

## Anhang C: Tabelle Verlauf der Outcomes jeder der 5 Sitzungen

### Anhang 8: Verlauf der Outcomes

- Stress Thermometer
- 2/3. Wie fühlen Sie sich jetzt gerade? unwohl - wohl, negativ gestimmt - positiv gestimmt
- 4. Wie verbunden fühlen Sie sich jetzt gerade mit den anderen in der Gruppe? unverbunden - verbunden

Tabelle 1 Deskriptivwerte und Mittelwertvergleich mit t-test Prä(T1) – Post(T6/letzte Sitzung)

| Termin 1                     |      | N  | Mean  | SD    | t       | df | P     | d      |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|------------------------------|------|----|-------|-------|---------|----|-------|--------|------------------------------|-----|----|-------|-------|---------|----|-------|--------|------|----|-------|-------|------------------------------|-----|----|-------|-------|---------|----|-------|--------|------|----|-------|-------|------------------|-----|----|-------|-------|---------|----|-------|
| 1. Stress Thermometer        | PRÄ  | 72 | 4.944 | 2.361 | -11.950 | 71 | <.001 | -1.408 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 8.139 | 1.613 |         |    |       |        | 2. Befinden unwohl - wohl    | PRÄ | 72 | 4.125 | 1.074 | -7.815  | 71 | <.001 | -0.921 | POST | 72 | 5.083 | 0.765 | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.347 | 1.064 | -5.840  | 71 | <.001 | -0.680 | POST | 72 | 5.167 | 0.888 | 4. Verbundenheit | PRÄ | 72 | 3.167 | 1.278 | -11.657 | 71 | <.001 |
| 2. Befinden unwohl - wohl    | PRÄ  | 72 | 4.125 | 1.074 | -7.815  | 71 | <.001 | -0.921 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.083 | 0.765 |         |    |       |        | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.347 | 1.064 | -5.840  | 71 | <.001 | -0.680 | POST | 72 | 5.167 | 0.888 | 4. Verbundenheit             | PRÄ | 72 | 3.167 | 1.278 | -11.657 | 71 | <.001 | -1.374 | POST | 72 | 4.583 | 1.045 |                  |     |    |       |       |         |    |       |
| 3. Befinden negativ gestimmt | PRÄ  | 72 | 4.347 | 1.064 | -5.840  | 71 | <.001 | -0.680 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.167 | 0.888 |         |    |       |        | 4. Verbundenheit             | PRÄ | 72 | 3.167 | 1.278 | -11.657 | 71 | <.001 | -1.374 | POST | 72 | 4.583 | 1.045 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
| 4. Verbundenheit             | PRÄ  | 72 | 3.167 | 1.278 | -11.657 | 71 | <.001 | -1.374 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 4.583 | 1.045 |         |    |       |        |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |

  

| Termin 2                     |      | N  | Mean  | SD    | t       | df | P     | d      |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|------------------------------|------|----|-------|-------|---------|----|-------|--------|------------------------------|-----|----|-------|-------|--------|----|-------|--------|------|----|-------|-------|------------------------------|-----|----|-------|-------|--------|----|-------|--------|------|----|-------|-------|------------------|-----|----|-------|-------|--------|----|-------|
| 1. Stress Thermometer        | PRÄ  | 72 | 5.083 | 2.088 | -12.327 | 71 | <.001 | -1.453 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 7.847 | 1.725 |         |    |       |        | 2. Befinden unwohl - wohl    | PRÄ | 72 | 3.986 | 1.081 | -8.202 | 71 | <.001 | -0.967 | POST | 72 | 4.931 | 0.893 | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.167 | 1.101 | -5.776 | 71 | <.001 | -0.681 | POST | 72 | 4.875 | 0.948 | 4. Verbundenheit | PRÄ | 72 | 3.403 | 1.183 | -9.831 | 71 | <.001 |
| 2. Befinden unwohl - wohl    | PRÄ  | 72 | 3.986 | 1.081 | -8.202  | 71 | <.001 | -0.967 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 4.931 | 0.893 |         |    |       |        | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.167 | 1.101 | -5.776 | 71 | <.001 | -0.681 | POST | 72 | 4.875 | 0.948 | 4. Verbundenheit             | PRÄ | 72 | 3.403 | 1.183 | -9.831 | 71 | <.001 | -1.159 | POST | 72 | 4.569 | 1.046 |                  |     |    |       |       |        |    |       |
| 3. Befinden negativ gestimmt | PRÄ  | 72 | 4.167 | 1.101 | -5.776  | 71 | <.001 | -0.681 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 4.875 | 0.948 |         |    |       |        | 4. Verbundenheit             | PRÄ | 72 | 3.403 | 1.183 | -9.831 | 71 | <.001 | -1.159 | POST | 72 | 4.569 | 1.046 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
| 4. Verbundenheit             | PRÄ  | 72 | 3.403 | 1.183 | -9.831  | 71 | <.001 | -1.159 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 4.569 | 1.046 |         |    |       |        |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |

