

Research Paper:

Comparison of the Effectiveness of Compassion-based Therapy and Acceptance-based Therapy and Commitment to Self-care Behavior and Glycosylated Hemoglobin in Patients With Type 2 Diabetes



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ABSTRACT

Background Diabetes is one of the most common diseases affecting people's mental health and the body. Therefore, psychological interventions seem necessary to solve the problems caused by this disease.

Objective The present study aimed to compare the effectiveness of Compassion-focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT), and commitment to self-care behavior and glycosylated hemoglobin in patients with type 2 diabetes at Tonekabon City Hospital.

Materials and Methods This clinical trial was a one-step cluster sampling study, including 200 patients who were randomly selected from all patients with type 2 diabetes in Tonekabon City Hospital and, at the same time, the scale of self-care behavior of Tobert, Glasgow, and Hamson (2002). A total of 45 people were randomly selected and divided into three groups of 15 people, including two intervention groups and one control group, 12 compassionate therapy sessions, and 12 admission-based treatment sessions, each lasting 45 minutes. Meetings for each intervention were performed twice a week with an interval of 3 days. At the end of treatment, all three groups were retested.

Results Due to the comparison of the mean differences between the two treatment groups for self-care and glycosylated hemoglobin (5.012) (-2.145), respectively, Acceptance and Commitment Therapy was more effective than compassion-focused therapy.

Conclusion The results owed a positive trend and increased self-care behavior and balanced glycosylated hemoglobin level in the follow-up and effectiveness of both approaches and the superiority of the acceptance and commitment-based treatment approach. Therefore, this treatment can be used in different conditions to improve the lives of patients with type 2 diabetes.

Extended Abstract

1. Introduction

Type 2 diabetes is a chronic metabolic disorder in the body, in which the speed and capability in metabolism and robust mechanism of lowering the sugars. Intracellular

reactions are also reduced, and insulin's effectiveness in stimulating glucose uptake by tissues decreases [1]. Despite many efforts, no definitive treatment has been found so far [2]. Self-care is one of the most critical factors that can control the diabetes mellitus [2]; CFT can affect diabetic patients [4]; in the third wave treatment, the ACT is considered an important field of psychological therapy [5].

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This research aimed to answer whether there is a relationship between the effectiveness of the ACT and the CFT on self-care behavior and glycosylated hemoglobin in patients with type II diabetes.

2. Materials and Methods

In this clinical trial study, 200 patients with type II diabetes were selected using the single-stage cluster sampling method in Tonekabon city. Simultaneously, the scale of Tubert, Glasco, and Humphson's Self-Care Behavior (2002) was presented to them. Forty-five patients were randomly selected and divided into 3 groups, including two interventions and one control group. Twelve sessions on the ACT and 12 sessions for CFT were specified. Each session's duration was 45 min—two sessions for each intervention per week with a time interval of 3 days. At the end of treatment, all three groups were retested.

3. Results

Due to the comparison of the mean differences between the two treatment groups for self-care and glycosylated hemoglobin (5.012) (-2.145), the Octopus Treatment was more effective than CFT.

4. Conclusion

According to the results, patients who were treated by ACT have a more sustainable self-care behavior and glycosylated hemoglobin level than people treated by CFT.

Ethical Considerations

Compliance with ethical guidelines

All ethical principles are considered in this article. The participants were informed of the purpose of the research and its implementation stages. They were also assured about the confidentiality of their information and were free to leave the study whenever they wished, and if desired, the research results would be available to them. Also, all ethical principles are approved by the Ethics Committee of Islamic Azad University, Tonekabon branch (IR.IAU.TON.REC.1399.019).

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Authors' contributions

Conceptualization, methodology, validation, and data analysis: Mohammad Reza Zarbakhsh and Tahir Tizdast; Performing therapeutic and evaluation interventions, data collection, writing – original draft: Ameneh Khalatbari; Visualization, supervision, writing – review & editing: Shohreh Ghorban Shiroodi; Funding acquisition and resources: Tahir Tizdast.

Conflicts of interest

The authors declared no conflict of interest.

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