

The effectiveness of group therapy based on Acceptance and Commitment (ACT) on loneliness and psychological adjustment in women after divorce

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Abstract

Background & Aim: Psychological adjustment after divorce is one of the important related issues to divorce. This study aimed to investigate the effectiveness of group therapy based on acceptance and commitment to improving women's psychological adjustment and reducing loneliness after the divorce.

Methods: The study population consisted of all divorced women that were referred to counseling centers for psychological problems in Tehran by 2016. Among the clients of zone eight of city of Tehran, 30 women were selected and were assigned to two groups. This study is a semi experimental with pre-post-test and control group. The obtained data were analyzed by MANCOVA methods in software SPSS21.

Results: Based on the MANCOVA results, group therapy based on acceptance and commitment has been affective in improving Psychological adjustment and dimensions of abandonment, anger and grief ($P=0.01$).

Conclusion: Acceptance and commitment therapy guides clients to acceptance of suffering and commitment to goals instead of avoiding experience. Awareness of the thoughts and feelings of loneliness and being in the here and now are lead to improve the adjustment.

Keywords: acceptance and commitment therapy, loneliness, Psychological adjustment, divorce.