

Table 1) Summary of the content of communication skills training sessions

Session 1 Greeting, introducing therapist, introducing members, expressing the goals of meeting, defining communication, expressing its importance in the home environment, motivation to communicate, presenting headings for future meetings
Session 2 Receiving feedback from previous sessions, explaining non-verbal communication, teaching non-verbal communication and attention to body language, exercise task, enhancing practical skills to enhance non-verbal communication skills including related subject books
Session 3 Teaching verbal communication and verbal sounds and receiving feedback from previous sessions and introducing related subject books
Session 4 Communication skills training (effective listening skills) including disarmament, empathic approach, and asking
Session 5 Communication skills training (Effective dialogues)
Session 6 Teaching barriers to effective communication including emotional completeness, brain reading and fear of rejection
Session 7 Teaching problem solving skills and assertiveness skills and receiving feedback from the previous session and introducing a book related to the subject
Session 8 Completion of learned materials, surveys

Table 2) Comparison of mean scores of pretest and posttest scores in the experimental (n=15) and control (n=15) groups

Variable	Experimental Group	Control Group	F Value	Significance Level	Eta Square
Self-efficacy					
Pretest	25.33±4.73	24.66±4.47	12.92	0.001	0.316
Posttest	32.40±3.86	27.53±2.95			
Hopefulness					
Pretest	24.20±2.73	23.80±2.86	48.09	0.0001	0.632
Posttest	28.47±3.36	24.07±2.76			
Agency Thinking					
Pretest	11.73±1.94	11.94±1.71	39.82	0.0001	0.587
Posttest	14.60±1.45	11.80±1.57			
Strategic Thinking					
Pretest	12.47±1.68	11.86±1.60	27.17	0.0001	0.493
Posttest	14.60±1.50	12.33±1.45			