

Table 1) Description of group life skills training (decision making and problem solving) in 11 one-hour sessions for 2 weeks

Life Skill Training (Section of Decision-Making)
First Session Setting realistic goals
Second Session Planning and accepting responsibility for ones` action
Third Session Readiness to change decisions in order to adapt to new situations
Fourth Session Collect information as much as possible when making a decision
Fifth Session Decision making based on the accurate assessment of situations
Sixth Session Commitment to the implementation of the decision and assurance of one`s decisions
Life Skill Training (Section of Problem Solving Perception)
Seventh Session Diagnosis of problems, causes and their accurate evaluation (including recognizing the problem, how to deal with the problem, accepting the problem of being changed, problem analysis, and then trying to solve the problem)
Eighth Session How to ask for help from others
Ninth Session How to compromise to resolve interpersonal conflict
Tenth Session Familiarity with counseling centers to solve problems
Eleventh Session Identifying common solutions for the community

Table 2) Distribution of absolute and relative frequency (numbers in parenthesis are in percentages) of gender, age and education level of subjects (40 people)

Variables	Number (Percentage)
Gender	
Female	31(77.5)
Male	9(22.5)
Age (Year)	
20-30	9(22.5)
31-40	17(42.5)
41-50	12(30.0)
51-60	2(5.0)
Education Level	
Diploma	4(10.0)
Undergraduate	26(65.7)
Graduate	8(20.0)
PHD	2(5.0)

Table 3) The mean of happiness and hopefulness variables in pre-test and post-test stages in two groups

Variables	Control Group	Experimental Group
Happiness		
Pretest	91.85±14.87	84.40±17.96
Posttest	96.60±14.26	105.45±25.01
Hopefulness		
Pretest	168.55±10.68	165.55±10.38
Posttest	166.45±12.91	168.15±16.18