

Comparing the Effectiveness of ACT and SFT on Quality of Life and Depression in Young Girls

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Abstract

The research aim was to compare the effectiveness of Acceptance and Commitment Therapy and Solution-focused Therapy on Quality of Life and Depression in depressed young girls. This study was semi-experimental, pretest and post-test design with a control group. Population included all depressed girls in Tehran in 2019. The sample included 40 depressed young girls, selected by available sampling method that were randomly assigned to three groups of Acceptance and Commitment Therapy; Solution-focused therapy and a control group. Data collected with a depression questionnaire and a quality of life questionnaire. Then Acceptance and Commitment Therapy and Solution-focused Therapy for 9 sessions of 2 hours treated and the control group did not receive anything. Data were analyzed using multiple covariance analyses. Although the results showed that both treatments had a positive effect on depression and improved quality of life, but acceptance commitment therapy was more effective.

Keywords: Acceptance and commitment therapy, depression, quality of life, solution-focused therapy

Introduction

Depression reduces quality of life with a negative impact on daily life and reduces performance (Mobaraki Asl, et al., 2019); quality of life is a perceived personal concept of feeling good and satisfied with life (Baciu and Baciu, 2015). To increase the quality of life and reduce depression, a group of psychotherapies known as third-wave therapies has been considered by many psychologists, two of which are acceptance-commitment therapy and solution-focused therapy. In acceptance-commitment therapy, principles and skills are taught to help clients to identification, pursue and meet needs, goals, and aspirations (Elahifar, et al., 2019). Also, the underlying views of solution-focused therapy is that change is continuous and inevitable, and it based on the belief that focusing on the now and exploring problems to seek solutions by resorting to the client's capabilities of references

Finally, using the LSD post hoc test method, it was found that acceptance - commitment therapy was more effective than solution focused therapy in both reducing depression and increasing quality of life.

Table 2. LSD Post Hoc Test to determine more effective method on depression and quality of life

variable	I Group	J group	Mean differences I-J	Sig
quality of life	control	ACT	-27.12	0.001
		SFT	-21.64	0.001
depression	control	ACT	9.19	0.001
		SFT	8.19	0.001

Conclusion

Findings indicated the effectiveness of solution-focused therapy on increasing quality of life and reducing depression, which overlaps with the results of research by Mahmoudi, et al. (2019). Explaining the effectiveness of solution-focused therapy on quality of life and depression, it can say that finding exceptions in clients' lives can give clients hope for a better future and by focusing on problem-solving instead of psychotherapy techniques, encourage them to adopt effective mental and practical views and strategies (Goldenberg & Goldenberg, 2017).

Another part of the findings was the effectiveness of acceptance – commitment therapy in increasing quality of life and reducing depression, which is consistent with the results of Mofid et al. (2019). Explaining this effectiveness, it should say that the subject of this method is value-based actions, based on mindfulness situations. Also in ACT due to the training of value-based practice combined with the wish to acting as meaningful personal goals before elimination of experiences, causes girls to express thoughts and feelings when faced with stress caused by depression. Value themselves directly and reducing irritability, sadness, impatience, restlessness, and other tensions caused by an emotional failure while maintaining self-control. Therefore, by overcoming depression, they will have a better evaluation of themselves, and their quality of life will increase by trying again.

The participants of the present study were young girls suffering from depression who referred to counseling centers in Tehran. Care should take in generalizing the findings to people with other mental problems as well as men.

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