

Table 1) Content of the Pre-marriage Skills Training Program for the Daughters of the Martyrs and the Veterans of Gilan Province

Orientation Session

Greetings; introducing the instructor; primary recommendations including time of the sessions and their way of holding; quality and quantity of the training program; manifesting main chart of the sessions; saying the secrecy laws; on-time attending in the group; no absence; Active presence in the sessions; accurate attention to homework in the sessions and after

1st Session

Discussions about communication and its importance and expressing main items of a constructive and useful communication including verbal communication (dialogues and negotiations) and non-verbal communication, i. e. all the messages communicated by the persons besides the speech such as open body language and closed body language; classroom and home tasks

2nd Session

A review on the concepts of the 1st session; descriptive the emotion; types of the emotions in persons; activities in the classroom (to make the learners to pay more attention on their feelings and be aware that every situation makes feelings); defining the emotional skills and their roles in life; the utilization of the emotional skills in the daily life; homework (to list the emotions, to which the participants will face, as well as negative or positive facing)

3rd Session

A review on the concepts of the 2nd session; homework review; concentration on the emotion management skills including emotional self-awareness, self-esteem, and anger control; classroom and home tasks

4th Session

A review on the concepts of the 3rd session; tasks review; concentration on the anger control skills; what is anger and why do we get angry? Feelings with anger; when we express our anger? Ways of dealing with anger; guidelines to express anger; classroom and home tasks

5th Session

A review on the concepts of the 4th session; tasks review; expressing the importance of decisiveness (assertiveness); positive self-knowledge; practice logical opposition; classroom and home tasks

6th Session

A review on the concepts of the 5th session; tasks review; continuance of the assertiveness skills practice including independence and self-actualization; how to say “no” with our assertiveness? Ways to say “no”; how to say “yes” with our assertiveness? Demanding; classroom and home tasks

7th Session

A review on the concepts of the 6th sessions; tasks review; concentration on the skills of understanding other persons including empathy, inter-personal relationships, and social responsibility; classroom and home tasks

8th Session

A review on the concepts of the 7th session; tasks review; concentration on the problem-solving skills including awareness of the negative internal dialogues during facing with a problem in expressing positive and energetic sentences; way to express the problem manifestly

9th Session

A review on the concepts of the 8th session; tasks review; continuance of problem-solving skills including mental fluency, opening the mind, and writing any solution on the matter come in mind; selecting the best solutions among the set of the solutions; reality testing; flexibility

10th Session

A summary on the discussions and a survey on the conducted training sessions

Table 2) Mean Scores of Communication Skills and Problem-solving in Experimental and Control Groups at the Pretest and Posttest Stages

| Indices | Pretest Stage | | Posttest Stage | |
|-----------------------------|--------------------|---------------|--------------------|---------------|
| | Experimental Group | Control Group | Experimental Group | Control Group |
| Communication Skills | | | | |
| Emotions Managements | 25.10±6.70 | 24.25±6.65 | 38.80±7.06 | 28.20±5.04 |
| Understanding Other Persons | 21.77±5.27 | 20.40±5.04 | 42.27±7.15 | 21.90±6.26 |
| Assertiveness | 20.92±5.98 | 20.85±5.91 | 33.00±8.72 | 18.50±5.07 |
| Problem-solving | | | | |
| Distress | 2.20±0.99 | 2.01±0.81 | 0.42±0.74 | 3.25±0.88 |
| Inhibition | 0.97±0.78 | 0.91±0.67 | 0.74±0.63 | 2.10±1.35 |
| Creativity | 1.19±1.10 | 1.19±1.00 | 3.30±0.88 | 0.99±0.80 |
| Trust | 0.73±0.63 | 0.71±0.58 | 3.20±0.99 | 0.70±0.60 |
| Avoidance | 0.99±0.83 | 0.79±0.66 | 0.73±0.71 | 1.95±1.41 |
| Turn | 0.94±0.71 | 0.87±0.60 | 3.62±0.63 | 0.66±0.56 |