

Tests of Between-Subjects Effects

Dependent Variable: Optimism

Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	123.417 ^a	3	41.139	8.851	.000	.376
Intercept	884.083	1	884.083	190.218	.000	.812
MeditationGroup	48.000	1	48.000	10.328	.002	.190
ExerciseGroup	65.333	1	65.333	14.057	.001	.242
MeditationGroup * ExerciseGroup	10.083	1	10.083	2.170	.148	.047
Error	204.500	44	4.648			
Total	1212.000	48				
Corrected Total	327.917	47				

a. R Squared = .376 (Adjusted R Squared = .334)