
Experimental	Post-test-pre-test	2.56±0.25	0.00
	Post-test-follow-up	0.25±0.14	1
Control	Post-test-pre-test	0.2±0.17	0.27
	Post-test-follow-up	0.13±0.71	0.85
Identification of emotions and naming them correctly			
Experimental	Post-test-pre-test	1.87±0.2	0.00
	Post-test-follow-up	0.06±0.06	1
Control	Post-test-pre-test	0.06±0.18	0.71
	Post-test-follow-up	0.33±0.47	0.91
Correct interpretation of emotions based on physical emotions			
Experimental	Post-test-pre-test	2.06±0.26	0.00
	Post-test-follow-up	0.06±0.11	1
Control	Post-test-pre-test	0.06±0.24	0.79
	Post-test-follow-up	0.53±0.4	0.2
Understanding the intensity of emotions			
Experimental	Post-test-pre-test	1.81±0.18	0.00
	Post-test-follow-up	0.18±0.13	1
Control	Post-test-pre-test	0.2±0.14	0.18
	Post-test-follow-up	0.2±0.44	0.66
Self-control in emotionally turbulent situations			
Experimental	Post-test-pre-test	1.56±0.25	0.00
	Post-test-follow-up	-0.06±0.06	1
Control	Post-test-pre-test	0.2±0.1	0.08
	Post-test-follow-up	0.4±0.3	0.21
Moderating negative emotions			
Experimental	Post-test-pre-test	1.81±0.16	0.00
	Post-test-follow-up	0.06±0.44	1
Control	Post-test-pre-test	0.13±0.27	0.63
	Post-test-follow-up	0.06±0.24	0.79
Emotional acceptance			

Experimental	Post-test-pre-test	1.75±0.21	0.00
	Post-test-follow-up	0.12±0.12	1
Control	Post-test-pre-test	0.06±0.15	0.67
	Post-test-follow-up	0.06±0.28	0.81
Flexibility and tolerance of negative emotions			
Experimental	Post-test-pre-test	1.5±0.22	0.00
	Post-test-follow-up	-0.06±0.06	1
Control	Post-test-pre-test	0.06±0.18	0.71
	Post-test-follow-up	0.00±0.23	1
Dealing with emotional situations			
Experimental	Post-test-pre-test	1.56±0.28	0.03
	Post-test-follow-up	-0.12±0.08	1
Control	Post-test-pre-test	0.13±0.16	0.43
	Post-test-follow-up	0.26±0.18	0.16
Total score of emotional regulation			
Experimental	Post-test-pre-test	15.87±1.2	0.00
	Post-test-follow-up	0.56±0.36	1
Control	Post-test-pre-test	0.2±0.34	0.56
	Post-test-follow-up	0.73±0.7	0.31