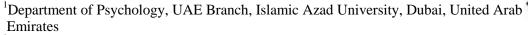
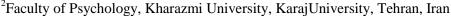
# Evaluation of the Effectiveness of Acceptance and Commitment therapy on Happiness in Iranian veterans with Mental Disorders in Psychiatric Hospitals

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#### **Abstract:**

**Background and Objectives:** In this study, considering the existence of psychiatric veterans and in order to help solve their problems, the effect of acceptance and commitment-based psychotherapy on psychiatric veterans is investigated in mental health hospitals.

Methods: This quasi-experimental study with pre-test and post-test experimental design into two experimental and control groups among all psychiatric veterans of Dezful hospitals in the spring of 2020 in which 30 people were selected by random sampling and 15 of them were selected as experimental group and 15 people another control group that is considered random. Oxford Happiness test was taken as a pre-test from both groups and the experimental group was trained in acceptance and commitment based psychotherapy in eight sessions of two hours per week and the control group was not trained at all. Finally, Oxford happiness test was taken again from both groups. (Post-test), then with statistical tests Kolmogorov-Smirnov and Shapiro-Wilk and t-test were performed for two independent groups with SPSS software and statistical analysis was performed and the results are as follows.

**Results:** Happiness post-test scores were significantly different between the experimental and control groups and in the experimental group the happiness score was higher, ie the intervention in Mani is effective based on acceptance and commitment. These findings were obtained with 95% confidence.

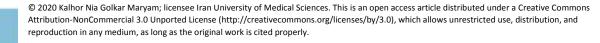
**Conclusion:** Therapeutic intervention based on the method of acceptance and commitment is effective in promoting the happiness of psychiatric veterans and is an effective help for their mental health and standard of living.

Keyword: Psychiatric Disorders, Cognitive Therapy, Happiness, Mental Disorders, psychiatric hospitals

## **Background and Objectives**

War is a phenomenon that, if imposed for any reason, can have short-term or long-term effects. The Iraq-Iran war is an important event in the life history of the Iranian people. This social reality has caused material, human and social damage<sup>1</sup>. One of the major psychological traumas of war is post-traumatic stress disorder (PTSD) in victims<sup>2</sup>. The presence of the mark (PTSD) in war veterans causes their disability to be more complex than other war veterans and makes it too mediocre for them to manage family, economic and livelihood affairs and education of other family members. This reaction affects children's personality. Mental health, marital satisfaction, divorce and separation have a great impact<sup>3</sup>. Psychotherapeutic interventions for PTSD include acceptance and commitment-based psychotherapy<sup>4</sup>. Post-traumatic stress disorder has several consequences in the physical and psychological dimensions of this disorder<sup>5</sup>.





The best psychology refers to the fact that people are able to determine whether or not they have achieved a happy life that depends on success criteria<sup>6</sup>. One of the potential sources of positive emotions that has been considered in positive psychology is the feeling of happiness. Happiness is a statement of the positive value a person places on himself. Happiness has two aspects, one is emotional factors that represent the emotional experience of happiness, euphoria, contentment and other positive emotions, and the other is the cognitive evaluation of satisfaction from different realms of life that indicates happiness and psychological well-being. However, happiness is not a sign of lack of depression, but indicates the existence of a number of positive cognitive and emotional states<sup>7,8</sup>.

## **Methods**

The present study is a quasi-experimental study with a pre-test and post-test design with an experimental, control or control group. Gran Dezful hospital was selected and the criterion for entering informed consent to participate in the research project and not using psychotropic drugs and not any previous training receiving psychotherapy was based on acceptance and commitment and also the criterion for leaving the research was dissatisfaction with participating in the project and absence of more than three training sessions. According to the exclusion criteria, 30 people remained and were randomly divided into two groups of 15 people. Webb. Oxford Happiness test was taken from both groups (pre-test) and recorded. scores were Group (experimental group) underwent training based on acceptance and commitment in meetings. Two hours a week for 8 weeks and group B (control group) did not receive any training. At this stage, Oxford Happiness test was taken again from both groups and the results were recorded, then

while checking the normal pre-test and posttest scores with Levin, Kolmogorov-Smirnov test. Box and Student's t-test with 95% confidence interval were used for data analysis. Tools used in this research:

- 1. Oxford Happiness Inventory at OHI: The Oxford Happiness Inventory happiness. used to measure The Inventory has 29 questions created in 1989 by Agargail et al. It is a maximum of 87 that the high score indicates greater happiness<sup>9</sup>. Various studies have shown the validity of checklist at an acceptable level. The review validity was reported to be 0.81 after 4 months, 0.67 after 5 months and 0.53 after 6 months<sup>10</sup>. In Iran, Ghazavi Reported a Cronbach's alpha coefficient of 0.93 for the entire list 11. reliability of the test by halving method is 0.92 and the reliability of the retest is  $0.79^{12}$
- 2. The protocol of acceptance in this commitment used research: Introducing and stating the objectives of the workshop, conducting a pre-test. Identifying Acceptance and Commitment Psychotherapy, Objectives and Axes of Treatment, Information about the Disorder, Homework. Creating creative frustration, assessing the desire for change. summarizing, homework. Reviewing past sessions, identifying inefficient strategies, acceptance, concept of summarizing, homework. Review of previous sessions, homework and behavioral commitment, application of cognitive fault technique, homework. Surveying, expressing feelings and emotions resulting from the tasks of the previous session, fulfilling the commitment. Provide feedback, create the ability to choose the right action. Provide feedback to group members, thank and appreciate the cooperation and post-test<sup>13</sup>.

