

Effectiveness of acceptance and commitment therapy on resilience, self-efficacy and psychological symptoms on derelict adolescent

Hannaneh Falahati*,

Derelict adolescents compare to normal ones are exposed to more problems so if the specialist do not help them it can negatively affect their mental health. The purpose of this research is to determine the effectiveness of acceptance and commitment therapy on resilience, self efficacy and the psychological symptoms of derelict adolescents. The group for this research was ed by available sampling and statistical society of this project was intended all derelict adolescents that their father had died and their mother taking care of them and moreover in 1398 they were supported by cultural charity support centers 32 of them randomly divided into two groups (16persons each) experimental and control group were trained in 7 sessions of 90 minutes each and control group received no training. The data of this study were obtained resiliency questionnaires of Connor & Davidson, general self-efficacy of Sherer and brief short form of stress, anxiety and depression questionnaires Lovibond & Lovibond. Covariance analysis test was used to test the research hypothesis using spss-22 software. The result of the analysis showed that acceptance and commitment therapy increased resilient in the training group. In the self-efficacy variable, the results were not statistically significant. Therefore, it can be said that there was no significant difference between the experimental and control groups. The results of the data analysis also showed that this treatment was effective on improving the psychological symptoms of the experimental group. This study showed that acceptance and commitment therapy can increases resilience and reduce stress, anxiety and depression.

Keywords : acceptance and commitment therapy, resilience, self-efficacy, stress, anxiety, depression, derelict adolescents.

