

Table 1) Summary of activities carried out in group therapy sessions for veterans with posttraumatic stress disorder

Session One: Getting acquainted with patients and taking biographies
Session Two: Medical contracting, Logic therapy training, A-B-C anxiety modeling training and emphasis on homework
Session Three: Training on the development and the nature of PTSD
Session Four: Training on respiratory resuscitation and its physiological basis
Session Five: Training and performing progressive muscle relaxation, teaching and practicing anxiety and stress control methods
Session Six: Performing progressive muscle relaxation and cognitive reconstruction
Session Seven: Performing retrograde muscle relaxation exercises and expressing the confrontation logic, preparing hierarchy of confrontational exercises
Session Eight: Progressive muscle relaxation, visual exposure, cognitive reconstruction
Session Nine: Progressive muscle relaxation, visual exposure, cognitive reconstruction
Session Ten: Posttest administration

Table 2) Mean scores and results of multivariate covariance analysis to compare the effect of cognitive-behavioral therapy method on performance and experimental avoidance in two groups of veterans with posttraumatic stress disorder (n=20 in each group)

Variables	Experimental Group	Control Group	Significance Level	Rate of Effectiveness
Pretest stage				
Number of classes	13.64±5.21	9.36±3.25	0.074	0.18
Failure error	12.32±2.24	8.56±2.01	0.067	0.21
Experimental avoidance	46.69±3.79	41.23±2.03	0.058	0.15
Posttest Stage				
Number of classes	11.53±4.87	9.12±4.14	0.001	0.51
Failure error	9.84±4.06	9.27±3.96	0.001	0.61
Experimental avoidance	20.15±2.17	35.59±2.01	0.001	0.53