



The Effectiveness of Cognitive behavior therapy and Acceptance and Commitment therapy (ACT) on Self-Control and Resiliency in Divorced Women

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Email: o.moradi@iausdj.ac.ir Received: 01.03.2022 Acceptance: 23.12.2022

Journal of Applied Family Therapy

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

Vol. 3, No. 4, Pp: 493-508
Winter 2023

Original research article

How to Cite This Article:

Ghorbani Amir, H., Moradi, O., Arefi, M., & Ahmadian, H. (2023). The Effectiveness of Cognitive behavior therapy and Acceptance and Commitment therapy (ACT) on Self-Control and Resiliency in Divorced Women. *aftj*, 3(4): 493-508.



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Abstract

Aim: The present study aimed to compare the effectiveness of cognitive behavior therapy (CBT) and Acceptance and Commitment Therapy (ACT) on resiliency and self-control strategies in divorced women. **Methods:** The quasi-experimental study was carried out on two experimental and control groups with a pre-test, post-test and follow-up design. The statistical population consisted of all divorced women referring to the Judicial Counseling Center of the Babol city in 2017-18. The sample of this study consisted of 45 women who were selected using the convenience sampling method and randomly divided into two experimental and control groups. Data collection tools included the Connor-Davidson Resilience Scale (CD-RISC) and Self-Control Questionnaire. Data were analyzed using the analysis of covariance test and SPSS.22 software. **Results:** The study showed that CBT and ACT were effective on resiliency ($P<0.001$), and self-controlling ($P<0.001$) in divorced women. The study showed that acceptance and commitment therapy had a greater impact on increasing resiliency and self-control than cognitive behavioral therapy ($P<0.001$). **Conclusion:** The study showed that CBT and ACT led to an increase in resiliency and self-controlling in divorced women and can be used as treatment methods in improving women's problems. **Keywords:** *Acceptance and commitment therapy, cognitive behavior therapy, resilience, self-control.*

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