

## Bibliometric Analysis: Acceptance and Commitment Therapy on Post Traumatic Stress Disorder

Wahidin<sup>1</sup>, Faridah Binti Mohd Said<sup>2</sup>, Musheer<sup>3</sup>, Rina Oxtafia Sari<sup>4</sup>

<sup>1</sup>Departemen Keperawatan, Sekolah Tinggi Ilmu Kesehatan, Jawa Tengah, Indonesia

<sup>2</sup>Nursing Department, Lincoln University College Malaysia, Selangor, Malaysia

\*Email: [adinrahman@gmail.com](mailto:adinrahman@gmail.com)

ARTICLE INFO	ABSTRACT
<p><b>Keywords:</b> Bibliometric, Acceptance and Commitment Therapy, Post Traumatic Stress Disorder</p>	<p><i>The study carried out a bibliometric analysis of Acceptance and Commitment Therapy on Post Traumatic Stress Disorder to know the effectiveness of the therapy. This bibliometric research focuses on looking at research activities around the world using publication data from the Scopus database. Bibliometric analysis uses a quantitative approach to analyze results and provide a representative picture. This research is recognized as a practical approach to assessing the output of publications, organization, writing, and characteristics of research topics between 2005 until 2023. There are Attempts to use Acceptance and Commitment Therapy to reduce trauma but the amount of effort did not increase significantly. Instead, the Acceptance and Commitment Therapy research is growing.</i></p>

### INTRODUCTION

The study carried out a bibliometric analysis of acceptance and commitment therapy and post-traumatic stress disorder, which is important for mental health and knowledge needs. The focus of bibliometric research is to see research activities around the world using publication data from the Scopus database. Bibliometric research in this article refers to several studies using different analyses. In this article, bibliometric indicators were used, including publications with year-to-year citations (Irawan et al., 2021) In other words, the research method used bibliometric analysis. The published articles often reflect the contribution of the author and the institution, and citations from the published articles often correlate with the quality and are a significant influence. Bibliometric analysis is critical as a basis for study because it is influential in determining the research focus (Gümüş et al., 2020).

Posttraumatic stress disorder (PTSD) is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event, series of events, or set of circumstances (Benfer et al., 2021) An individual may experience this as emotionally or physically harmful or life-threatening and may affect their mental, physical, social, and/or spiritual well-being. Examples include natural disasters, serious accidents, terrorist acts, war or combat, rape or sexual assault, historical trauma, intimate partner violence, and bullying (Mitchell et al., 2021). Acceptance and commitment therapy (ACT) is a transdiagnostic, action-oriented therapeutic approach that is a 'third wave' form of traditional cognitive behavioral therapy grounded in functional contextualism and relational frame theory (Coady et al., 2021). Six core processes are instigated with the aim of eliciting psychological flexibility, which is a dynamic state of being that enables a person to be in contact with the present moment and to modify or maintain behaviors depending on personal values. The six processes include acceptance (i.e., actively and non-judgmentally embracing inner experiences), contact with the present moment (i.e., connecting with ongoing external or inner events), diffusion (i.e., changing the undesirable functions of private experiences), self-as-context (i.e., perspective-taking), values (i.e., freely chosen qualities of action that serve to motivate behavior), and committed action (i.e., instigating values-driven behaviors). These ACT processes elicit individuals' values, supporting them in creating sustained behavioral changes that foster a fuller, more meaningful life (Paulino et al., 2023).

Based on our research, post-traumatic stress disorder remains one of the leading causes of mental health in the world, with a prevalence of 3.9%. This data clearly indicates that post-traumatic stress disorder should not be underestimated and should be dealt with immediately.

