



Comparison the effectiveness of compassion and acceptance and commitment training (act) on psychological well-being

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Abstract

Aim: The aim of the present study is comparison the effectiveness of compassion and acceptance and commitment rtraining (act) on psychological well-being. **Method:** This study was quasi-experimental with a pre-test and post-test design with control group. Research population consisted of 11th grade students in four districts of Mashhad in 2021-22 academic years. From schools that had at least 4 classrooms of 11th grade, one school were selected by cluster sampling. After visiting that school, three classes were randomly selected and divided Into three equal groups.the experimental groups recieved 8 sessions of 90 minutes separately, with methods of the compassion and accep tance and cammi tment - based training (act) and the control group did not receive training. Research tools was psychological well-being scale (Ryff,1989). Data were analyzed with univaiate analysis of variance, with repeated measures and Bonferroni hoc methods using SPSS-25. **Results:** Results indicated the effectiveness of both methods, compassion and acceptance and commitment training (act), in increasing psychological well-being was ($P < 0/001$). Also was no significant difference between methods in increasing psychological well-being ($P > 0/05$). **Conclusion:** According to the findings of the present study, to increase psychological well-being for students, methods of compassion and acceptance and commitment training can be used.

Keywords: *Compassion, Acceptance and Commitment Training (ACT), psychological well-being.*

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