Figure 1. Mean levels of self-efficacy for participants from the humour group \(n = 21\), social group \(n = 14\) and control group \(n = 20\) at pre-intervention, post-intervention and follow-up.

Figure 2. Mean level of optimism reported by participants of the humour group \(n = 21\), social group \(n = 14\) and non-intervention control group \(n = 20\) at pre-intervention, post-intervention and 3-month follow-up.
Figure 3. Mean level of perceived control reported by participants of the humour group (n=21), social group (n=14) and control group (n=20) at pre-intervention, post-intervention and 3-month follow-up.

Figure 4. Mean level of perceived stress reported by participants of the humour group (n=21), social group (n=14) and control group (n=20) at pre-intervention, post-intervention and 3-month follow-up.
Figure 5. Level of depression reported by participants of the humour group (n = 21), social group (n = 14) and control group (n = 20) at pre-intervention, post-intervention and 3-month follow-up.

Figure 6. Mean levels of stress reported by participants of the humour group (n = 21), social group (n = 14) and non-intervention control group (n = 20) at pre-intervention, post-intervention and 3-month follow-up.