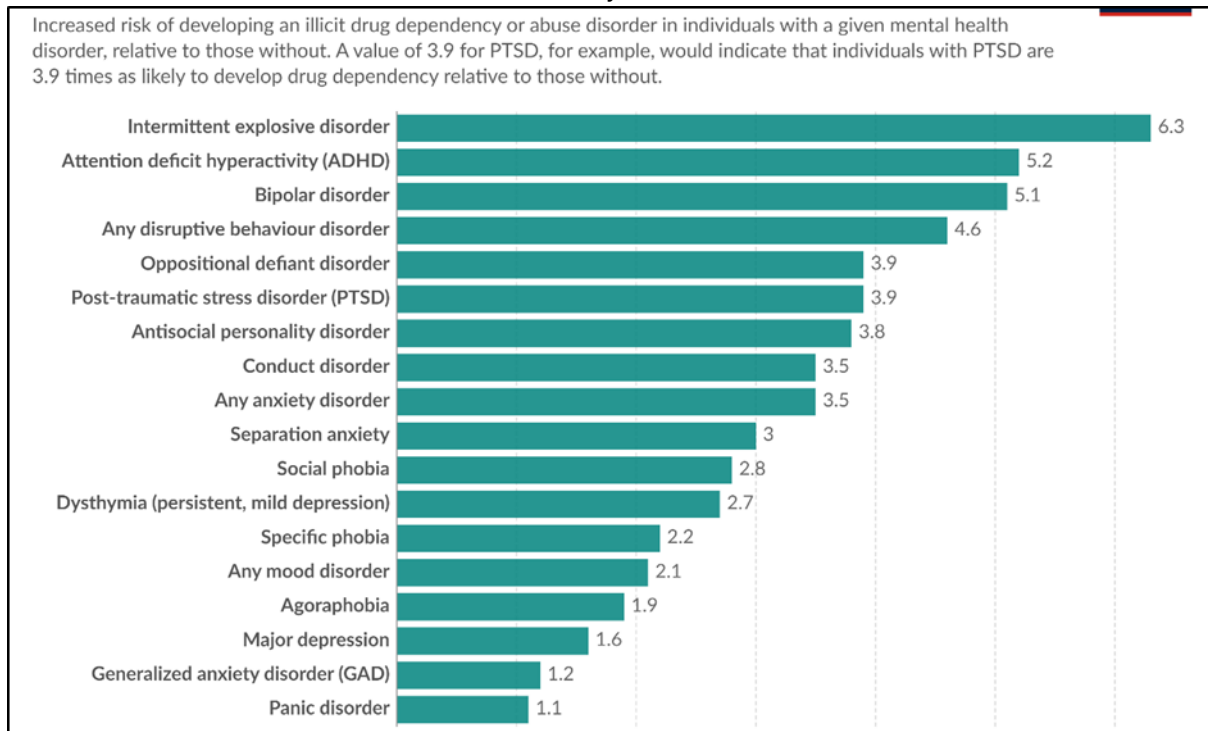


Figure. 1 Effects of Post Traumatic Stress Disorder on Mental Health  
 Source: (Our World in Data, 2019)

Acceptance and Commitment Therapy (ACT) is a behavioral intervention based on principles that addresses human suffering by incorporating behavior commitments connected to personal values with mindfulness and acceptance approaches (Roche, 2020). Although ACT has been used worldwide to address a variety of issues, its procedures are especially intended to lessen experience avoidance, which makes it ideal for treating trauma. Its efficacy with this demographic has just recently been studied (Wharton et al., 2019).

This research method is predicated on systematic sampling of data sources and quantitative tools. This implies that equal numbers are always used in computations when employing quantitative methodologies (Mitchell et al., 2021). In follow-up interviews, visual representations of the mixed-methods research's quantitative phases are provided using diagrams. Because it provides participants with words and images to produce data in a dynamic manner throughout the interview, the use of quantitative as a visual aid enhances the quality of the interview data (Wallwey & Kajfez, 2023). Quantitative research techniques can provide us with relevant data in this situation (Leppink, 2017).

A hypothesis is a summary of conceptual results drawn from library survey research. The present study attempts to test the following hypothesis: H<sub>a</sub> influences acceptance and commitment therapy in patients suffering from post-traumatic stress disorder; H<sub>o</sub> has no effect on these treatments (Arikunto, 2013).

Three primary components comprise the first bibliometric, according to (Tupan et al., 2018): (a) bibliometrics for bibliometricians, which is the primary domain of bibliometric research and is traditionally used as a research methodology; (b) bibliometrics for scientific disciplines (scientific disciplines information) for scientific disciplines (scientific information), keeping in mind that researchers with a scientific orientation are very interested in all domains as well as their area of specialization; (c) Bibliometric for Science Policy and Management, an assessment of research across a range of subjects.

