

Table 1) Summary of cognitive-behavioral group therapy sessions

Session one Getting acquainted with patients and taking biographies
Session two Medical contracting, logic therapy training, A-B-C anxiety modeling training and emphasis on homework
Session three Training on the nature of PTSD disorder
Session Four Training on respiratory resuscitation and its physiological basis
Session Five Training and performing progressive muscle relaxation, teaching and practicing anxiety and stress control methods
Session Six Performing progressive muscle relaxation and cognitive reconstruction
Session Seven Performing retrograde muscle relaxation and expressing the confrontation logic, preparing hierarchy of confrontational exercises
Session Eight Progressive muscle relaxation, visual exposure, cognitive reconstruction
Session Nine Progressive muscle relaxation, visual exposure, cognitive reconstruction
Session Ten Performance of posttest

Table 2) The comparison of the mean scores of emotional control and suicidal ideation in two experimental and control groups (n=20 in each group)

Variables	Experimental Group	Control Group
Emotional Restraint		
Pretest	18.50±2.81	20.36±2.33
Posttest	23.35±2.54	19.65±2.41
Inhibition of aggression		
Pretest	20.36±3.57	22.12±3.71
Posttest	24.85±2.62	20.23±2.85
Inhibition of rumination		
Pretest	17.90±2.29	20.04±3.67
Posttest	23.68±2.71	21.01±2.54
Inclination to death		
Pretest	10.12±2.28	9.89±2.14
Posttest	7.56±1.58	9.87±39.2
Preparing for suicide		
Pretest	18.44±4.48	16.53±3.01
Posttest	11.69±3.21	15.95±3.01
Committing suicide		
Pretest	9.48±2.98	10.11±2.11
Posttest	5.69±2.14	9.78±2.54