

Table 1) Content of cognitive-behavioral group therapy sessions

First Session
Introduction, familiarity with the rules and objective of the group, statement of the purpose of the meeting, familiarity with A, B, C process and assignment
Second Session
Review of assignment, members' awareness of the main dimensions of cognitive theories of excitement, familiarity of members with cognitive distortion or logical error and assignment.
Third Session
Reviewing the assignments and contents of the previous session, familiarity of group members with negative cognitive triangle and logical error and assignment
Fourth Session
Reviewing the assignments of the previous session, training the members about the nature of schemas and the relationship between schemas and thoughts, as well as identifying schemas
Fifth Session
Reviewing the assignment of the previous session, familiarity with vertical movements and types of beliefs and assignment
Sixth Session
Reviewing the tasks of the previous session, providing the main list of beliefs, cognitive maps and grading the mental discomfort units and assignment
Seventh Session
Reviewing the assignment of the previous session, variability of beliefs, objective analysis, and the analysis of the consistency of beliefs
Eighth Session
Reviewing the content of previous session, the method of logical analysis of beliefs, methods for changing negative beliefs, receiving feedback from members about the treatment plan, and providing an opportunity to complete the group therapy program

Table 2) Comparison of the mean scores of coping styles in both the experimental and control groups in the Posttest and Posttest phases

Coping Styles	Experimental Group	Control Group
Problem Oriented Style		
Pretest	48.52±23.60	47.77±22.67
Posttest	56.47±20.17	47.01±22.69
Emotional Oriented Style		
Pretest	51.65±19.42	51.52±18.90
Posttest	42.70±19.84	50.90±17.75
Avoidance Style		
Pretest	52.15±18.96	52.77±15.63
Posttest	43.17±22.58	53.20±16.87