ACT is a behavioral intervention with theoretical underpinnings that addresses mental health issues by combining attention and reception strategies. This method has demonstrated some originality in both theoretical formulation and tactical planning (Phillips et al., 2020). People who practice ACT techniques, particularly those that emphasize acceptance and mindfulness, might experience less avoidance. Additional tactics include encouraging people to accept their inner experiences, focus on the here and now, and develop greater psychological flexibility. (Wharton et al., 2019). In the world, research with ACT therapy has been carried out with

results significantly reducing PTSD symptoms in parents of children with life-threatening diseases (Zhao et al., 2023). When someone experiences, witnesses, or learns about very traumatic events—like being in battle, seeing a natural disaster, experiencing sexual harassment, or being in an accident—they may develop Post-Traumatic Stress Disorder (PTSD) (Mason et al., 2023). There are three symptoms that define this possibly chronic disorder: emotions of perceived threat, avoidance of painful reminders, and reliving symptoms. It should last for a few weeks following the traumatic incident and result in serious challenges with day-to-day functioning (Duval et al., 2022).

In Indonesia, acceptance and commitment therapy (ACT) has shown promising results when it comes to repairing symptoms that may develop as a result (García-Torres et al., 2023). The symptoms of PTSD include avoidance, intrusion, altered mood and cognition, as well as altered responsiveness and stimulation (Grove et al., 2023). A person's quality of life may be negatively impacted by PTSD in several ways, including physical function, socioeconomic activity, and suicide risk. Although there are certain PTSD remedies available, around half of individuals do not react to these treatments (Rezaei & Bagheri, 2024).

**METHOD**

Examining the current body of scientific literature to spot inexperience and identify potential gaps in research is the main goal of bibliometric analysis. According to (Li et al., 2020), bibliometric analysis employs a quantitative method to evaluate findings, presents a representative image, and is acknowledged as a useful technique for evaluating the output of publications, organization, authorship, and features of research topics. The researchers used Vos Viewer software to analyze several bibliometric metrics, such as multiple publications, cumulative citations, citations per paper, influential journals, most important universities, and most significant countries, to gauge the influence of books, authors, and journals. Data on “Acceptance and Commitment Therapy + Post Traumatic Stress Disorder (ptsd)” were gathered using Scopus. Since it contains abstracts from a wide range of peer-reviewed publications, including books, scientific journals, literature papers, international proceedings, and conferences, the Scopus index is the most comprehensive database (Liao et al., 2019). This study only looks at articles from journals (Article Journal, Conference Paper, Conference Review, and Review Article) that are published and indexed in Scopus with the keyword acceptance and commitment therapy and post-traumatic stress disorder or ptsd, even though the database contains many papers.

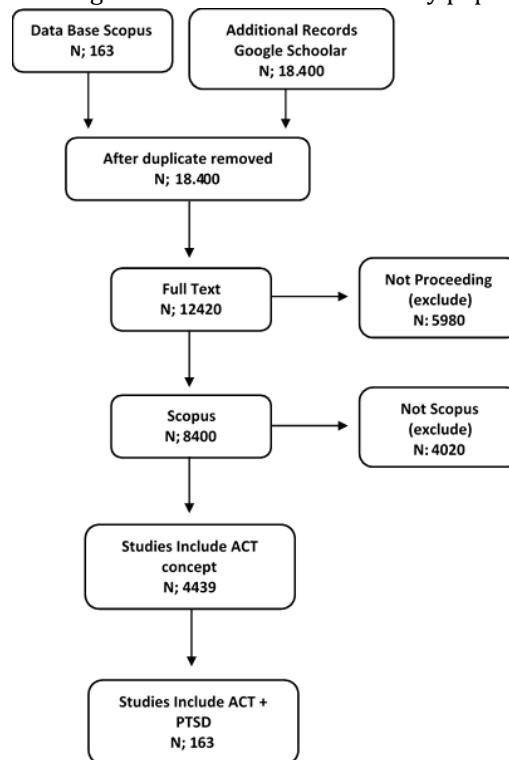


Figure. 2 Research Analysis

Selecting and obtaining data from multiple sources in this example, the Scopus database is a component of data collection. The filtered indexes were saved in a different Scopus-tagged list at the conclusion of each search to rank, categorize, and visualize the results. Additionally, the data were built, simulated, and viewed by VosViewers after they had been processed, exported, and re-filtered (Pan et al., 2018). The researchers examined the one keyword, " acceptance and commitment therapy and post-traumatic stress disorder or ptsd," that had the highest number of document producers out of the four listed in Table 1. The reset method's pattern is shown in the figure below. As shown in Figure 3, the methodology for deciding the data analysis consists of multiple stages.

