Variable assignment table

|  |  |
| --- | --- |
| Study variables | Assignment |
| group | 1=Control group，2=Experimental groups |
| Gender | 1=Male，2=Female |
| Physical self-esteem | 1=completely inconsistent, 2=relatively inconsistent, 3=relatively consistent, 4=completely consistent |
| School adaptation | 1=completely inconsistent, 2=relatively inconsistent, 3=uncertain, 4=relatively consistent, 5=completely consistent |