

LIST OF TABLES

Table No.	Title of the Table	Page No.
3(i)	Distribution of Subjects	112
3(ii)	Design of the Study	113
4.1(i)A	Means and Standard Deviations of Systolic BP in mm of Hg	150
4.1(i)B	MANOVA-RM on Pre, Post and Follow-up Measures of Systolic BP	150
4.1(ii)A	Means of Standard Deviations of Diastolic BP in mm of Hg	151
4.1(ii)B	MANOVA-RM on Pre, Post and Follow-up Measures of Diastolic BP	151
4.1(i)C	Paired t-test Analysis for Repeated Measures on Systolic BP	152
4.1(ii)C	Paired t-test Analysis for Repeated Measures on Diastolic BP	153
4.1(i)D	ANCOVA on Post Systolic BP with Pre Systolic BP as Covariate	154
4.1(ii)D	ANCOVA on Post Diastolic BP with Pre Diastolic BP as Covariate	155
4.1(i)E	ANCOVA on Follow-up Systolic BP with Pre Systolic BP as Covariate	156
4.1(ii)E	ANCOVA on Follow-up Diastolic BP with Pre Diastolic BP as Covariate	157
4.1(i)F	ANCOVA on Follow-up Systolic BP with Post Systolic BP as covariate	158
4.1(ii)F	ANCOVA on Follow-up Diastolic BP with Post Diastolic BP as covariate	159
4.2A	Means and Standard Deviations of Pulse Rate per minute	167
4.2B	MANOVA-RM on Pre, Post and Follow-up Measures of Pulse	167
4.2C	Paired t-test Analysis for Repeated Measures on Pulse	168
4.2D	ANCOVA on Post Pulse with Pre Pulse as covariate	169
4.2E	ANCOVA on Follow-up Pulse with Pre Pulse as covariate	170
4.2F	ANCOVA on Follow-up Pulse with Post Pulse as covariate	171
4.3A	Means and Standard Deviations of Respiration rate per minute	176
4.3B	MANOVA-RM on Pre, Post and Follow-up Measures of Respiration	176
4.3C	Paired t-test Analysis for Repeated Measures on Respiration	177
4.3D	ANCOVA on Post Respiration with Pre Respiration as covariate	178
4.3E	ANCOVA on Follow-up Respiration with Pre Respiration as covariate	179
4.3F	ANCOVA on Follow-up Respiration with Post Respiration as covariate	180

Table No.	Title of the Table	Page No.
4.4A	Means and Standard Deviations of HAS	185
4.4B	MANOVA-RM on Pre, Post and Follow-up measures of HAS	185
4.4C	Paired t-test Analysis for Repeated Measures on HAS	186
4.4D	ANCOVA on Post HAS with Pre HAS as covariate	187
4.4E	ANCOVA on Follow-up HAS with Pre HAS as covariate	188
4.4F	ANCOVA on Follow-up HAS with Post HAS as covariate	189
4.5A	Means and Standard Deviations of HDS	193
4.5B	MANOVA-RM on Pre, Post and Follow-up measures of HDS	193
4.5C	Paired t-test Analysis for Repeated Measures on HDS	194
4.5D	ANCOVA on Post HDS with Pre HDS as covariate	195
4.5E	ANCOVA on Follow-up HDS with Pre HDS as covariate	196
4.5F	ANCOVA on Follow-up HDS with Post HDS as covariate	197
4.6A	Means and Standard Deviations of PTO Coping Style Scores	201
4.6B	MANOVA-RM on Pre, Post and Follow-up Measures of PTO Coping Style	201
4.6C	Paired t-test Analysis for Repeated Measures on PTO Coping Style	202
4.6D	ANCOVA on Post PTO Coping Style with Pre PTO Coping Style as covariate	203
4.6E	ANCOVA on Follow-up PTO Coping Style with Pre PTO Coping Style as covariate	204
4.6F	ANCOVA on Follow-up PTO Coping Style with Post PTO Coping Style as covariate	205
4.7A	Means and Standard Deviations of NTO Coping Style Scores	209
4.7B	MANOVA-RM on Pre, Post and Follow-up Measures of NTO Coping Style	209
4.7C	Paired t-test Analysis for Repeated Measures on NTO Coping Style	210
4.7D	ANCOVA on Post NTO Coping Style with Pre NTO Coping Style as covariate	211
4.6E	ANCOVA on Follow-up NTO Coping Style with Pre NTO Coping Style as covariate	212
4.6F	ANCOVA on Follow-up NTO Coping Style with Post NTO Coping Style as covariate	213
4.8A	Means and Standard Deviations of PDO Coping Style Scores	217
4.8B	MANOVA-RM on Pre, Post and Follow-up Measures of PDO Coping Style	217
4.8C	Paired t-test Analysis for Repeated Measures on PDO Coping Style	218
4.8D	ANCOVA on Post PDO Coping Style with Pre PDO Coping Style as covariate	219
4.8E	ANCOVA on Follow-up PDO Coping Style with Pre PDO Coping Style as covariate	220
4.8F	ANCOVA on Follow-up PDO Coping Style with Post PDO Coping Style as covariate	221

Table No.	Title of the Table	Page No.
4.9A	Means and Standard Deviations of NDO Coping Style scores	225
4.9B	MANOVA-RM on Pre, Post and Follow-up measures of NDO Coping Style	225
4.9C	Paired t-test Analysis for Repeated Measures on NDO Coping Style	226
4.9D	ANCOVA on Post NDO Coping Style with Pre NDO Coping Style as covariate	227
4.9E	ANCOVA on Follow-up NDO Coping Style with Pre NDO Coping Style as covariate	228
4.9F	ANCOVA on Follow-up NDO Coping Style with Post NDO Coping Style as covariate	229
4.10A	Means and Standard Deviations of Adjustment Scores	233
4.10B	MANOVA-RM on Pre, Post and Follow-up measures of Adjustment	233
4.10C	Paired t-test Analysis for Repeated Measures on Adjustment Scores	234
4.10D	ANCOVA on Post Adjustment with Pre Adjustment as covariate	235
4.10E	ANCOVA on Follow-up Adjustment with Pre Adjustment as covariate	236
4.10F	ANCOVA on Follow-up Adjustment with Post Adjustment as covariate	237
4.11A	Means and Standard Deviations of Self Esteem Scores	241
4.11B	MANOVA-RM on Pre, Post and Follow-up Measures of Self Esteem	241
4.11C	Paired t-test Analysis for Repeated Measures on Self Esteem	242
4.11D	ANCOVA on Post Self Esteem with Pre Self Esteem as covariate	243
4.11E	ANCOVA on Follow-up Self Esteem with Pre Self Esteem as covariate	244
4.11F	ANCOVA on Follow-up Self Esteem with Post Self Esteem as covariate	245
4.12A	Means and Standard Deviations of MAE Scores	249
4.12B	MANOVA-RM on Pre, Post and Follow-up Measures of MAE	249
4.12C	Paired t-test Analysis for Repeated Measures on MAE	250
4.12D	ANCOVA on Post MAE with Pre MAE as covariate	251
4.12E	ANCOVA on Follow-up MAE with Pre MAE as covariate	252
4.12F	ANCOVA on Follow-up MAE with Post MAE as covariate	253
4.13.1	Mean and SD of Personal Style Scores	257
4.13.2	Balancing Effect within Typology	258
4.14.1	Mean and SD of Ego States Scores	261
4.14.2	Change in Ego States due to the Interventions	262
5(i)	Design of the Study	276
5(ii)	The Major Findings of the Present Study	280