Prior to screening, the first search results were obtained using keywords (Van De Schoot et al., 2021). In this study, research-related keywords were gathered and entered into the search engine of the Scopus database (Article Title, Abstract, Keywords) (Falagas et al., 2008; Wang & Xie, 2020). (Table 1).

Table 1 Initial Search Result

Search Keywords	Search Results (Number of Paper)
Acceptance And Commitment Therapy, <i>Post-Traumatic Stress Disorder</i> , PTSD	163

Source: Scopus

Simplifying or refining search results allows you to obtain more targeted results. The idea is to free up the researchers to focus more on producing fruitful research outcomes. In this analysis, research about the aim, questioning, and bibliometric search that are not relevant are filtered out using a framework review technique guided by a set of inclusion and exclusion criteria. In a bibliometric analysis, the first stage is to assess the Scopus database that is currently accessible, make any necessary revisions, and consider the implications of employing that database (Al-Khoury et al., 2022).

Using filters, the researchers focused their study on "acceptance and commitment therapy and post-traumatic stress disorder" out of 163 papers. English-language written or press articles are used for this filtering, while certain articles frequently fit into the business, social, sociological, statutory, legal, and societal categories. The goal of the ACT therapist is not to reduce the symptoms of the disorder, but to change the response to thoughts and feelings, so a person can accept the symptoms of his disorder and learn that these symptoms, although unpleasant, are harmless and able to cope with them (Karekla et al., 2020).

Using bibliometric analysis of scientific output, the researchers have adopted an inductive strategy to monitor the evolution of the empirical field under investigation (Serrano et al., 2019). Similarly, this paper's classification of the literature is supported by the deductive interpretation of precise facts (Fahimnia et al., 2015). Thus, the goal of this research is to integrate deductive and inductive approaches using a triangulation data gathering procedure that combines several data sources and authors (Scheffler & Brunzel, 2020).

The results and comments provided an overview of the bibliometric analysis that was conducted using the data analysis. VosViewer was utilized by the researchers because of its efficaciousness in handling large datasets, which encompass a diverse range of visualizations, analyses, and innovative investigations (Fahimnia et al., 2015). Vast networks and published material were also categorized by bibliometric analysis with VosViewer. International affairs can incorporate social sciences that research tourism by using the bibliometric technique to analyse health, information technology, education, money, economics, security, agriculture, property, and land conditions. Because of its flexible graphical user interface and ability to view maps, it is also a crucial technique for journal article scientific maps (Wang & Xie, 2020)

Published papers underwent additional categorization and analysis across many criteria. To construct knowledge-based policy research theory, the researchers evaluated the source and state of the research discipline in terms of citation metrics, articles, publication methods, country or region, research field, and identification patterns. The researchers decided to add two network visualization analyses—one based on keyword occurrence and the other on network data connected by co-authored objects—to the bibliometric analysis to finish it. The number of times two terms appear together in a series of articles is reflected in the co-occurrence study of keywords (Natale et al., 2023). The basis for density maps is the frequency of terms used in this way.

**RESULTS AND DISCUSSION**

The purpose of the numerical data was to observe any variations in the annual number of articles written, whether they were more or less than the previous year. Figure 4 displays the publications released up until December 2023, illustrating the growing interest and concern of scholars, experts, and researchers in the fields of acceptance and commitment therapy and post-traumatic stress disorder. These results suggested that Scopus's writing and publishing increased steadily over the previous year.