  

| Termin 3                     |      | N  | Mean  | SD    | t       | df | P     | d      |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|------------------------------|------|----|-------|-------|---------|----|-------|--------|------------------------------|-----|----|-------|-------|--------|----|-------|--------|------|----|-------|-------|------------------------------|-----|----|-------|-------|--------|----|-------|--------|------|----|-------|-------|------------------|-----|----|-------|-------|--------|----|-------|
| 1. Stress Thermometer        | PRÄ  | 72 | 5.750 | 2.454 | -11.386 | 71 | <.001 | -1.342 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 8.681 | 1.254 |         |    |       |        | 2. Befinden unwohl - wohl    | PRÄ | 72 | 4.278 | 1.024 | -9.283 | 71 | <.001 | -1.094 | POST | 72 | 5.292 | 0.680 | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.472 | 1.087 | -9.069 | 71 | <.001 | -1.069 | POST | 72 | 5.361 | 0.737 | 4. Verbundenheit | PRÄ | 72 | 3.819 | 1.130 | -9.918 | 71 | <.001 |
| 2. Befinden unwohl - wohl    | PRÄ  | 72 | 4.278 | 1.024 | -9.283  | 71 | <.001 | -1.094 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 5.292 | 0.680 |         |    |       |        | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.472 | 1.087 | -9.069 | 71 | <.001 | -1.069 | POST | 72 | 5.361 | 0.737 | 4. Verbundenheit             | PRÄ | 72 | 3.819 | 1.130 | -9.918 | 71 | <.001 | -1.169 | POST | 72 | 5.028 | 0.964 |                  |     |    |       |       |        |    |       |
| 3. Befinden negativ gestimmt | PRÄ  | 72 | 4.472 | 1.087 | -9.069  | 71 | <.001 | -1.069 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 5.361 | 0.737 |         |    |       |        | 4. Verbundenheit             | PRÄ | 72 | 3.819 | 1.130 | -9.918 | 71 | <.001 | -1.169 | POST | 72 | 5.028 | 0.964 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
| 4. Verbundenheit             | PRÄ  | 72 | 3.819 | 1.130 | -9.918  | 71 | <.001 | -1.169 |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |
|                              | POST | 72 | 5.028 | 0.964 |         |    |       |        |                              |     |    |       |       |        |    |       |        |      |    |       |       |                              |     |    |       |       |        |    |       |        |      |    |       |       |                  |     |    |       |       |        |    |       |

  

