Assessed for Eligibility (N=229)

Enrolment

Excluded (n=149)

Not meeting inclusion criteria (n=67)

Refused to participate (n=82)

Randomized (n=80)

Allocation

Allocated to control group:

Received standard therapy from school counselor (n=40)

Allocated to intervention group:

Received 7 sessions of the training of coping skills for stress (n=40)

Analyzable at post-test (n=40)

Lost to post: n=0; discontinued standard therapy: n=0

Assessed (n=40)

Lost to post: n=0; discontinued training: n=0

Assessed (n=40)

post

assessment

Analyzable at post-test (n=40)

t-test

Analysis

Figure. 1. Consort flow chart. The training of coping skills for stress

Table 1

Socio demographic variables at baseline

|  |  |  |  |
| --- | --- | --- | --- |
| Variables | Intervention | Control | p value |
| Background  Sex (male/female)  Age in years  Parent’s marriage  (Live together/ divorce)  Occupational status of the parents  (government employee/private employee) | 14/26  15.10  33/7  18/22 | 19/21  15.15  38/2  35/5 | p=.364  t=1.05, p=.581  p=.077  p=.000 |

Table 2

self control scores

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Pre-Test** | **Post-Test** | **Substraction** |
| Intervention | 40 | 42.65 | 43.20 | 0.55 |
| Control | 40 | 44.25 | 43.70 | -0.55 |

Table 3

Comparison of self control scores for the pre-test

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Mean** | **SD** | **T** | **P<** |
| Intervention | 40 | 42.65 | 1.86 | 1.81 | 0.001 |
| Control | 40 | 44.25 | 2.14 |  |  |

Table 4

Comparison of self control scores for the post-test

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Mean** | **SD** | **t** | **P<** |
| Intervention | 40 | 43.20 | 1.36 | 3.96 | 0.001 |
| Control | 40 | 43.70 | 2.04 |  |  |

Table 5

Comparison of changes in self control scores

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Mean** | **SD** | **t** | **P<** |
| Intervention | 40 | 0.55 | 1.21 | 3.70 | 0.001 |
| Control | 40 | -0.55 | 0.81 |  |  |

Table 6

Intensity of depression score for the intervention group

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Mean** | **SD** | **T** | **P<** |
| Pre-Test | 40 | 31.40 | 6.50 | 7.20 | 0.001 |
| Post-Test | 40 | 27.30 | 3.34 |  |  |

Table 7

Intensity of depression variable

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Mean** | **SD** | **t** | **P<** |
| Intervention | 40 | 31.40 | 6.50 | 1.29 | 0.001 |
| Control | 40 | 30.70 | 6.66 |  |  |

Table 8

Changes in the intensity of depression scores in the intervention and control group

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Groups** | **Sample Size** | **Mean** | **SD** | **t** | **P<** |
| Intervention | 40 | 27.30 | 3.34 | 3.70 | 0.001 |
| Control | 40 | 30.65 | 6.15 |  |  |