

# Combining mindfulness and ACT to learn how to manage emotions and to engage in valued activities: Assessment of the feasibility of a training group and its efficiency

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## BACKGROUND

### Origins

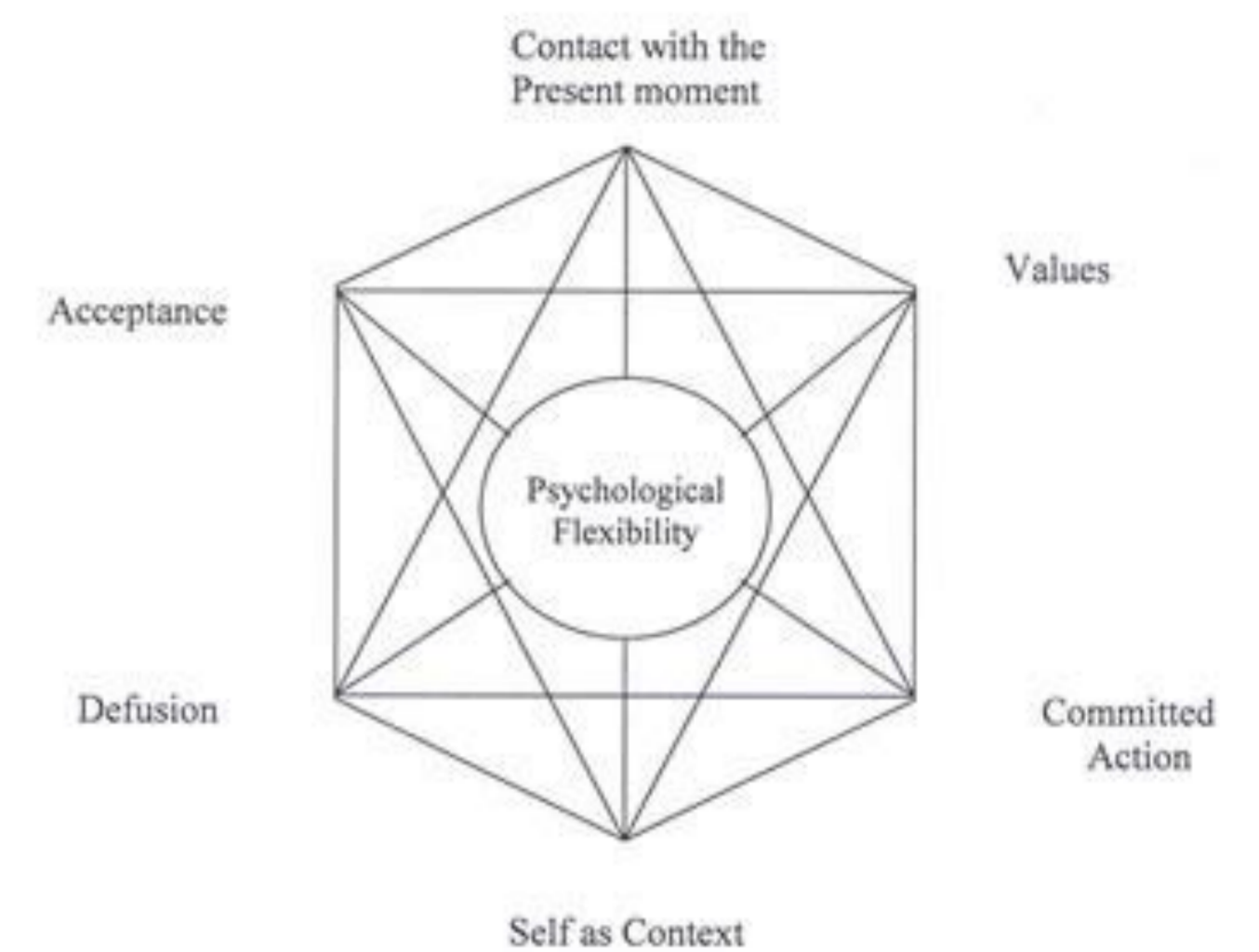
- Clinical** Importance of...:
- The **experiential avoidance** in the aetiology of psychological disorders
  - The **cognitive fusion** and of the development of the **distance from the thoughts**
  - **Cognition characteristics**
    - ↳ Rebound effect < thought suppression
  - **Language properties**
    - ↳ Verbal rule → Psychological rigidity and non-adaptation of the behaviours in function of their consequences
    - ↳ Events bounding < non-physical arbitrary characteristics
- Fundamental research**

