

Table 1. The description of the training sessions for the experimental group (15 subjects)

First session Introducing the group members, a brief description of the rules and how to participate and the importance of their presence to progress of the program, an introduction and a definition of the neuro-linguistic programming and its application
Second session The main concepts of positive thinking and identification of the signs and symptoms of positive thinking (neuronal)
Third session Understanding beliefs, thoughts, and feelings, combating negative thoughts and rethinking thoughts, checking facts and teaching cognitive errors (neuronal)
Fourth session Understanding extreme perfectionism and changing mental images and positive imagery and controlling the unconscious mind (linguistic)
Fifth session Using constructive language and words (selected talking, no use of the term "should", using confirmatory sentences) and how to teach making positive beliefs (linguistic)
Sixth session Reminding bad memories and understanding negative beliefs in recalling memories, strengthening self-esteem and self-confidence (neuronal)
Seventh session How to being self-assertiveness, coping with anxiety, jealousy, teaching relaxation (linguistic)
Eighth session Targeting, staging in moving to the goal, finding a meaning in life and meeting your mission (neuronal)
Ninth session Providing a positive environment, maintaining health, establishing good relationships, love and friendship, humor in life, flexibility (linguistic)
Tenth session Evaluation of the effectiveness, optimism, conducting post-test, and ending (linguistic)

Table 2. The mean scores of the subjects in the experimental (15 subjects) and control groups (15 subjects)

Variables	Experimental group	Control group
Physical health		
Pre-test	19.4±93.38	18.4±80.58
Post-test	25.4±60.23	21.3±20.82
Mental health		
Pre-test	18.4±27.54	17.4±93.35
Post-test	26.2±13.61	19.4±67.10
Social relationship		
Pre-test	6.1±13.68	5.1±80.74
Post-test	8.0±07.96	6.1±53.30
Perception of the living environment		
Pre-test	22.4±47.50	21.4±20.85
Post-test	30.3±0.57	22.3±40.81
Control in the quality of life		
Pre-test	64.11±93.13	64.12±67.94
Post-test	89.9±87.21	69.10±57.21