

The effect of acceptance and commitment training on the Sexual attitude and Alexithymia of married women

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Abstract

Introduction: The purpose of this study was to determine the effectiveness of acceptance and commitment training on the Sexual attitude and Alexithymia of married women.

Method: The statistical population of the study consisted of all women referred to the 4th District Family Cultural Center in Mashhad. Among 112 women referring women, the questionnaires were administered to all of them, 96 people answered. Of these, 54 had low mood and mood attitudes. After initial screening of 54 people, 30 were selected randomly. And were replaced in two groups of 15. The target sample was first responded to the Dehghani's Sexual attitude questionnaire (2005) and Alexithymia Toronto20 (Bagby, Parker, and Taylor, 1994) as a preliminary test. After completing admission and commitment training for the experimental group, they replied to the questionnaire.

Results: The results of the study showed that acceptance and commitment training significantly improved the Sexual attitude and reduced the morbidity of married women ($P = 0.0001$). Data analysis was used to analyze covariance and to accelerate the results of SPSS21 software.

Conclusion: By participating in acceptance and Commitment training sessions, people were able to relieve their emotions and express them correctly. Sexual attitude also improved dramatically.

Keywords: Acceptance and Commitment training, Sexual Attitude, Alexithymia, Married Women.

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