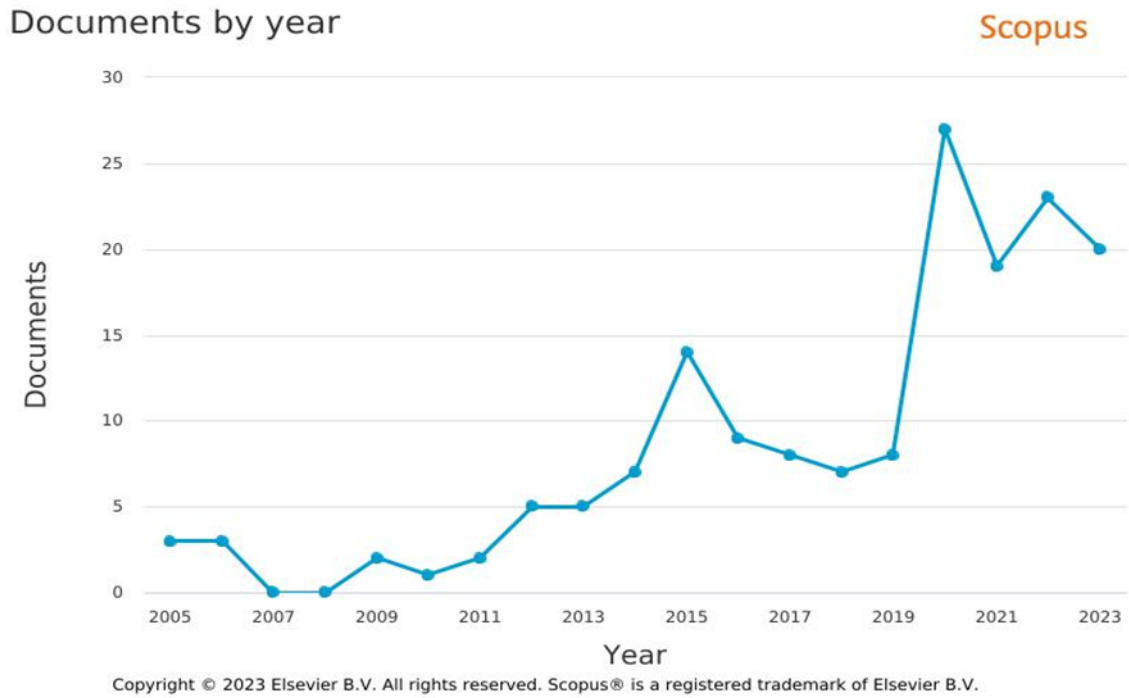


Figure 4. Total Articles Published

Source: Scopus

The published article document began in 2005, according to the statistical data shown in Figure 4. From 2014 until December 2023, a 2005 study on "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder" increased in scope. The largest rise, from 8 published publications, happened in 2019–2020. The number of published articles rose to 27 by 2020. Additionally, studies on commitment and acceptance therapy were conducted in order to identify the top 10 publishers dominating journals.

Table 2 Top 10 Contribution of Publishers to Acceptance and Commitment Therapy on Post Traumatic Stress Disorder

No	Publisher	Record
1	Journal Of Contextual Behavioral Science	13
2	Clinical Case Studies	7
3	Frontiers In Psychiatry	7
4	Cognitive and Behavioral Practice	5
5	Behavior Modification	4
6	Journal Of Trauma and Dissociation	4
7	BMC Psychiatry	3
8	Contemporary Clinical Trials	3
9	International Journal Of Environmental Research and Public Health	3
10	Internet Interventions	3

Source: Scopus

According to Table 2, the top 10 journal publishers that helped with the publication of articles about "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder" were journals with a Scopus index. Three conferences released linked papers, considering the top ten publishers of journal articles. However, the majority of publishers publish journals primarily focused on psychiatry, behavioural health, and related fields.

The outcomes enable the researchers to investigate the direction of the "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder" investigation. The researchers indicated in the preceding sub-chapter that the bibliometric study—a method utilized in the literature study—was the foundation for this work (Li et al., 2020). Numerous academic disciplines have employed bibliometric techniques (Zahra et al., 2021). By comparing the frequency with which articles referred to other articles pertinent to mental health studies, researchers conducted a bibliometric analysis on 163 Scopus indexed papers on "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder" with the goal of establishing a relationship between the articles. Researchers uploaded files to the VosViewer application to obtain confidential answers to queries. They may examine the impact of the writers, arrangement, location, quantity of references, keywords, and the connection between terms as well as variations, infrequently carried out research, and regularly carried out study. Researchers can now investigate the "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder" study stream thanks to these discoveries.

Table 3 Top 10 Author Contributions

No	Author	Amount
1	Schnurr, P. P	7
2	Batten, S. V	5
3	Carisson, J.	5
4	Dindo, L.	5
5	Meyer, E.C	5
6	Walser, R. D	5
7	Lang, A. J	4
8	Mortensen, E. L	4
9	Reyes, A. T	4
10	Rodrigues, M.	4

*Source: Scopus*

Table 3 shows the top 10 most essential authors who contributed to "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder." The table is a product of extraction, so the findings shown are the number of critical authors and coauthors, written documents, and the overall intensity of the relationship. Table 3 also shows that many manuscripts do not mean that other authors frequently quote the text, nor does it establish that the author has a close relationship with the author. In each document, there is citation involvement with others. None is related seen from the following figure.

