

**Table 1.** Summary of the Acceptance and Commitment Therapy (ACT) sessions (each session: 90 min)

<p><b>First session</b> Introducing the members to the therapist and other members, description of the rules of the group, introducing and general description of the therapeutic approach. Homework: Listing 5 examples of the most important problems patients face in their lives.</p>
<p><b>Second session</b> Assessing the homework of the previous session, measuring the patient's problems from the ACT perspective (extracting avoidance experience, fusion, and individual values). Homework: Providing a list of benefits and disadvantages and methods of controlling problems.</p>
<p><b>Third session</b> Reviewing the homework of the previous session, pointing out the ineffectiveness of controlling negative events using metaphors, and training the tendency toward emotions and negative experiences. Homework: The recording of cases, in which patients have managed to eliminate ineffective methods.</p>
<p><b>Fourth session</b> Reviewing the homework of the previous session, training the separation of assessments from personal experiences (bad cup metaphor), and adapting observing thoughts without judgment. Homework: Registration of cases, in which patients have been able to observe and evaluate experiences and excitements.</p>
<p><b>Fifth session</b> Reviewing the homework of the previous session, communicating with the present, considering yourself as background (chessboard metaphor) and teaching the techniques of mindfulness. Homework: recording of cases, where patients are able to view thoughts using mindfulness techniques.</p>
<p><b>Sixth session</b> Reviewing the homework of the previous session, identifying patient's life values and assessing the values based on their importance. Homework: Providing a list of obstacles to realize values.</p>
<p><b>Seventh session</b> Reviewing the homework of the previous session, presenting practical solutions to removing barriers, using metaphors, and planning for commitment for pursuing values. Homework: A report on steps to track values and thinking about the achievements of meetings.</p>
<p><b>Eighth session</b> Summarizing the concepts discussed at the meetings, asking the members to explain their achievements to the group and their plans to continue living.</p>

**Table 2.** The mean of descriptive indices in two stages in the control and experimental groups

Index	Pre-test	Post-test	P value
<b>Family support</b>			
Experimental group	16.46±4.08	17.53±1.59	<0.01
Control group	10.40±4.42	12.93±2.91	
<b>Friends' support</b>			
Experimental group	13.46±3.31	16.20±2.36	<0.01
Control group	10.26±4.63	10.80±2.78	
<b>Others' support</b>			
Experimental group	15.20±4.12	14.00±2.95	0.327
Control group	10.13±3.73	11.13±2.64	