<table>
<thead>
<tr>
<th>Table No.</th>
<th>Title</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Socio Demographic Characteristics of Intervention Group</td>
<td>121</td>
</tr>
<tr>
<td>2</td>
<td>Socio Demographic Characteristics of Control Group</td>
<td>123</td>
</tr>
<tr>
<td>3</td>
<td>Tests of Normality for Intervention Group</td>
<td>135</td>
</tr>
<tr>
<td>4</td>
<td>Tests of Normality for Control Group</td>
<td>137</td>
</tr>
<tr>
<td>5</td>
<td>Tests of Normality for Follow-up</td>
<td>139</td>
</tr>
<tr>
<td>6</td>
<td>Mean and Standard Deviations of Alexithymia, Difficulty Identifying Feelings, Difficulty Describing Feelings and Externally Oriented Thinking in the Intervention Group</td>
<td>140</td>
</tr>
<tr>
<td>7</td>
<td>Repeated Measures- Analysis of Variance of Alexithymia</td>
<td>141</td>
</tr>
<tr>
<td>8</td>
<td>Repeated Measures-Analysis of Variance of Difficulty Identifying Feelings</td>
<td>142</td>
</tr>
<tr>
<td>9</td>
<td>Repeated Measures-Analysis of Variance of Difficulty Describing Feelings</td>
<td>143</td>
</tr>
<tr>
<td>10</td>
<td>Friedman’s Two-Way Analysis of Variance between Pre Test, Post Test and Follow-Up on EOT</td>
<td>144</td>
</tr>
<tr>
<td>11</td>
<td>Results of Friedman’s Two-Way Analysis of Variance by Ranks for Externally Oriented Thinking</td>
<td>145</td>
</tr>
<tr>
<td>12</td>
<td>Means and Standard Deviations of Total Alexithymia, Difficulty Identifying Feelings, Difficulty Describing Feelings and Externally Oriented Thinking</td>
<td>145</td>
</tr>
</tbody>
</table>
Difficulty Describing Feelings and Externally Oriented Thinking in the Intervention and Control Groups

13 Analysis of Covariance for Intervention and Control Groups on Total Alexithymia with Pre Test Scores as Covariate

14 Analysis of Covariance for Intervention and Control Groups on Difficulty Identifying Feelings With Pre Test Scores as Covariate

15 Analysis of Covariance for Intervention and Control Groups on Difficulty Describing Feelings With Pre Test Scores as Covariate

16 Analysis of Covariance of Intervention and Control Groups on Externally Oriented Thinking with Pre Test Scores of Externally Oriented Thinking

17 Results of the Paired ‘t’-Test within Control Group for Alexithymia

18 Means and Standard Deviations of Fatigue, Concentration, Motivation and Physical Activity in the Intervention Group

19 Repeated Measures-Analysis of Variance of Fatigue

20 Friedman’s Two-Way Analysis of Variance between Pre Test, Post Test and Follow-Up on Concentration, Motivation and Physical Activity
<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Results of Friedman’s Analysis of Variance by Ranks on Concentration</td>
<td>155</td>
</tr>
<tr>
<td>22</td>
<td>Results of Friedman’s Two-Way Analysis of Variance by Ranks on Motivation</td>
<td>155</td>
</tr>
<tr>
<td>23</td>
<td>Results of Friedman’s Two-Way Analysis of Variance by Ranks on Physical Activity</td>
<td>156</td>
</tr>
<tr>
<td>24</td>
<td>Means and Standard Deviations of Fatigue, Concentration, Motivation and Physical Activity in the Intervention and Control Groups</td>
<td>156</td>
</tr>
<tr>
<td>25</td>
<td>Analysis of Covariance for Intervention and Control Groups on Fatigue with Pre Test Scores of Fatigue as Covariate</td>
<td>157</td>
</tr>
<tr>
<td>26</td>
<td>Results of Mann Whitney ‘U’ Test between Intervention and Control Groups on Concentration, Motivation and Physical Activity</td>
<td>158</td>
</tr>
<tr>
<td>27</td>
<td>Results of the Paired ‘t’-Test within Control Group for Fatigue</td>
<td>159</td>
</tr>
<tr>
<td>28</td>
<td>Means and Standard Deviations of Concentration, Motivation and Physical Activity in Pre Test and Post Test in Control Group</td>
<td>159</td>
</tr>
<tr>
<td>29</td>
<td>Results of Wilcoxon Signed Ranks Test for Control Group for Concentration, Motivation and Physical Activity</td>
<td>160</td>
</tr>
<tr>
<td>30</td>
<td>Means and Standard Deviations of Positive and Negative Affect in the Intervention Group</td>
<td>162</td>
</tr>
</tbody>
</table>
31 Repeated Measures-Analysis of Variance of Positive Affect
32 Friedman’s Two-Way Analysis of Variance between Pre Test, Post Test and Follow-up on Negative Affect
33 Results of Friedman’s Two-Way Analysis of Variance by Ranks for Negative Affect
34 Means and Standard Deviations of Intervention and Control Groups on Positive and Negative Affect
35 Analysis of Covariance for Intervention and Control Groups on Positive Affect With Pre Test Scores of Positive Affect as Covariate
36 Results of Mann Whitney ‘U’ Test between Intervention and Control Groups on Negative Affect
37 Results of Paired ‘t’-Test within Control Group for Positive and Negative Affect
38 Means and Standard Deviations of Depression, Anxiety and Stress in the Intervention Group
39 Friedman’s Two-Way Analysis of Variance between Pre Test, Post Test and Follow-Up on Depression, Anxiety and Stress
40 Results of Friedman’s Two-Way Analysis of Variance by Ranks for Depression
41 Results of Friedman’s Two-Way Analysis of Variance for Anxiety
<table>
<thead>
<tr>
<th>Page</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>42</td>
<td>Results of Friedman’s Two-Way Analysis of Variance for Stress</td>
</tr>
<tr>
<td>43</td>
<td>Means and Standard Deviations between the Intervention and Control Groups on Depression, Anxiety and Stress</td>
</tr>
<tr>
<td>44</td>
<td>Results of Mann Whitney ‘U’ Test between Intervention and Control Group on Depression and Stress</td>
</tr>
<tr>
<td>45</td>
<td>Analysis of Covariance for Intervention and Control Groups on Anxiety with Pre Test Scores on Anxiety as Covariate</td>
</tr>
<tr>
<td>46</td>
<td>Means and Standard Deviations within Control Group for Depression</td>
</tr>
<tr>
<td>47</td>
<td>Results of Wilcoxon Signed Ranks Test for Control Group for Depression</td>
</tr>
<tr>
<td>48</td>
<td>Results of Paired ‘t’-Test Within The Control Group on Anxiety And Stress</td>
</tr>
<tr>
<td>49</td>
<td>Results of Inter-Correlation between Fatigue, Negative Affect, Depression, Anxiety and Stress</td>
</tr>
</tbody>
</table>