

**Table 1.** Mean and standard deviation of the spiritual well-being, existential well-being and religious well-being scores of the experimental and control groups in the pre-test, post-test, and follow up

<b>Groups</b>	<b>Pre-test</b>	<b>Post-test</b>	<b>Follow-up</b>
<b>Religious well-being</b>			
<b>Experimental</b>	44.13±5.37	48.86±5.90	53.13±5.04
<b>Control</b>	48.00±6.26	42.06±5.50	38.66±5.63
<b>Existential well-being</b>			
<b>Experimental</b>	41.53±6.44	45.33±5.34	48.33±4.82
<b>Control</b>	40.40±4.62	36.93±4.38	33.46±3.94
<b>Spiritual well-being total score</b>			
<b>Experimental</b>	91.26±7.01	101.00±7.81	109.20±8.01
<b>Control</b>	90.37±9.18	83.73±6.99	79.66±6.32