

Evaluating the Effectiveness of Acceptance and Commitment Therapy (ACT) on Self-regulation of Maladjusted Couples

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ABSTRACT

The present study aimed at evaluating the effectiveness of group-based acceptance and commitment therapy on self-regulation of maladjusted couples. This study was conducted by using a quasi-experimental method with pre-test-post-test design with a control group. The statistical population of the study included maladjusted couples in the age range of 20 to 50 years in Districts 4 and 5 of Tehran. Among them, 80 people were selected by a convenience sampling and they were randomly assigned to experimental and control groups. A self-regulation inventory (25 questions) was used to collect data and according to the research design, the subjects were assessed in two stages of before and after the group training. The treatment program was performed for 7 sessions of 90 minutes for the couples in the experimental group, but the control group received no intervention during the study. The collected data were analyzed using multivariate analysis of variance in SPSS-26 software. Results revealed that self-regulation scores and their dimensions in the experimental group increased significantly compared to the control group. According to the results of the present study, it can be stated that acceptance and commitment therapy can significantly improve positive actions, controllability, expression of feelings and needs, assertiveness and well-being seeking and can be used as a useful model in psychological counseling of couples.

Keywords

Acceptance and Commitment Therapy, Self-regulation, Positive Actions, Controllability, Expression of Feelings and Needs, Assertiveness and Well-being Seeking, Maladjusted Couples