

Table 1) Summary of optimism skills training sessions

<p>First session Objectives: Referrals, Stating the terms and brief explanations of the thinking and optimism; Assignment: writing at least 20 of the thoughts come to their mind and say whether they are positive or negative.</p>
<p>Second Session: Objectives: Review of the previous session, Checking the assignments, The core concepts of positive thinking (cognitive feelings, thoughts, behaviors and its underlying beliefs), identifying symptoms and signs of optimism, analysis of the people's insights; Assignment: 1) Name the three most important people in their life and check out what each has transferred to them positively or negatively. 2) Provide a notebook for recording daily thoughts.</p>
<p>Third session Objectives: Reviewing the previous session, Checking out the assignment, supplementary explanation of the cycle of thinking, feeling and behavior, Explaining the theory of Albert Ellis, Methods of struggling with negative thoughts, ways of changing mental images, using informative language and speech with examples; Assignment: Note their six intellectual disorder and then replace these thoughts with more balanced ones.</p>
<p>Fourth session Objectives: Reviewing the previous session, checking out the assignment, re-thinking about the beliefs, maintaining positive behaviors, learning ways to improve self-esteem with examples; Assignment: 1) Think about their positive characteristic. 2) what can they do with their negative thoughts. 3) Write at least seven cases of complements that they have received during the last week.</p>
<p>Fifth session Objectives: Reviewing the previous session and assignment, within enemies, explaining the way of optimism, creating euphoria, creating self-confidence, goal setting. Assignment: 1) Allocating specific time every day to run relaxation. 2) share at least one of their memorable achievements with their friends.</p>
<p>Sixth session Objectives: Reviewing the previous session and assignment, controlling emotions (banishing feelings of guilt, anger, anxiety, avoidance of jealousy, a short description of assertiveness), describing a variety of styles of communication, along with examples; Assignment: 1) reflect on their communication style. 2) Prepare a list of their personal rights (you are entitled to make a mistake, you have the right to change your mind.</p>
<p>Seventh session Objectives: Reviewing the previous session and assignment, explaining the basic steps of assertiveness, saying no with exercises and examples; Assignment: Exercises were given as request and they were asked to exercise appropriate answers and feedbacks and write them down.</p>
<p>Eighth session Objectives: Reviewing the previous session and assignment, creating a positive environment and healthy life style (exercise, nutrition, sleep, activity, fun), keeping health and its effect on the positivism, dealing with the problems of daily living; Assignment: 1) Prepare a list of optimistic and pessimistic people that they deal with. 2) What can they do to increase the relation with the optimistic people and to decrease the relation with pessimistic ones?.</p>

Table 2) Mean comparison of positive affect, paternal interaction, communication and anger in two control and experimental groups in pretest and posttest stages

Variables	Control Group (n=15)	Experimental Group (n=15)
Positive Affect		
Pretest	53.72±6.45	53.35±12.90
Posttest	64.00±4.97	64.08±10.56
Paternal Communication		
Pretest	78.03±3.54	74.02±75.7
Posttest	62.06±4.46	70.23±5.16
Communication (Dialogue)		
Pretest	35.35±4.19	51.74±6.31
Posttest	91.39±5.44	32.34±5.04
Anger		
Pretest	4.31±2.07	2.39±1.71
Posttest	4.00±1.25	4.78±0.83