

The Decider Skills group 09/2015-09/2017

Results in Adult Wellbeing Services

Fareham and Gosport Wellbeing Service

Recovery measures were scored in week 1 and week 12.

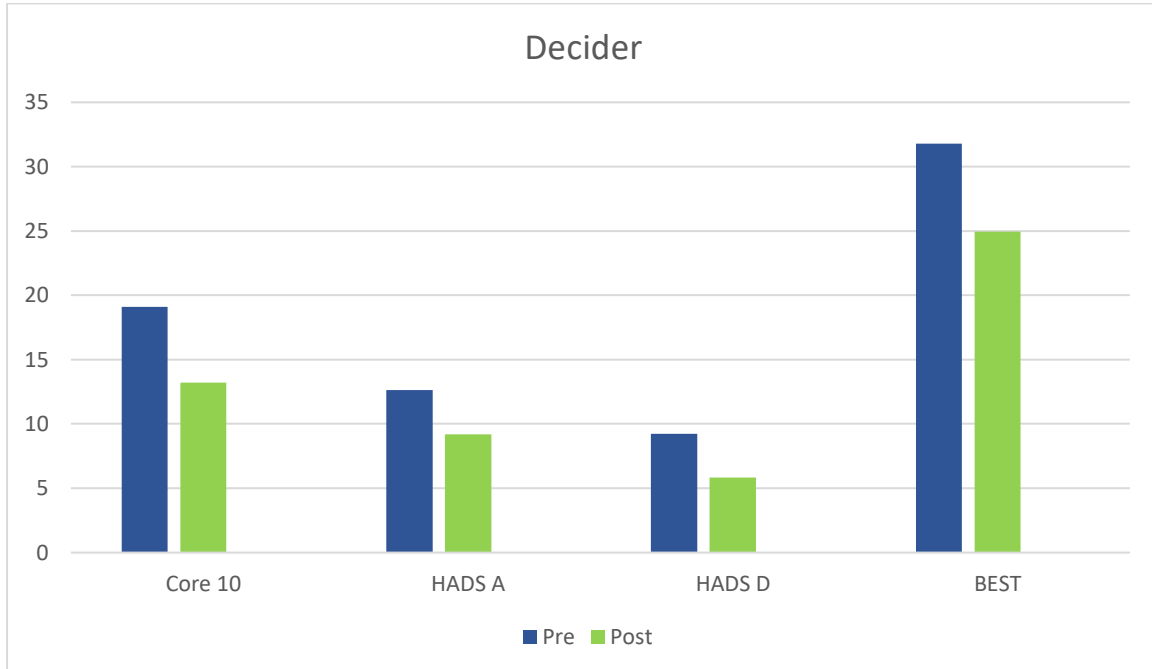


Figure 1: Bar graph to show changes in pre and post intervention measures (mean scores).

A paired t-test was conducted (two-tailed, significance level 0.01) was conducted on all pre and post scores.

Table 1. Means and Standard deviations for each pre and post measure

Measure	Pre Score (M)	Pre score (SD)	Post Score (M)	Post Score (SD)
Core-10	19.1	6.97	13.2	6.09
HADS-A	12.65	4.48	9.1	4.11
HADS -D	9.22	4.54	5.85	3.56
Best Composite	31.8	11.12	24.95	8.06

Table 2. Paired t-tests for differences between pre and post scores.

Measure	<i>df</i>	<i>t</i>	<i>p</i>
Core-10	39	-6.07	< 0.00001
HADS-A	39	-6.06	<0.00001
HADS-D	39	-5.86	<0.00001
Best Composite	39	-5.39	<0.00001

Table 2 demonstrates that the differences found between pre and post measure scores were found to be significant.