

عنوان مقاله:

The effectiveness of acceptance and commitment- group therapy on perceived stress and Marital Distress in women with major depressive disorder seeking divorce

محل انتشار:

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نویسندگان:

Saeed Imani - Assistant Professor, Department Of Clinical and Health Psychology, Shahid Beheshti University, Tehran, Iran

Morteza Zakeri - Master of Clinical Psychology, District 10 Education and Research Center, Prisons Organization, Gilan, Rasht, Iran

Amirhoseyn Bahadivand - Master General Psychology, District 10 Education and Research Center, Prisons Organization, Gilan, Rasht, Iran

خلاصه مقاله:

The purpose of this study was to determine the effectiveness of Acceptance and commitment group therapy on perceived stress and marital distress of women with major depressive disorder seeking divorce in Rasht city in ۲۰۲۰-۲۰۲۱. The research method was quasi-experimental and pre-test and post-test with the control group. The statistical population of the present study included all women with major depressive disorder who applied for divorce referring to family counseling centers in Rasht city between ۲۰۲۰ to ۲۰۲۱. By Sampling method available, ۳۰ people were selected and randomly assigned to experimental and control groups. Each group consisted of ۱۵ people. The instruments used were the Cohen Perceived Stress Scale and the Schneider Marital Disorder. Data were analyzed using SPSS-۲۲ software with multivariate analysis of covariance. The results showed that there was a significant difference between the mean post-test scores of the experimental and control groups of perceived stress ($F = ۹۰.۸۰$ and $P < ۰.۰۵$) and marital distress ($F = ۹۵.۴۷$ and $P < ۰.۰۵$). The results showed Acceptance and commitment group therapy on perceived stress and marital turmoil in women with major depressive disorder seeking divorce was significant. It can be concluded that the interventions of this study are effective in reducing stress and marital distress in women with underlying officer disorder on the verge of divorce. The use of this treatment method in proceedings mental health measures is recommended for incompatible couples. It can also be used in family counseling and divorce prevention centers.

کلمات کلیدی:

Acceptance and commitment based therapy, perceived stress, Marital Distress, divorce

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