

Table 1. Comparison of the mean scores of psychological well-being and happiness in veterans with PTSD in the pre-test and post-test in the experimental and control groups (each group = 15 subjects)

Variables	Experimental group	Control group	P value	F	ETA Coefficient
Psychological well-being					
Pre-test	60.53±7.22	50.93±4.39	0.001	259.451	0.909
Post-test	78.66±4.73	50.60±3.45			
Happiness					
Pre-test	13.26±9.69	13.26±9.69	0.001	212.201	0.665
Post-test	43.80±6.79	11.13±7.96			

Table 2. Comparison of the mean scores of the psychological well-being in veterans with PTSD in pre and post test stages in both experimental and control groups (each group = 15 subjects)

Variables	Experimental group	Control group	F	P value	ETA Coefficient
Independence					
Pre-test	12.26±2.46	10.26±1.53	82.528	0.001	0.790
Post-test	12.86±1.55	10.06±1.03			
Environmental mastery					
Pre-test	9.13±2.29	7.93±1.53	19.534	0.001	0.470
Post-test	10.20±1.78	8.26±0.96			
Personal growth					
Pre-test	10.20±2.83	8.40±0.82	21.227	0.001	0.491
Post-test	14.53±1.64	7.53±0.91			
Positive relationship with others					
Pre-test	9.53±3.37	8.00±1.55	18.232	0.001	0.453
Post-test	12.53±1.80	7.86±1.12			
Meaning of life					
Pre-test	10.13±2.35	8.33±1.39	3.794	0.032	0.147
Post-test	14.13±1.18	8.20±1.08			
Self-acceptance					
Pre-test	9.26±3.57	8.00±2.03	22.958	0.001	0.511
Post-test	14.40±2.06	8.66±1.44			

Table 3. Comparison of the mean scores of dimensions of happiness in veterans with PTSD in pretest and posttest in both experimental and control groups (each group = 15 subjects)

Variables	Experimental group	Control group	F	P value	ETA Coefficient
Hopefulness					
Pre-test	1.20±1.08	1.26±1.05	2.612	0.005	0.111
Post-test	3.60±0.82	1.10±1.01			
Self-efficacy					
Pre-test	2.87±1.53	2.07±1.23	0.901	0.017	0.041
Post-test	6.40±1.29	2.01±1.73			
Aesthetic appreciation					
Pre-test	2.41±2.11	2.51±2.13	3.491	0.068	0.143
Post-test	8.06±1.86	1.79±1.66			
Joyfulness					
Pre-test	1.18±0.60	2.28±1.23	2.443	0.037	0.104
Post-test	3.33±0.89	1.30±1.13			
Emotional readiness					
Pre-test	1.66±1.54	2.47±1.22	0.315	0.02	0.015
Post-test	6.93±1.03	1.24±1.13			
Life satisfaction					
Pre-test	2.26±1.33	1.07±0.89	9.504	0.03	0.312
Post-test	5.13±1.35	1.86±1.24			
Self-concept					
Pre-test	2.86±2.47	1.96±1.02	9.886	0.002	0.320
Post-test	10.33±2.49	1.87±0.83			