

Effectiveness of Acceptance and Commitment Therapy on the Self-Efficacy Perceived and Self-Care Behaviors of People with Coronary Heart Disease

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Introduction

One of the diseases that can cause many physiological and psychological complications is coronary heart disease. According to the predictions of scientific societies, these diseases will be the main cause of death in different countries by 2030. According to the scientific findings published by the World Health Organization, it is predicted that 8.44% of deaths in Iran will be related to coronary heart disease by 2030. Coronary heart disease is a serious and rapidly growing disease. Coronary heart disease is one of the diseases that lead to increased mortality, lack of self-reliance, increased depression and anxiety in affected people. Several factors such as anxiety and depression, social stress, conflict and hostile behavior can lead to abnormal coronary contraction, increased coronary artery blockage, malignant heart rhythm irregularities and as a result, heart failure. The occurrence of psychological disorders such as depression and anxiety in patients with coronary heart disease causes them to experience less self-efficacy and self-care behaviors. Therefore, the present study was conducted to investigate the effectiveness of acceptance and commitment therapy on the self-efficacy perceived and self-care behaviors of people with coronary heart disease.

Method

The present study was quasi-experimental with a pretest, post-test, control group and two-month follow-up period design. The statistical

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population of this study included patients with coronary heart disease referred to the heart center of Madain Hospital in Tehran in the second half of 2020. The statistical population included patients with coronary heart disease referred to the heart center of Madayen Hospital in Tehran in the second half of 2020. 34 Patient with coronary heart disease were selected through a voluntary and purposive sampling method and randomly assigned to experimental and control groups (18 patients in the experimental group and 16 patients in the control group). The experimental group received ten seventy-five-minute sessions of acceptance and commitment therapy during One and a half months. The applied questionnaires in this study included the self-efficacy questionnaire (Sherer et al., 1982) and Self-Care Questionnaire (Galiana et al., 2015). The data from the study were analyzed through repeated Mixed ANOVA via SPSS23 statistical software.

Results

The results showed that acceptance and commitment therapy have a significant effect on the self-efficacy and self-care behaviors of the cardiac people with coronary heart disease. In addition, the results showed that the effect of acceptance and commitment therapy was stable on the self-efficacy and self-care behaviors of the cardiac patients with coronary heart disease with a follow-up stage. After carefully examining the descriptive findings, it was found that acceptance and commitment therapy increase the self-efficacy and self-care behaviors of the cardiac people with coronary heart disease in the post-test and follow-up stages.

Conclusion

According to the findings of the present study, it can be concluded that acceptance and commitment therapy can be used as an efficient intervention to improve the self-efficacy and self-care behaviors of the people with coronary heart disease through employing techniques such as six main processes, including psychological acceptance, context self, communication with the present time, values and committed action.

Key words: Acceptance and commitment therapy, coronary heart disease
Perceived self-efficacy, self-care behaviors

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