



The Effectiveness of Treatment Based on Acceptance and Commitment on Distress Tolerance and Quality of Life of Veterans' Wives (With Emphasis on Culture)

Hadi Pordel^{1*}

1. PhD student, Department of Clinical Psychology, Faculty of Humanities, Shahed University, Tehran, Iran.

Citation: Pordel, H. (2024). The effectiveness of treatment based on acceptance and commitment on distress tolerance and quality of life of veterans' wives (with emphasis on culture). *Journal of Woman Cultural Psychology*, 15(58), 79-94.

DOR: ***

ARTICLE INFO

Received: 01.10.2023

Accepted: 07.12.2023

Corresponding Author:

Hadi Pordel

Email:

h.pordel2@yahoo.com

Keywords:

Treatment based on acceptance and commitment
Distress tolerance,
Quality of life
Culture

Abstract

The current research was conducted with the aim of determining the effectiveness of acceptance and commitment based treatment on distress tolerance and life quality of veterans' spouses with emphasis on culture. The research statistical population subsumed all the wives of Qom veterans in 2022. The sample included 32 veterans' wives which were selected through purposive sampling procedure and randomly assigned into two experimental and control groups 16 subjects each. The research was semi-experimental with a control group and was designed as a pre-test, post-test and after a month duration follow-up phase. To collect data Simmons and Gaher Distress Tolerance Questionnaire (2005) and World Health Organization Quality of Life Questionnaire - short form (2002) were implemented. The experimental group received 8 sessions of 90-minute treatment based on acceptance and commitment, and the control group did not receive any intervention. Then the subjects were post tested. The follow up was exerted after a month. The data were analyzed by Multivariate Analysis of Covariance and Univariate Analysis of Covariance. The results showed that the treatment based on acceptance and commitment significantly affected distress tolerance and increased the quality of life of veterans' wives ($P < 0.01$) and the results were persistent after the follow up duration. Also, cultural influences could be exposed in how to interpret and give meaning to experiences, problems solving, decisions making and in emotional reactions and their regulation in special conditions such as during war and after it for soldiers and their families. Culture is one of the most important determinants of individual and family behavior.



Extended abstract

Introduction: When the war ends and the soldiers return home with special conditions, many of the physical, psychological and cultural effects of the experiences of traumatic and life-threatening events on the battlefield are revealed to the individual and his loved ones. In our culture, the spouses of veterans are undoubtedly the closest people around them and they have the most and most comprehensive relationships with these people in terms of emotional, cognitive, verbal and non-verbal and in face-to-face and mutual communication. The care and nursing of these veterans is usually the responsibility of their families, and the wives of these veterans are more involved in care matters than other family members. Physical and mental discomforts caused by long-term caregiving are usually associated with lower quality of life and less distress tolerance in caregivers. The current research was conducted with the aim of determining the effectiveness of acceptance and commitment based treatment on distress tolerance and life quality of veterans' spouses with emphasis on culture.

Method: The research statistical population subsumed all the wives of Qom veterans in 2022. The sample included 32 veterans' wives which were selected through purposive sampling procedure and randomly assigned into two experimental and control groups 16 subjects each. The research was semi-experimental with a control group and was designed as a pre-test, post-test and after a month duration follow-up phase. To collect data Simmons and Gaher Distress Tolerance Questionnaire (2005) and World Health Organization Quality of Life Questionnaire - short form (2002) were implemented. The experimental group received 8 sessions of 90-minute treatment based on acceptance and commitment, and the control group did not receive any intervention. Then the subjects were post tested. The follow up was exerted after a month. The data were analyzed by Multivariate Analysis of Covariance and Univariate Analysis of Covariance.

Results: The results showed that the treatment based on acceptance and commitment significantly affected distress tolerance and increased the quality of life of veterans' wives ($P < 0.01$) and the results were persistent after the follow up duration.

Conclusions: The findings of the research showed that the treatment based on acceptance and commitment increased the distress tolerance and improved the quality of life of the veterans' wives in the experimental group. In explaining the above results, it could be said that the veterans' spouses face problems which affect the dimensions of their quality of life. These psychological and social problems make the spouses of veterans have a low life quality. Acceptance and commitment therapy takes a realistic look at the conditions of human life and begins with the fact that our human lives are full of suffering, no matter how good our lives are. All human beings have painful feelings and negative thoughts, so they must learn to live despite these problems. Treatment based on acceptance and commitment with the effects it has on emotional regulation and behavioral changes, leads to changes in the person's lifestyle and attitude towards life. Concerning the obtained results, it could be concluded that treatment based on acceptance and commitment significantly improved distress tolerance and increased the quality of life of veterans' wives. Also, cultural influences could be exposed in how to interpret and give meaning to experiences, problems solving, decisions making and in emotional reactions and their



regulation in special conditions such as during war and after it for soldiers and their families. Culture is one of the most important determinants of individual and family behavior.

Authors Contributions: Hadi Pordel: Content editing, data collecting, ideation and designing the general framework, conclusion and correction of the article. All the text has been checked and approved by the author.

Acknowledgments: The author expresses her gratitude to all those who contributed to this study.

Conflict of Interest: The author declared there are no conflicts of interest in of interest in this article.

Funding: This article did not receive any financial support.