

**Table 1)** Description of the sessions of the hope promotion cognitive training based on the model of Lopez et al. for veterans' Wives

<b>First Session</b> Determine the basic score: familiarity with the subjects and the therapist, determine the basic score of the dependent variables
<b>Second Session</b> Teaching hope: As soon as the base score of hope is determined, the therapist can discuss the hope theory with the patients and point out its relevance to the treatment process and its positive outcomes.
<b>Third Session</b> Organizing Hope for the clients: At this point, the clients provide a list of the elements and components of their lives and determine which areas are the most important and discuss their level of satisfaction in this area.
<b>Fourth Session</b> Determining Precise Positive Objectives: By using the key elements of life that are previously identified, the client and therapist work together with practical and measurable goals that are positive and accurate. These goals are important, prominent and accessible for the clients. In addition, the clients consider multiple ways for each goal and identify the thoughts associated with each goal.
<b>Fifth Session</b> The visualization of goals completes practice: when the clients and therapist agreed on these goals, clients have to embody and reach out to their goals. With this exercise, the clients and the therapist can work together on the most effective ways and means of achieving goals.
<b>Sixth Session</b> Review and correction: Clients enter these goals, paths, and elements into their lives and report to the therapist in the process of achieving it. Again, cooperation is being made to reconcile and correct any discrepancy in thinking and action that may prevent the progress of the desired goals.

**Table 2)** Results of multivariate analysis of covariance analysis, the overall score of personality empowerment, psychological flexibility and reconstruction of cognitive functions in the experimental and control group (p = 0.0001)

<b>Variable</b>	<b>Pretest</b>	<b>Posttest</b>	<b>F Value</b>
<b>Personality Empowerment</b>			
Experimental	589.99±13.71	626.75±22.79	47.87
Control	586.75±13.63	588.91±13.82	
<b>Psychological Flexibility</b>			
Experimental	23.72±2.03	25.64±1.80	18.23
Control	23.84±1.59	23.88±1.61	
<b>Cognitive Functions</b>			
Experimental	53.68±12.46	69.16±7.26	53.27
Control	52.84±11.75	54.44±6.78	

**Table 3)** Results of multivariate covariance analysis of scores in the dimensions of personality empowerment, psychological flexibility and reconstruction of cognitive function of veterans' wives in the experimental and control group (n=25 in each group)

Variables	Pretest	Posttest	F Value	Significance Level
<b>Personality empowerment</b>				
<b>Wisdom</b>				
Experimental	130.28±5.97	139.92±9.66	38.94	0.0001
Control	129.90±7.58	130.02±8.07		
<b>Courage</b>				
Experimental	95.48±4.18	102.00±7.77	32.56	0.0001
Control	94.20±5.89	94.60±5.93		
<b>Humanity</b>				
Experimental	106.98±4.17	110.94±7.00	5.17	0.029
Control	105.94±4.14	106.30±6.93		
<b>Justice</b>				
Experimental	83.91±6.71	88.66±6.85	4.93	0.033
Control	83.65±6.90	84.07±7.80		
<b>Moderation</b>				
Experimental	90.48±7.19	98.08±5.89	10.75	0.002
Control	88.44±7.25	90.86±7.07		
<b>Excellence</b>				
Experimental	82.86±9.42	87.14±8.96	5.77	0.022
Control	83.62±9.80	83.06±8.75		
<b>Psychological Flexibility</b>				
Experimental	23.72±2.03	25.64±1.80	34.41	0.0001
Control	23.84±1.59	23.88±1.61		
<b>Cognitive Function</b>				
<b>Memory</b>				
Experimental	8.64±3.90	11.92±4.13	9.52	0.004
Control	8.16±4.41	8.88±6.92		
<b>Inhibitive Control and Selective Attention</b>				
Experimental	9.92±4.10	10.80±1.35	3.04	0.090
Control	9.48±2.69	9.84±2.05		
<b>Decision Making</b>				
Experimental	7.36±2.67	12.80±2.14	66.46	0.0001
Control	7.64±3.30	7.72±1.42		
<b>Planning</b>				
Experimental	6.48±3.42	8.36±2.09	8.08	0.007
Control	6.32±2.23	6.72±2.33		
<b>Sustainable Attention</b>				
Experimental	6.72±3.66	7.68±1.97	4.51	0.041
Control	6.92±2.23	6.76±1.39		
<b>Social Cognition</b>				
Experimental	7.08±1.28	7.56±2.02	0.34	0.562
Control	6.96±1.39	7.04±1.79		
<b>Cognitive Flexibility</b>				
Experimental	7.48±3.47	10.04±2.42	12.71	0.001
Control	7.36±3.59	7.48±2.10		