

The Effectiveness of Acceptance & Commitment Therapy (ACT) on Depression and Adjustment of Blind Girls

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Abstract

The goal of this study was to investigate the effectiveness of acceptance & commitment therapy (ACT) on depression and adjustment of blind girls in Shahr-e Kord city. The research method was quasi-experimental with pre-test, post-test, and follow-up with a control group. The research population was all the blind girls of Shahr-e Kord city and 30 girls were selected by available sampling method, and were randomly assigned into control and experimental groups. The test was conducted on both groups, before and after intervention sessions. Instruments used in this study included Bell Adjustment Inventory and Beck Depression Scale. Analysis of covariance was performed using SPSS 20. The results showed that acceptance and commitment therapy (ACT) decreased depression and increased adjustment in blind girls. The findings suggest that acceptance and commitment therapy (ACT) can be used as an effective treatment for reducing depression and improving adjustment.

Keywords: *acceptance & commitment therapy (ACT), depression, adjustment, blind girls*

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