

## Comparison of the Effectiveness of Compassion Focused Therapy and Positive Psychology with Well-being Approach on Alexithymia, Adaptive Behavior and Adherence to Treatment of Patients with Diabetes Type 2

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### Introduction

Considering the adverse consequences of diabetes and the important role of psychological factors in controlling it, one of the main and basic ways to improve the quality of life of type 2 diabetic patients and control their diabetes is the proper and complete education of psychological issues to them. So, the purpose of the present study was to compare the effectiveness of compassion-focused therapy and positivist psychology with the well-being approach on alexithymia, adaptive behavior, and adherence to treatment of patients with type 2 diabetes.

### Method

The research design was a quasi-experimental pretest-posttest with a

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control group. The sample size included 45 patients with type 2 diabetes who were selected by purposive sampling. Of these, 15 were assigned to the experimental group of compassion-focused therapy, 15 to the experimental group of positivist psychology with a well-being approach, and 15 to the control group by simple random sampling. To collect research data, the Toronto Alexithymia Scale (Bagby et al., 1994), the Psycho-social Adjustment with Illness Scale (Derogatis, 1990), and the Adherence Questionnaire (Modanloo, 2013) were used. The compassion-focused experimental group received 8 sessions of two-hour intervention and the experimental group of positive psychology with the well-being approach received 8 two-hour sessions, too. Multivariate Analysis of Covariance (MANCOVA) was used to analyze the data.

### Results

The results showed that both therapeutic approaches in the post-test phase had a significant effect on alexithymia, adaptive behavior, and adherence to treatment of patients with type 2 diabetes ( $p < 0.05$ ). There was no significant difference between the two intervention methods in each of the dependent variables.

### Conclusion

Based on the findings, it can be said that the application of both therapeutic approaches is effective in reducing alexithymia and increasing the level of adaptive behavior as well as treatment adherence.

**Keywords:** Compassion focused therapy, Positivist psychology with well-being approach, Alexithymia, Adaptive behavior, Adherence to treatment

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