

عنوان مقاله:

The Effect of Counseling based on Acceptance and Commitment therapy on the Anxiety of Pregnant Women with Gestational Hypertension

محل انتشار:

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خلاصه مقاله:

**Background & aim:** Pregnant women with gestational hypertension experience higher level of anxiety during pregnancy. Managing pregnancy anxiety is of particular importance in order to control and manage blood pressure and its related complications. This study was designed to evaluate the effect of counseling based on acceptance and commitment therapy on the anxiety of pregnant women with gestational hypertension. **Methods:** This randomized clinical trial was conducted in ۲۰۲۱ on ۵۸ pregnant women referring to ۵ healthcare centers in Mashhad, Iran. Pregnant women with gestational age of ۲۴-۲۶ weeks with non-severe preeclampsia and gestational hypertension were selected by convenience sampling and then through permutation blocks were randomly placed into two intervention and control groups. Intervention group received ۸ group counseling sessions and control group only received the usual pregnancy care. Van den Bergh's Pregnancy-Related Anxiety Questionnaire (PRAQ) was completed before, immediately and one month after counseling in both groups. Data were analyzed by SPSS (version ۲۵) using independent t test, Mann-Whitney, and analysis of variance with repeated measures. **Results:** No significant difference was found between the two groups in terms of pregnancy anxiety before intervention ( $۱۸۲.۷ \pm ۵۹.۲$  vs.  $۲۰۲.۰ \pm ۶۲.۲$ ), Immediately ( $۱۸۶.۳ \pm ۵۷.۹$  vs.  $۱۵۲.۳ \pm ۴۴.۶$ ), and one month after the intervention ( $۱۹۰.۶ \pm ۵۸.۳$  vs.  $۱۵۴.۱ \pm ۴۵.۵$ ), the mean pregnancy anxiety score significantly reduced in the intervention group compared to the control group ( $P=۰.۰۱۵$ ,  $P=۰.۰۱۱$ ). **Conclusion:** Counseling based on acceptance and commitment therapy is effective on the anxiety of pregnant women with gestational hypertension. It is therefore recommended to use this counseling approach in delivering pregnancy care to this vulnerable population.

کلمات کلیدی:

Acceptance and commitment counseling, Group counseling, pregnancy, Anxiety, Gestational hypertension

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