| Termin 4                     |      | N  | Mean  | SD    | t       | df | P     | d      |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|------------------------------|------|----|-------|-------|---------|----|-------|--------|------------------------------|-----|----|-------|-------|---------|----|-------|--------|------|----|-------|-------|------------------------------|-----|----|-------|-------|---------|----|-------|--------|------|----|-------|-------|------------------|-----|----|-------|-------|---------|----|-------|
| 1. Stress Thermometer        | PRÄ  | 72 | 5.500 | 2.320 | -9.861  | 71 | <.001 | -1.162 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 8.444 | 1.546 |         |    |       |        | 2. Befinden unwohl - wohl    | PRÄ | 72 | 3.833 | 1.101 | -10.589 | 71 | <.001 | -1.248 | POST | 72 | 5.111 | 0.815 | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.139 | 1.214 | -9.358  | 71 | <.001 | -1.103 | POST | 72 | 5.264 | 0.769 | 4. Verbundenheit | PRÄ | 72 | 3.597 | 1.146 | -13.163 | 71 | <.001 |
| 2. Befinden unwohl - wohl    | PRÄ  | 72 | 3.833 | 1.101 | -10.589 | 71 | <.001 | -1.248 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.111 | 0.815 |         |    |       |        | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.139 | 1.214 | -9.358  | 71 | <.001 | -1.103 | POST | 72 | 5.264 | 0.769 | 4. Verbundenheit             | PRÄ | 72 | 3.597 | 1.146 | -13.163 | 71 | <.001 | -1.551 | POST | 72 | 5.069 | 0.983 |                  |     |    |       |       |         |    |       |
| 3. Befinden negativ gestimmt | PRÄ  | 72 | 4.139 | 1.214 | -9.358  | 71 | <.001 | -1.103 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.264 | 0.769 |         |    |       |        | 4. Verbundenheit             | PRÄ | 72 | 3.597 | 1.146 | -13.163 | 71 | <.001 | -1.551 | POST | 72 | 5.069 | 0.983 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
| 4. Verbundenheit             | PRÄ  | 72 | 3.597 | 1.146 | -13.163 | 71 | <.001 | -1.551 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.069 | 0.983 |         |    |       |        |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |

  

| Termin 5                     |      | N  | Mean  | SD    | t       | df | P     | d      |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|------------------------------|------|----|-------|-------|---------|----|-------|--------|------------------------------|-----|----|-------|-------|---------|----|-------|--------|------|----|-------|-------|------------------------------|-----|----|-------|-------|---------|----|-------|--------|------|----|-------|-------|------------------|-----|----|-------|-------|---------|----|-------|
| 1. Stress Thermometer        | PRÄ  | 72 | 4.944 | 2.361 | -8.679  | 71 | <.001 | -1.052 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 8.139 | 1.613 |         |    |       |        | 2. Befinden unwohl - wohl    | PRÄ | 72 | 4.125 | 1.074 | -9.500  | 71 | <.001 | -1.152 | POST | 72 | 5.083 | 0.765 | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.347 | 1.064 | -9.571  | 71 | <.001 | -1.161 | POST | 72 | 5.167 | 0.888 | 4. Verbundenheit | PRÄ | 72 | 3.167 | 1.278 | -10.367 | 71 | <.001 |
| 2. Befinden unwohl - wohl    | PRÄ  | 72 | 4.125 | 1.074 | -9.500  | 71 | <.001 | -1.152 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.083 | 0.765 |         |    |       |        | 3. Befinden negativ gestimmt | PRÄ | 72 | 4.347 | 1.064 | -9.571  | 71 | <.001 | -1.161 | POST | 72 | 5.167 | 0.888 | 4. Verbundenheit             | PRÄ | 72 | 3.167 | 1.278 | -10.367 | 71 | <.001 | -1.257 | POST | 72 | 4.583 | 1.045 |                  |     |    |       |       |         |    |       |
| 3. Befinden negativ gestimmt | PRÄ  | 72 | 4.347 | 1.064 | -9.571  | 71 | <.001 | -1.161 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 5.167 | 0.888 |         |    |       |        | 4. Verbundenheit             | PRÄ | 72 | 3.167 | 1.278 | -10.367 | 71 | <.001 | -1.257 | POST | 72 | 4.583 | 1.045 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
| 4. Verbundenheit             | PRÄ  | 72 | 3.167 | 1.278 | -10.367 | 71 | <.001 | -1.257 |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |
|                              | POST | 72 | 4.583 | 1.045 |         |    |       |        |                              |     |    |       |       |         |    |       |        |      |    |       |       |                              |     |    |       |       |         |    |       |        |      |    |       |       |                  |     |    |       |       |         |    |       |