

## Summary result overview

### Baseline characteristics

**Table 1: Participants' Characteristics**

Characteristics		RREBT	Control	$\chi^2$	<i>p</i>
		Group (n, %)	Group (n, %)		
Gender	Male	19 (28.4%)	23 (34.3%)		
	Female	15 (22.4%)	10 (14.9%)	1.366	.314
Age		*18.35±0.88	*19.06±2.15	-1.772 <sup>t</sup>	.087
Ethnicity	Igbo	24 (35.8%)	26 (38.8%)		
	Yoruba	1 (1.5%)	2 (3.0%)		
	Others	9 (13.4%)	5 (7.5%)	1.542	.463

<sup>x2</sup> = Chi-square, \*Mean age±SD of participants = mean and standard deviation, n = number of participants in each group; at-test result for age comparison, t=t-test

The students' mean age in the treatment condition was 18.35±.08 years while the mean age for students in the control condition was 19.06±2.15 years. Information with respect to gender of participants showed that in RREBT group, 28.4% were males while 22.4% were females. Also, in the control group, 32.3% were males while 14.9% were females. Furthermore, based on ethnicity, in RREBT 35.8% were Igbo, 1.5% were Yoruba, and 13.4% were other ethnic groups. Likewise, in the control group, 38.8% were Igbo, 3.0% were Yoruba while 6.0% were other ethnic groups.

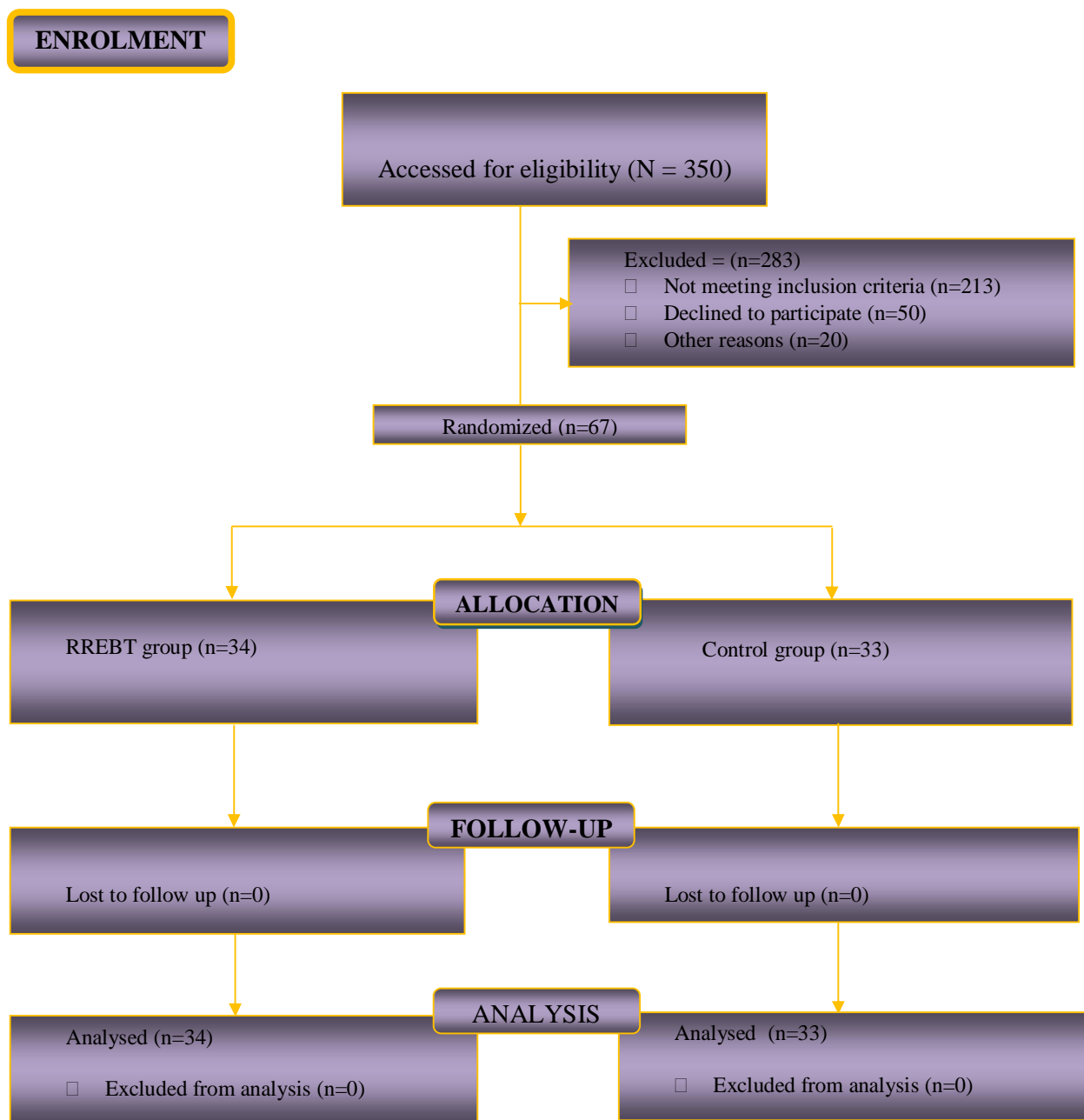


Figure 1: Participant flowchart

## Outcome Measures

The *Beck's Depression Inventory-II* (BDI-II)<sup>22</sup> which has 21 items with 4-point self-rating options ranging from 0 to 3 was used to evaluate the severity of depression among the undergraduate religious education students. The BDI-II scores are interpreted in the following manner: 0-13 for minimal depression, 14-19 for mild depression, 20-28 for moderate depression, and 29-63 for severe depression. The BDI-II was shown to be consistent for this research ( $\alpha=.84$ ).

