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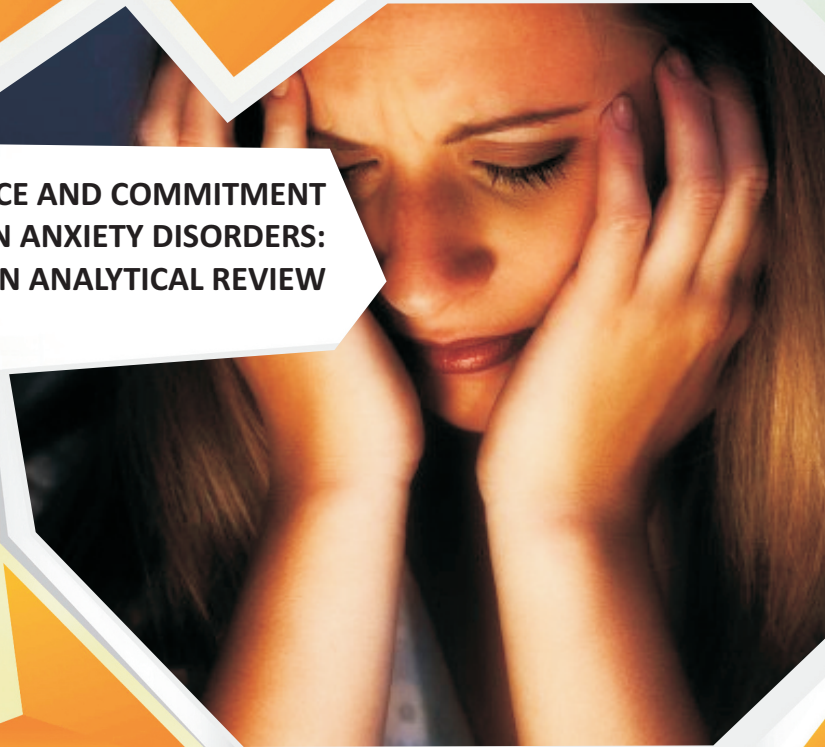
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ORIGINAL ARTICLE

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ACCEPTANCE AND COMMITMENT THERAPY IN ANXIETY DISORDERS: AN ANALYTICAL REVIEW



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ABSTRACT

Acceptance and Commitment Therapy (ACT) is the third wave of behaviour therapy, it is an innovative acceptance-based behavior therapy that has been applied broadly and successfully to treat a variety of clinical problems, including the anxiety disorders. Anxiety disorders are the most widespread cause of distress among individuals seeking treatment from mental health services. However, despite the prevalence of research on effective therapeutic interventions and their promising outcomes, significant shortcomings remain.

Article Indexed in



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Introduction

Acceptance and commitment therapy is the third wave of behavior therapies. It is neither from the first wave of behavior therapy nor the second, although it builds upon both. ACT is usually described in terms of six interrelated middle-level processes that aim to promote psychological flexibility defined as the ability to be in contact with the private experiences that surface in the present moment without needing to avoid

A Good Introduction :-

Depict the significance (importance) of the study - why was this value doing in any case? Give a wide connection. Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

Must add methods and materials in your article.

A Good Materials :-

Methods & Materials used to per research topic.

Result

Must add result in your article.

A Good Result :-

Results are as per aims and objective and useful to further research.

Conclusion

Through the review of the researches, it can say that ACT has a relatively clear and supported model of anxiety disorders and their treatment. The underlying ACT model was developed out of intensive work with the problems inherent to anxiety disorders.

A Good Conclusion :-

Clarify the majority of your perceptions however much as could be expected, concentrating on systems. Choose if the trial outline satisfactorily tended to the speculation, and whether it was legitimately controlled.

References

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A Good References :-

There are Places where the Author Pallavi Raj Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas	✓				
3.	Importance of the proposed ideas		✓			
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn		✓			
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)	✓				

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Authorized Signature

T. N. Shinde

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Editor-in-Chief

REVIEWER COMMENTS

- This was a superb give an account of extremely intensive examination.
- The writing audit was careful, the approach was carefully exhaustive and fused the utilization of sufficient quantities of tests in dust size examination and blast tests.
- I discover no shortcoming at all with the routines, information examination, or conclusions.

Authorized Signature

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Review Editor

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