

Table 1) Treatment protocol of acceptance and commitment therapy in the experimental group

Sessions	Explanation
First session	Introducing members, pre-test, a brief explanation of the therapeutic approach
Second session	Explain creative hopelessness, acquiring current strategies and motivating them to shift to new ways
Third session	Introducing control as a problem, identifying ways of controlling behavior and emotions and examining the impact of this method
Fourth session	Understanding the importance of value-based life, understanding the performance of goals in the production of a healthy life, and preparing a chart of values in the main fields
Fifth session	Knowledge and acceptance and education of mindfulness
Sixth session	Weakening self-concept, creating awareness of self-observation, and distinguishing between self-concept and self-observation
Seventh session	Paying attention to the limited role of language in understanding direct experiences, teaching self-awareness, and weakening the mixing between self and time
Eighth session	Summary of previous sessions, commitment creation and post-test implementation

Table 2) Mean and standard deviation of quality of life scores by the research stages

Variables	Experimental Control			
	Mean	SD	Mean	SD
Pre-test	76.50	11.51	73.45	9.36
Post-test	85.62	9.03	72.15	1.01

Table 3) Covariance analysis for comparing the two groups in the quality of life

Reference	Sum of squares	Degree of freedom	Mean square	F	Significance	Eta	Power
Quality of life	483.236	1	483.236	7.523		0.367	0.718