Title:
The comparison of efficacy between cognitive-behavioral therapy and acceptance and commitment therapy on depression, quality of life, self-efficacy and severity of pain in patient with chronic pain

Abstract:
The purpose of this study was to comparison of efficacy the between cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) on depression, quality of life, self-efficacy and severity of pain in patients with chronic pain. This semi-experimental research was conducted with pre-posttest design with control. The statistical population consisted of all patients with the diagnosis of chronic pain disorder were referred to the therapeutic centers in Semirom. Among those 45 womans patients with chronic pain were selected through convenience sampling, and then patients were randomly assigned to three groups: cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT) and control groups. Two experimental groups (CBT abd ACT) were treated for 8 one and a half hour sessions weekly. All patients were assessed by demographic information questionnaire, beck depression inventory-II (BDI-II), 36-item quality of life questionnaire (SF-36), pain self-efficacy questionnaire (PSEQ) and McGill pain questionnaire (MPQ) in pre and posttest. Analysis of covariance showed that at post test, the experimental groups showed a significant improvement in all of the variables (P=0.05). The results showed that between two methods ACT and CBT, ACT Was more effective and to improve so that could be used in patients with chronic pain.

Keywords:
Acceptance and commitment therapy (ACT) cognitive-behavioral therapy, self-efficacy, quality of life, chronic pain.