

The effectiveness of acceptance and commitment group therapy on body image, sexual schema and marital intimacy in women with breast and uterus cancers

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Statement of the Problem: Regarding the high prevalence of female cancers and the role of body image and marital satisfaction in the quality of life and surveillance, the present study aimed to assess the effectiveness of Acceptance and Commitment-based Group Therapy (ACGT) on body image, sexual schema and marital intimacy in women with breast and uterus cancers.

Methodology and Theoretical Orientation: The statistical population of this clinical trial included all women with breast cancer or cervical cancer who were resident in Mashhad city (the second populous city in Iran). Seventy patients were selected and divided into two experimental and control groups randomly. The experimental group received eight weekly sessions of ACGT, while the controls were placed on the waitlist. Research instrument included Body Image Concern Inventory, Sexual Self-Schema Scale for Women, Marital Intimacy Questionnaire. Data analyzed through SPSS software version 26 and MANCOVA test.

Findings: The findings indicated that the CBGT showed reduced worry about body image, while the scores of sexual self-schema and marital intimacy increased compared to the controls ($P < 0.001$) [Table 1].

Variables	SS	Df	MS	F	P	Effect size
Body image	232.9	1	232.9	268 / 8	0.001	0.8
Sexual schema	1324.28	1	1324.28	172.6	0.001	0.72
Marital intimacy	1813.5	1	1813.5	1026.6	0.001	0.94

Table 1: The results of univariate analysis of covariance for group therapy based on acceptance and commitment

Conclusions: It seems that group therapy based on acceptance and commitment is an effective method to improve body image, sexual self-schema and marital intimacy in women with cancer.

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Biography

Farhad Seifi received his bachelor's degree in psychology and his master's degree in clinical psychology from Shahid Bahonar University. The focus of his recent research is on the Suicide Ideation, psychotherapy methods and techniques, resilience, body image, trauma, OCD, BDD, sexual dysfunctions and paraphilia.

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