

Table 3. Change in Caregivers' Perceptions: Self-Appraisal of Change

Variable	Post-test		t
	M	SD	
<u>Self-Appraisal of Change (SAOC)</u>			
Skills in coping			
TSG	2.16	1.19	2.52**
Control	1.24	1.62	
Problem-solving skills			
TSG	2.00	1.26	2.10*
Control	1.28	1.41	
Knowledge about illness			
HEP	1.42	1.52	2.08*
Control	0.72	1.00	
Change in feelings			
HEP	1.68	1.51	1.96*
Control	0.83	1.83	
Change in thoughts			
HEP	1.45	1.46	1.81
Control	0.76	1.50	
Change in actions			
HEP	1.81	1.35	2.44*
Control	1.00	1.20	

*p<=.05; **p<=.01; ***p<=.001

Table 3. Change in Caregivers' Perceptions

Variable	Post-test		t
	M	SD	
<u>Self-Appraisal of Change (SAOC)(cont.)</u>			
Change in quality of relationship with care recipient			
HEP	1.27	1.55	1.88
Control	0.54	1.40	
Change in extent that you take care of your own needs			
HEP	1.39	1.36	1.66
Control	0.79	1.42	
Overall competence			
HEP	2.00	1.34	2.48**
Control	1.04	1.62	

*p<=.05; **p<=.01; ***p<=.001