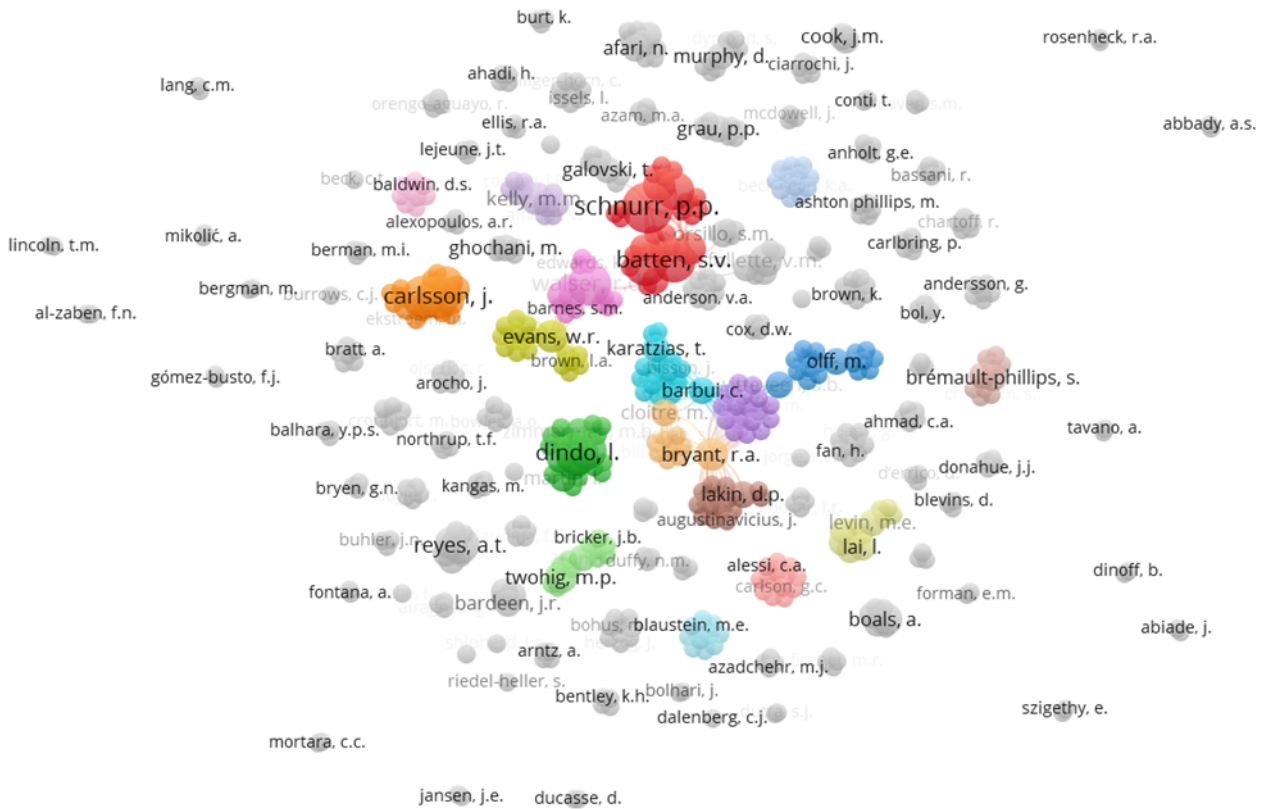


Figure 5. Citation Network

Figure 5 reveals the highest citation in each document. However, the correlation between the citation of these names is not proven. There is a lack of correlation between all documents Acceptance and Commitment Therapy on Post Traumatic Stress Disorders. Besides, the articles are the contributions from several countries about "Acceptance and Commitment Therapy on Post Traumatic Stress Disorder."

