

Abstract

The present study aimed to check the efficacy of acceptance and commitment therapy (ACT) in improving cognitive fusion and experiential avoidance and ultimately in reducing depression in patients with depression. Pretest posttest control group, quasi experimental research design was used. Participants were recruited through purposive sampling technique. 20 patients with depression were included in the study. 10 participants were put in experimental group and 10 were put in control group. The age range of the participants was between 18-63 years. Experimental group was given acceptance and commitment therapy intervention. Wilcoxon Sign Rank Test was employed for within group analysis and Mann Whitney Test was employed for between group analysis. Post therapy assessment showed the efficacy of acceptance and commitment therapy (ACT) in reducing cognitive fusion ($Z=-2.807, p<.005$), experiential avoidance ($Z=-2.805, p<.005$) and ultimately reducing depression ($Z=-2.805, p<.005$) in experimental group as compared to control group. Between group analysis revealed that scores of depression ($U=1, Z=-3.71, p=.000$), cognitive fusion ($U=6, Z=-3.34, p=.000$) and experiential avoidance ($U=15, Z=-2.66, p=.007$) were lower in treatment group as compared to control group at posttest level. In future, present research will provide a new flexible therapeutic modality to increase psychological flexibility in order to reduce psychopathology.

Key words: acceptance and commitment therapy, cognitive fusion, experiential avoidance, depression, patients