



# The Effectiveness of Acceptance and Commitment Therapy on Psychological Well-being in Men and Women with Chronic Musculoskeletal Pain

Tayebeh Ensandoost<sup>1</sup>

Ali Akbar Samari<sup>2\*</sup>

Mohammad Hossein Bayazi<sup>3</sup>

Alireza Rajaei<sup>4</sup>

1 PhD Student in Health Psychology, Department of Psychology, Torbat-e Jam Branch, Islamic Azad University, Torbat-e Jam, Iran.

2\* Corresponding author: Assistant Professor, Department of Psychology, Kashmar Branch, Islamic Azad University, Kashmar, Iran.

3 Assistant Professor, Department of Psychology, Torbat-e-Jam Branch, Islamic Azad University, Torbat-e-Jam, Iran.

4 Associate Professor, Department of Psychology, Torbat-e-Jam Branch, Islamic Azad University, Torbat-e-Jam, Iran.

Email: hajloo53@uma.ac.ir Received: 27.10.2022 Acceptance: 23.12.2022

Journal of Applied Family Therapy

eISSN: 2717-2430  
http://Aftj.ir

Vol. 3, No. 4, Pp: 404-420  
Winter 2023

Original research article

## How to Cite This Article:

Rahbari Ghazani, N., Hajloo, N., & Aghajani, S. (2023). The Effectiveness of Acceptance and Commitment Therapy on Psychological Well-being in Men and Women with Chronic Musculoskeletal Pain. *aftj*, 3(4): 404-420.



© 2023 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

## Abstract

**Aim:** The aim of this study was to investigate the effectiveness of family empowerment based on socio-emotional learning on changing the emotional atmosphere of the family and prevention of addiction in adolescents with substance dependent parents. **Methods:** The method of the present study was quasi-experimental with pre-test-post-test design and control and follow-up group. The statistical population consisted of adolescents with substance dependent parents who had referred to drug addiction treatment centers in Tabriz. 30 of them were sampled in a targeted and accessible manner and were randomly assigned to the experimental and control groups. Research data were collected using the Nordgah Fard Family Emotional Atmosphere Questionnaire (1994) and the Mousavi et al. Addiction Tendency Scale (2008) and analyzed by repeated measures analysis of variance. **Results:** The results of the present study showed that family empowerment is effective on changing the emotional atmosphere of the family and prevention of addiction in adolescents with substance dependent parents and this effectiveness is stable in quarterly follow-up. **Conclusion:** According to the results of the present study, it can be concluded that family empowerment based on socio-emotional learning is one of the effective therapies on the emotional atmosphere of the family and addiction prevention.

**Keywords:** Social-Emotional Learning, Family Emotional Atmosphere, Prevention, Addiction.

**References**

- Amini Faskhodi, M., Mohammad Alilo, M., Tahmasian, K., & Bakhshi Pour Roodsari, A. (2016). The efficiency of dialectical behavioral therapy techniques in reducing pain caused by pain in patients with chronic musculoskeletal pain: A single case study. *Faithful Months*, 20 (6): 539-550.
- Aydede, M., & Shriver, A. (2018). Recently introduced definition of “nociplastic pain” by the International Association for the Study of Pain needs better formulation. *Pain*, 159(6), 1176-1177.
- Diener, E., Oishi, S., & Lucas, R. E. (2015). National accounts of subjective well-being. *American psychologist*, 70(3), 234.
- Fava, G. A., Cosci, F., Guidi, J., & Tomba, E. (2017). Well-being therapy in depression: New insights into the role of psychological well-being in the clinical process. *Depression and anxiety*, 34(9), 801-808.
- Feliu-Soler, A., Montesinos, F., Gutiérrez-Martínez, O., Scott, W., McCracken, L. M., & Luciano, J. V. (2018). Current status of acceptance and commitment therapy for chronic pain: a narrative review. *Journal of pain research*, 11, 2145.
- Hayes, S. C. (2019). Acceptance and commitment therapy: towards a unified model of behavior change. *World psychiatry*, 18(2), 226.
- Hayes, S. C., Levin, M. E., Plumb-Villardaga, J., Villatte, J. L., & Pistorello, J. (2013). Acceptance and commitment therapy and contextual behavioral science: Examining the progress of a distinctive model of behavioral and cognitive therapy. *Behavior therapy*, 44(2), 180-198.
- Hulbert-Williams, N. J., Storey, L., & Wilson, K. G. (2015). Psychological interventions for patients with cancer: psychological flexibility and the potential utility of Acceptance and Commitment Therapy. *European journal of cancer care*, 24(1), 15-27.
- Khanjani, M., Shahidi, Sh., Fatah Abadi, J., Mazaheri, M. A., & Shokri, O. (2014). Factor Structure and Psychometric Characteristics of Short Form (18 Items) Ryff Psychological Wellbeing Scale in male and female students. *Magazine of Thought and Behavior*. 8 (32): 27-39.
- Kiani, S., Sabahi, P., Makvand Hosseini, Sh., & Rafiei Nia, P. (2021). Comparison of the effectiveness of therapy based on acceptance and commitment and cognitive - behavioral therapy on the psychological turmoil of patients with chronic pain. *Journal of Health Psychology*. 9 (36): 133-150.
- Lee, A. C. (2018). *Acceptance and Commitment Therapy: A Mindfulness and Acceptance-Based, Value-Driven Approach to Human Flourishing With Christian Spirituality Considerations*. Biola University.
- Lee, M. J. (2017). *Enhancing the Values Process in Acceptance and Commitment Therapy through Existential-Phenomenological Engagement of Meaning-Making Processes* (Doctoral dissertation, Azusa Pacific University).
- Lin, J., Klatt, L. I., McCracken, L. M., & Baumeister, H. (2018). Psychological flexibility mediates the effect of an online-based acceptance and commitment therapy for chronic pain: an investigation of change processes. *Pain*, 159(4), 663-672.
- Moghaddam Far, N., Amrai, R., Asadi, F., & Amani, O. (2018). The Impact of Acceptance and Commitment on Lifestyle and Psychological Welfare of Women with Breast Cancer Under Chemotherapy. *Nursing Psychiatric Journal*. 6 (5): 1-8.
- Mohagheghi, H., Dosti, P., & Jafari, D. (2016). The effect of acceptance and commitment therapy on transgenderism, social anxiety and students' health concerns. *Journal of Clinical Psychology Studies*, 23(6), 81-94.

