

Table 3. The Distribution of Total Scale Score on the perspective of HLSBS II and its Sub-Dimensions Before and After Training in Group and Between Groups (n=128)

Sub-Dimension of Scale	Intervention Group (n=63)		Control Group (n=65)		Analysis** (Intergroup)
	X±SS	Median-Min.Max.	X±SS	Median-Min.Max.	
Negative Impact. Somatic complaints BT.	2.66 ± 0.83	2.38 (1.46-4.69)	2.72± 0.91	2.69 (1-4.69)	t=0.392 p=0.696
Negative Impact. Somatic complaints AT.	2.35 ± 0.67	2.31 (1.23-4)	2.80± 0.86	2.85 (1-4.54)	t=3.278 p=0.001
	t=4.806 p<0.001		t=-0.875 p=0.385		
Pain Symptoms BT.	3.11± 0.96	3.33 (1.17-4.83)	2.99± 1.09	3.17 (1-5)	t=-0.643 p=0.522
Pain Symptoms AT.	2.57±0.75	2.50 (1.33-4.83)	3.04± 1.16	3.00 (1-5)	t=2.676 p=0.009
	t=6.990 p<0.001		t=-0.451 p=0.654		
Coping Methods BT.	2.38± 1.13	2.33 (1-5)	2.24± 1.14	2.00 (1-5)	t=-0.699 p=0.486
Coping Methods AT.	2.35± 0.94	2.33 (1-5)	2.23± 1.16	2.00 (1-5)	t=-0.636 p=0.526
	t=0.295 p=0.769		t=0.046 p=0.963		
MSS BT.	2.74± 0.77	2.59 (1.5-4.5)	2.73± 0.89	2.59 (1-4.77)	t=-0.101 p=0.919
MSS AT.	2.41± 0.63	2.27 (1.36-3.91)	2.79± 0.88	2.77 (1.05-4.68)	t=2.761 p=0.007
Analysis* (in-group)	t=5.898 p<0.001		t=-0.728 p=0.470		

* Dependent Sample t-test, ** Independent Sample t test, p<0.05 Statistically Significant, BT: Before Training Eđitim AT: After Training

Table 4. The Distribution of Total Scale Score related to MSQ and its Sub-Dimensions Before and After Training in Group and Between Groups (n=128).

Sub-Dimension of Scale	Intervention (n=63)		Control (n=65)		Analiz** (Intergroup)
	$\bar{x} \pm SS$	Median-Min.Mak.	$\bar{x} \pm SS$	Median-Min.Mak.	
Negative Impact. Somatic complaints BT.	2.66 ± 0.83	2.38 (1.46-4.69)	2.72 ± 0.91	2.69 (1-4.69)	t=0.392 p=0.696
Negative Impact. Somatic complaints AT.	2.35 ± 0.67	2.31 (1.23-4)	2.80 ± 0.86	2.85 (1-4.54)	t=3.278 p=0.001
	t=4.806 p<0.001		t=-0.875 p=0.385		
Pain Symptoms BT.	3.11 ± 0.96	3.33 (1.17-4.83)	2.99 ± 1.09	3.17 (1-5)	t=-0.643 p=0.522
Pain Symptoms AT.	2.57 ± 0.75	2.50 (1.33-4.83)	3.04 ± 1.16	3.00 (1-5)	t=2.676 p=0.009
	t=6.990 p<0.001		t=-0.451 p=0.654		

Coping Methods BT.	2.38± 1.13	2.33 (1-5)	2.24± 1.14	2.00 (1-5)	t=-0.699 p=0.486
Coping Methods AT.	2.35± 0.94	2.33 (1-5)	2.23± 1.16	2.00 (1-5)	t=-0.636 p=0.526
	t=0.295 p=0.769		t=0.046 p=0.963		
MSS BT.	2.74± 0.77	2.59 (1.5-4.5)	2.73± 0.89	2.59 (1-4.77)	t=-0.101 p=0.919
MSS AT.	2.41± 0.63	2.27 (1.36-3.91)	2.79± 0.88	2.77 (1.05-4.68)	t=2.761p= 0.007
Analysis* (in-group)	t=5.898 p<0.001		t=-0.728 p=0.470		

* Dependent Sample t-test, ** Independent Sample t test, p<0.05 Statistically Significant, BT: Before Training Eđitim AT: After Training

Table 5. The Distribution of the Findings of the Relationship Between the HLSBS II and the MSQ Total Scale Score Averages (n=128).

		Negative Impact.			
		Somatic Complaints BT.	Pain Symptoms	Coping Methods	MSQ
Health Responsibility	r	0.146	0.171	0.088	0.163
	p	0.100	0.054	0.324	0.066
Physical Activity	r	0.006	0.038	-0.017	0.014
	p	0.947	0.666	0.853	0.878
Nutrition	r	-0.025	0.036	0.079	0.011
	p	0.782	0.686	0.378	0.898
Spiritual Development	r	0.015	0.073	0.131	0.058
	p	0.868	0.411	0.140	0.514

Interpersonal Relations	r	.186*	0.097	0.169	.178*
	p	0.035	0.277	0.057	0.044
Stress Management	r	0.043	-0.015	0.101	0.040
	p	0.629	0.867	0.258	0.653
HLSBS II	r	0.088	0.094	0.123	0.108
	p	0.326	0.290	0.166	0.224

*r:Pearson Correlation Coefficient,p<0.05 Statistically Significant.

Table 1. Research Workflow

