

Table 1) Description of acceptance and commitment treatment for veterans with posttraumatic stress disorder during 8 120-minute sessions.

Session	Strategy	Interventions
First Session Assessment and treatment orientation, admission techniques through admission and observation	Getting Details From People, Introducing ACT, Flexibility and psychological disorientation Introducing acceptance and non-acceptance of an explanation and explanation of the negative relationship of thoughts with actions	<ul style="list-style-type: none"> -Introducing the practice of accepting thoughts and feelings - Use Bus Driver Exercise - Thoughts on the practice sheets and - Polar Bears - Go to the summit - Liveliness against suffering
Second session Choosing Values and identifying barriers to the value of life	Difference of values and purpose and helping customers to clarify and identify values	<ul style="list-style-type: none"> -The technique of values and the purpose of the exercise "What do I want in life now?" - The field of value and the internal and external barriers and the power of these barriers is zero to 10
Third Session Innovative disappointment technique	Investigate the costs paid for creative disappointment	<ul style="list-style-type: none"> -The solutions used and the long-term effects of those solutions, including adverse effects.
Fourth Session Fault technique	Describe and explain the negative relationship between thoughts and actions	<ul style="list-style-type: none"> -Metaphor for seeing the movie - Exercise "I have an idea now that ..." - Reports thinking exercise - Practice thoughts on driving boards - Thinking on the beach exercise
Fifth Session Technique of living at present	Focus on the body breathing Pay attention to the five senses Attention note	<ul style="list-style-type: none"> -Exercise of being at present - Diaphragmatic breathing practice -Mindfulness practice
Sixth Session Self as background	The nature of choice and the ability to respond, self as the background of the relationship	<ul style="list-style-type: none"> - The metaphor of the chessboard - The metaphor of soccer field
Seventh Session Committed action technique	Review the steps to achieve values	<ul style="list-style-type: none"> - The worksheet of committed action "The feelings that may come to me when I move to the goal or deal with obstacles."
Eighth Session Work to finish the description in the field of post-test and follow-up	Review the relationship values and Committed action Preparedness for future commitment	<ul style="list-style-type: none"> - The end of the treatment and CD exercises on the focus of attention to practice at home

Table 2) Comparison of mean quality of life scores and thought control strategies in veterans with PTSD in pre-test, post-test and follow up phases (each group was 14)

Variable	Experimental Group	Control Group	F value	Significance Level
Life Quality				
Pretest	79.64±11.13	77.57±10.14	5.485	0.011
Post Test	91.79±11.14	76.64±11.18		
Follow up	90.14±12.48	76.43±11.6		
Thought Control Strategy				
Pretest	71.43±9.21	72.71±9.14	23.793	0.0001
Posttest	62.29±9.80	73.57±9.46		
Follow up	60.71±8.99	74.21±11.05		