

**Table 1)** Summary of mindfulness-based cognitive therapy sessions (all sessions of training was accompanied with homework and pamphlets)

<b>First Session</b> Determining the objectives of the meeting, a brief introduction on mindfulness, setting generally policy considering confidentiality aspects, training focusing on 3 minute breathing and talking about that, re-training, ending the class focus on 3-minute breathing, exercises focusing on the breathing
<b>Second Session</b> Revising home assignments, discussion and explanation about breathing, focusing on the thoughts and feelings and understanding the disturbing thoughts, breathing with the presence of mind, providing homework (recording the everyday pleasant and unpleasant events), training about eating raisins and talking about it, meditation about eating and generalizing it to the other activities such as walking
<b>Third Session</b> 3-minute breathing focus exercise, reviewing homework, teaching body checking, exercise revision, meditation of body checking regularly on all days of the week for 30 minutes.
<b>Fourth Session</b> Reviewing homework, teaching meditation of seeing and hearing, 5-minute practice of seeing and hearing, presenting homework on hearing and seeing meditation, a 40- minute meditation on sitting (awareness of breath, body, voices, thoughts, awareness on how to connect to our experiences through our reactions to thoughts, feeling or body sensations., expressing the difficulties that happens during the exercise, and attention to their effect on the body and reaction to them), re-training
<b>Fifth Session</b> Training of 3-minute breathing focus, reviewing the assignment, walking training with the presence of mind, teaching conscious Yoga and discussing that, providing homework, three-minute breathing space and revision
<b>Sixth Session</b> Mountain mediation training and discussing that and providing homework, reviewing homework, revision of exercises, training in identifying anger and different reaction of people to anger, mental imagery of events that causes anger, presenting strategies for anger management, revision of exercise, practice focusing on 3-minute breathing
<b>Seventh Session</b> Reviewing homework, practice in observing the relationship between activity and mood, providing a list of enjoyable physical activities and activities that contribute to people's sense of assertiveness, the planning and preparation of an appropriate program for such activities three-minute breathing space
<b>Eight Session</b> Focus on breathing exercises, reviewing homework, reviewing of the entire program, discussing how best to continue the exercises, discussing the programs and finding positive reasons for continuing the exercises, reviewing the basic tips about mindfulness, providing leaflets of eighth session among the people and the posttest administration

**Table 2)** Mean scores of psychological capital components in both experimental and control group (n=10 in each group) in pretest and posttest stages

<b>Capital Components</b>	<b>Experimental Group</b>	<b>Control Group</b>
<b>Resilience</b>		
Pretest	23.70±4.78	25.00±4.47
Posttest	27.80±2.90	24.60±3.07
<b>Self-Efficacy</b>		
Pretest	20.31±4.40	21.40±2.16
Posttest	25.30±2.64	19.50±3.87
<b>Optimism</b>		
Pretest	24.50±4.04	24.70±2.67
Posttest	30.50±3.03	24.10±2.27
<b>Hope</b>		
Pretest	21.00±3.63	23.12±2.85
Posttest	23.90±2.40	20.50±2.40