

**Table 1)** The mean scores of veterans in each of the items related to the barriers and benefits of sports participation

<b>Barriers and Benefits of Sports Participation</b>	<b>Mean</b>
<b>Barriers of Sports Participation</b>	
1. Failure to inform veterans and disabled people about exercise	3.54±0.87
2. Lack of support for sports from educational centers such as university	2.87±1.03
3. The lack of support from media for veterans and disabled people sport	3.98±0.99
4. Lack of attention of authorities to veterans and disabled peoples' sports	4.12±1.02
5. Fear of physical injuries caused by exercise	3.17±1.12
6. The lack of successful veterans' sport patterns in the province	3.71±1.08
7. Limitations on physical ability	3.99±1.05
8. Lack of interest	3.55±1.11
9. Not having the necessary motivation	4.02±0.88
10. Lack of necessary skills	2.93±1.09
11. Laziness and jest	3.09±0.95
12. Shyness	2.63±0.81
13. Lack of self-confidence and self-esteem	3.91±1.13
14. Family disagreement with participation in sports	4.21±0.88
15. Not exercising by family members	3.99±1.06
16. Economic status of family	2.73±1.01
17. Lack of vehicle and transportation	4.19±1.17
18. Lack of access to the appropriate gyms	4.41±0.89
19. Lack and expense of sports equipment	3.44±1.08
20. Inappropriate time spent exercising sports facilities	2.81±0.99
21. Failure to invest in sports facilities development	4.37±1.11
22. Expenses to participate in sport activities	3.95±1.04
<b>Benefits of sport participation</b>	
1. Self-management	4.03±0.97
2. The ability of decision-making in the new situations	3.91±1.02
3. Keeping the previous successes	3.24±0.77
4. Helping a sense of leadership of a group of people	3.51±1.07
5. Meeting new people	3.03±1.12
6. Meeting friends	3.83±0.83
7. Acquiring social support	4.07±1.14
8. Reduction of social limitations	2.66±1.01
9. Social abilities	4.15±0.77
10. Social values	3.97±0.94
11. Self-confidence	3.18±1.05
12. Anger reduction	3.81±0.81
13. Anxiety Reduction	3.91±0.99
14. Self-confidence	4.03±1.13
15. Mental Tenacity	3.01±0.79
16. Having a nice look	2.87±1.03
17. Energy and euphoria throughout the day	4.14±0.91
18. Weight Adjustment	3.96±1.14
19. Increased muscle strength	3.27±0.88
20. Physical superiority to others	2.91±1.01
21. Increased stability of the physical state	3.03±1.11
22. Increase life spam	4.38±0.95