

Table 2 Mean scores of participants for subscales of the Perceived Quality of Life questionnaire, happiness and the total score before and after the intervention

Variable	Mean score	SD	t-value	P-value
Physical				
Before	33.9	16.3	-9.5	< 0.001
After	37.8	15.9		
Social				
Before	57.6	26.7	-12.6	< 0.001
After	66.8	25.2		
Cognitive				
Before	12.7	6.3	-7.4	< 0.001
After	14.7	5.6		
Happiness				
Before	4.7	2.8	-3.5	< 0.001
After	5.3	2.5		
Total				
Before	54.9	23.4	-14.9	< 0.001
After	64.8	21.9		

SD = standard deviation.