

Table 4 Mean scores of the study group and control group on the State–Trait Anxiety Inventory

Factor	Post-test score		t-value	P-value
	Mean	SD		
State anxiety				
Study group	31.87	8.53	4.00	< 0.0001
Control group	52.32	10.57		
Trait anxiety				
Study group	29.81	8.75	4.20	< 0.0001
Control group	44.14	10.96		

SD = standard deviation.