

Table 1) Summary of group-work acceptance and commitment based therapy

First Session

Preliminary description, difficult conceptualization, make the clients prepared, conducting pretest, preparing a list of enjoyable activities, and its inclusion in the weekly program

Second and Third Sessions

Familiarity with ACT treatment concepts (mental flexibility, psychological acceptance, mental awareness, cognitive screening, self-visualization, personal story, clarification of values, and committed action)

Fourth and Fifth Sessions

Mindfulness training (emotional awareness and wise awareness), education of authorities with respect to the skills that are observed and described, how skills are not judged, how they are focused and how they work.

Sixth and Seventh Sessions

Focusing on increasing psychological awareness, teaching the method of response and facing with the mental experiences and making social purpose and life style and practical commitment to them, numerating the positive and negative points with each other without any judgments and emotional reactions.

Eight Session

Distress tolerance training (the skills of stability in the crises, distraction of senses, soothing yourself using senses and awareness exercise), reviewing the previous sessions and giving feedback to each other

Ninth Session

Teaching emotional regulation (emotion regulation training objectives, knowing why emotions are important, emotion detection, reducing vulnerability and emotional suffering, increasing positive emotion), changing the emotions by doing the opposite of the recent affection, practice of learned issues, providing feedbacks by the group and the therapist.

Tenth Session

Increasing the interpersonal efficacy (maintaining healthy relationships, interest, etc.), teaching important personal skills (description and assertiveness, self-assertiveness and dare, self-evident, negotiation, and self-esteem), concluding and implementing the posttest

Table 2) Comparison of the mean scores on veterans' cognitive-emotional functions in pretest-posttest stages in the group (n=25)

| Parameter | Experimental Group | Control Group |
|-------------------------------------|---------------------------|----------------------|
| Time Management | | |
| Pretest | 27.44±3.48 | 27.00±3.78 |
| Posttest | 28.68±3.54 | 27.30±3.85 |
| Problem Solving | | |
| Pretest | 22.96±3.32 | 23.90±3.52 |
| Posttest | 22.76±3.34 | 24.35±3.35 |
| Self-Control | | |
| Pretest | 25.97±3.23 | 25.45±3.32 |
| Posttest | 23.33±3.36 | 25.40±3.01 |
| Self-Motivation | | |
| Pretest | 27.98±2.56 | 26.70±1.62 |
| Posttest | 24.67±1.41 | 26.41±1.66 |
| Emotional Self-Regulation | | |
| Pretest | 28.32±3.24 | 27.80±3.54 |
| Posttest | 21.12±3.54 | 27.30±4.07 |
| Cognitive-Emotional Function | | |
| Pretest | 26.24±1.35 | 26.22±1.37 |
| Posttest | 20.56±1.38 | 26.76±1.41 |