Table 1. Acceptance and Commitment Therapy (ACT)

The first session
Introducing the group members and their expectations, setting the group policy, creating some relationships to members, distributing the research inventories, explaining the mental health and quality of life

The second session
Helping the referrals to evaluate their experiences, creating and developing efficiency as a criterion, calling the creative disappointment, avoiding the old strategies and requesting for new strategies

The third session
Displaying how to create a problem in control, accepting the painful personal events without struggling with them and the lack of controlling them by using parable

The fourth session
Weakening the fusion between the self and language, teaching the awareness without judgment to referrals that how language is behind the experiences, distinguishing between the images and representation from performance

The fifth session
Weakening the dependency to the concept of self, creating and informing the self-observation, distinguishing between the self-observation and self-concept

The sixth session
Reaching to the high level of awareness and acceptance (emotional awareness and wise awareness) by using the mindfulness techniques

The seventh session
Understanding the significance of life based on values and expressing the difference between values, goals, needs, and understanding the performance of values in making a healthy life, clarifying the values of referrals

The eighth session
Understanding the qualities of used acceptance and tendency, selecting and understanding the nature of acceptance and commitment and linking them to each other, studying the barriers to acceptance and solving them

Table 2. The descriptive parameters of control and experimental group in the pretest, posttest and follow up steps**group**

	pre-test	post-test	Follow up
Physical complaint			
Experimental	1.97±0.61	1.62±0.68	1.64±0.78
Contro	1.54±0.65	1.53±0.64	1.97±0.61
Obsession			
Experimental	1.30±0.62	1.09±0.64	1.10±0.70
Contro	1.29±0.68	1.31±0.67	1.37±0.74
Interpersonal sensitivity			
Experimental	1.13±0.52	0.99±0.59	0.99±0.63
Contro	1.04±0.53	1.03±0.52	1.10±0.60
Depression			
Experimental	1.58±0.51	1.41±0.56	1.36±0.63
Contro	1.56±0.54	1.55±0.48	1.59±0.55
Anxiety			
Experimental	1.52±0.56	1.64±0.53	1.46±0.58
Contro	1.36±0.55	1.36±0.56	1.44±0.64
Aggression			
Experimental	1.68±0.64	1.53±0.54	1.59±0.60
Contro	1.53±0.57	1.47±0.59	1.47±0.59
Phobia			
Experimental	1.23±0.59	1.03±0.55	1.00±0.60
Contro	1.26±0.60	1.25±0.55	1.29±0.55
Pessimistic thoughts			
Experimental	1.56±0.68	1.42±0.64	1.50±0.58
Contro	1.61±0.60	1.55±0.60	1.56±0.61
Psychosis			
Experimental	1.04±0.56	0.95±0.53	0.98±0.54
Contro	1.00±0.48	1.01±0.42	1.00±0.38