

**Table 1)** Group training program on stress coping strategies

<b>First Session</b> Introduction; referring to the number and subjects of the training sessions; expressing the benefits of participating in educational and therapeutic sessions; examining the expectations of the students from the training; expressing the rules and obligations of the members of the group; the need for continuing education courses; the definition of stress and its consequences; Identifying the problem and position; providing the strategies for controlling gasping
<b>Second Session</b> Reviewing the contents of the previous session; Presenting the technique of distraction (a way to stop thinking and creating mild pain)
<b>Third Session</b> Reviewing the contents of the previous session; Presenting ways of changing attention (mantra style, environmental focus, use of a planetary object, mental games and behavioral activity)
<b>Fourth Session</b> Reviewing the assignment of the previous session; teaching the methods of mannequins self-learning [12] and present the methods of Auron Beck et al. [13].
<b>Fifth Session</b> Reviewing the assignments and the contents of the previous session; training muscular relaxation based on Jakobson's methods [14] and biofeedback and teaching the technique of self-expressing
<b>Sixth Session</b> Reviewing the assignments and contents of the previous meeting; training Albert Alice's methods to combat irrational beliefs (selecting goals, extracting objective goals from general objectives, selecting activities to achieve goals)
<b>Seventh session</b> Reviewing the assignments and the content of the previous meeting, the problem-solving process (self-perception, difficulty definition, power mapping, decision making, and test)
<b>Eighth session</b> Review the topics of the previous session; teaching the problem-solving technique and decision making and assignment; Hold a post-test for the subjects of the two groups