

عنوان مقاله:

The effect of aerobic training and its combination with acceptance and commitment therapy on insulin sensitivity, C-reactive protein and depressive symptoms in women with type ۲ diabetes

محل انتشار:

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خلاصه مقاله:

Introduction: The purpose of the present research is to study the effect of aerobic training and its combination with acceptance and commitment therapy interventions (ACT) on insulin sensitivity, C-reactive protein and depressive symptoms in women with type ۲ diabetes. **Material & methods:** In the present quasi-experimental study, ۶۰ women with type ۲ diabetes with the age range of 50.4 ± 1.8 are selected among patients referred to the specialized clinic for health and treatment of the oil industry in the northwest of the country in a purposeful sampling and then divided into ۴ groups of ۱۵ for aerobic training (AT), psychological therapy interventions based on acceptance and commitment (ACT), AT + ACT and control group. AT group was performed endurance training corresponding to ۵۰-۷۵% of HR max, ۳ times per week for ۱۰ weeks. Psychological intervention plan was done in a form of ۹۰ min therapy workshop based on acceptance and commitment for ۱۳ weeks. Biochemical and depression indicators are collected before and after intervention by using blood sample and Beck test. Data analysis was done through analysis of covariance ($P\text{-value} \leq 0.05$) and by SPSS-۲۷ software. **Results:** The results showed that, AT, ACT and AT + ACT resulted in the significant decrease of depressive symptoms ($P\text{-value} = 0.001$). However, insulin sensitivity, C-reactive protein in intervention groups didn't show any significant difference than control group. **Conclusion:** According to the findings, it seems that psychology and aerobics training can influence important glycemic indicator such as insulin sensitivity besides changes in depression indicators and also results in C-reactive protein clinical recovery in women with type ۲ diabetes.

کلمات کلیدی:

acceptance and commitment therapy, Aerobics Training, Depression, Insulin sensitivity, C-reactive protein, Type ۲ diabetes

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