

Appendix 1. A content summary of the CBT-based stress management sessions

| Session | Contents |
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| 1 | Understanding the concept of stress, learning about the physical effects of stress, practicing progressive muscle relaxation for the first session of 16 muscle group |
| 2 | Recognizing the importance of awareness in stress management, learning about the physical response to stressors, practicing progressive muscle relaxation for the second session of eight muscle groups |
| 3 | Understanding the relationship between thoughts and feelings and the thought evaluation process, practicing progressive muscle relaxation for four muscle groups |
| 4 | Learning about negative thoughts and cognitive distortions, combining diaphragmatic breathing with imagery, practicing passive progressive muscle relaxation, visualizing a specific place |
| 5 | Learning about rational and irrational self-talk and replacing negative and distorted thoughts with rational thoughts |
| 6 | Implementing stress management with relaxation techniques in real life, learning different coping techniques, practicing self-training with a focus on heart rate, breathing, abdomen, and forehead |
| 7 | Learning effective coping methods, practicing self-training along with imagery, practicing sun meditation in combination with self-training |
| 8 | Learning about anger and specific anger patterns, learning anger management techniques, and learning and practicing meditation |
| 9 | Learning about interpersonal styles, practicing instrumental communication, learning breath counting meditation, practicing sun meditation |
| 10 | Learning about the benefits of social support, assessing the community support network, reviewing the entire program, planning home relaxation exercises |
| 11 | Developing a personal stress management program, summarizing the program, asking relevant questions, completing post-test questionnaires |