Efficacy of combined treatment based on acceptance and commitment in treatment of women with generalized anxiety disorder

Majid Mahmoud Alilou (Ph.D)1, Touraj Hashemi Nosratabad (Ph.D)1, Faeze Sohrabi (Ph.D)*2

1Professor, Department of Psychology, School of Psychology and Educational Sciences, University of Tabriz, Tabriz, Iran. 2Psychologist, Department of Psychology, School of Psychology and Educational Sciences, University of Tabriz, Tabriz, Iran.

Abstract

Background and Objective: General anxiety disorder is one of the chronic disorders in the general population and population with clinical symptoms. This study was conducted to evaluate the efficacy of combined treatment based on acceptance and commitment in the treatment of women with generalized anxiety.

Methods: This multi-faceted, single-subject interventional study was performed on four women with generalized anxiety disorder whom were referred to psychiatric center in Iran. The subjects were selected through targeted clinical sampling by structured diagnostic and clinical interviews based on DSM-V mental disorder diagnostic and diagnostic guidelines. The efficacy of the treatment protocol in three stages (baseline, 12 sessions and 6 week follow up) was assessed using the GAD-7 questionnaire, the Penn State worry questionnaire (PSWQ), and the general scale of anxiety severity and pain (OASIS).

Results: Reduction of symptoms of general anxiety disorder, anxiety, anxiety and performance impairment in patients with generalized anxiety disorder were significant (P<0.05).

Conclusion: Combination therapy based on admission and commitment and coping techniques is effective in the treatment of generalized anxiety disorder in women.

Keywords: Generalized Anxiety Disorder, Acceptance and Commitment-Based Treatment, Confrontation

* Corresponding Author: Sohrabi F (Ph.D), E-mail: sohrabi_faeze@yahoo.com

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