

The Effectiveness of Acceptance and Commitment Therapy on Emotional Self-Control, Emotional Flexibility, and the Valued Living among Women with Compulsive Buying Disorder

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Abstract

Background and Objective: Compulsive buying disorder is a growing and dysfunctional consumer behavior with harmful psychological and financial consequences. The aim of this study was to compare the effectiveness of acceptance and commitment therapy on emotional self-control, emotional flexibility, and life value among women with compulsive buying disorder.

Materials and Methods: The study was of experimental design with, pre-test, post-test, and a control group. Participants included women aged 20-45 years with compulsive buying disorder in Rasht city, who were selected via purposeful sampling method. Compulsive buying disorder was first measured by the Faber & O'guinn questionnaire. Women with compulsive buying disorder were screened, and 60 people who were eligible to study were randomly assigned to two groups. administered and then the Then the questionnaires of emotional self-control, emotional flexibility, and value of life were protocol of acceptance and commitment treatment based on the treatment package in 8 one-hour sessions dor two months was applied to the experimental group, and the control group did not receive treatment, then the post-test was performed. Data were analyzed using multivariate analysis of covariance and SPSS software version 22.

Results: The mean (SD) age of the participants was 37.6 (6.9) in the experimental group, and 38.9 (7.5) in the control group. In the experimental group, the mean (SD) valued living score increased from 67.4 (11.2) in the pre-test to 75.2 (13.5) in the post-test ($P<0.001$), but in the control group, the difference was not significant. In the experimental group, the mean (SD) score of the flexibility score increased from 35.7 (6.2) in the pre-test to 42.2 (7.8) in the post-test ($P<0.001$), but in the control group the difference was not significant. In the experimental group, the mean (SD) self-control score increased from 28 (3.4) in the pre-test to 39.3 (1.1) in the post-test ($P<0.001$), but in the control group, the difference was not significant.

Conclusion: The acceptance and commitment-based therapy increased emotional self-control, emotional flexibility, and valued living of women with compulsive buying disorder.

Keywords: Shopping obsession; Emotional self-control, Emotional flexibility; Life value; Acceptance and commitment therapy.

Introduction

Compulsive buying disorder is a growing and dysfunctional consumer behavior with harmful psychological and financial consequences, which is characterized by irresistible desire to buy, losing control of excessive shopping behavior and continuing

obsessive behavior despite the harmful consequences (1). People with obsessive-compulsive disorder seem to have some kind of self-control problems (2). Self-control refers to the appropriate ability of individuals to modulate emotional responses to internal and external stimuli effectively, which

includes direct adaptation to social expectations and is one of the factors that help a person to adapt to his environment in daily life (3). Values are the path to the end point of desires, and this path is more important than the goal, such as overcoming the obsession with buying and impulsive buying. Values are in the form of behavior and are considered functionally reinforcing, so that it affects a wide range of people's behaviors (4). The study of values in the process of commitment-based and acceptance therapies is of particular importance, which is also discussed in the present study. In this approach, the first goal of treatment is to neutralize avoidant behaviors and the second goal is to promote psychological resilience, which is achieved through the six behavioral processes of contact with the present, acceptance, failure, self as context, values, and committed action (5). It seems that there is a relationship between compulsive buying disorder and the variables of emotional self-control, life value, emotional flexibility and mindfulness, but studies have not examined the effectiveness of acceptance and commitment therapy in life value and emotional flexibility. The aim of this study was to compare the effectiveness of acceptance and commitment therapy on emotional self-control, emotional flexibility, and life value among women with compulsive buying disorder.

Materials and methods

The study was of experimental design with, pre-test, post-test, and a control group. Participants included women aged 20-45 years with compulsive buying disorder in Rasht city, who were selected via purposeful sampling method. Compulsive buying disorder was first measured by the Faber & O'guinn questionnaire (6). Women with compulsive buying disorder were screened, and 60 people who were eligible to study were randomly assigned to two groups. Then the questionnaires of emotional self-control (7), emotional flexibility (8), and value of life (9) were administered and then the protocol of acceptance and commitment treatment based on the treatment package in 8 one-hour sessions for two months was applied to the experimental group, and the control group did not receive treatment, then the post-test was

performed. Data were analyzed using multivariate analysis of covariance and SPSS software version 22.

Results

The mean (SD) age of the participants was 37.6 (6.9) in the experimental group, and 38.9 (7.5) in the control group. In the experimental group, the mean (SD) valued living score increased from 67.4 (11.2) in the pre-test to 75.2 (13.5) in the post-test ($P < 0.001$), but in the control group, the difference was not significant. In the experimental group, the mean (SD) score of the flexibility score increased from 35.7 (6.2) in the pre-test to 42.2 (7.8) in the post-test ($P < 0.001$), but in the control group the difference was not significant. In the experimental group, the mean (SD) self-control score increased from 28 (3.4) in the pre-test to 39.3 (1.1) in the post-test ($P < 0.001$), but in the control group, the difference was not significant.

Discussion

The results showed that in the experimental group, the mean value of life score and self-control score increased. However, there was no difference between pre-test and post-test scores in the control group. Acceptance and commitment therapy led to an increase in effective emotional self-control. This finding was consistent with a study by Fiorillo et al. (10) that showed that acceptance and commitment therapy is effective in regulating emotion. Acceptance and commitment-based therapy has led to increased flexibility. This finding was consistent with the results of the study by Jolodari et al. (11) which showed that acceptance and commitment based therapy is effective on psychological resilience of women with breast cancer. It was also consistent with the results of Batink et al. (12) which showed that acceptance and commitment therapy is effective in improving the flexibility of outpatients. The findings of the present study also showed that acceptance and commitment therapy is effective on the value of life of women with obsessive-compulsive disorder. This finding was consistent with the study of Fiorillo et al. (10) who confirmed the effectiveness of this treatment on life value and a significant increase in life. Participation in acceptance

and commitment therapy sessions with emphasis on psychological acceptance, self-awareness, presence in the moment, observation without judgment, confrontation and release from negative thoughts could lead to a different attitude or relationship with thoughts, feelings and emotions, and an increase in the meaning of life. This allows the person to better know their personal and core values and to establish a more beautiful relationship with these values, which in the long run leads to positive psychological actions and increased psychological well-being. In fact, women with obsessive-compulsive disorder who participate in acceptance and commitment therapy courses are less likely to be negatively affected by stressful situations and become more empowered about their emotional self-control (13).

Conclusion

The acceptance and commitment-based therapy increased emotional self-control, emotional flexibility, and valued living of women with compulsive buying disorder.

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Conflict of Interest

None of the authors has any conflict of interest to disclose.

Ethical publication statement

We confirm that we have read the Journal's position on issues involved in ethical publication and affirm that this report is consistent with those guidelines.

Ethical code: IR.ARUMS.REC.1398.553.

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