

Table 1) Synopsis of life skills training sessions for spouses of veterans with mood disorders

First Session Shaping a coherent and empathic group, Familiarity of members with each other, Causes and risks of mental disorders, Familiarity with mood disorders, Defining etiology of the disease and mood disorders.
Second Session Signs and symptoms of mood disorders, Prognosis of mood disorders, Communication method with mentally ill person, and understanding the importance of drug treatment.
Third Session Members familiarity with the plans and objectives of life skills, physical self-awareness, Proper self-assessment, and the importance of consciousness of close relatives.
Fourth Session Understanding the benefits of self-consciousness and its role in communicating effectively with others, The ability of group members for their understanding and awareness of the characteristics, strengthens and weakness, Abilities and disabilities, Group pressure and setting goals.
Fifth Session Explanation of communicative skills, The necessity of mastering communicative skills and their impact on people's lives.
Sixth Session Communication skill, Start, continue and end, and increase in the quality of communication with others.
Session Seven Familiarity with anger, anger causes, anger-provoking situations and characteristics of different styles of skilled individuals in controlling anger
Session Eight The process of manipulating anger, Recognizing anger including: emotional self-discover, dealing with dysfunctional thoughts, short-term and long-term methods and techniques of repealing of anger and its role in life and assertiveness, Characteristics of assertive behavior, How to deal decisively.
Ninth Session Familiarity with stressful situation, Individual differences in dealing with stress, The effect of stress on body: The physical and psychological effects, and different styles of people in stressful situations.
Tenth Session Resilience, Skillful coping styles, Evaluation of the achievement of educational goals in previous sessions and discussion, Cognitive assessment of life skills and posttest.

Table 2) Frequency of personal characteristics of participants
(numbers in parentheses are based on percentage)

Variables	Experimental Group (n=25)	Control Group (n=25)
Number of Children		
1	2(8)	1(4)
2	9(36)	10(40)
3	10(40)	9(36)
4	Zero	3(12)
5	3(12)	1(4)
6	1(4)	1(4)
Occupation Status		
Housewife	23(92)	22(88)
Employed	2(8)	3(12)
Level of Education		
Less than diploma	15(60)	13(52)
Diploma	7(28)	8(32)
Bachelor	3(12)	4(16)

Table 3) The comparison of mean scores for general health, physical symptoms, anxiety, social dysfunction and depression in spouses of veterans suffering from mood disorders in the experimental and control groups in the pre- and post-test by removing the pre-test effect

Domains	Pre-test	Post-test	Significance Level	Eta Coefficient
General Health				
Experimental	16.96±3.40	17.79±3.60	0.0001	0.597
Control	16.32±3.56	15.73±2.53		
Physical Symptoms				
Experimental	5.12±2.31	10.09±4.84	0.001	0.36
Control	9.52±4.81	9.85±5.08		
Anxiety Symptoms				
Experimental	5.36±1.34	5.85±1.60	0.002	0.299
Control	4.92±1.42	4.22±2.72		
Social Dysfunction				
Experimental	3.40±1.19	3.96±2.05	0.02	0.304
Control	3.84±1.13	3.91±2.18		
Depression Symptoms				
Experimental	5.80±1.31	5.70±1.41	0.17	0.104
Control	5.17±2.74	5.52±1.35		