

Table 1) Summary of acceptance and commitment therapy sessions

<p>First Week</p> <ol style="list-style-type: none">1- Reviewing and assessing of troubled history references2- Presenting the treatment goals and whether this change is possible3- Explaining the philosophy of intervention based on acceptance and commitment-based approach4- The consulting contracts including on-time attendance at meetings and doing assignments as well as emphasizing the importance of confidentiality5- Introduction to creative distress and the use of the metaphor of the two mountains
<p>Second Week</p> <ol style="list-style-type: none">1- Studying the interaction of thoughts, feelings and action2- Creating disappointed in the use of previous methods that the person has done3- Experiencing the fact that any operation to avoid or control unwanted mental experience is affectless4- Reaching references to creative disappointment5- Clarification of the values of references6- Continuing creative distress and the use of hole metaphor
<p>Third Week</p> <ol style="list-style-type: none">1. Exercises on values clarification2. Emphasis on the identification and awareness3. Mindfulness exercises4. Continuing clarification of values5. The use of polygraph metaphor
<p>Fifth Week</p> <ol style="list-style-type: none">1. Exercises related to the knowledge of physical feeling with discussion about these exercises2. Discussing the obstacles and exercises for exploring possibilities of activities related to the values3. Providing an introduction to setting effective goals related to the values4. Exercises associated with the satisfaction and dissatisfaction with life sufferings5. Use of guests and beggars metaphor
<p>Fifth Week</p> <ol style="list-style-type: none">1. Exercises associated with the knowledge of physical feelings with discussing them2. Using the metaphor of buses
<p>Sixth Week</p> <ol style="list-style-type: none">1. Continuing the setting of effective goals related to the values2. Mindfulness training (breathing or body awareness), Less use of allusions and guidance by the therapist during the exercise3. Self as a background the use of chess board metaphor
<p>Seventh Week</p> <ol style="list-style-type: none">1. Talking about the activity and its cycle2. Introducing values and giving assignment3. Continuing the discussion about the satisfaction of suffering4. Mindfulness exercises during walking
<p>Eighth Week</p> <ol style="list-style-type: none">1. The Values clarification exercises2. Creating motivation i.e., activities that adopt goal-directed activates with accepting mental experiences3. Assessing of training and providing more resources

Table 2) Mean of marital burnout and its components in both the pretest and posttest stages in both groups

Variables	Experimental Group	Control Group
Marital Burnout		
Pretest	75.42±5.46	73.75±8.34
Posttest	55.00±2.89	69.83±10.02
Psychological Burnout		
Pretest	23.08±3.65	24.42±2.67
Posttest	18.67±2.22	23.42±3.96
Emotional Burnout		
Pretest	30.83±3.72	28.50±4.03
Posttest	20.92±2.23	26.50±4.96
Physical burnout		
Pretest	21.50±3.70	20.83±2.75
Posttest	15.42±1.37	19.92±2.90