

عنوان مقاله:

The Effectiveness Of Group Acceptance And Commitment Therapy On Cognitive Emotion Regulation In Married Women

محل انتشار:

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خلاصه مقاله:

The purpose of this research is to examine the effect of group acceptance and commitment therapy on Cognitive emotion regulation in married women in Tehran. The samples were 30 married women between 22- 38 old, that selected with cluster random method in region 2 of Tehran that they had marital problems and were referred to counseling centers. Initially, they responded to the questionnaire cognitive emotion regulation (Garnefski et al., 2001) in pre- test period. Then, they matched based on age and test scores and finally were divided into two experimental and control groups. The experimental group participated in 8 sessions group ACT and last any session about 90 minutes, but the control group not participate in sessions. To investigate the hypothesis test, the data analyzed by multivariate analysis of covariance method and one-way covariance, and showed that there are a significant different between group means in experimental and control groups in negative emotion regulation ($F=2/38$), ($p> 0/005$) and ($F=2/13$), ($p> 0/002$) in positive emotion regulation. The results of this research showed that acceptance and commitment therapy model as an education and treatment model, can be effective in increasing of cognitive emotion regulation in married women.

کلمات کلیدی:

acceptance and commitment therapy, Cognitive emotion regulation

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