Table 3. *Results of the contrast test in relation to the measured variables*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Scale | Mean | Standard deviation | Mean differences | t | *p* |
| SWLS Pre | 27.42 | 4.562 | 2.46 | -2.44 | .025 |
| SWLS Post | 29.88 | 3.311 |  |  |  |
| PANAS Positive Pre | 29.53 | 7.877 | 6.58 | -2.989 | .008 |
| PANAS Positive Post | 36.11 | 9.888 |  |  |  |
| PANAS Negative Pre | 24.63 | 5.570 | 4.89 | 2.707 | .014 |
| PANAS Negative Post | 19.74 | 7.527 |  |  |  |
| CES-D Pre | 39.47 | 7.968 | 5.52 | 2.013 | .049 |
| CES-D Post | 33.95 | 11.693 |  |  |  |
| HADS depression symptoms Pre | 4.79 | 2.016 | 1.79 | 2.246 | .038 |
| HADS depression symptoms Post | 3.00 | 3.266 |  |  |  |
| BAI Pre | 19.26 | 9.445 | 4.68 | 1.518 | .146 |
| BAI Post | 14.58 | 11.82 |  |  |  |
| HADS anxiety symptoms Pre | 9.79 | 2.371 | 2.37 | 2.837 | .011 |
| HADS anxiety symptoms Post | 7.42 | 4.141 |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |