

Pre and Post Study Measures, bar graph description

Excel data analysis was utilized for two-tailed dependent t-test analysis. Significant improvements in pretest/posttest SESA measures included the willingness to participate in non-preferred activities 3.05 to 3.35 ($p = .01$); peer-appropriate communications 3.07 to 3.35 ($p = .01$); positive peer interactions 3.17 to 3.43 ($p = .01$); empathy 2.88 to 3.30 ($p < .001$); appropriate assertiveness 2.70 to 3.05 ($p < .001$); impulse control 2.67 to 3.33 ($p < .001$); self-confidence 3.03 to 3.60 ($p < .001$); pride 3.25 to 3.68 ($p < .001$); resilience 2.73 to 3.40 ($p < .001$); ability to endure a stressful environment 2.62 to 3.40 ($p < .001$); and composite score 29.17 to 34.00 ($p < .001$).