

## عنوان مقاله:

Effectiveness of Desensitizing Treatment with Eye Movements and Reprocessing and Acceptance and Commitment Therapy on Emotional Expression and Somatic Symptoms

## محل انتشار:

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## نویسندگان:

Bahareh Haji Mashhadi - *Ph.D. Student, Department of Psychology, Gorgan Branch, Islamic Azad University, Gorgan, Iran*

Afsaneh Khajevand Khoshli - *Assistant Professor, Department of Psychology, Gorgan Branch, Islamic Azad University, Gorgan, Iran*

Javanshir Asadi - *Assistant Professor, Department of Psychology, Gorgan Branch, Islamic Azad University, Gorgan, Iran*

## خلاصه مقاله:

Background: The phenomenon of female-headed households is a social reality that has different reasons and is found in all societies. Objectives: This study aimed to compare the effectiveness of eye movement desensitization and reprocessing therapy (EMDR) and acceptance and commitment therapy (ACT) on emotional expression and somatic symptoms in female-headed households. Methods: The research design of this study was semi-experimental with a pre-test design, post-test with a control group, and follow-up period. The statistical population of this study included all female-headed households in Tehran in ۲۰۱۹, ۳۶ of them were selected using the available sampling method and divided into three groups of treatment with desensitization through eye movements and information processing, acceptance, and commitment treatment group, and control group (awaiting treatment). Data were obtained using an emotional expression questionnaire (EEQ) and patient health questionnaire (PHQ-۱۵). Data were analyzed using repeated variance analysis and Bonferroni posthoc test and SPSS.۲۲ software. Results: The results showed that eye movement desensitization and reprocessing therapy (EMDR) and acceptance and commitment therapy (ACT) was effective on emotional expression ( $p < ۰.۰۱$ ) and physical symptoms ( $p < ۰.۰۱$ ) in female-headed households. Conclusion: It can be concluded that desensitization therapy through eye movements and reprocessing (EMDR) and acceptance and commitment therapy (ACT) were effective on emotional expression and physical symptoms in female-headed households and these two treatments can be used to improve the problems of female-headed households.

## کلمات کلیدی:

Eye Movement Desensitization Reprocessing, Acceptance and Commitment Therapy, Desensitization

## لینک ثابت مقاله در پایگاه سیویلیکا:

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