

Table 1) Summary of the content of the training sessions

Sessions 1 and 2 Relationship therapy: metaphor of the two mountains, pre-test implementation, training on acceptance and commitment therapy and its goals.
Sessions 3 and 4 Creative frustration: checking out specific control strategies that a person has used so far. Examining the costs and damages that these strategies have in one's life. The metaphor of a person in a well. Teaching the authorities how to learn to observe the anxiety instead of reaction to it by using mind-reading exercises.
Sessions 5 and 6 Adoption and life in accordance with values. Focusing on control as an unhelpful strategy in dealing with anxiety, depression, and anger. Metaphor of rebellion with a monster, moving to a worthwhile life with a self-receptive and observer. Metaphor of chessboard.
Sessions 7 and 8 Creating flexible patterns of behavior through value-based encounter. Willingness instead of avoidance. Metaphor of passengers on the bus. In the two last sessions, the patient was helped to accept the unpleasant thoughts and emotion and objectively describe them through mindfulness, values and commitment (participation in the value-based activities).

Table 2) Comparison of the mean scores of perception of disease and psychological capital and their subscales in the two groups before and after intervention

Variables	Experimental Group	Control Group
Total score of disease perception		
Pretest	5.47±0.07	6.18±1.47
Posttest	4.71±0.92	6.35±1.54
Subscale of outcome		
Pretest	4.76±1.85	4.65±2.74
Posttest	2.76±1.60	4.71±2.97
Subscale of personal control		
Pretest	4.76±1.82	6.41±1.58
Posttest	5.59±1.62	6.35±1.93
Subscale of treatment control		
Pretest	5.94±1.30	6.71±2.02
Posttest	8.47±1.46	7.06±2.66
The subscale of nature		
Pretest	5.29±2.23	6.29±2.36
Posttest	4.06±1.48	6.53±2.90
Subscale of concern		
Pretest	5.65±2.52	6.00±3.16
Posttest	3.06±1.98	6.06±3.80
Subscale of knowledge of disease		
Pretest	5.94±1.52	6.29±1.72
Posttest	7.65±1.37	6.41±1.91
Subscale of emotional response		
Pretest	5.59±2.42	5.94±2.90
Posttest	2.82±1.88	5.65±2.89
Total score of psychological capital		
Pretest	3.18±0.53	3.00±0.61
Posttest	4.53±0.62	2.94±0.83
Subscale of self-efficacy		
Pretest	3.06±0.90	2.94±0.75
Posttest	4.18±0.88	2.88±1.05
Subscale of understanding Hope		
Pretest	3.88±0.60	3.53±0.51
Posttest	5.35±0.61	3.53±0.51
Subscale of resilience		
Pretest	3.24±0.83	2.94±0.90
Posttest	4.65±0.93	3.12±0.93
Subscale of optimism		
Pretest	3.12±0.60	2.88±0.99
Posttest	4.29±0.77	3.00±0.93