

Dimension	Group	Before treatment	After treatment
Physiological field	Treatment group	20.00 (19.00,21.75)	23.00 (22.00,23.00)
	Control group	21.00 (19.00,22.50)	22.00 (21.00,23.00)
psychological domain	Treatment group	18.50 (18.00,19.00)	21.00 (19.50,22.00)
	Control group	18.00 (18.00,19.00)	19.00 (19.00,21.00)
Social relations field	Treatment group	9.50 (9.00,11.00)	11.00 (11.00,12.00)
	Control group	10.00 (9.00,10.00)	10.00 (10.00,11.00)
Environmental field	Treatment group	24.00 (24.00,29.00)	26.50 (24.00,29.75)
	Control group	24.00 (23.00,25.00)	25.00 (24.00,26.75)

Table 5: Comparison of WHOQOL-BREF scores between two groups before and after treatment [M (P25, P75)].

Z	P
-3.14	0.002
-3.428	0.001
-3.624	< 0.001
-2.134	0.033