

عنوان مقاله:

Resiliency in Elderly persons referring to Qods Nursing Center of Tehran: The Effectiveness of Acceptance and Commitment therapy

محل انتشار:

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خلاصه مقاله:

The purpose of this study was to investigate the effect of admission and commitment training on resilience in the elderly. This research was conducted in a semi-experimental design with 30 participants, among whom 26 were male and 4 men from Tehran Qods elderly care center were randomly selected in two groups of 15 controls and tested. The elderly of the experimental group received 8 sessions of admission and commitment, and both groups filled out resilient questionnaires before and after the education sessions. To measure the effect of training in each group, paired t-test and independent t-test were used to compare the control and experimental groups. The results also showed that the difference between the mean change in resilience scores through admission and commitment training was 1.93 units, which was not significant ($p < 0.05$). Therefore, the research hypothesis that demonstrates the effectiveness of admission training and commitment to resilience in the elderly is not confirmed.

کلمات کلیدی:

Acceptance and Commitment, Resilience, Elder

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