The *Students' Demographic Questionnaire* (SDQ) was employed to get personal details like age (uncategorized), gender (1= male; 2 = female), and ethnicity (1 = Igbo; 2=Yoruba; 3 = others).

## Summary Results

**Table 2: Descriptive Statistics**

		RREBT Group (n=34)	Control Group (n=33)	
Measure	Time	M $\pm$ SD	M $\pm$ SD	p-value
BDI-II	Time 1	40.15 $\pm$ 4.24	41.97 $\pm$ 4.92	.109
	Time 2	12.91 $\pm$ 5.70	44.39 $\pm$ 5.56	<.05
	Time 3	12.38 $\pm$ 4.51	44.79 $\pm$ 4.95	<.05

BDI-II=Beck's Depression Inventory, version 2

Table 2 show the descriptive statistics for each group by time points. Univariate analysis of the pre-test data shows that undergraduate religious education students in the RREBT and control groups had comparable BDI-II scores [ $F(1, 65)= 2.645, p=.109$ ].

Posttest results (Greenhouse-Geisser corrected) revealed a significant effect of Time [ $F(1.259, 81.860) =200.953, p<.05, \eta^2_p=.76$ ], Group [ $F(1, 65)= 592.043, p<.05, \eta^2_p=.90$ ], and Time by Group interaction [ $F(1.259, 81.860)= 294.766, p<.05, \eta^2_p=.82$ ] on depression severity among undergraduate religious education students. The results suggest that RREBT significantly reduced depression severity among the undergraduate religious education students (see Figure 2 also).

Univariate analysis of the follow-up data show that the effect of RREBT among students in the treatment condition remained consistent at 2 weeks follow-up [ $F(1, 65)=786.396, p<.05, \eta^2_p=.92, \Delta R^2=.922$ ].

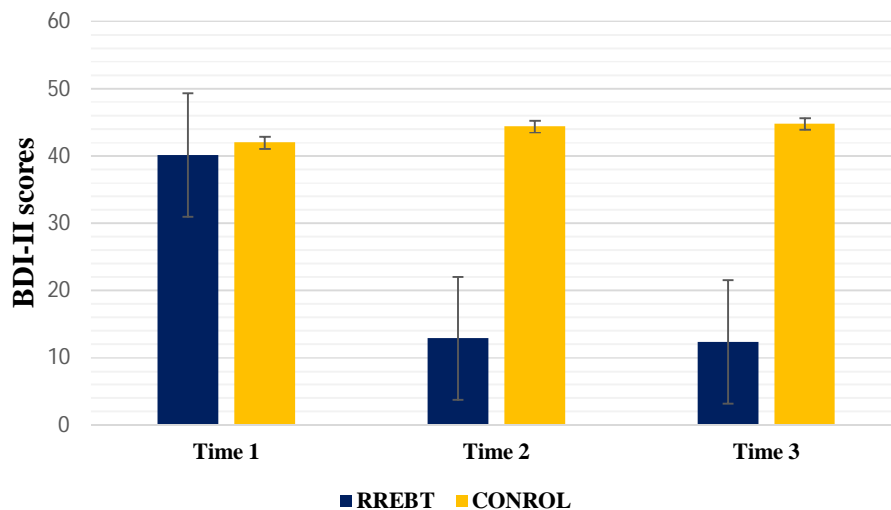


Figure 2. Mean differences in BDI-II scores of undergraduate religious education students

Table 3: Pairwise comparisons on the effect of Time and Group on students' BDI-II scores

Comparisons		MD (I-J)	SE	Sig. <sup>b</sup>	95% CI <sup>b</sup>
(I) Time	(J) Time				
1	2	12.406*	.899	.000	10.203, 14.608
	3	12.473*	.770	.000	10.586, 14.360
2	1	-12.406*	.899	.000	-14.608, -10.203
	3	.068	.374	.997	-.848, .984
3	1	-12.473*	.770	.000	-14.360, -10.586
	2	-.068	.374	.997	-.984, .848
(I) Group	(J)				
1.00	2.00	-21.903*	.900	.000	-23.701, -20.106
2.00	1.00	21.903*	.900	.000	20.106, 23.701

<sup>b</sup>.Adjustment for multiple comparisons: Sidak. MD= Mean Difference. SE=Standard Error

In Table 3, the pairwise comparisons regarding the main effect of Time revealed a significant decrease in students' BDI-II score from time 1 to time 2 ( $MD= 12.406$ ,  $SE=.899$ ,  $p<.05$ ,  $95\%CI=10.203, -14.608$ ), and from time 1 to time 3 ( $MD= 12.473$ ,  $SE=.770$ ,  $p<.05$ ,  $95\%CI=10.586, -14.360$ ). Likewise, the significant decrease at time 2 was sustained at time 3 ( $MD=.68$ ,  $SE=.374$ ,  $p>.05$ ,  $95\%CI=-.848, -.984$ ). In addition, pairwise comparisons regarding the main effect of Group revealed that the undergraduate religious education students in the RREBT condition reported lower BDI-II scores than students in the control condition ( $MD= 21.903$ ,  $SE=.900$ ,  $p<.05$ ,  $95\%CI=20.106 - 23.701$ ).