

# **The Comparison of Effectiveness of Treatments based on Acceptance and Commitment and Transactional Analysis on Psychological Well-being, Sexual Function and Cognitive Emotion Regulation of Infertile Women**

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**Infertile women face major problems in treating and dealing with psychological challenges, sexual function and emotional regulation that are more disruptive to their lives. Therefore, the aim of the study is to compare the effectiveness of treatment based on acceptance and commitment and Transactional Analysis. Psychological well-being, sexual function, and cognitive adjustment of the excitement of infertile women. The present study was a quasi-experimental study on 45 out of 65 volunteers of infertile women referring to the Mehr Infertility Clinic in Rasht city, which was selected by convenience sampling during the second six months of 1396 and randomly divided into 3 treatment-based groups: On acceptance and commitment (15 people), treatment of interpersonal analysis (15) and control group (15 people). The research instrument was Rifa psychological well-being questionnaire, Guarenfsky's excitement regulation questionnaire, and Rosen's female sexual function scale. Participants in each of the experimental groups were treated, but the control group did not receive treatment. All participants completed questionnaires before and after the intervention and after 2 months of follow-up. Data were analyzed by repeated measure ANOVA. The results showed that treatments based on acceptance and commitment and analysis of interpersonal behavior could increase the level of psychological well-being, sexual function, and positive emotional regulation of infertile women, which had a significant effect of both therapeutic approaches and**

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**follow-up stages (p**

**Keywords : Acceptance and Commitment Therapy, Transactional Analysis,  
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