

Table 1) Summary of the content of treatment sessions for PTSD veteran Wives

The content of treatment sessions based on Acceptance and Committed Based Therapy
Session One) Review the history of the problems of the groups and its evaluation; submission of therapeutic goals, explaining the philosophy of intervention based on acceptance and committed based therapy, an introduction to creative helplessness and the use of metaphor of two mountains; Consultancy contract including the presence of members in meetings on time and doing assignment as well as emphasis on the importance of secrecy and completing the questionnaire
Session Two) Investigating the interaction of thoughts, feelings and actions, creating disappointment of previous methods that the person has done and the experience that any action is ineffective in avoiding or controlling mental experiences; clarifying the values of references; continuing creative helplessness and metaphor of the pit
Session Three) Exercises on the transparency of values; practicing mindfulness; using the metaphor of the lie detector
Session Four) Exercise for knowledge of physical feelings, discuss barriers and practice; Explore the feasibility of activities related to values; Exercise related to satisfaction and dissatisfaction with the suffering of life; using of metaphor for guest and beggar
Session Five) Exercise for awareness of body feelings with discussion surrounding them; expression of fault and the metaphor of bus
Session Six) Continuing to set up effective goals related to values; practice mindfulness (breath or physical consciousness); self as a background and metaphor of chessboard
Session Seven) Introduction of values and assignment about values; Continuing debate on satisfaction with suffering; practicing mindfulness while walking
Session Eight) Exercise for the clarification of values; motivation, namely target-orientation activity, and the acceptance of mental experience; summing up and evaluating the training
The content of Mindfulness-Based Cognitive Therapy
Session One) Automatic pilot; practice at a meeting; eating raisins with knowledge and body examination meditation
Session Two) Investigation of barriers; body care meditation; 10 breaths along with mindfulness
Session Three) Mindfulness of the breathing (and the body in motion), the movement of the mindfulness with the practice of stretching and breathing, the stretching of the body which is followed by sitting meditation and focused on consciousness of breathing and body; a three-dimensional breathing atmosphere
Session Four) Being present; five minutes of seeing or hearing mindfulness; standing meditation (consciousness of breathing, body, sounds, thoughts, and unconscious awareness); adding this practice as countermeasure for use at times that seem to be difficult to do; hiking mindfulness; breathing for three minutes
Session Five) Acceptance and authorization/assignment; sitting meditation; awareness of breathing and body; emphasis on our reaction to our thoughts, emotions and body feelings that are infused
Session Six) Thoughts are not the truth; making the practice more difficult and examining its effect on the mind and body; the three-minute breathing
Session Seven) How can I take care of myself in the best way? Sitting meditation; Awareness of breathing and body, sounds, thoughts and feelings
Session Eight) To manage the future mental state, what has been taught is being used; checking meditation, end of meditation

Table 2) The mean scores of the psychological well-being of the groups in the three phases

Variables	ACT Group	MBCT Group	Control Group
Independence			
Pretest	7.23±0.59	6.80±0.55	7.00±0.65
Posttest	10.00±0.57	10.53±0.66	8.00±1.73
Follow up	9.30±0.63	10.30±0.75	7.00±0.75
Dominance on the Environment			
Pretest	10.15±1.06	1.53±1.41	10.00±1.24
Posttest	13.00±1.41	13.90±1.18	11.00±1.95
Follow up	12.50±1.05	13.92±1.32	10.46±1.40
Personal Growth			
Pretest	7.00±0.57	7.23±1.09	6.93±0.45
Posttest	10.38±0.86	10.53±1.39	8.20±1.56
Follow up	9.84±0.68	1.92±1.32	6.80±0.41
Positive Relationship			
Pretest	7.69±1.03	7.23±1.01	7.60±1.05
Posttest	11.23±0.92	1.38±0.96	8.46±2.06
Follow up	10.07±1.03	11.00±0.91	7.26±0.79
Purposefulness in Life			
Pretest	8.07±0.64	8.07±0.75	8.06±0.59
Posttest	11.46±1.05	11.30±1.37	9.00±1.85
Follow up	10.84±0.89	11.15±0.89	7.86±0.51
Self-acceptance			
Pretest	8.07±0.95	7.46±0.96	7.86±1.12
Posttest	11.15±1.06	10.61±1.12	8.66±1.95
Follow up	10.92±1.18	10.46±0.77	7.73±1.03