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EFFECTIVENESS OF ACCEPTANCE AND COMMITMENT THERAPY ON DEPRESSION AMONG DEPRESSIVE CLIENTS IN SELECTED PSYCHIATRIC HOMES

M. S. Helen Sathya^{1*}, R. Jancy Rachel Daisy²

^{1*}Department of Mental Health Nursing, Suran College of Nursing, Rajapalayam, Tamilnadu, India.

²Department of Mental Health Nursing, CSI Jeyaraj Annapackiam College of Nursing, Jonespuram, Pasumalai, Madurai, Tamilnadu, India.

ABSTRACT

The present study was carried out to evaluate the effectiveness of acceptance and commitment therapy on depression among depressive clients in selected psychiatric homes at Kovilpatti. The adapted conceptual framework in this study was based on widen aches helping art of clinical Nursing theory. The study used a quasi-experimental study of nonrandomized control group design. A total group 60 depressive clients from two psychiatric homes were included as experimental group (n=30) and control group (n=30) through purposive sampling technique. The tool used for data collection was Beck's depression inventory. The study findings proved that there is a significant decrease in the level of depression in the experimental group. Hence the present study concluded that ACT (Acceptance and Commitment therapy) is an effective intervention in reducing the depression among depressive clients.

KEYWORDS

Depression, Acceptance and Commitment therapy.

Author for Correspondence:

M. S. Helen Sathya,
Department of Mental Health Nursing
Suran College of Nursing, Rajapalayam
Tamilnadu, India.

Email: r.jancyvincent@gmail.com

INTRODUCTION

Background of the study

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. It is a multiform psychiatric disorder incorporating various symptoms such as a significant decline either in mood or pleasure and interest, insomnia or hypersomnia fatigue, feelings of worthlessness or guilt, psychometric changes, difficulties in concentration and recurrent thoughts of death, suicidal impulses or actions².

ACT (Acceptance and Commitment therapy) is a meta cognitive psychotherapeutic approach that stems from behavioral and cognitive methods and emerged as a third wave of behavioral therapy¹.

Globally 10% to 30% of elderly has the problem of depression and in India 13% - 15% of old age are affected with depression. In Tamilnadu 47% to 49.5% old age has depression and in Madurai 25% to 27% of old age is affected with depression³.

Conceptual framework of this study is based on widenbaches helping art of clinical nursing theory.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of acceptance and commitment therapy on depression among depressive clients in selected psychiatric homes at Kovilpatti

OBJECTIVES OF THE STUDY

1. To assess the pre test and post test level of depression among depressive clients in experimental and control group.

2. To compare the pre test and post test level of depression among depressive clients in experimental and control group.
3. To evaluate the effectiveness of acceptance and commitment therapy on depression among depressive clients by comparing post test scores between experimental and control group.
4. To find out the association between the pre test scores of depression among depressive clients and selected demographic variables (age, religion, hobbies, type of sociability, sleeping pattern, family income, parent education, support system).

MATERIAL AND METHODS

SETTING OF THE STUDY	It includes Rhyatham hospital and Drum trust located in Kovilpatti
SAMPLE	A total of 60 clients from two psychiatric homes were included as experimental (n=30) and control (n=30) through purposive sampling technique.
DESCRIPTION OF THE TOOL	Part –1 – Demographic variables Part – 2 – self-administered 4 point likert scale (i.e) Beck’s depression inventory. Reliability score is 0.90.

DATA COLLECTION PROCEDURE

S.No	GROUP	SETTING	TASK
1	Experimental	Rhyatham Institute	<ul style="list-style-type: none"> • <u>Day -1</u> • Step -1 – Orientation • Step – 2-Pre-test • Step-3- Implementation of intervention on ACT • <u>Day-2</u> • Step – Post-test
2	Control	Drum trust	<ul style="list-style-type: none"> • <u>Day -1</u> • Step -1 – Orientation • Step – 2-Pre-test • <u>Day-2</u> • Step-3-Post-test and delivering intervention on ACT.