- Ridner, S. L., Newton, K. S., Staten, R. R., Crawford, T. N., & Hall, L. A. (2016). Predictors of well-being among college students. *Journal of American college health*, 64(2), 116-124.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of personality and social psychology*, 57(6), 1069.
- Ryff, C. D., & Singer, B. H. (2006). Best news yet on the six-factor model of well-being. *Social science research*, 35(4), 1103-1119.
- Sabour, S., & Kakabaraei, K. (2016) The Effectiveness of Acceptance and Commitment on the Extent of Symptoms of Depression, Stress and Pain Indicators in Women with Chronic Pain. *Nursing Rehabilitation Magazine*. 2 (4): 1-9.
- Sari Zadeh, M. S., Rafiei Nia, P., Sabahi, P., & Tamadon, M. R. (2016). The Effectiveness of Acceptance and Commitment Therapy on the Mental Welfare of Hemodialysis Patients: A Clinical Tractor Study. *Koomsh Magazine*. 21 (1): 61-66
- Sayed Tabaei, R., Rahmati Nejad, P., Mohammadi, D., & Etemad, A. (2016). The Role of Coping Styles and Cognitive Emotion Cognitive Styles in the Psychological Wellbeing of Patients with Cancer. *Qazvin Medical Sciences Journal*. 21 (91): 42-49.
- Sibille, K. T., Bartsch, F., Reddy, D., Fillingim, R. B., & Keil, A. (2016). Increasing neuroplasticity to bolster chronic pain treatment: A role for intermittent fasting and glucose administration?. *The Journal of Pain*, 17(3), 275-281.
- Smith, D. R., Leggat, P. A., & Speare, R. (2009). Musculoskeletal disorders and psychosocial risk factors among veterinarians in Queensland, Australia. *Australian veterinary journal*, 87(7), 260-265.
- Taherizadeh, S., Samari, A. A., & Ahi, Gh. (2021). Structural Modeling Pain Perception in people with chronic skeletal muscle pain based on behavioral inhibitory system: with the mediation of catastrophe and perceived social support. *Anesthesia and pain*. 1 (1): 1-4
- Tavakoli Saleh, Sh., & Ebrahimi, M. E. (2021). The Effectiveness of Acceptance and Commitment Group Therapy on Resilience and Psychological Welfare of Patients with Multiple Sclerosis in Hamadan County. *Ibn Sina Clinical Medicine Journal*. 1 (1): 1-5
- van der Veek, S. M., de Haan, E., Derkx, H. H. F., Benninga, M. A., & Boer, F. (2019). Psychological factors addressed in cognitive behaviour therapy for paediatric functional abdominal pain: Which are most important to target?. *Journal of Health Psychology*, 24(9), 1282-1292.
- Vesal, M. (2016). Predicting depression and sleep quality based on rumination and its components (reflection and reflection) in patients with articular rheumatism. *Thought and behavior in clinical psychology*. 11 (41): 47-56.
- Vik, M. H., & Carlquist, E. (2018). Measuring subjective well-being for policy purposes: The example of well-being indicators in the WHO "Health 2020" framework. *Scandinavian Journal of Public Health*, 46(2), 279-286.
- Vitaloni, M., Botto-van Bemden, A., Contreras, R. S., Scotton, D., Bibas, M., Quintero, M., ... & Verges, J. (2020). Global management of patients with kneeosteoarthritis begins with quality of lifeassessment: a systematic review. *Osteoarthritis and Cartilage*, 28, S435-S436.
- Vowles, K. E., & Sorrell, J. T. (2007). Life with chronic pain: An acceptance-based approach (therapist guide and patient workbook). Unpublished manuscript.