

عنوان مقاله:

Effectiveness of Acceptance and Commitment Based Group Therapy with the Islamic Approach on Diabetes Control and Increasing Self-Care Behaviors in Patients with Type II Diabetes in Yazd province

محل انتشار:

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خلاصه مقاله:

Objective: The purpose of this study was to investigate the effectiveness of acceptance and commitment based group therapy (ACT) with the Islamic approach to diabetes control, increasing self-care behaviors in patients with type II diabetes mellitus (T2DM) referent to the Yazd Diabetes Research Center. **Materials and Methods:** The study method was semi experimental with control group. For this purpose, 40 diabetic patients were randomly divided into two experimental and control groups. The study was in Yazd diabetes research center. The purposeful sampling method was done. So, all of the patients did the A1C hemoglobin test, and completed the self-care questionnaire for diabetic patients (SDSCA). Then, the experimental group received ACT with an Islamic approach during 16 weeks. The population of both groups performed the A1C Hemoglobin test and completed the self-care questionnaire again after performing the instructional plan. In this research, the covariance analysis test was done to analyze the results. **Results:** The findings of the research showed that ACT group therapy with an Islamic approach effects on HbA1c decreasing ($P: 0.001$) and self-care behaviors improvement ($P: 0.001$) in T2DM patients. **Conclusion:** This study showed that the treatment group based on commitment resulted in a significant reduction of HbA1c and a significant increase in self-care activities in patients with T2DM.

کلمات کلیدی:

Type II diabetes, Acceptance and commitment based therapy, Islamic approach, Self-care, Diabetes control

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