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Comparing the training effects of problem-solving and coping skills with stress

Mansour Abdi

Atefeh Sharyati

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Abstract

Keywords:

Mansour Abdi,

E-mail address

1. Introduction

ways of coping

n *n*

t

(N

2. Method

3. Data collection instruments: Questionnaires tendency to addiction

4. Findings

Table 1. Calculate the t-test between the scores of groups associated with the traditional approach to addiction trend in the pre-test and post-test

	Average	***F***	***T***	**Freedom degree**	**Significant level**

Table 2. Calculate the t-test scores, reducing the tendency to addiction-related groups between the pre-test and post-test workshop

	Average	***T***	**Freedom degree**	**Significant level**

t

T *p*

Table 3. Comparison of the mean of standard deviation of both traditional and workshops methods in the pre-test

Teaching methods	**The sample**	**Mean**	**Standard deviation**	**Standard error**

t

t *p*

Table 4. Calculate the *t* test for independent groups in the post-test scores tend to be Addiction.

Teaching methods	Mean	Standard deviation	Standard error	*F*	Significance level	*T*	Degree of freedom	*E*

5. Discussion and conclusion

References

Effectiveness of life skills to high school students Sirjan attitudes towards drugs

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Stress, appraisal, and coping

Journal of Marriage & Family, 73

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Facts about healthy life and free from substances (action points)

Journal of Health & Social Behavior, 36

Journal of Health and Social Behavior, 51

The relationship between stress, coping strategies, and social support among single mothers

. *Life skills education in schools*

Substance abuse and dependence (to inhibit the spread of the students)