

efficacy of poetry therapy (ACT model-based) group therapy on quality of life, values and psychological Flexibility, Islamic Azad University of Ahvaz

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Abstract

Introduction: The aim of this study was to investigate the efficacy of poetry therapy (ACT model-based) group therapy on quality of life, values and psychological Flexibility, Islamic Azad University of Ahvaz.

Methods: The design of research is quasi-experimental with pre-test and post-test type and control group. The research population included all Islamic Azad University students, who were studying in the first semester of the academic year 2016-2017. Twenty of them were selected as sample of study using convenient sampling method. Then, they were randomly assigned into two groups of experimental and control (each containing 10 students). Before intervention, both groups underwent pretest and experimental group received 10 sessions of intervention. Then, both groups underwent post-test. Data were collected using Quality of Life Questionnaire of World Health Organization (1991), Acceptance and Action Questionnaire (2004), and Schwartz's Value Survey Questionnaire (1996 and 1994).

Results: Analysis of data using analysis of covariance showed that poetry therapy (ACT model-based) group therapy on quality of life, psychological values and the impact of psychological flexibility.

Conclusion: Poetry therapy can help ACT therapy to provide the conditions for more control of emotions and release them through more appropriate methods.

Keywords: poetry therapy" psychological Flexibility" quality of life" treatment based on acceptance and action (ACT)" values

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