RESULTS AND DISCUSSION

Hypothesis (H₁)

Based on the hypothesis, the comparison of pre-test and post-test level of depression among depressive clients in control group, reveals that, 24 (80%) had moderate level of depression, 6 (20%) had border level of depression in pre-test, whereas 25 (83.3%) had moderate level of depression, 5 (16.7%) had borderline level of depression in post-test among control group.

While seeing pre-test level of depression in experimental group 24 (80%) had moderate and 6 (20%) had borderline level of depression. But in post- test 15 (50%) had normal and 15(50%) had mild level of depression and no one had moderate and borderline level of depression.

Hence it is inferred that the depression clients who underwent acceptance and commitment therapy had reduction in the level of depression from borderline and moderate to mild level of depression and normal level. Hence hypothesis H₁is accepted.

Hypothesis (H₂)

Based on the hypothesis ,the pre-test and post-test mean, SD, mean %, mean difference and ‘t’ value on the level of depression in experimental group shows the mean pre-test level of depression score (28.67±1.31) was lower than the post-test on the level of depression score (10.73±1.31) among depressive clients. The mean difference in level of depression was 17.93. Using the paired ‘t’ test, the obtained pre-test and post-test score on the level of depression among depressive clients in experimental

group revealed that ‘t’ value was 44.41 which showed a statistical significance at p<0.001 level. It was inferred that the acceptance and commitment therapy was significantly effective in reducing depression level among depressive clients.

Hence it is inferred that the depressive clients who underwent acceptance and commitment therapy had reduction in the level of depression from borderline and moderate to mild and normal level of depression. Hence hypothesis H₂ is accepted.

Hypothesis (H₃)

Based on the hypothesis, the post-test mean, SD, mean %, mean difference and ‘t’ value on the level of depression between experimental group control group shows that the mean post-test score (29.23±1.92) was higher in control group than the mean post-test score (10.73±1.3)1 in experimental group among depressive clients. The mean difference in level of depression was 18.5 and the obtained ‘t’ value was 43.52 which showed a statistical significance at p<0.001 level. It was inferred that the acceptance and commitment therapy was significantly effective in reducing the level of depression in the experimental group and not in the control group. Hence hypothesis H₃ is accepted.

Hypothesis (H₄)

Regarding the association between the pre test level of depression in both control and interventional group with demographic variables, there was no significant association found. Hence the hypothesis H₄ is rejected.

Table No.1: Comparison of pre-test and post-test mean score level of depression among depressive clients in control and experimental group

S.No	Level of depression	Control group				Experimental group			
		Pre test		Post test		Pre test		Post test	
		f	%	f	%	f	%	f	%
1	Normal	-	-	-	-	-	-	15	50
2	Mild	-	-	-	-	-	-	15	50
3	Borderline	6	20	5	16.7	6	20	-	-
4	Moderate	24	80	25	83.3	24	80		

Table No.2: Paired ‘t’ test on depression score among depressive clients within the experimental group n=30

S.No	Level of depression	Experimental group pre test		Experimental group post test		Mean difference	‘t’ value	P value
		Mean	SD	Mean	SD			
1	Over all	28.67	1.31	10.73	1.31	17.93	44.41	P<0.001

Table No.3: Un-paired ‘t’ test on level of depression score among depressive clients between control group and experimental group N=60

S.No	Level of depression	Experimental group pre test		Experimental group post test		Mean difference	‘t’ value	P value
		Mean	SD	Mean	SD			
1	Over all	29.23	1.92	10.73	1.31	18.5	43.52	P<0.001

SUMMARY AND CONCLUSION

In the present study, it was observed that there was a significant decrease in the level of depression among depressive clients in the interventional group compared to participants of control group indicated that the depressive clients in interventional group were able to overcome negative thoughts and able to lead normal life in day today activities.

Hence it is concluded that high difference was observed between the two groups conformed that ACT can be an effective teaching approach for decreasing the level of depression among depressive clients.

- Concepts of acceptance and commitment therapy should be included in the nursing curriculum of undergraduate and post graduate programme.
- Health education team can be formed to implement Act.

RECOMMENDATION

- A qualitative approach can be applied in studying the effects of ACT on depression.
- Further research needs to be done with large numbers to test the generalization of the results obtained in this study.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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