

Table 1. Mean social adjustment and rumination scores in studied groups in pre-test and post-test

Factor	Experimental group	Control group
Social adjustment		
Pre-test	20.93±2.93	20.33±2.58
Post-test	11.73±2.25	20.00±3.00
Rumination		
Pre-test	43.07±7.27	43.86±5.82
Post-test	26.13±7.62	43.40±5.50