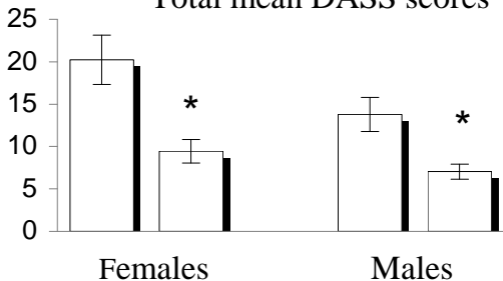


## Total mean DASS scores



\*  $p < .01$

## Total mean POMS scores

