

Title :**Abstract :**

The aim of this study was to evaluate the efficacy of acceptance and commitment therapy on tolerance of distress and autoimmunity in autistic mothers in Isfahan. The research method was semi-experimental and pre-test-posttest with control group. The population consisted of all mothers with autism children, of whom 30 were selected by available sampling method. And randomly assigned to two experimental and control groups (15 people for each group). The research instrument was Poverty Tolerance Questionnaire (DTS) and Berkeley Mothers Autoimmunity (Second Edition). The experimental group underwent eight sessions of group therapy based on acceptance and commitment And there was no intervention in the control group. Data analysis using covariance analysis indicated that acceptance-based therapy and commitment to tolerance of distress and its components (except absorption by negative emotions) have a positive effect. Also, the results indicated that acceptance and commitment treatment was effective in increasing autoimmunity and tolerance components (except self-management component). Thus, acceptance and commitment therapy can be effective in increasing endurance distress and self-efficacy of autistic child mothers.

Keywords :

Acceptance and commitment to treatment, tolerance of distress, maternal autoimmunity, autistic children