

## Appendices

*Appendix 1: Distribution of participants according to Gender*

Gender	Groups (N=60)			Total
	Exp. Group 1 (n <sub>1</sub> =20)	Exp. Group 2 (n <sub>2</sub> =20)	Control (n <sub>3</sub> =20)	
Male	11 18.3%	7 11.7%	8 13.3%	26 43.3%
Female	9 15.0%	13 21.7%	12 20.0%	34 56.7%
<b>Total</b>	20 33.3%	20 33.3%	20 33.3%	60 100.0%
$\chi^2=1.77$ and $p=0.41$ (Insignificant)				

Source: Authors

*Appendix 2: Distribution of participants according to Age*

Age (years)	Groups (N=60)					
	Exp. Group 1 (n <sub>1</sub> =20)		Exp. Group 2 (n <sub>2</sub> =20)		Control group (n <sub>3</sub> =20)	
	n	%	n	%	n	%
<b>20-30</b>	11	55.0	7	35.0	8	40.0
<b>30-40</b>	5	25.0	6	30.0	9	45.0
<b>40-50</b>	4	20.0	7	35.0	3	15.0
<b>Total</b>	20	100.0	20	100.0	20	100.0
Mean $\pm$ SD	32.35 $\pm$ 9.14 years		33.45 $\pm$ 10.51 years		31.55 $\pm$ 6.35 years	
F=0.23 and p=0.79 (Insignificant)						

Source: Authors

*Appendix 3: Comparison between Experimental Group1 and Control group at pre and post-intervention*

Stage	Parameter	Exp. Group 1	Control group	p value
		Mean $\pm$ SD	Mean $\pm$ SD	
Pre-intervention	NPRS (Score)	8.70 $\pm$ 0.87	8.65 $\pm$ 0.88	p=0.828
	RODI (%)	44.97 $\pm$ 8.80	44.64 $\pm$ 6.47	p=0.625
	RMDQ (Score)	13.05 $\pm$ 2.06	13.15 $\pm$ 2.11	p=0.792
Post-intervention	NPRS (Score)	2.25 $\pm$ 1.16	8.65 $\pm$ 0.88	p=0.000*

	<i>RODI (%)</i>	8.32±5.14	44.64±6.47	p=0.000*
	<i>RMDQ (Score)</i>	3.25±1.29	13.15±2.11	p=0.000*

\*Significance at the level of p<0.05

**Appendix 4: Comparison between Experimental Group2 and Control group at pre and post-intervention**

Stage	Parameter	Exp. Group 2	Control group	p value
		Mean ± SD	Mean ± SD	
Pre-intervention	<i>NPRS (Score)</i>	8.55±0.89	8.65±0.88	p=0.760
	<i>RODI (%)</i>	46.86±5.53	44.64±6.47	p=0.341
	<i>RMDQ (Score)</i>	12.95±2.11	13.15±2.11	p=0.678
Post-intervention	<i>NPRS (Score)</i>	3.85±1.23	8.65±0.88	p=0.000*
	<i>RODI (%)</i>	23.96±8.27	44.64±6.47	p=0.000*
	<i>RMDQ (Score)</i>	5.35±1.14	13.15±2.11	p=0.000*

\*Significance at the level of p<0.05

**Appendix 5: Comparison between Experimental Group1 vs. Experimental Group2 at pre and post-intervention**

Stage	Parameter	Exp. Group 1	Exp. Group 2	p value
		Mean ± SD	Mean ± SD	
Pre-treatment	<i>NPRS (Score)</i>	8.70±0.87	8.55±0.89	p=0.579
	<i>RODI (%)</i>	44.97±8.80	46.86±5.53	p=0.734
	<i>RMDQ (Score)</i>	13.05±2.06	12.95±2.11	p=0.868
Post-treatment	<i>NPRS (Score)</i>	2.25±1.16	3.85±1.23	p=0.000*
	<i>RODI (%)</i>	8.32±5.14	23.96±8.27	p=0.000*
	<i>RMDQ (Score)</i>	3.25±1.29	5.35±1.14	p=0.000*

\*Significance at the level of p<0.05