



The first part of the study involved a series of pretests to determine the reliability and validity of the measures used. The pretests showed that the measures were reliable and valid, and that the study was well designed. The results of the pretests are presented in Table 1.

The main study was conducted with a sample of 100 participants. The participants were randomly assigned to two groups: a control group and an experimental group. The control group received no intervention, while the experimental group received a 12-week intervention. The intervention was designed to improve the participants' self-esteem and coping skills. The results of the study are presented in Table 2.

The results of the study showed that the experimental group had significantly higher self-esteem and coping skills than the control group at the end of the 12-week intervention. The results also showed that the experimental group had significantly lower levels of depression and anxiety than the control group at the end of the 12-week intervention. The results of the study are presented in Table 2.

The results of the study have important implications for the field of psychology. The study shows that a 12-week intervention can significantly improve self-esteem and coping skills, and reduce levels of depression and anxiety. This suggests that interventions designed to improve self-esteem and coping skills may be effective in treating depression and anxiety.

The study also has important implications for the field of applied psychology. The study shows that a 12-week intervention can significantly improve self-esteem and coping skills, and reduce levels of depression and anxiety. This suggests that interventions designed to improve self-esteem and coping skills may be effective in treating depression and anxiety.

The study was limited by a number of factors. First, the study was conducted with a sample of 100 participants, which may not be representative of the general population. Second, the study was conducted over a 12-week period, which may not be long enough to see long-term effects. Third, the study did not include a follow-up assessment to see if the effects of the intervention were maintained over time.

Despite these limitations, the study provides valuable information about the effectiveness of a 12-week intervention in improving self-esteem and coping skills, and reducing levels of depression and anxiety. The results of the study suggest that interventions designed to improve self-esteem and coping skills may be effective in treating depression and anxiety.