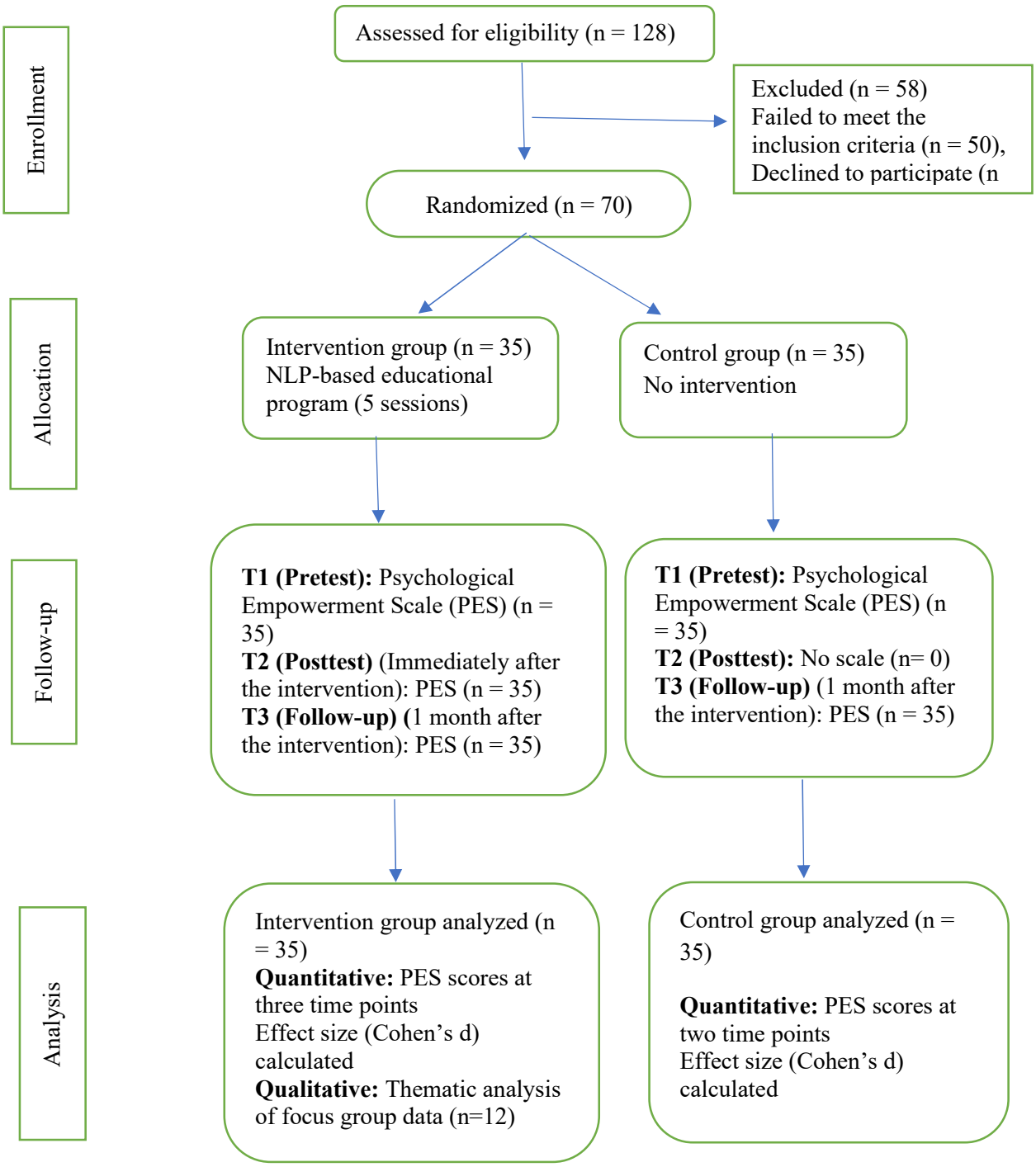
Enrollment
Assessed for eligibility (n = 128)
Excluded (n = 58)
Failed to meet the inclusion criteria (n = 50),
Declined to participate (n
Randomized (n = 70)
Allocation
Intervention group (n = 35)
NLP-based educational program (5 sessions)
Control group (n = 35)
No intervention
Follow-up
T1 (Pretest): Psychological Empowerment Scale (PES) (n = 35)
T2 (Posttest) (Immediately after the intervention): PES (n = 35)
T3 (Follow-up) (1 month after the intervention): PES (n = 35)
T1 (Pretest): Psychological Empowerment Scale (PES) (n = 35)
T2 (Posttest): No scale (n= 0)
T3 (Follow-up) (1 month after the intervention): PES (n = 35)
Analysis
Intervention group analyzed (n = 35)
Quantitative: PES scores at three time points
Effect size (Cohen's d) calculated
Qualitative: Thematic analysis of focus group data (n=12)
Control group analyzed (n = 35)
Quantitative: PES scores at two time points
Effect size (Cohen's d) calculated