|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **BPS** |  | **FMI** |  |
|  |  |  |  |  |
|  | M | (SD) | M | (SD) |
| Before training | 40.88 | (6.91) | 36.88 | (5.17) |
| After 8 weeks of training | 33.04 | (5.95) | 41.97 | (4.36) |

Table 3: Means (M) and standard deviations (SD) before and after Self-Boundary Awareness Training, N=42