

Effectiveness of Acceptance and Commitment Therapy on Alexithymia in Women Experiencing Infidelity

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ABSTRACT

Objective: Marital infidelity, which signifies a breach of commitment between husband and wife, leads to varying degrees of emotional and physical connection with someone outside the marital relationship. The aim of this study was to investigate the effectiveness of Acceptance and Commitment Therapy (ACT) on alexithymia in women experiencing infidelity.

Methods and Materials: The research method was a quasi-experimental design utilizing pre-tests, post-tests, and control and experimental groups. The study population consisted of all women affected by infidelity who sought counseling in Qom (Fardaye Roshan and Shamim Counseling Centers). The sampling method was voluntary with random replacement; thus, among the women affected by infidelity who visited the aforementioned centers, 30 were selected and then randomly assigned to either the experimental or control group based on a list of names. The instruments used in this study included the Toronto Alexithymia Scale (Taylor, 1986). Data were analyzed using multivariate covariance analysis and mixed analysis of variance with repeated measures design in SPSS 27.

Findings: The results indicated that Acceptance and Commitment Therapy was effective in reducing alexithymia in women experiencing infidelity ($p < .001$, $F = 14.065$).

Conclusion: Consequently, the findings of this study confirm the role and impact of Acceptance and Commitment Therapy in reducing the alexithymia of spouses affected by infidelity.

Keywords: Acceptance and Commitment Therapy, alexithymia, marital infidelity, women.

1. Introduction

Family, as a social unit, is a center of development, healing, and recovery that can be both a ground for flourishing and a ground for the breakdown of relationships among its members. The family is one of the most important

institutions in society, and its health guarantees a healthy society; however, with the advent of modernity, it has faced serious harms (Parsakia & Darbani, 2022). Among these harms, marital infidelity can be mentioned. Marital infidelity, which means the violation of the commitment between a husband and wife, leads to the formation of

Experiencing Commitment

Joshua D. Broggi



Experiencing Commitment:

Commitment in Organizations Howard J. Klein, Thomas E. Becker, John P. Meyer, 2012-11-12 Commitment is one of the most researched concepts in organizational behavior This edited book in the SIOP Organizational Frontiers series with contributions from many scholars attempts to summarize current research and suggests new directions for studies on commitment in organizations Commitment is linked to other concepts ie satisfaction involvement motivation and identification and is studied across cultural lines Both the individual and group levels of building and maintaining commitment are discussed *Managing Employee Retention* Jack J. Phillips, Adele O. Connell, 2003 Over a ten year period employee turnover has become a major problem for many organizations This practical guide provides direction and advice to managers who are concerned about employee turnover in all sectors of the labour market *Leadership for a Better World* NCLP, 2016-10-12 The essential guide to the theory and application of the Social Change Model Leadership for a Better World provides an approachable introduction to the Social Change Model of Leadership Development SCM giving students a real world context through which to explore the seven C s of leadership for social change as well as approaches to socially responsible leadership From individual group and community values through the mechanisms of societal change itself this book provides fundamental coverage of this increasingly vital topic Action items reflection and discussion questions throughout encourage students to think about how these concepts apply in their own lives The Facilitator s Guide includes a wealth of activities assignments discussions and supplementary resources to enrich the learning experience whether in class or in the co curriculum This new second edition includes student self assessment rubrics for each element of the model and new discussion on the critical roles of leadership self efficacy social perspective and social justice perspectives Content is enriched with research on how this approach to leadership is developed and two new chapters situate the model in a broader understanding of leadership and in applications of the model The Social Change Model is the most widely used leadership model for college students and has shaped college leadership curricula at schools throughout the U S and other countries including a translation in Chinese This book provides a comprehensive exploration of the model with a practical relevant approach to real world issues Explore the many facets of social change and leadership Navigate group dynamics surrounding controversy collaboration and purpose Discover the meaning of citizenship and your commitment to the greater good Become an agent of change through one of the many routes to a common goal The SCM is backed by 15 years of research and continues to be informed by ongoing investigation into the interventions and environments that create positive leadership development outcomes Leadership for a Better World provides a thorough well rounded tour of the Social Change Model with guidance on application to real world issues Please note that The Social Change Model Facilitating Leadership Development 978 1 119 24243 7 is intended to be used as a Facilitator s Guide to Leadership for a Better World 2nd Edition in seminars workshops and college classrooms You ll find that while each book can be used on its own the content in both is also

designed for use together A link to the home page of The Social Change Model can be found below under Related Titles

Sacred Language, Sacred World Joshua D. Broggi, 2015-12-17 Heidegger and Gadamer are typically read by different theologians Heidegger tends to be read by philosophical theologians examining his contribution to matters of doubt existential finitude and atheism Gadamer tends to be read by those with an interest in interpreting the Bible especially by those with more confessional or epistemically optimistic sensibilities In both cases Heidegger and Gadamer have well established associations with specific theological positions Joshua Broggi challenges this arrangement by re reading the primary texts as theological resources he defends an alternative theological appropriation of their philosophical work through a close engagement with portions of their argument What emerges from Broggi's examination is an account of the unity of tradition reason and scriptural language This account goes beyond claims of their relatedness which are uncontroversial and advances the stronger argument that they name the very same thing Although initially counterintuitive the central task set by both Heidegger and Gadamer is the investigation of that one phenomenon This argument challenges the pervasive image in which Christians rely on tradition to reason about the meaning of scripture It puts into question the injunction that theologians should balance the resources of scripture tradition and reason Broggi offers an account of Christian life as more fundamental than certain entities which are distilled out of it namely scripture tradition and reason

The Adult Life Cycle, 1978 Commitment, Detention, Care and Treatment of the Insane George Alder Blumer, Alonzo B. Richardson, 1894 **Good Sex** Raymond A. Belliotti, 1993 Rules about sexuality written and unwritten have existed in every culture as have disagreements over what is and isn't acceptable Must morally permissible sex have only one function Must it be heterosexual Must it occur within the confines of the institution of marriage Must it be accompanied by requisite emotions such as love and intimacy School Law of California, and Rules and Regulations of the State Boards of Education and Examination California, 1895 California Laws of Interest to Women and Children California, 1912 Report of the Board of Charities of the District of Columbia Board of Charities of the District of Columbia, 1927 **The Statutes of California and amendments to the codes**, 1889 A Comparison of Admission Characteristics of Youth Authority Wards, 1972

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Report of the Special Committee on Investigation of the Government Hospital for the Insane United States. Congress. House. Special Committee on Government Hospital for the Insane, 1907 Fifteen counts investigated Enormous amount of testimony largely on cruelty to patients The Congressmen listened to horror stories for half a year and concluded that nothing needed to be changed except administrative structure and law regulating admittance Philosophy of

Christian Experience Randolph Sinks Foster,1890
Homoeopathic Medical Society,1901

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