

## عنوان مقاله:

The effectiveness of octopus treatment on goal orientation and feeling of inferiority of physical and motor disabilities Abstract

## محل انتشار:

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## خلاصه مقاله:

**Objective:** This study aimed to investigate the effect of Acceptance and Commitment Therapy (ACT) on goal orientation and feeling of inferiority in individuals with physical-motor disabilities. **Methods:** This study utilized a quasi-experimental methodology. The statistical population consisted of all students with physical-motor disabilities in Kalaleh County ( $n = 517$ ). Among them, 30 students were selected as a sample using a convenience sampling method. After explaining the purpose of the research and signing the consent form, they were divided into two groups of 15: the experimental and control groups. The experimental group participated in eight ACT training sessions (one 60-minute session per week), while the control group only answered pretest and posttest. For this purpose, Elliot and McGregor's Achievement Goal Orientations Scale (2001) and Eysenck's Feelings of Inferiority Questionnaire (1976) were used. **Results and Conclusions:** The findings indicated the effect of ACT-based training on mastery-approach goal orientation and feeling of inferiority in students with physical-motor disabilities. Examining the means showed that the mastery-approach goal orientation increased, and the feeling of inferiority decreased after ACT.

## کلمات کلیدی:

Acceptance and Commitment Therapy, Goal Orientation, Feeling of Inferiority, People with Physical-Motor Disabilities, Self-esteem

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