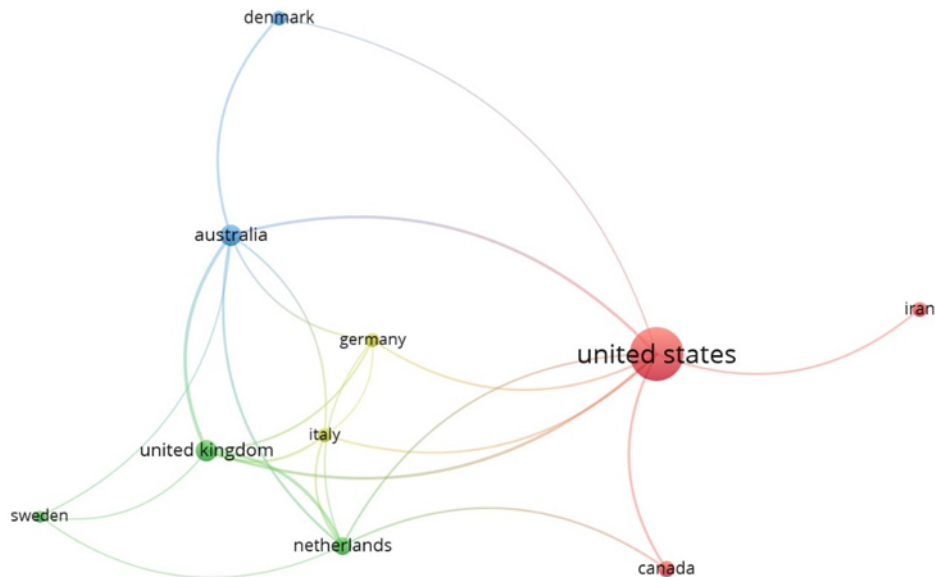


Figure 6. Countries' Contribution

Based on Figure 6, United States contributes a lot from the nodes and collaborations with other countries, such as Australia, Germany, Italy, United Kingdom, and other countries. Several countries collaborate with only one country, such as Iran only with United States. It reveals that authors from United States have more collaborations with other countries to observe Acceptance and Commitment Therapy.

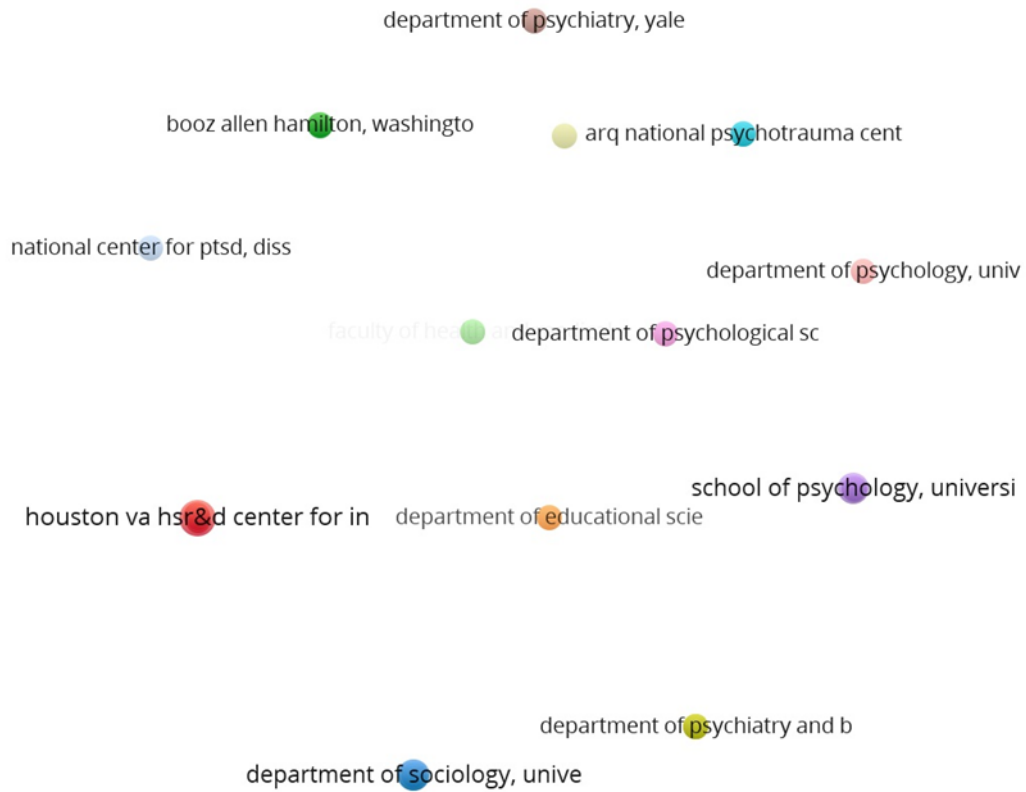


Figure 7. Contribution of the Organization on Acceptance and Commitment Therapy on Post Traumatic Stress Disorder

Contribution in research is very important to compare the success of the research and is determined by the research process. Figure 7 shows that the contribution of research to 'Acceptance and Commitment Therapy on Post Traumatic Stress Disorder is more dominated by organizations about psychology.

