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Poster Presentations

P-112

The effectiveness of group counseling based on acceptance and commitment therapy on body image and self-esteem in patients with polycystic ovary syndrome: An RCT

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Background: Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders in reproductive age women which is known with irregular menstruation, hirsutism, alopecia, obesity, infertility, and acne. These symptoms cause a negative effect on the satisfaction of body image, self-esteem, and quality of life in these patients. Recent studies emphasize the need to consider the psychological problems in these women and also the need for appropriate interventions.

Objective: The aim of this study was to determine the effectiveness of group counseling based on acceptance and commitment therapy (ACT) on body image and self-esteem in patients with PCOS.

Materials and Methods: This randomized controlled trial was performed on 52 women with PCOS who met the inclusion criteria (aged 18-45 yr, Iranian resident in Yazd, and diagnosed with PCOS according to Rotterdam criteria and endocrinologist diagnosis). Then, these women were randomly allocated to intervention and control groups (n = 26/each) using the table of random numbers. Group counseling based on the acceptance and commitment therapy was held in

eight sessions of 90 min once a week for the intervention group. The demographic questionnaire, Littleton development of the body image concern inventory and Rosenberg self-esteem scale were completed in both groups before, immediately after, and one month after the intervention. Data were analyzed using the SPSS software (version 16.0). Normality of data was analyzed using the Kolmogorov-Smirnov test. Due to the normal distribution, parametric statistical tests (Independent *t* test and repeated measure test) were used to analyze the data. $p < 0.05$ was considered as significant.

Results: The results showed that there was no significant difference in the mean of body image concern scores between the intervention and control groups before intervention, but this difference was significant between the studied groups in two stages of after the intervention and follow-up. In an intra-group comparison of intervention group participants, the results indicated a significant decrease ($p = 0.001$) in the body image concern scores in all three stages of intervention. The mean score of self-esteem before the intervention was not significantly different between the groups. But after the intervention, the mean changes significantly differed between the two groups, and one month after the intervention, there was no significant difference between the two groups. In an intra-group comparison of intervention group, the mean scores of self-esteem in three stages of the intervention was significantly ($p \leq 0.001$) changed.

Conclusion: Based on the findings of this study, use of cognitive-behavioral therapies in health care centers is recommended as a complementary method.

Key words: Acceptance and commitment therapy, Body image, Self-esteem, Polycystic ovary syndrome, Cognitive behavior therapies.

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