

Table 1) The mean of pretest and posttest scores of emotional control components in the two experimental (n=25) and control (n=25) groups

Variables	Experimental Group	Control Group	F value	Significance Level
Emotional Restraint				
Pretest	8.81±1.68	8.12±1.49	2.16	0.048
Posttest	7.04±1.96	8.02±2.05		
Aggressive Control				
Pretest	7.86±1.17	7.52±0.85	6.02	0.018
Posttest	6.98±0.092	7.75±0.85		
Rumination				
Pretest	8.82±1.97	8.97±2.60	4.41	0.042
Posttest	7.58±1.80	8.77±2.01		
Benign Control				
Pretest	7.80±1.82	7.37±2.31	0.233	0.632
Posttest	7.64±2.15	7.35±1.78		