

**IMPACT OF ACCEPTANCE AND COMMITMENT THERAPY (ACT) ON THE
HOPE OF PATIENTS WITH BREAST CANCER**

By
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A thesis

Presented to Bahria University, Islamabad
in partial fulfillment of the requirements
for the degree of
Masters in Clinical Psychology

May 2019

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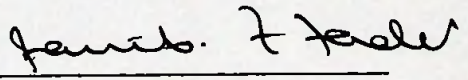
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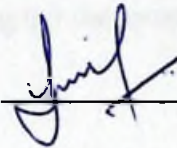
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A handwritten signature in blue ink, appearing to be 'J. Smith', written over a horizontal line.

ACKNOWLEDGEMENT

First and foremost, all thanks to Allah (SWT) for making this research a possibility for me and for giving me strength to complete the work I started. I would like to thank Bait-ul-Sukoon for giving me the opportunity to do my work in their institute.

I would like to thank Professor Dr. Zainab Zadeh for her words which were like light in the darkest hours. Your words matter and give strength to be my best self. You believed when I was in doubt.

I would also like to thank my supervisor Dr. Kiran Bashir Ahmed, in the end when I was sure I won't be able to do it. She made me realise it's all in my head. To giving me the most needed push to get to the finish line.

Lastly, I would like to thank my friends for nudging me and supporting me when I needed the most. To endless supply of motivations, catharsis and non-judgement and honest opinion. I would also like to thank my mother and brother for being patient and understanding.

Thank you to each and every person who have helped me in my journey.

DEDICATION

This thesis is dedicated to my Father, who fought to his last breath. You were and will always be the brightest and lively person known.

This thesis is dedicated to all the cancer patients who are fighting daily not just with their disease but in their mind as well! You are the strongest and your strength is unmatched.

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ABSTRACT

The aim of this research was to increase hope of patients with breast cancer. It was hypothesized that there would be significant effect of Acceptance and Commitment Therapy (ACT) on the hope of patients with breast cancer. The research was conducted on the sample size of seven women diagnosed with breast cancer. The sample was selected through purposive sampling and design of the research study was an interrupted series quasi experimental design. The data was collected using Herth Hope Scale (Herth, 1992). The data was analyzed using SPSS version 20, descriptive statistics, Paired samples t-test and Independent sample t-test was used. The levels of hope among participants increased and were analyzed and the effect of treatment pre and post intervention using ACT was evaluated. The results of the study indicated that there is significant effective on hope of patients with breast cancer. ($p < .05$).