

Table 1 Integrative relaxation timetable

Session	Topic	Description
1	Rationale, targets	Uses of relaxation training, lifestyle intervention and spirituality training; reasons for integrating the 3
2	Description and application of intervention; sleeping	Application and techniques; initiation of the 16MGTR relaxation training; discussion of the changes in the problems of sleeping time, practices and religious rituals before sleep; group workshop; homework
3	Relaxation; eating	Review of homework; repetition of 16MGTR; discussion on eating and drinking behaviours; discussion on prayer before eating; group workshop; homework
4	Relaxation; exercise	Review of homework; initiation of 16MGTR; discussion on exercise and practice of yoga in daily life and its religious impacts; group workshop; homework
5	Relaxation; awareness	Review of homework; initiation of 7MGTR; discussion on awareness in body relaxation during daily activities; hearing cautiousness; remembering God; group workshop; homework
6	Relaxation; conflict resolution	Review of homework; repetition of 7MGTR; discussion on awareness and resolving daily conflicts; religious meditation; group workshop; homework
7	Relaxation; religion orientation; conflict resolution	Review of homework; initiation of 4MGTR, discussion on decision-making; resolving daily conflicts and effects of religious orientation on it; group workshop; homework
9	Relaxation; communication	Review of homework; repetition of 4MGTR, discussion on empathic communication and expressing feelings; discussion on creativity in lifestyle; group workshop; homework
10	Relaxation; leisure time	Review of homework; relaxation through recall; discussion on leisure time and religious orientation
11	Relaxation; time management	Review of homework, relaxation through recall along with counting; discussion on time management and importance of prayer in time management and integration of self
12	Integration	Review of homework, relaxation by counting alone and with religious imagery; review of the sessions; discussion on prevention of relapse

MGTR = muscle group tension-relaxation.