Third wave of behavioural and cognitive therapies

### ACCEPTANCE AND COMMITMENT THERAPY (ACT)

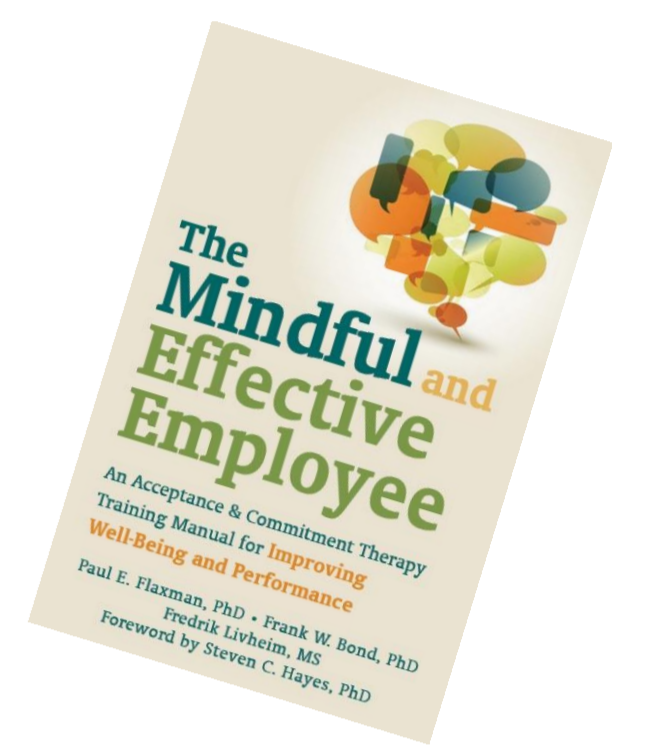
**Aim** : ↗ psychological flexibility  
↳ Ability to be completely mindful of the present moment, to persist in the current behaviour or to modify it in accordance with chosen values.  
→ ↗ engagement in actions which contribute to a rich and meaningful existence

### 6 therapeutic processes



### Aim

To assess the efficiency of training groups of ACT with community adults based on the program of Flaxman, Bond & Livheim (2013)



### Hypotheses

Training groups' participants should:

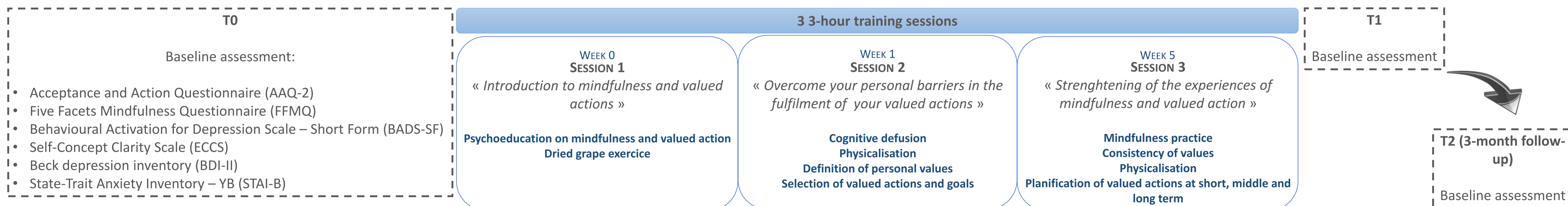
- ↗ Acceptance and commitment abilities
- ↗ Mindfulness abilities
- ↗ Activation
- ↗ Self-concept clarity
- ↘ Depressive and anxious symptoms
- ↘ Avoidance

## METHODS

### SAMPLE

	N = 33
Sex: ♀/♂	24/9
Age: M(SD)	41,33 (11,31)

