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Original Article (Quantitative)

The Effectiveness of Acceptance and Commitment-Based Parenting Training on Cognitive and Emotional Indicators of Parents of Students in Semnan County Schools

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Abstract

The present study aimed to determine the effectiveness of acceptance and commitment-based parenting training on cognitive and emotional indicators of parents of students in Semnan County schools. The research method was quasi-experimental with a pretest-posttest control group design. The statistical population consisted of parents of students in Semnan County schools in 2023. Among eligible participants, 30 individuals were selected using purposive and convenience sampling methods and were randomly assigned to experimental and control groups (15 participants in each group). The data collection instruments included questionnaires measuring psychological flexibility, mind wandering, and meta-worry. The experimental group received acceptance and commitment-based parenting training, while the control group received no intervention. The collected data were analyzed using SPSS version 22 and analysis of covariance (ANCOVA). The findings indicated that acceptance and commitment-based parenting training significantly improved parents' cognitive and emotional indicators; specifically, it increased psychological flexibility and reduced mind wandering and meta-worry. Based on the findings, acceptance and commitment-based parenting training can be considered an effective approach for enhancing parents' cognitive and emotional capabilities and improving parenting practices.

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