



The effectiveness of acceptance and commitment therapy on body image and eating disorder beliefs in girls

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Abstract

Aim: The present study was conducted with the aim of determining the effectiveness of treatment based on acceptance and commitment on body image and eating disorder beliefs in girls between the ages of eighteen and thirty-five. **Methods:** The current research method was applied and quasi-experimental designs of pre-test-post-test type with control group. The statistical population of this research included all overweight girls aged 18 to 35 living in Sari, 30 of whom were randomly selected using the available sampling method in two treatment groups based on acceptance and commitment. (n=15) and the control group (n=15) were assigned. Data were obtained using Eating Disorder Beliefs (EDBQ), Body Image Concern Questionnaire (BICI). The data were analyzed using repeated measure analysis of variance, and the above statistical analyzes were performed using the SPSS.22 software. **Results:** The results showed that the acceptance and commitment treatment group improved body image ($F=18.26, P<0.001$) and eating disorder beliefs ($F=35.10, P<0.001$) of girls aged eighteen to Thirty-five years had a significant impact. **Conclusion:** Therefore, it can be concluded that due to the positive effect of treatment based on acceptance and commitment on improving the body image and eating disorder beliefs of eighteen to thirty-five year old girls, the use of these methods in planning mental health measures, especially It is recommended for overweight girls aged eighteen to thirty-five. **Keywords:** acceptance and commitment therapy, body image, eating disorder beliefs, girls.

Introduction

In recent years, the prevalence of obesity and overweight in people has grown a lot and now it has become a new problem all over the world. Overweight is an excessive or abnormal accumulation of fat that may harm health (Simonds et al., 2016). To put it simply, obesity and overweight are the result of eating too much and moving too little. Obesity is a chronic disease that occurs due to the unbalanced amount of energy received from food (the amount of energy consumption or fuel) as a result of physical activity. The prevalence of overweight and obesity in adults and adolescents has reached an alarming level. This trend in the prevalence of overweight and obesity has been steadily increasing (Chen et al., 2015).

Adolescents, especially girls, in most cases pay special attention to their body weight and shape, and often adopt wrong attitudes towards eating in an effort to face the pressures associated with the changes of the critical and challenging period of puberty.

On the other hand, today, different psychotherapy methods have been suggested for the psychological treatment of overweight people. One of these methods is called acceptance and commitment-based treatment, a combination model of third-wave cognitive-behavioral treatments (Manlick, Cochran, and Koon, 2013). In recent years, along with all the actions that a person performs to lose weight and regain his lost self-confidence, such as magnetic rings, ballooning in the stomach, reducing the length of the intestine, slimming pills, liposuction, various surgeries and recently lipomatics, there have been vast developments in the methods of Psychological treatment has been done about nutrition and overweight and even depression caused by it, among these methods, we can mention treatment methods based on acceptance and commitment (Fogelkvist et al., 2020).

Treatment based on acceptance and commitment sees the main causes of many psychological problems as follows: fusion with thoughts, evaluation of experience, avoidance of experience, reasoning and healthy strategies to replace these (Pearson, Follette, & Hayes, 2012). In the treatment based on acceptance and commitment, the following six fundamental principles are generally used to help increase the psychological flexibility of clients: cognitive dissonance and learning methods that are used to reduce the tendency to think thoughts, imaginations, emotions and memories are the same as reality.

The research gap of this study is due to the fact that so far no research has been conducted to investigate the effectiveness of treatment based on acceptance and commitment on the body image and eating disorder beliefs of eighteen to thirty-five-year-old girls, so there is a research gap in the field under investigation. Also, the results of this research can be used in schools, medical centers, research centers and counseling and psychotherapy centers. Therefore, according to the mentioned issues, the aim of the current research was to find the answer to this question, is the treatment based on acceptance and commitment on the body image and beliefs of eating disorders of eighteen to thirty-five girls effective?

Method

The current research method was applied and quasi-experimental designs of pre-test-post-test type with control group. The statistical population of this research

included all overweight girls aged 18 to 35 living in Sari, 30 of whom were randomly selected using the available sampling method in two treatment groups based on acceptance and commitment. n=15) and the control group (n=15) were assigned. Data were obtained using Eating Disorder Beliefs (EDBQ), Body Image Concern Questionnaire (BICI). The data were analyzed using repeated measure analysis of variance, and the above statistical analyzes were performed using the SPSS.22 software.

Results

The results showed that the acceptance and commitment treatment group improved body image ($F=18.26$, $P<0.001$) and eating disorder beliefs ($F=35.10$, $P<0.001$) of girls aged eighteen to Thirty-five years had a significant impact. Therefore, it can be concluded that due to the positive effect of treatment based on acceptance and commitment on improving the body image and eating disorder beliefs of eighteen to thirty-five year old girls, the use of these methods in planning mental health measures, especially It is recommended for overweight girls aged eighteen to thirty-five.

Conclusion

The aim of this study was to determine the effectiveness of treatment based on acceptance and commitment on the body image and eating disorder beliefs of eighteen to thirty-five year old girls. According to the obtained findings, it can be said that the treatment based on acceptance and commitment on the body image and beliefs of eating disorders of eighteen to thirty-five-year-old girls is effective. The research results are limited to anorexic patients. This research was conducted only on the population of anorexic patients in Tehran, and caution should be observed in generalizing the results to other regions and cities. It is suggested that this research be conducted in another sample group and its results be evaluated and compared with the results of this research. It is suggested that this research be done in other cities and its results be evaluated. The results of this research should be made available to counseling centers and medical centers in the form of brochures, quarterly magazines, etc. for more information. It is suggested that this method of treatment be used as a supplement to drug treatments in treatment centers for heart patients.

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