The Effect of Acceptance and Commitment Therapy–Based Psychoeducation on Body Image, Quality of Sexual Life, and Dyadic Adjustment of Women After Breast Cancer Surgery

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**OBJECTIVES:** To determine the effect of acceptance and commitment therapy–based psychoeducation applied to women who have undergone breast cancer surgery on body image, quality of sexual life, and dyadic adjustment.

**SAMPLE & SETTING:** Women who have undergone breast cancer surgery were included. The research had a single-group quasi-experimental design with pre-/post-test measurements and 31 participants.

**METHODS & VARIABLES:** The research was carried out between February and July 2021. Data were collected using a personal information form, a body image perception scale, the Dyadic Adjustment Scale, and the Sexual Quality of Life–Female.

**RESULTS:** The post-test mean scores of body image, quality of sexual life, and dyadic adjustment scales were significantly higher than pretest (p < 0.05).

**IMPLICATIONS FOR NURSING:** To improve the body image, quality of sexual life, and dyadic adjustment of women who have undergone breast cancer surgery, nurses are recommended to include psychoeducation based on acceptance and commitment therapy interventions in the nursing care process and to evaluate the effectiveness.

**KEYWORDS** acceptance and commitment therapy; breast cancer surgery; body image; dyadic adjustment

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