

Biannual Journal of Applied Counseling (JAC)
2019, 9(1), 87- 108
Received: 14 Apr 2019
Accepted: 28 Dec 2019
DOI: 10.22055/jac.2020.29148.1668

دوفصلنامه مشاوره کاربردی
دانشگاه شهید چمران اهواز
۱۳۹۸، ۹(۲)، ۸۷-۱۰۸
دریافت: ۱۳۹۸/۰۱/۲۵
پذیرش: ۱۳۹۸/۱۰/۰۷

The Effectiveness of Group counseling based on Acceptance and Commitment (ACT) on Rumination and Happiness Infertile Women

Ebrahim Nameni*
Hossein Kashavarz afshar**
Fahimeh Bahonar***

Abstract

Infertility is an effective factor in causing personal and social problems that can expose affected individuals to various psychological pressures. This study aims was conducted to investigate the effectiveness of acceptance and commitment-based group counseling (ACT) on rumination and happiness of infertile women in a quasi-experimental design with pretest, posttest and follow up with control group. The population of this study included infertile women fetering to Milad infertility center in Mashhad city. Twenty infertile women were selected using purposeful and voluntary sampling method and randomly assigned to experimental (10 infertile women) and control (10 infertile women) groups. Participants completed the Obsessive Rumination Questionnaire (Nolen Hoxma and Morrow) and Oxford Happiness Questionnaire. Experimental group participated in a group counseling based on acceptance and commitment in eight sessions 60-90 minutes each week, and control group received not intervention. Data analysis were analyzed using analysis of variance to repeated measures and and SPSS- 25 software. The results showed that group counselling based on acceptance and commitment reduced obsession, rumination of infertile women and increased their happiness ($p < 0.001$). Based on the results, it can be concluded that group counselling acceptance and commitment based or can be helpful for family counsellors and clinical psychologists to reduce rumination and increase happiness in infertile women.

Keywords: Group counseling, Acceptance and commitment, rumination, happiness, infertile woman

* Assistant Professor Department of Educational Sciences, Faculty of Literature and Humanities, Hakim Sabzevari University, Sabzevar, Iran

** Assistant Professor Department of Educational Psychology & Counseling, Faculty of Psychology & Educational Sciences, University of Tehran, Tehran, Iran (Corresponding Author) keshavarz1979@ut.ac.ir

*** Master of Art in Family Counseling, Department of Educational Psychology & Counseling, Faculty of Psychology & Educational Sciences, University of Tehran, Tehran, Iran

Extended abstract**Introduction**

Infertility is one of the most important life-cycle crises that leads to psychological problems and serious stressful experiences for individuals (Del Pische, Deirkond Moghadam, Moradi, & mirmoghadam, 2014). According to the findings 13% of women and 10% of men are infertile (Sutton, Zlatnik, Woodruff, & Giudice, 2019). Infertility is an effective factor in causing individual and social problems. It can expose people affected to various psychological pressures (Shahverdi et al., 2015). In this regard, researchers showed that impulsive behaviors and dispersed stresses, depression and a sense of worthlessness have been reported to infertile people, and the existence of these conditions leads to a low level of happiness in their lives. Happy and happiness are one of the structures that have been studied in recent years with the development of positive psychology (Mirmohdi, Safari Nia, & sharifi, 2014). The happiness is based on one's attitudes and perceptions, and it is a sign that emanates from the experience of positive emotions and pleasures of life (Shahbazi, & Ali, 2018; Farid, 2015). Findings of Diamond Almasi (2016), Shahverdi, Rezaei, Bahazi Imagery, Sadeghi and Bakhtiari (2015), Rasti, Hasanzadeh, and Mirzaeain, (2012) have showed a low level of happiness in infertile women.

In addition to happiness, in recent years, the study of patterns of thinking in unwanted and negative thoughts and its role in the survival of emotional disorders has also been considered by many scholars. One type of unwanted and negative thoughts in emotional disturbances is rumination. Rumination is defined as resilient and recurring thoughts. These thoughts involuntarily enter consciousness and divert attention away from the subject or purpose of the individual. (Jorman, 2006), also has also been defined as a thinking style characterized by repetitive, repetitive, intrusive and uncontrollable thoughts. (Nolen- Hoeksema, Visco, & Leibromic, 2008). Martin, Oern and Bowen (1991) showed that people who are cognitively inflexible, rumble when they are upset, and their cognitive and emotional power on rumination, which is a repetitive and unprofitable for the person they bring, they concentrate. In most infertile women, the negative effects of infertility also cause depression and low mood, resulting in rumination (Volgston, Skoog, Vanberg, & Ekselius, 2010).

Acceptance and commitment therapy (ACT) is a process-oriented approach known cognitive-behavioral therapies of the third wave (De Houwer, Barnes-Holmes, & Barnes-Holmes, 2016). This treatment has six central processes that lead to psychological flexibility. These six processes are: acceptance, fault, relationship with the present, self as a background, values and committed action (Rudyti & Robinson, 2011). In the treatment of ACT, instead of changing, accepting, and committing to cognition, one tries to increase the psychological relationship of an individual with his thoughts and feelings (Hayes &

Stroeshall, 2010). The main benefit of this treatment is psychotherapy other, consider motivational aspects along with aspects cognitive, in order to further influence the effectiveness of treatment. (Abdali, Golmohammadian, & Rashidi, 2018).

Pets, Donas and Gainer (2017), Heidari, Asgari Heidari, Pasha and Makvandi (2018), Demehri, Saeedmanesh and Jala, (2018), and Jahangiri, Golmohammadian and Hojatkah (2018), effect of acceptance and commitment-based therapy training on reducing rumination and research by Moslem Khani, Ebrahimi, and Sahebi (2018), and Moradi and Dehghani (2018), and Khademi, and Tasbihsazan (2019) confirmed the impact of acceptance and commitment therapy on increasing happiness and reducing obsession rumination.

