

Table 1. The mindfulness-based stress reduction (MBSR) program training sessions

Session	Session content
1	Performing pre-test, communication and conceptualizing the problem
2	Relaxation Training (Stage I)
3	Relaxation Training (Stage II)
4	Training to focus on breathing
5	Teaching the body scanning technique
6	Mindfulness of thoughts
7	Full mindfulness
8	Post-test