

Table 2 Mean scores obtained from pre- and post-tests, and mean differences (post-test – pre-test)

Factor	Study group score (n = 17)						Control group score (n = 15)					
	Pre-test		Post-test		Difference		Pre-test		Post-test		Difference	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD
A Reserved vs outgoing	10.61	3.26	10.12	2.93	-0.49	3.58	10.07	2.12	11.40	1.99	1.33	1.68
B Less intelligent vs more intelligent	6.94	2.33	8.00	1.72	1.06	2.21	7.27	1.94	7.87	1.96	0.60	1.59
C Emotionally less stable, reactive vs emotionally stable	10.94	3.46	15.06	3.98	4.12	5.81	12.67	4.10	12.27	4.53	-0.40	3.62
E Humble vs assertive, aggressive	12.67	3.38	12.33	3.99	-0.33	3.63	12.67	3.39	12.60	4.21	-0.07	2.87
F Sober vs happy-go-lucky	12.56	4.57	13.50	4.72	0.94	4.54	12.67	4.15	15.00	2.75	0.67	3.60
G Expedient vs conscientious	14.06	2.39	12.89	2.59	-1.17	2.99	13.00	3.27	14.07	2.94	1.07	3.22
H Shy vs venturesome	13.22	5.52	18.00	5.82	4.78	6.10	13.93	3.92	13.53	5.51	-0.40	3.40
I Tough-minded vs tender-minded	12.78	3.10	12.06	3.70	-0.72	3.41	12.20	3.12	12.27	3.71	0.07	3.08
L Trusting vs suspicious	11.56	3.75	9.94	2.44	-1.62	5.02	11.33	2.85	11.13	2.56	-0.20	3.91
M Practical vs imaginative	12.33	3.48	13.17	2.79	0.84	2.79	12.20	3.38	12.33	3.22	0.13	3.27
N Fortright vs astute	10.76	3.47	10.33	2.49	-0.45	2.41	10.80	3.84	9.87	2.97	-0.93	3.22
O Self-assured vs apprehensive	13.22	3.75	8.50	3.49	-4.72	4.39	11.27	3.43	11.00	3.48	-0.27	3.97
Q1 Conservative vs experimenting	7.80	3.62	8.17	2.64	0.39	3.29	8.83	3.47	7.73	2.66	-1.10	2.18
Q2 Dependent vs self-sufficient	11.00	2.59	11.00	3.01	0.00	2.49	8.30	3.26	8.70	3.24	0.40	3.27
Q3 Undisciplined, self conflict vs controlled	10.90	2.22	12.22	2.58	1.33	3.73	8.50	2.10	10.17	3.21	1.67	2.61
Q4 Relaxed vs tense	17.86	4.44	11.30	6.00	-6.56	7.95	16.60	5.25	17.40	3.91	0.80	4.20

SD = standard deviation.