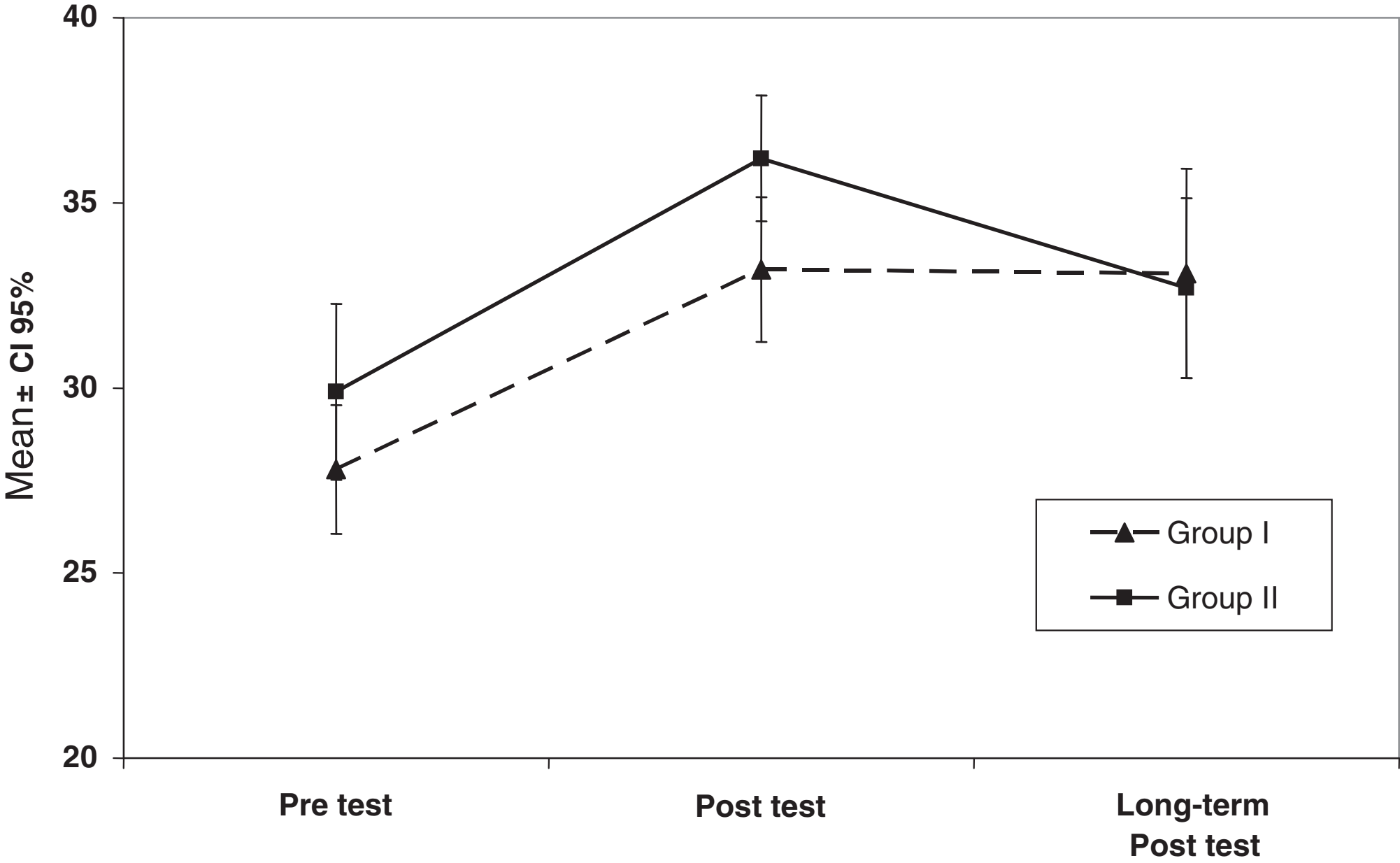
40
35
30
25
20
Mean ± CI 95%
Group I
Group II
Pre test
Post test
Long-term
Post test