

## Effect of acceptance and commitment therapy on rehabilitation patients with spinal cord injury

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### Abstract

This study aimed to explore the differences between the effectiveness of using a combination of rehabilitation and acceptance commitment therapy (ACT), and rehabilitation therapy alone for the treatment of spinal cord injury (SCI). The newly admitted patients with spinal cord injury whose post-traumatic stress disorder (PTSD) score was higher than 38 points were randomly categorized into the treatment group and control group, with 30 patients in each group. One group underwent ACT and rehabilitation treatment, while the other underwent rehabilitation treatment only. PTSD and functional independence measure (FIM) scores were evaluated. Changes in scores were compared between the two groups before, one month, two months, and three months after treatment. The total PTSD score in SCI patients who were treated with ACT was significantly different before and after treatment ( $P < 0.05$ ). Total FIM scores were also significantly different before and after treatment ( $P < 0.05$ ). The FIM score in the treatment group was significantly higher than that in the control group after 2 and 3 months of treatment ( $P < 0.05$ ). The combination of rehabilitation therapy and ACT could immediately reduce stress levels and significantly improve impaired function, lifelong self-care ability, and the impact of rehabilitation therapy.

### Biography

In 2009, she obtained the national second-class psychological consultant certificate. In 2010, she graduated from the Department of Clinical Medicine, South Anhui Medical College and received her bachelor's degree in the same year. In the same year, she completed the Master Program of Child Development and education in the Institute of Psychology, Chinese Academy of Sciences. Her Master's advisor is Professor Zhu Zhuohong of the Institute of Psychology, Chinese Academy of Sciences. He is China's leader in Acceptance and Commitment Therapy.



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