_		
	t-value	P-value
Factor	Mean difference (post – pre)	
in the study g	roup and the contro	l group

Table 3 Comparison of means of personality factors

	t value	1 Value
C	-2.61	0.014
G	2.06	0.048

G	2.06	0.048	
Н	-2.93	0.006	
0	3.03	0.005	

3.22

0.003