The Effectiveness of Acceptance and Commitment Therapy on Marital Satisfaction with the Role Of Moderating Personality Traits

**ABSTRACT**

**Background and Aim:** Research shows that acceptance and commitment therapy is effective on marital satisfaction, but determining the role of personality traits in modulating this effect has been neglected, so the present study aims to determine the effectiveness of acceptance and commitment treatment on marital satisfaction with the moderating role of personality traits.

**Methods:** The research method was quasi-experimental with pretest-posttest design with control group. From the statistical population of married clients of Tehran counseling centers, 30 people were selected as the available sample and randomly divided into two experimental groups (15 people) and control group (15 people). Research questionnaires included Enrich (1989) on marital satisfaction and Neo (1998) on personality traits. Acceptance and commitment treatment was held for 8 sessions for the experimental group but the control group did not receive any training. Thus, research data were collected and analyzed using covariance.

**Findings:** Post-test results showed an increase in marital satisfaction of the experimental group and block method analysis showed that acceptance and commitment based therapy had a significant effect on increasing marital satisfaction with a modulating role of personality traits (p≤0.05).

**Conclusion:** Personality traits had a significant moderating role in the effect of acceptance and commitment on marital satisfaction. It can also be considered in improving marital life with the approach of acceptance and commitment on personality traits.

**Keywords:** Acceptance and Commitment, Marital Satisfaction, Personality Traits.
اثشبخطی دسمبن پزیشش و تعهذ بش سضبیت صنبضویی بب نقص ... 
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کی از مشکلات ناهمواری در بین زناشوینی. این دستگاه‌ها، به ساختمان و تعامل چشم‌انداز شده و به سبب نقص‌های درونی و خارجی و به‌طور کلی در یک چرخه تغییراتی و تغییراتی است. در صورتی که این چرخه به‌طور کلی بی‌پایان باشد، ممکن است منجر به نابرابری و عدم تعادل در زناشویی شود.

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Reference