**Table 2.** Results of Repeated Measure ANOVA for effect of the ACT on HbA1c, self-care and acceptance

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Pretreatment | Post-treatment | Follow-up | Repeated measure ANOVA |
| Variables |  | *M (SD)* | *M (SD)* | *M (SD)* | *F*(1,97) | η2 |
|  | Group | ACT | 7.46 (1.66) | 7.10 (1.56) | 7.03 (1.52) | 32.36\*\* | .25 |
| Control | 7.61 (1.38) | 7.66 (1.57) | 7.81 (1.56) |
| HbA1c  | Time |  |  |  | 5.64\* | .05 |
|  | Time × HbA1c |  |  |  | 4.66\* | .05 |
|  | Time × Group |  |  |  | 16.37\*\* | .22 |
|  | Group | ACT | 65.34 (18.11) | 72.32 (24.98) | 73.60 (27.32) | 26.74\*\* | .22 |
| Control | 71.56 (17.96) | 72.58 (18.84) | 73.16 (20.40) |
| Self-care | Time |  |  |  | 2.65 | .03 |
|  | Time × Self-care |  |  |  | 4.17\* | .04 |
|  | Time × Group  |  |  |  | 0.74 | .01 |
|  | Group | ACT | 52.18 (16.14) | 61.10 (14.01) | 62.56 (15.17) | 76.75\*\* | .44 |
| Control | 53.94 (15.57) | 53.40 (15.77) | 54.08 (17.0) |
| Acceptance and action diabetes | Time |  |  |  |  |  |  | 2.57 | .03 |
| Time × Acceptance  |  |  |  |  |  |  | 5.92\* | .05 |
|  | Time × Group  |  |  |  |  |  |  | 1.15 | .01 |

ACT = Acceptance and Commitment Therapy; \* *p* < .01, *\*\* p* < .001