

Table 1) A Summary of the Training Sessions Content

1st Session Forming a Solidarity and Sympathy Group; Introducing the Group Members; Introducing the Effective Factors Generating the Psychiatric Disorders; Introducing the Mood Disorders; Defining the Mood Disorders Disease and Its Etiology
2nd Session The Symptoms of the Mood Disorders Disease; Types of the Process and Prognosis of the Mood Disorders Disease; Way of Communicate with the Psychiatric Patient; Introducing the Importance of the Medication and Non-medication Treatments
3rd Session Introducing the Program and the Aims of the Life Skills for the Group Members; Physical Self-awareness; True Self-assessment; the Importance of the Closed Relatives in Self-awareness
4th Session Introducing the Self-awareness Process and Its Role in Effective Communicate with Other Persons; The Capability of the Group Members to Understand Themselves and to be Aware of the Specifications, Weaknesses and Strengths, Abilities and Inabilities, Group Pressure, and Aiming
5th Session Explaining the Communication Skills; The need for Mastering the Communication Skills and Its Effects on the Persons' Life
6th Session Stages in Forming the Communication: Start; Following; End; and to Enhance the Quality of Communication with Other Persons
7th Session Introducing the Anger; Factors Causing the Anger; Different Styles of the Persons in the Situations Causing the Anger; Specifications of the Persons Able to Control the Anger
8th Session The Process to Control the Anger Skillfully; Awareness of the Anger Emotion including Emotional Self-awareness, Discovering the Inefficient Thoughts and Coping with Them, Counteract the Anger; Short-term and Long-term Methods and Teaching the Relaxation Technique and Its Role in Life and Assertiveness: The Specifications of Firm Behaviors and Way of Decisive Deal
6th Session Introducing the Stressful Situations; Personal Differences in Coping with Stress; The effects of Stress on the Body: Physical and Psychiatric Symptoms; and Different Styles of the Persons in the Stressful Situations
10th Session Endurance; Skillful Styles in Coping Stress; Investigating the achievement to the Training Goals at the Former Sessions and a Review on the Former Discussions; Assessing the Understanding of the Life Skills; Posttest

Table 2) Absolute and Relative Frequency Distributions of the Participants based on the Personal Characteristics (number in the parentheses showing percentage)

Index	Experimental Group	Control Group
Number of Children		
1 Child	(8) 2	(4) 1
2 Children	(36) 9	(40) 10
3 Children	(40) 10	(36) 9
4 Children	0	(12) 3
5 Children	(12) 3	(4) 1
6 Children	(4) 1	(4) 1
Job Situation		
House-wife	(92) 23	(88) 22
Employee	(8) 2	(12) 3
Level of Education		
Cycle	(60) 15	(52) 13
Diploma	(28) 7	(32) 8
Bachelor	(12) 3	(16) 4

Table 3) Comparison between the Statistical Mean Scores of Quality of Life and Its Components in Experimental and Control Groups at the Pretest and Posttest Stages

Variables	Pretest	Posttest	P Value
Quality of Life			
Control Group	70.00±5.57	90.73±7.55	0001.0
Experimental Group	75.46±5.55	20.00±8.67	
Psychiatric Health			
Control Group	50.26±2.15	82.40±2.15	017.0
Experimental Group	12.93±2.15	70.80±2.17	
Social Relationships Health			
Control Group	42.80±1.9	03.33±2.9	005.0
Experimental Group	38.90±1.9	50.90±3.12	
Physical Health			
Control Group	76.86±1.15	31.78±2.14	006.0
Experimental Group	46.66±2.15	87.66±2.18	
Environmental Health			
Control Group	67.06±3.16	30.26±4.16	347.0
Experimental Group	93.93±2.16	50.55±5.17	