

DOI: <https://doi.org/10.56936/18290825-2026.20v.2-90>**EFFECTIVENESS OF ACCEPTANCE AND COMMITMENT THERAPY ON COVID-19 PROTECTION INDICATORS, PHYSICAL DISORDER SYMPTOMS, AND PERCEIVED STRESS IN HEALTHCARE PERSONNEL IN MASHHAD HOSPITALS****SHAHROKHI-FARD P.<sup>1</sup>, SAGHEBI A.<sup>2\*</sup>, TALAEI A.<sup>2</sup>**<sup>1</sup>. University of Tehran, Psychoanalytic Candidate Tehran Psychoanalytic Institute, Tehran, Iran.<sup>2</sup>. Department of Psychiatry, Psychiatry and Behavioral Sciences Research Center, Faculty of Medicine Mashhad University of Medical Sciences, Mashhad, Iran.

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**ABSTRACT**

**Introduction:** The COVID-19 pandemic has placed significant psychological and physical pressures on nurses, who are at the frontline of this crisis. This study aimed to investigate the effectiveness of Acceptance and Commitment Therapy group therapy on COVID-19 protection indicators, perceived stress, and physical disorder symptoms in nurses.

**Material and Methods:** This study used a quasi-experimental, pretest-posttest design with a control group. The study's statistical population consisted of nurses working in hospital wards caring for COVID-19 patients. From this population, 30 people were selected using convenience sampling and randomly assigned to two experimental groups (n=15) and a control group (n=15). The experimental group received the Acceptance and Commitment Therapy intervention in 8 90-minute sessions, while the control group received no intervention during this period. Data collection tools included the comprehensive health belief mModel questionnaire, the perceived stress scale, and the physical disorder symptoms checklist. The data obtained were analyzed using SPSS version 16 software and through the multivariate analysis of covariance test.

**Results:** The results showed a statistically significant difference between the post-test scores of the experimental and control groups in the linear combination of dependent variables ( $P < 0.05$ ). Acceptance and commitment group therapy led to a significant improvement in the total score of protective behaviors against COVID-19 ( $P < 0.001$ ), a considerable reduction in perceived stress ( $P < 0.001$ ), and a significant decrease in physical disorder symptoms ( $P < 0.001$ ) in the experimental group.

**Conclusion:** Based on the findings, acceptance and commitment therapy is an effective intervention for promoting preventive health behaviors, reducing stress, and alleviating psychosomatic symptoms in nurses during the COVID-19 pandemic. It is recommended that such psychological interventions be included in medical centers' support programs.

**KEYWORDS:** Acceptance and commitment, nurses, COVID-19, perceived stress, physical symptoms, protection from coronavirus.

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