

Effectiveness of Acceptance and Commitment Therapy (ACT) on Life Quality and Resilience of Recovered Covid-19 Patients

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Extended Abstract

Aim

The purpose of this study was to evaluate the efficacy of acceptance and commitment therapy on the quality of life and resiliency of individuals in Bandar Abbas, Iran, who had recovered from Covid-19.

Method

It was a quasi-experimental study with a pre- and post-test design, a control group, and a three-month follow-up. All patients who recovered from Covid-19 and had a history of hospitalization in Bandar Abbas city during the winter of 2020 were included in the sample population. Participants were selected using snowball sampling. The inclusion criteria were a clinical diagnosis of Covid-19 based on polymerase chain reaction (PCR), recovery from Covid-19, a history of hospitalization, willingness to participate, a minimum high school education level, and no recent psychiatric treatment. Thirty Covid-19-recovered patients were identified and randomly assigned to the test group (n=15) or the control group (n=15). The test group received acceptance and commitment therapy in the form of group counseling once a week for 2.5 months (one 90-minute session) (three-member groups). Notably, two test group participants and one control group participant withdrew from the study. Final sample size was 27 (13 tests and 14 controls). The World Health Organization Quality of Life (WHOQOL) and the Conner-Davidson resilience scale (2003) were used to collect data. On version 23 of SPSS, descriptive statistics (mean and standard deviation) and inferential statistics (Shapiro-Wilk test, Levene's test, Mauchly's test, and analysis of variance with repeated measures) were used to analyze the data.

Findings

The average age of the subjects in the test and control groups, according to the demographic data, was 44.32 and 47.20 years, respectively. 7 men (53.85%) and 6 women (46.15%) comprised the test group. There were 6 men (42.85%) and 8 women (57.14%) in the control group. Time was the factor that could explain 57% and 55% of the variations in the variances of the quality of life and resilience scores, according to the inferential findings. Membership in a group was another factor that explained 46% and 51% of the variations in the quality of life and resilience scores, respectively. In addition, the interaction effect of treatment type and time factor explained 61% and 62% of the changes in the scores of life qualities and resilience, respectively. The results also revealed significant differences in the mean scores for quality of life and resilience between the pre-test, post-test, and follow-up assessments. In conclusion, acceptance and commitment therapy substantially altered the posttest and follow-up scores of resilience and quality of life in individuals who had recovered from Covid-19 and had a history of hospitalization. Meanwhile, there was no significant difference between the posttest and follow-up mean scores. This indicates that the quality of life and resilience scores of the individuals who recovered from Covid-19 (and had a history of hospitalization), which changed significantly on the post-test, contributed to the maintenance of this change over the course of the follow-up period.

Discussion

According to the findings of this study, an intervention based on acceptance and commitment therapy assisted the participants in acquiring mental flexibility, which in turn enhanced their quality of life and resilience after recuperating from Covid-19. Psychological adaptability aids in enhancing a patient's resilience and quality of life. It also enhances the individual's mental acceptance, allowing them to "live in the present," which improves resilience and quality of life. If a person's acceptance of mental experiences (thoughts and emotions) improves, they are less likely to engage in dominant or avoidant behaviors. Consequently, a person's psychological awareness of the present moment enables them to recognize their current mental state and behavior, and the individual learns how to detach from these mental experiences. The most significant outcome of this process is decreased cognitive fusion, which enables the individual to be more tolerant of psychological distress and cultivate greater psychological flexibility.

Keywords: Acceptance and Commitment Therapy (ACT), Life Quality, Resilience, People Recuperated from Covid-19.