

Table 5*The central tendency of the scores of the variables measured (N = 441)*

	Mean	SD	Skewness		Kurtosis	
				SE		SE
Emotion regulation	4.35	.64	-1.42	.11	3.95	.23
Sensory deprivation	2.91	.93	-.20	.11	-.54	.23
Self-control	4.20	.67	-.85	.11	1.82	.23
Introspection	4.20	.66	-.98	.11	3.52	.23
Increased willpower	4.08	.69	-.60	.11	.98	.23
Interpersonal intuition	3.72	.91	-.43	.11	-.10	.23
Faith in Divine Providence	4.27	.68	-1.14	.11	2.80	.23
Compassion for others	4.18	.65	-.70	.11	1.25	.23
Altruism	3.95	.70	-.43	.11	.66	.23
Changing perspective	4.15	.70	-.96	.11	2.16	.23
Self-knowledge	3.77	.79	-.43	.11	.67	.23
Prosociality	4.08	.78	-.92	.11	1.48	.23
Changing of behavior	4.11	.70	-.88	.11	1.86	.23