TABLE 1

Descriptive Statistics by Group for the Beck Depression Inventory-ll

 Pretest Posttest

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| Group | M | SD | M | SD | n |
| AerobicAnaerobicControl | 7.599.249.50 | 6.827.676.83 | 5.397.007.57 | 5.728.656.05 | 462114 |