

Table 1) The content of mindfulness-based cognitive therapy sessions

Session one
Introducing the members of the group, explaining the rules of the group, carrying out the questionnaires for two control and experimental groups (pretest)
Session two
Presenting the outlines of each session, a brief introduction of MBCT (mindfulness based cognitive-behavior training), reviewing the symptoms of depression, anger and emotional regulation
Session three
Teaching attention and awareness focusing on thoughts related to depression, anger and emotional regulation, full awareness of thoughts and feelings through cognitive training with an emphasis on the transient nature of negative feelings, teaching the relationship between thoughts and feelings emphasizing the thoughts related to the depression, anger, and emotional regulation
Session four
Determining the wandering mind, teaching body checking techniques, mind control training with body checking exercises, reviewing the negative automatic thoughts
Session Five
Mindfulness of breathing and mindfulness medication practice, sitting meditation, mindfulness of breathing and body, mindfulness exercise with meditation
Session six
3-minute breathing (awareness, integration, expanding), staying in the present time (comfortable communication, discovery experience, limiting and expanding attention) through meditation hearing technique
Session seven
Creating different interfaces with experience, training on how to create and use admission
Session eight
Reviewing the topic “ thoughts are not facts” and methods with those thoughts can be seen differently, 40 minutes of reflection, awareness of breathing, body, sounds and the exercises of observing the relationship between the activity and morality
Session nine
Reviewing the care of oneself, choosing the options of self-care, the relation between activity and mood, strengthening intention exercise, physical verification exercise
Session ten
A review of past sessions, and the posttest for two control and experimental groups

Table 2) The mean of overall scores of anger expression, depression and the total score of difficulties in emotional regulation in veterans' wives in two experimental and control groups in pretest and posttest (n=30 for each group)

Index	Pretest	Posttest
The overall index to express anger		
Experimental group	50.45±13.71	28.86±15.32
Control group	47.16±11.45	50.13±13.84
Depression		
Experimental group	26.54±11.24	7.46±5.30
Control group	28.72±10.48	26.22±13.72
Total Score of difficulties in emotional regulation		
Experimental group	114.38±25.82	77.69±20.89
Control group	112.32±25.59	114.59±25.19