

## Comparison of the Effectiveness of Acceptance and Commitment Therapy with Health-Promoting Lifestyle Intervention on Disease Perception and Adjustment with Type 2 Diabetes

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### Introduction

These days in addition to pharmacotherapy, many non-pharmacological treatment models are offered to type 2 diabetics as an essential lifestyle for better management of their diabetes. To verify the relevant efficacy of such treatment protocol on Iranian patients, two popular therapies that researchers show to have had a good and acceptable effect on diabetes are compared. The purpose of this study was to compare the effectiveness of Acceptance and Commitment Therapy (ACT) and the Diabetes Self-Care Program (DSMP), which is health-promoting lifestyle intervention, on diabetic patients.

### Method

Several 60 patients from among the clients who were referred to Tehran Diabetes Treatment Centers were selected and randomly assigned to three groups of 20 people each, assigning one group to ACT intervention, the second group to DSMP, and with no intervention for the third group. During the study run, all patients used their prescribed medications. All three groups were examined in three stages, before the intervention, after the intervention,

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and the follow-up; in terms of disease perception and adjustment with diabetes, using relevant questionnaires. Then, the collected data were analyzed by applying descriptive statistics and mixed variance. (Intragroup, intergroup, and interactive).

### Results

The findings show that both ACT and DSMP methods are effective in improving disease adjustment ( $F = 5/515$ , P-value  $<0.001$ ) and disease perception ( $F = 0.665$ , P-value  $<0.001$ ). The follow-up phase also confirmed their effectiveness. Finally, the comparison of the two treatments indicated that the ACT method is more effective than the DSMP method.

### Conclusion

It seems that along with pharmacological treatments, Act protocol, which is, in fact, a combination of medical and nutritional guidelines with the Act approach, can be significantly effective for type 2 diabetic patients. It seems that acceptance, acting based on perceived values, commitment, and adherence to a new lifestyle, and other hexagonal factors of ACT may lead to a better understanding of diabetes in patients, which may further promote and improve their adaptation and self-care behaviors. It is hoped that in such conditions, patients are better able to cope with diabetes.

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