

Table 1) Content of training sessions on resilience skills and positive thinking skills

Resilience skills training sessions
1- Providing information, explaining the objectives of the study and familiarity of participants with each other, introducing the presenter and participants (Explaining the purpose, rules, and framework of the group, filling out a questionnaire, hold a pre-test, providing a definition of resilience, and its importance, and providing related assignments)
2- Promoting self-confidence and self-reliance (simple and clear definition of self-awareness, expression of components of self-awareness, recognition of strengths and weaknesses, familiarity with the concept of optimism and its effect on self-esteem, a clear understanding of self-confidence, causes and factors affecting self-esteem, the importance and impact of self-esteem in life, ways to increase self-confidence, reviewing the assignments of the previous session and presenting new assignments)
3- managing emotions and feelings (recognizing emotions and being aware of how they occur, gaining the ability to change emotions by changing beliefs, gaining the ability to change emotions by changing beliefs, reviewing previous assignments and presenting new assignments)
4- Coping with stress (expressing the concept of stress, methods of coping with stress, reviewing previous assignments and presenting new assignments)
5- Anger management (expressing the concept of anger, presenting the causes and consequences of anger, recognizing the feeling of anger in oneself, anger management and control management methods, reviewing previous assignments and presenting new assignments)
6- Effective communication (familiarity with the communication process, correct communication with classmates and families)
7- Problem-solving (familiarity with problem-solving steps, performance method and application of the problem-solving method, reviewing previous assignments and presenting new assignments)
8- Decision making (the right criteria for a good decision, the importance and value of a right decision, predicting the consequences, and results of decisions, reviewing previous assignments, and submit new assignments)
9- Being purposeful and knowing the methods to achieve the purpose and foresight (expressing a simple concept of purpose and its types, the importance of goal setting and planning for success in life, practical training on goal setting and planning, reviewing assignments)
Positive Thinking Skills Training Sessions
1- Introducing and creating a relationship (determining the frameworks and rules of the group, general statement about the goals of counseling, expressing examples of positive and negative thoughts and behaviors appropriate with them)
2- Familiarity with the concept of positive thinking (definition, Explanation, for example, members were asked to choose a negative thought that often comes to their mind, to think about its meaning in order to achieve the main belief that is the foundation of their thought.)
3- Write down the positive points as well as the strengths in communicating with others (how much is involved in the group work and how? Writing the titles of experiences and positive memories related to the social area, including people, activities, etc.)
4- Making a list of positive words in life and repeat them until it becomes the queen of one's mind and becomes part of one's vocabulary.
5- Expressing positive experiences and relationships with others and expressing concerns in this area
6- Writing positive thoughts and hope for the future on a daily basis
7- Writing barriers to positive behavior and thinking in a list
8- Teaching how to stop thinking, calming the mind
9- Summarizing and reaching the main positive points

Table 2) Mean post-test of suicidal ideation scores and its subscales in the study groups

Variables	First experimental group (resilience)	Second experimental group (positive thinking)	Control group
Overall score of suicidal ideation	35.8±12.23	39.7±75.92	51.10±32.14
Subscale of death tendency	17.3±48.30	19.3±85.64	23.4±43.02
Subscale of preparing for suicide	11.2±31.49	13.2±71.68	18.3±21.15
Subscale of tendency to actual suicide	11.2±61.84	12.2±91.13	16.3±72.55

Table 3) Two-by-two comparison of the groups in terms of mean scores of post-test suicidal ideation and its subscales

Variables	Mean difference	Significance level
score of suicidal ideation		
First and second experimental groups	-4.0±63.61	0.01
Second experimental and control groups	11.1±57.76	0.0001
First experimental and control groups	16.1±2.81	0.0001
Subscale of death tendency		
First and second experimental groups	2.1±37.19	0.01
Second experimental and control groups	3.1±58.92	0.0001
First experimental and control groups	5.1±95.10	0.0001
Subscale of preparing for suicide		
First and second experimental groups	-2.1±40.02	0.01
Second experimental and control groups	6.1±90.29	0.0001
First experimental and control groups	4.1±50.09	0.0003
Subscale of tendency to actual suicide		
First and second experimental groups	1.0±30.79	0.06
Second experimental and control groups	3.0±81.92	0.0001
First experimental and control groups	11.1±5.10	0.0001