

عنوان مقاله:

THE EFFECTIVENESS OF ACCEPTANCE AND COMMITMENT (ACT) THERAPY ON MARITAL ADJUSTMENT IN
PATIENT UNDERGOING METHADONE TREATMENT

محل انتشار:

سیزدهمین کنگره بین المللی دانش اعتیاد (سال: 1398)

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خلاصه مقاله:

Background and Aim : Abuse and drug dependence are one of the major concerns and concerns of today s world and a deterrent to the growth and prosperity of society. This growth and prosperity can only possible with modern and effective ways. The present study has been conducted to determine the effective of Acceptance and Commitment Therapy (ACT) of patients treated. Methods : This is a quasi-experimental case control study. Participants included 50 patients in each of the private drug treatment centers in Kermanshah province. The subjects were randomly assigned to two experimental groups (n=25) and control (n=25). The experimental groups received 12 sessions of acceptance and commitment (ACT) therapy over period of 3 months and the control group only received methadone. all subject completed the marital adjustment questionnaire (Locke – Wallace Marital Adjustment Test) before and after intervention. Results : The results show that acceptance and commitment (ACT) therapy on marital adjustment (pre $28/55 \pm 161/8$; test ; $25/01 \pm 200/75$) of patients undergoing methadone treated had a positive effect (p 0/05). MANCOVA analysis results show that acceptance and commitment (ACT) therapy has a positive impact on marital adjustment of people who were addicts under treated by methadone (p 0/01). Investigating the marital adjustment that there was a significant difference between the two groups in all of the components in terms of statistical significance. Conclusion : The results showed that commitment and acceptance (ACT) therapy is effective in increasing the marital adjustment of methadone-treated patients. Therefore, it is suggested that in addition to drug interventions, .to accelerate the treatment period, treatment and acceptance treatment should also be used

کلمات کلیدی:

acceptance and commitment, marital adjustment, treatment

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