

## The Effects of Acceptance-Commitment Therapy on Behavior Impulsivity, Alexithymia and Disappointment in Depressed Patients

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### Introduction

Depression is one of the most common psychological disorders. According to the World Health Organization, depressive disorder is the fourth most important health problem in the world. People with this disorder experience issues such as behaviour impulsivity, alexithymia and disappointment that are important to address. Various treatments have been proposed to improve these problems, one of which is acceptance-commitment therapy. The aim of this research was to study the effect of acceptance-commitment therapy on the behaviour impulsivity, alexithymia and disappointment in depressed patients.

### Methods

Research method was a quasi-experimental one with a pre and post-test design with a control group. The sample includes 30 depressed patients (15 experimental group and 15 control group) who had the entry criteria for research, were selected by a randomized sampling method and the were requested to answer Barratt Impulsivit Behaviour scale (1994), Toronto

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Alexithymia Scale (1994) and Disappointment of Miler and Powers scale (1988). The subjects in the two groups, before and after intervention, and one month later, answered to research instruments. Acceptance-commitment therapy was applied to experimental group, in 8 sessions (90 minutes each), based on Patertisa and Moran's Practical Guide to Acceptance-Commitment Therapy, but no intervention was carried out in control group. Descriptive statistics (mean and standard deviation) and inferential statistics (multiple analysis of covariance) were used for data analysis. Spss software version 26 was used for data analysis.

### Results

The results of data analysis showed that acceptance-commitment therapy caused the decrease inbehaviour impulsivity, alexithymia and disappointment in depressed patients of experimental group in comparison to the control group. Also, there were significant differences between The effects of the acceptance-commitment therapy on the behaviour impulsivity, alexithymia and disappointment in depressed patients.

### Conclusion

The findings indicated that acceptance-commitment therapy caused the decrease inbehaviour impulsively, alexithymia and disappointment in depressed patients. This finding is in line with research that has confirmed the effects of acceptance-commitment therapy on behavior impulsivity, alexithymia and disappointment. This finding can be used to treat depressed patients.

**Keywords:** Acceptance commitment therapy, Behaviour impulsively, Alexithymia, Disappointment, Depression.

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