

**Table 1)** The summary of social-emotional skills sessions

<b>First Session</b> (Introduction) Discussion on the importance of teaching social-emotional skills, introducing and familiarizing the members with each other and the leader of the group, Inclusion the rules and regulations of the group.
<b>Second session</b> (Self-awareness) Observing and identifying your emotions, Recognizing own weaknesses and strengths, finding the words to express feelings, Understanding the relationship between thoughts, feelings and reactions.
<b>Third Session</b> (Interpersonal relationship) Talking about feelings effectively, becoming a good listener and questioner, distinguishing between words and actions of others, reactions and own judgment toward them, sending messages starting with the word "I" instead of blaming.
<b>Fourth session</b> (Personal decision-making) Familiarity with decision-making process, Examining own and others` actions and knowing their consequences, determining whether a particular decision, thought or raw emotion is ruling.
<b>Fifth session</b> (Understanding feelings) Understanding the feelings and naming them, knowing the difference between feelings and emotions, understanding and awareness of the way of expressing emotions in interpersonal relations, Evaluation and recognition of emotional states.
<b>Sixth session</b> (Sympathy) Understanding the feelings and interests of others and consideration of their mental outlook, Respecting to the differences in how people feel different phenomena.
<b>Seventh session</b> (Coping with psychological stress) The effect of stress on other aspects of life, Training of coping strategies and relaxation training in times of stress, familiarity with the stress, teaching stress management strategies, Determining the role of own perception in stress.
<b>Eighth session</b> (Flexibility to change) The role of flexibility in achieving own goals and adaptation to environment and changes, the adaptability and flexibility against changes.
<b>Ninth session</b> (Problem-solving) The process of problem-solving, planning to solve the problems of life, barriers to problem-solving, knowledge of how to get help in solving the fundamental problems of life.,
<b>Tenth session</b> (Emotional control) The role of emotion in the performance of control, effective emotional control, signs and symptoms of anger, methods of indignation, effective methods to control anger
<b>Eleventh session</b> (Expression) The difference between assertive and expressive behaviors, identification of behaviors indicative of expression, assertiveness skills, learning the skills for saying no.
<b>Twelfth session</b> (Time management) Classification and timing, proper planning, proper timing method, strengths and weaknesses in the weakly and daily planning, strategies to prevent wasting time.

**Table 2)** Mean comparison of the mean variables in pretest and posttest stages in the two groups  
(n=15 per group)

Parameter	Experimental Group	Control Group
<b>Anger Management</b>		
Pretest	8.42±3.45	10.11±5.15
Posttest	8.45±2.38	9.96±2.39
<b>Positive Orientation</b>		
Pretest	9.59±3.25	12.62±5.06
Posttest	8.36±1.58	9.21±1.11
<b>Negative Orientation</b>		
Pretest	10.27±4.22	7.16±3.65
Posttest	6.31±2.57	5.20±2.48
<b>Logical Problem-Solving</b>		
Pretest	9.35±3.58	12.19±3.12
Posttest	8.34±2.27	9.70±2.43
<b>Impulsive/Carelessness Style</b>		
Pretest	10.23±4.60	8.20±3.23
Posttest	8.23±2.83	7.14±2.68
<b>Avoidance Style</b>		
Pretest	9.33±3.23	7.08±3.23
Posttest	8.11±3.31	7.09±3.32