

Table 1. Comparison of the mean scores of research variables in the pre-test and post-test in the two experimental and control groups

Variables	Pre-test	Post-test	F value	P value	مجدور انا
Resilience					
Control group	49.20±2.38	50.00±2.32	2.79	0.04	0.365
Experimental group	49.06±2.98	57.26±2.71			
Life expectancy					
Control group	40.73±2.37	40.80±2.53	1.56	0.03	0.428
Experimental group	41.06±2.48	46.13±2.53			