### EXPERIMENTAL DESIGN

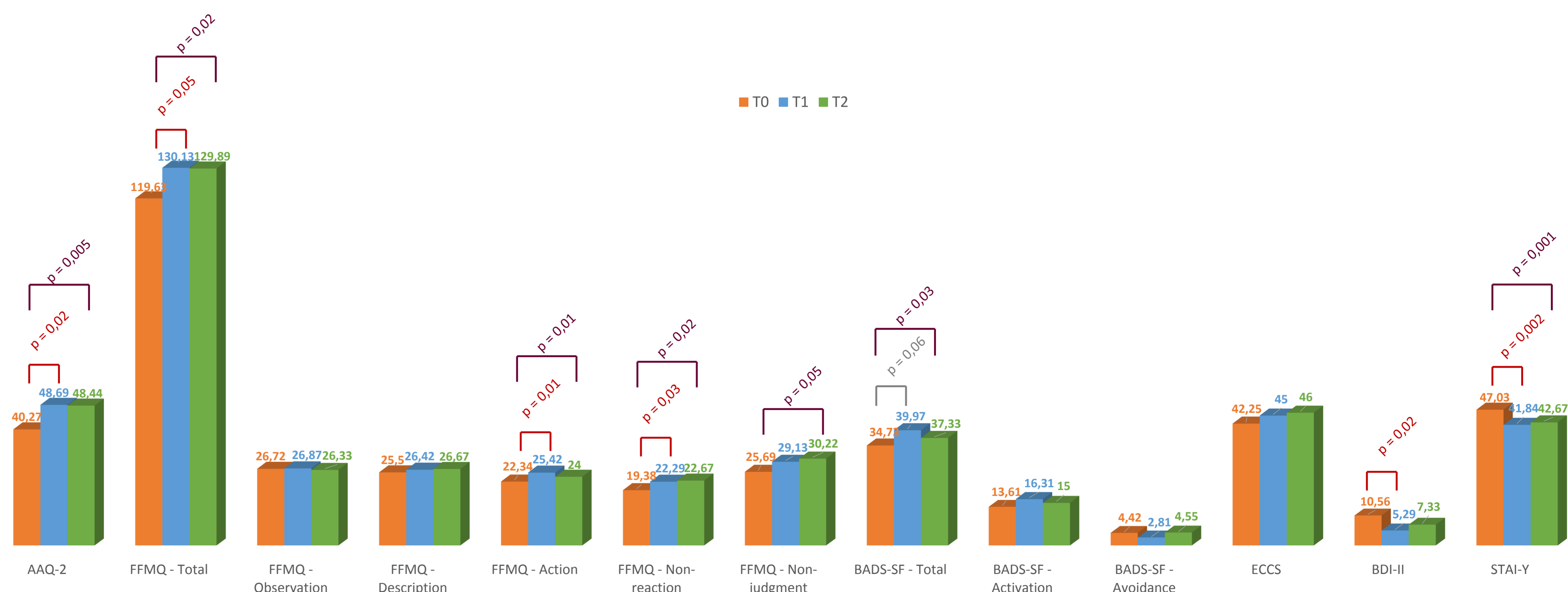


## RESULTS

### STATISTICAL ANALYSES

- Repeated ANOVA measures
- Post-hoc (Fisher LSD)

	F	ddl	p
AAQ-2	6,09	2,16	<b>0,01</b>
FFMQ - Total	3,55	2,16	<b>0,05</b>
FFMQ - Observation	0,51	2,16	0,61
FFMQ - Description	0,56	2,16	0,58
FFMQ - Action	6,10	2,16	<b>0,01</b>
FFMQ - Non-reaction	3,94	2,16	<b>0,04</b>
FFMQ - Non-judgment	2,61	2,16	0,10
BADS-SF - Total	3,19	2,16	0,07
BADS-SF - Activation	1,61	2,16	0,23
BADS-SF - Avoidance	1,31	2,16	0,30
ECCS	0,77	2,16	0,48
BDI-II	3,19	2,16	0,07
STAI-B	10,00	2,16	<b>0,001</b>



## DISCUSSION

- In accordance with our hypotheses, participants:
  - ↗ acceptance and commitment abilities
  - ↗ some mindfulness abilities (action, non-reaction and non-judgment)
  - ↗ engagement in activities
  - ↘ depressive and anxious symptoms
- Contrary to our hypotheses, no effect are observed on the avoidance and on the self-concept clarity.

→ Community adults seem to benefit from a training of ACT.  
→ These effects appear right after the end of training sessions.  
→ These effects seem to be maintained at 3-month follow-up.

### Limitations:

Only 9 adults completed the follow-up assessment.

### Experimental perspectives:

Data collection is still ongoing in order to increase the sample to have more robust statistical results.