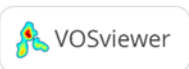
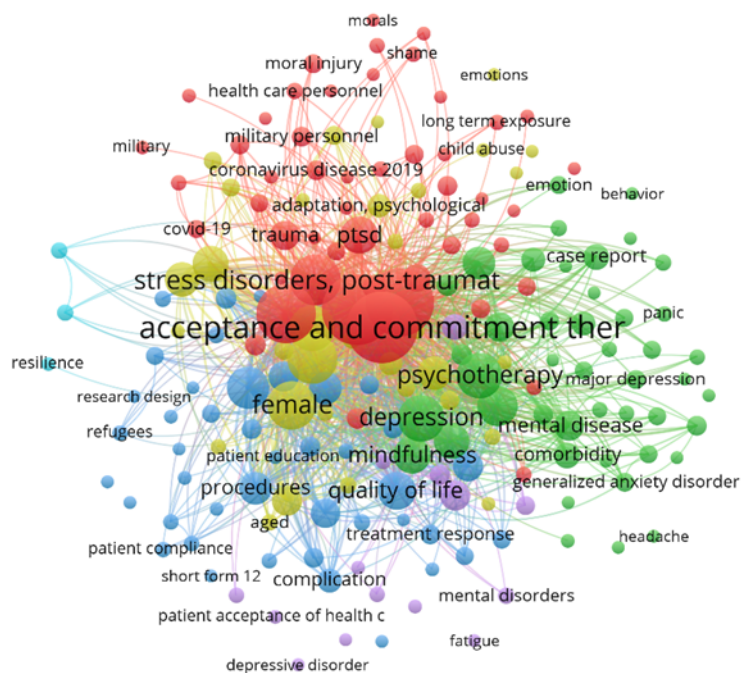


Figure 8. Keyword Acceptance and Commitment Therapy on Post Traumatic Stress Disorder

Figure 8 illustrates the relationship between keyword acceptance and Commitment therapy has a close relationship with post-rheumatic disorders. These fields of research are related to different but interdependent themes. Therefore, it is fair to say that this also indicates the importance of each other's development. We did 163 studies and found the most frequently used keywords in the analysis, as seen above. Research around the world has used some common terms such as "acceptance and commitment therapy," "human," "stress disorder, post-traumatic stress disorder," and "psychotherapy." However, some nodes are not connected to other nodes. There's never been any discussion of this topic in the picture, which suggests no analysis has ever been done. For example, the relationship between post-traumatic stress disorder, procedure quality of life, and treatment response has nothing to do with it. Theoretically, this suggests that there has never been any research covering the topic or any ongoing articles.

## Discussion

An in-depth examination of the Acceptance and Commitment Therapy procedure globally offers a methodical investigation to clarify this problem. A review of earlier studies on acceptance and commitment therapy that included data from different publications was conducted. In this bibliometrics, conference and workshop procedures have been used. Efforts to stimulate interest in Acceptance and Commitment Therapy programs grew between 2005 and 2023, although not significantly (Viskovich & Pakenham, 2020). However, academic research has been growing.

These findings show that the various methodologies and disciplines used and the most productive academics emphasize the importance of applying acceptance and commitment therapy to post-traumatic stress disorders (Herbert et al., 2019). Finally, this finding leads to an interesting theory about new developments. Specifically, the study of sustainable acceptance and commitment therapy is to be further studied with new discoveries, including how to improve the effectiveness of acceptance and commitment therapy on post-traumatic disorders that may be influenced by other variables such as therapeutic relationships. (Molavi et al., 2020). There is no correlation between the author's quotation on the lack of supporting factors to lower the post-traumatic stress response and therapy acceptance commitment (Roche, 2020). New treatments for PTSD should combine both the dimensions of preventive therapy and exposure therapy because of their potential role in the development and continuation of PTSP (Ressler et al., 2022).

## CONCLUSION

A data search tool's bibliometric classifies study subjects derived from literature reviews. Based on Scopus data with specified keywords, the bibliometric research in this article yields 163 documents with the term "acceptance and commitment therapy, post-traumatic stress disorder, or ptsd." The VosViewer tool aids in the identification of keywords that may be lacking in studies on post-traumatic stress disorder, or PTSD, based on acceptance and commitment therapy. Positive interactions exist between the United States and European countries among all the countries and organizations involved in the research process because the countries that contribute to research will have a greater influence in bringing about change. Thus, interest is still growing, particularly when post-traumatic stress disorders and acceptance and commitment therapy are used as keywords.

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