

**Table 1: Emotional Intelligence Composite Scores Pre- and Post-Intervention**

For intervention group; independent-samples t-tests for between-group differences.  $p < .05$  considered statistically significant. Pre-pilot assessment  $N_{\text{total}} = 111$ ;  $N_{\text{intervention}} = 50$ ,  $N_{\text{control}} = 61$ ). Post-pilot assessment  $N_{\text{total}} = 42$ ;  $N_{\text{intervention}} = 31$ ,  $N_{\text{control}} = 11$ ).

Composite/Subscale	Control Pre	Control Post	Control $\Delta$	Wilcoxon p (Control)	Intervention Pre	Intervention Post	Intervention $\Delta$	Paired t-test p (Intervention)	Independent t-test p
<b>Total EI</b>	102.91	105.45	2.55	0.19	105.58	111.65	6.06	0.0005	0.22
<b>Self-Regard</b>	99.45	98.73	-0.73	0.86	99.58	104.97	5.39	0.0029	0.08
<b>Self-Actualization</b>	111.0	110.55	-0.45	0.96	112.68	116.1	3.42	0.018	0.16
<b>Emotional Self-Awareness</b>	103.27	108.27	5.0	0.17	106.16	111.48	5.32	0.0154	0.93
<b>Emotional Expression</b>	96.91	101.36	4.45	0.13	101.29	106.19	4.9	0.0413	0.91
<b>Assertiveness</b>	100.91	102.82	1.91	0.42	99.9	104.87	4.97	0.0102	0.36
<b>Independence</b>	90.45	93.27	2.82	0.48	93.39	97.65	4.26	0.0169	0.68
<b>Interpersonal Relationships</b>	109.0	110.27	1.27	0.37	111.61	115.19	3.58	0.0243	0.41
<b>Empathy</b>	108.64	110.27	1.64	0.55	113.0	114.65	1.65	0.39	1.0
<b>Problem Solving</b>	96.18	99.73	3.55	0.05	98.13	104.55	6.42	0.0007	0.42
<b>Reality Testing</b>	114.64	111.82	-2.82	0.37	112.74	115.84	3.1	0.0628	0.064
<b>Impulse Control</b>	109.64	110.73	1.09	0.51	103.71	108.0	4.29	0.07	0.067
<b>Flexibility</b>	95.73	97.27	1.55	0.52	101.48	102.03	0.55	0.26	0.85
<b>Stress Tolerance</b>	94.64	98.82	4.18	0.13	97.74	103.94	6.19	0.0019	0.55
<b>Optimism</b>	100.91	100.55	-0.36	0.17	103.03	107.0	3.97	0.01	0.124