Table 1) Structure and content of sessions

Row	Content
Session 1	Introduction: norms and processes, introduction of motivational approach, introduction of the stages of change, staging practices
Session 2	Description of one day of addictive life, discussing the values and the role of individual and social values in life, and, discovering the difference between individual values and the drug abuse behavior
Session 3	Evaluating the advantages and disadvantages of drug abuse and achieving a balance in relationship decision making and Recognizing the effects of addictive behavior on family, work and social life, completing the relationship questionnaire
Session 4	Recognition and control of stimulants, stress management and counter conditioning, practicing relaxation techniques
Session 5	Rewarding the success and management, Filling in the reward guide sheet. Education of Effective communication skills through role play technique
Session 6	Effective refusal (practice of refusal skills to avoid accepting drug offers through role playing technique), criticism taking: training effective communication skills for giving or receiving feedback
Session 7	Techniques for controlling thoughts, urges and temptations. Paying attention to irrational thoughts, brainstorming and discussing methods for controlling irrational thoughts, the difference between temptation and urge and replacing them with positive thoughts and behavior
Session 8	New ways of enjoying life: brainstorming among group members and offering suggestions on enjoyable activities without substance abuse. Recognition of existing and potential supportive relationships, recognition of needs and resources: identification of areas of life that have not grown due to substance abuse. Identification of available resources for compensation

Table 2) Mean scores of lifestyle indicator and its components

Indicator	Group	Experimental	Control
Lifestyle	Pre-test	91.60±45.39	124.46±31.61
	Post-test	140.46±43.47	127.86±38.03
Physical health	Pre-test	11.13±4.65	13.80±4.00
	Post-test	17.33±3.84	39.53±37.75
Exercise and well-being	Pre-test	9.93±4.83	11.06±5.57
	Post-test	11.93±6.26	12.26±6.09
Weight control	Pre-test	7.20±5.36	9.40±4.76
	Post-test	10.00±4.92	10.13±5.55
Illness prevention	Pre-test	9.00±5.19	12.93±4.39
	Post-test	13.86±4.83	13.00±4.14
Psychological health	Pre-test	10.53±5.30	13.20±4.49
	Post-test	16.66±5.30	14.00±4.15
Spiritual health	Pre-test	8.53±13.66	12.26±4.44
	Post-test	13.66±4.70	11.60±4.64
Social health	Pre-test	4.64±5.34	13.53±4.85
	Post-test	15.06±4.78	13.66±5.16
Drug avoidance	Pre-test	7.40±5.87	11.20±2.75
	Post-test	12.53±5.06	11.20±4.03
Prevention of incidents	Pre-test	9.26±7.44	14.93±3.51
	Post-test	15.46±7.07	14.93±6.79
Environmental health	Pre-test	8.40±6.26	12.13±4.32
	Post-test	13.93±5.45	11.80±5.11

Table 3) Mean scores of the urge-to-use components

Indicator	Group	Experimental	Control
Urge power	Pre-test	82.26±20.84	55.86±46.93
	Post-test	34.53±21.41	50.26±43.52
Drug-related beliefs	Pre-test	50.40±1.77	47.06±1.77
	Post-test	26.73±7.70	41.53±1.54
Likelihood of drug use	Pre-test	71.40±26.88	43.53±40.01
	Post-test	23.13±22.29	39.53±37.75
Slip and relapse	Pre-test	67.26±22.19	63.73±18.41
	Post-test	39.00±23.75	60.40±23.31

Table 4) Multivariate analysis of variance in urge-to-use and lifestyle components

Indicator	F	Sig	eta
Urge power	26.345	0.000	0.485
Drug-related beliefs	8.628	0.007	0.236
Likelihood of drug use	27.950	0.000	0.500
Slip and relapse	9.068	0.005	0.245
Lifestyle	14.408	0.001	0.340

Table 5) Variance Analysis of lifestyle indicator and its components

Indicator	F	Sig	eta
Physical health	8.370	0.007	0.230
Exercise and well-being	0.266	0.610	0.009
Weight control	0.882	0.356	0.031
Illness prevention	7.696	0.010	0.216
Psychological health	10.858	0.003	0.279
Spiritual health	7.428	0.011	0.210
Social health	6.485	0.017	0.188
Drug avoidance	7.886	0.009	0.220
Prevention of incidents	6.518	0.016	0.189
Environmental health	12.746	0.001	0.313