## **Results**

Pre-test and post-test scores of two experimental groups (two) and control (one) related to 30 psychiatric veterans of Dezful hospitals in the spring of 2020, the results of the Oxford Happiness Test under the

statistical tests of Kolmogorov-Smirnov, Shapiro-Wilk and t -test was run for two independent groups with SPSS software and the results are as follows.

Table 1. Normality of pre-test and post-test scores for both experimental and control groups

			Tests of	Normality				
	mathad	Kolmo	ogorov-Smi	irnov <sup>a</sup>	Shapiro-Wilk			
	method	Statistic	df	Sig.	Statistic	df	Sig.	
posttes	one	.126	15	.200	.953	15	.571	
t	two	.154	15	.200 <sup>*</sup>	.902	15	.102	
pretest	one	.105	15	.200 <sup>*</sup>	.966	15	.793	
	two	.203	15	.096	.904	15	.108	

Because in both tests the amount of error for group one is 0.200 and 0.793 is more than 0.05 and also because for group two the

amount of error is 0.096 and 0.108 so the pre-test scores are normal. 0.102 is greater than 0.05 so post-test scores are normal.

Table 2: Statistical description of post-test scores

	Group Statistics								
	method	N	Mean	Std. Deviation	Std. Error Mean				
posttest	one two	15 15	58.53 69.93	14.267 13.210	3.684 3.411				

**Table 3:** Equality of variances Inequality of means of the two experimental groups and control of post-test scores

				Indep	endent Sa	imples Te	est					
		Levene' for Equa Variar	ality of		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error Difference	95% Cor Interva Differ Lower	l of the		
posttest	Equal variances assumed Equal	.054	.817	- 2.271	28	.031	-11.400	5.020	- 21.684	-1.116		
positest	variances not assumed			- 2.271	27.836	.031	-11.400	5.020	- 21.686	-1.114		

Because the error rate is 0.817, the variances of post-test scores are equal for the control and experimental groups Because the error rate is 0.031 and is less than 0.05, in the case of equality of variances, the post-test scores of the two experimental and control groups are not equal and the experimental group has a higher average, ie the acceptance and commitment method is effective.

**Table 4:** Statistical description of pre-test scores

Group Statistics									
	method	N	Mean	Std. Deviation	Std. Error Mean				
pretest	one two	15 15	57.80 59.33	15.943 13.983	4.116 3.610				

Table 5: Equality of variances and means of pre-test scores for the experimental and control groups

					gre	Jups					
				Inde	ependent	Samples '	Test	•			
		for Equ	e's Test uality of ances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error Difference	95% Cor Interval Differ Lower	l of the	
pretest	Equal variances assumed Equal	.361	.553	280	28	.782	-1.533	5.475	-12.749	9.682	
pretest	variances not assumed			280	27.532	.782	-1.533	5.475	-12.758	9.691	

Because the error rate is equal to 0.553 and is greater than 0.05, in terms of equality of variances of pre-test scores of the two experimental and control groups, according to the error value of 0.782, which is greater than 0.05, the means of pre-test scores are significantly different with 95% not confidence.

#### **Discussion**

It has been widely reported that the VA needs to do a better job of developing strategies for routine mental health screening and early intervention for all service members before they return to civilian life. This effort would entail identifying the several signs and symptoms that veterans may display prior to attempting suicide: (1) depression, (2) sleeping poorly, (3) losing weight, (4) telling family members they feel like a burden on their spouse, (5) drinking, and (6) using drugs. Given that this information often provides a clearer picture of potential mental disorders

and indications that a veteran may be contemplating suicide, a plan of intervention based on these signs could be the first step for a crisis intervention team to provide needed assistance and conduct a psychiatric evaluation. The aim of this study was to compare the effect of acceptance and commitment-based psychotherapy on the growth of happiness of psychiatric veterans in Iran. This study shows that this psychotherapy increases the happiness of psychiatric veterans which is consistent with the research findings on the effectiveness of mindfulness-based stress reduction on psychological well-being in patients with PTSD and their relatives 14. Happiness is the need for a healthy life and growth factors since 1960, research on happiness has increased and various organizations have studied happiness. In these studies, three basic orientations can be identified: 1) In some of them, measuring happiness and providing tools to measure happiness has been the main goal. 2) In some studies that

have been more focused, the study of factors affecting happiness has been considered and 3) in another group, ways to increase happiness have been evaluated. Acceptance and commitment therapy is a suitable way to happiness<sup>15</sup>. Psychotherapeutic increase interventions for PTSD include acceptance and commitment-based psychotherapy<sup>4</sup>. Post-traumatic stress disorder has several consequences in the physical psychological dimensions of this disorder<sup>5</sup>. The best psychology refers to the fact that people are able to determine whether or not they have achieved a happy life that depends on success criteria.

## **Conclusion**

Examining and comparing the two experimental groups that underwent therapeutic intervention based on acceptance and commitment (two) and the control group that did not perform this intervention (one), it was found that the mean post-test scores of the two groups could not be different and 95% confidence according to t Student For two independent experimental and control groups. Based on the small sample size, the findings should interpreted be generalized cautiously. It can be said that psychotherapy based on acceptance and commitment is effective on psychiatric veterans in Dezful hospitals.

#### **Abbreviations:**

PTSD= Posttraumatic stress disorder; ACT=Acceptance and Commitment Therapy.

## **Competing interest:**

The authors declare no competing interest

## **Authors contributions:**

Simin Farshadi is the producer of the article and Mohammad Hatami is the supervisor

and the responsible author is Maryam Kalhor Nia Golkar, the supervisor who all participated in this research.

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