

Table 1. Structure of training sessions of the brief behavioral activation therapy (BAT) provided to the experimental group (N=20)

<p>First session A) Introducing, introduction; b) description of depression; c) introducing the treatment rationale: What do you know about the injury (trauma) and loss in your life? Why is important to attend all training sessions? d) Introduction of the daily monitoring form (Form 1); e) assignment: completing daily monitoring form</p>
<p>Second session A) Daily monitoring, including assignment review and troubleshooting; b) treatment rationale: assignment review; c) important points about the treatment structure: assignment monitoring; d) performing the categories of life inventory, values and activities (form 2); e) assignments: completing forms 1 and 2</p>
<p>Third session A) Daily monitoring: assignment monitoring (forms 1 and 2); b) selection and rating activities (form 3); c) assignments: daily monitoring (form 1); continue to monitor and modify the categories of life inventory, values and activities (form 2), monitoring and modifying the selection and ranking activities</p>
<p>Fourth session A) Daily monitoring: assignment monitoring (Form 1); b) daily monitoring with activity scheduling (Form 1); c) Daily monitoring with scheduling for the next week (Form 1)</p>
<p>Fifth session A) Daily monitoring with activity scheduling: assignment monitoring (Form 1); b) contracts (Form 4); c) daily monitoring with scheduling for the next week (Form 1); d) assignments: daily monitoring with planning for the next week (form 1), keep adding, modification of contracts (form 4)</p>
<p>Sixth session A) Activity scheduling in daily monitoring: assignment monitoring (Form 1); b) contracts (Form 4); c) activity scheduling for the next week in daily monitoring (Form 1); d) assignments: activity scheduling for the next week in daily monitoring, continue adding, modification of contracts (form 4)</p>
<p>Seventh session A) Activity scheduling in daily monitoring: assignment monitoring (Form 1); b) performing the categories of life inventory, values and activities: review and revising concepts (form 2); c) assignments: activity scheduling for the next week in daily monitoring, keep adding, modification of contracts (form 4)</p>
<p>Eighth session A) Activity scheduling in daily monitoring: assignment monitoring (Form 1); b) selection and rating activities (form 3); c) activity scheduling for the next week in daily monitoring (Form 1), d) assignments: activity scheduling for the next week in daily monitoring (Form 1), keep adding, modification of contracts (form 4)</p>
<p>Ninth session A) Activity scheduling in daily monitoring: assignment monitoring (Form 1); b) contracts: review and revising concepts (Form 4), c) activity scheduling for the next week in daily monitoring (Form 1), d) assignments: activity scheduling for the next week in daily monitoring (Form 1), keep adding, modification of contracts (form 4)</p>
<p>Tenth session A) Activity scheduling in daily monitoring: assignment monitoring (Form 1); b) Activity scheduling for the next week in daily monitoring (Form 1), c) Preparing for the end of treatment (ending), d) assignments: Activity scheduling for the next week in daily monitoring (Form 1), keep adding, modification of contracts (form 4)</p>

Table 2. Comparison of the mean scores of the experiential avoidance and rumination of the veterans with PTSD in the experimental and control groups (N=20)

Variables	Experimental group	Control group	P value	F	Eta coefficient
Experiential avoidance					
Pre-test	48.80±10.41	46.25±9.45	0.030	5.123	0.131
Post-test	19.10±6.79	44.40±9.70			
Rumination					
Pre-test	67.85±9.58	63.20±6.71	0.035	4.843	0.125
Post-test	31.60±11.54	58.10±10.22			