**Table 1**

| Group | Variable | Baseline | | | T1 | | | T2 | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| n | Mean | SD | n | Mean | SD | n | Mean | SD |
| Talk | Score | 120 | 9.267 | 2.028 | 124 | 11.952 | 2.237 | 101 | 11.000 | 2.236 |
| Abbreviated workshop | Score | 112 | 9.196 | 1.888 | 116 | 12.224 | 2.191 | 98 | 10.806 | 2.345 |
| Workshop | Score | 143 | 9.007 | 1.915 | 146 | 12.253 | 2.283 | 124 | 11.355 | 2.457 |