

The effectiveness of mindfulness based on acceptance and commitment education on life expectancy and diabetic quality of life in patients with gestational diabetes

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Abstract

Introduction: Gestational diabetes has many negative consequences including reduced life expectancy and diabetic quality of life. Therefore, the aim of the present study was determining the effectiveness of mindfulness based on acceptance and commitment education on life expectancy and diabetic quality of life in patients with gestational diabetes.

Method: This study was semi-experimental with a pretest and posttest design with a control group. The research population was women with gestational diabetes referring to the health and treatment centers of first region of Tehran city in the winter season of 2021 year, with number of 40 people of them after reviewing the inclusion criteria to study were selected by available sampling method and replaced by random method with the help of lottery into two equal groups. The experimental group underwent 8 sessions of 90 minutes of mindfulness based on acceptance and commitment education and during this time the control group did not receive any training. Data were collected with the life expectancy scale and diabetes quality of life brief clinical inventory and were analyzed by multivariate analysis of covariance method in SPSS-24 software.

Results: The findings showed that there was a significant difference between the experimental and control groups in both variables of life expectancy and diabetic quality of life. In the other words, mindfulness based on acceptance and commitment education led to increase the life expectancy ($F=18.93$, $P=0.001$) and diabetic quality of life ($F=21.91$, $P=0.001$) in patients with gestational diabetes.

Conclusion: According to the results of the present research, to improve the life expectancy and diabetic quality of life can be used the method of mindfulness based on acceptance and commitment education along with other training methods.

Keywords: diabetic quality of life, gestational diabetes, life expectancy, mindfulness based on acceptance and commitment

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