The Second International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 1-3 October, 2014
The Neuroscience Journal of Shefaye Khatam
Volume 2, No.3, Suppl 1

Poster Presentation Research

Effectiveness of Eclectic Model Based on Acceptance and Commitment and Metacognitive Therapy in Patients with Pure Generalized Anxiety Disorder

Nezamaddin Ghasemi[1], Ahmad Izadi[2], Najme Vakili[3*]

[1] Department of Psychology, University of Isfahan, Isfahan, Iran.
[2] University of Rehabilitation and Social Welfare Science, Tehran, Iran.
[3] Shefa Neuroscience Research Center, Khatam Alanbia Hospital, Tehran, Iran.

Published: *1 Oct 2014*

Abstract

The purpose of this research was to investigate the effectiveness of eclectic model based on acceptance and commitment therapy (ACT) and metacognitive therapy (MCT) on symptoms in patient with pure generalized anxiety disorder. The research method was clinical experimentation with pre-posttest and control group. Statistic community was all of the men and women patients that suffered from pure generalized anxiety disorder and selected by structured interview based on axis 1 DSM-IV-TR. Sampling way was purpose orientated. Participants allocated through randomization in 2 groups: eclectic model based on ACT and MCT (n=14) and control group (n=16). Experimental group received related intervention included in 14 psychotherapy session for eclectic model based on ACT and MCT, and control groups not received any intervention. Pre-posttests data collected by Pennsylvania worry questionnaire (PSWQ). For analyze we used descriptive statistic and ANCOVA by SPSS-18 software. The findings showed that the intervention had significant effect on reducing the mean score of worry in patients ($P<0.01$). We can conclude that eclectic model based on ACT and MCT reduce the severity of anxiety symptoms.

Keywords: Eclectic Model, Acceptance and Commitment Therapy, Metacognitive Therapy, Pure Generalized Anxiety Disorder.

Corresponding Author: Najme Vakili

E-mail: *Vakili.najme@yahoo.com*

[Downloaded from shefayekhatam.ir on 2024-04-24]