Therefore, this study proposes two hypotheses: 1- group counseling based on acceptance and commitment therapy leads to happiness in infertile women, and (2) group counseling based on acceptance and commitment leads to reduce infertility in infertile women.

Method

This present study was conducted in a quasi-experimental design with pre-test, post-test and follow-up and control group. The population included all of infertile women were referred to Milad infertility treatment center in Mashhad city. Twenty infertile women were selected using purposeful-voluntary sampling and based on the inclusion criteria to the study: 1) no psychiatric disorders, 2) tendency to participant in study, 3) at least a bachelor's degree. Ten participants of infertile women were randomly assigned to the experimental group and ten infertile women to the control group. Experimental group participants received group acceptance and commitment in eight sessions of 60 to 90 minutes. The participants of experimental and control groups were assessed at the beginning and after the treatment and three months later in the dependent variables studied.

Instruments

Obsessive Rumination Questionnaire: Nolen- Hoeksema and Marrow (1991) developed a questionnaire that evaluated four different types of negative reactions. Scoring: Rudy responses are 22 that require respondents to rate each of them on a scale from 1 (never) to 4 (most often) (Trainer, Gonzalez, & Nulen Hoeksma, 2003). The scores of this questionnaire range from 22 to 88. The total score of rumination is calculated through the number of females. The validity and reliability of this questionnaire in Iran were reviewed by Mansouri, Farnam, Bakhshi Pour Roodsari and Mahmoud-olio (2010) and its validity has been confirmed. Cronbach's alpha coefficient in Mansouri and colleagues' study (2010) was 0.90.

Oxford Happiness Questionnaire: The original version of the questionnaire was designed in 1989 by Argyle, Martin and Crazland

as an instrument for measuring personal happiness. In 1995, the questionnaire revised and some of its features were examined by Argyle and Leo (Hadi Nejad & Zarei, 2009). This questionnaire has 7 subscales. Hills and Argyle (2002) reported Alpha reliability coefficient of the questionnaire to be 0.91 and for subscales 0.04 to 0.65; Dehshiri, Akbari, Najafi and Moghadamzadeh (2015) and Dogan and Cotok (2011) reported 0.74 reliability coefficient of 0.80, respectively.

Trend of research

The method of responding to measuring instruments, the purpose of research and its application in this particular group, consideration of ethical standards, informed consent of the participants were provided.

Data analysis

In this study, data analysed using repeated measures analysis of variance and SPSS-25 statistical software.

Findings

The mean age of the participants was 25.6 ± 25.2 years, 60% of the participants were bachelors, 30% diploma and 10% undergraduate study.

Table 1
Tests of within and between-subjects effects

Effects	Variable	Source	Sum of Squares	df	Mean Square	F	P.	
Within Subjects	rumination	stage	Greenhouse-Geisser	616.23	1.43	431.25	23.20	0.00
		stage*	Greenhouse-Geisser	603.03	1.42	422.01	22.70	0.00
		group	Greenhouse-Geisser	478.06	25.72	18.58		
	happiness	stage	Sphericity Assumed	1435.60	2	717.80	19.35	0.00
		stage *	Sphericity Assumed	1008.53	2	504.26	13.59	0.00
		group	Sphericity Assumed	1335.20	36	37.08		
Between-Subjects	variable	Source	Sum of Squares	df	Mean Square	F	P	
	rumination	group	11481.66	1	11481.66	120.23	0.00	
		Error	1718.93	18	95.49			
	happiness	group	16170.41	1	16170.41	19.45	0.00	
		Error	14961.10	18	831.17			

The results showed that acceptance and commitment group counseling reduced rumination of infertile women and increased their happiness ($p < 0.001$).

Discussion

The purpose of this study was to investigate the effectiveness of group counseling based on acceptance and commitment on rumination and happiness in infertile women. The results showed that group counseling based on acceptance and commitment of rumination reduced infertility in the post-test phase and this effect can be observed in the follow-up phase. Petts et al (2017); Heydari et al (2018), Demehri et al (2018) and Jahangiri et al (2018). These findings confirm the findings.

The result of the second hypothesis is in line with those study of Moslem & et al. (2018); Moradi and Dehghani (2018); Khademi and Tasbihsazan (2019). So it can be said that happiness has several components, one of which is the cognitive component that makes a person happily process information, interpret it and interpret it, which ultimately leads to a sense of happiness and optimism (Dainer, 2000). Given the cognitive component of happiness, acceptance and commitment therapy teaches infertile women that instead of thinking and practicing their thoughts and beliefs based on having no children and thus withdrawing from others, with increased psychological acceptance and subjective to their inner experiences, such as the thoughts and feelings. They have in the presence and conversation of the group, as well as the creation of more social goals and commitment to them, to counter this sense of sadness and isolation. Hayes (2005) also believes that the educational acceptance and commitment approach, rather than focusing on eliminating traumatic factors, helps clients accept their controlled emotions and cognitions. They allow them to stop fighting and fight with them and to cultivate positive and happy emotions instead of dealing with negative emotions and emotions.

Funding

Overall, it can be concluded that the mean scores of the experimental group in the post-test compared to the control group decreased in the rumination variable and increased in the happiness variable. Therefore, group-based acceptance and commitment training has been effective on rumination and happiness in infertile women. As Peterson (2004) has shown, acceptance and commitment education is a good way to reduce the psychological burden of infertility, distress and depression caused by infertility.

Acknowledgement

The authors are thankful to infertile women referred to Milad infertility center in Mashhad that in autumn 2018.

Conflict of Interests

The authors declared no conflicts of interest