

**Table 1)** The summary of content in training sessions of self-compassion

<b>Session One</b> The definition of trauma and its types and the effects of traumatic event of landmine explosion leading to organ failure, its psychological symptoms and conceptualization of training focused on compassion.
<b>Session Two</b> Empathy Training: training to understand that people can follow the affairs with empathetic attitude.
<b>Session Three</b> Empathy Training: Shaping and creating more and diverse feelings with regard to the problems of the people to increase care and attention of one's own health.
<b>Session Four</b> Forgiveness Training: Accepting one's mistakes and forgiving oneself for mistakes to speed up the process of making changes.
<b>Session Five</b> Teaching the acceptance of issues: acceptance of the changes ahead and endure harsh and challenging conditions due to the variability of life and encounter people with different challenges.
<b>Session Six</b> Training the growth of valuable feelings: building internal valuable feelings to deal effectively and efficiently with their environment.
<b>Session Seven</b> Teaching responsibility: teaching responsibility is an essential component of teaching self-compassion based on which the subjects learn to not have self-critical thinking and try to make new attitudes and feelings which are more efficient in themselves.
<b>Session Eight</b> Training and practicing of skills: Review and practice of the presented skills in the previous sessions to help the participants to be able to deal with different condition of life in different ways.

**Table 2)** Comparison of mean scores of dysfunctional attitude, life quality and its components in the two groups before and after the intervention

<b>Variables</b>	<b>Experimental Group (n=20)</b>	<b>Control Group (n=20)</b>	<b>Significance Level</b>	<b>Level of Impact</b>
<b>Dysfunctional attitudes</b>				
Pretest	172.80±11.56	168.40±10.80	0.62	0.08
Posttest	98.53±10.91	145.73±13.25	0.001	0.41
<b>Physical performance</b>				
Pretest	10.66±2.63	12.46±2.97	0.07	0.11
Posttest	10.86±1.30	8.13±2.32	0.001	0.41
<b>Physical role</b>				
Pretest	10.73±1.79	12.46±2.350	0.58	0.08
Posttest	19.41±1.41	14.86±3.99	0.02	0.22
<b>Emotional role</b>				
Pretest	11.93±2.34	13.20±3.07	0.09	0.13
Posttest	18.40±1.59	13.60±3.69	0.01	0.25
<b>Liveliness</b>				
Pretest	11.66±3.41	12.46±3.41	0.24	0.10
Posttest	18.93±1.91	12.53±2.92	0.001	0.51
<b>Mental health</b>				
Pretest	12.46±3.52	11.86±2.35	0.13	0.10
Posttest	18.40±1.29	12.20±2.91	0.001	0.53
<b>Social performance</b>				
Pretest	11.46±2.64	12.93±3.57	0.26	0.09
Posttest	20.10±2.11	13.33±3.11	0.001	0.48
<b>Bodily pain</b>				
Pretest	11.53±2.87	12.33±2.69	0.76	0.60
Posttest	7.53±1.31	5.73±1.48	0.01	0.24
<b>General health</b>				
Pretest	11.46±2.19	13.20±2.56	0.25	0.07
Posttest	17.86±1.45	12.41±2.69	0.001	0.46
<b>Life quality</b>				
Pretest	50.66±10.56	57.06±11.09	0.75	0.07
Posttest	96.86±6.58	68.33±10.12	0.001	0.58