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

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
  - L. 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

METHODS

SAMPLE

<table>
<thead>
<tr>
<th>N = 33</th>
<th>Sex</th>
<th>Q/♀</th>
<th>24/9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age: M(SD)</td>
<td>41,32 (12,31)</td>
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EXPERIMENTAL DESIGN

1. Baseline assessment:
   - Acceptance and Action Questionnaire (AAQ-2)
   - Five Facets Mindfulness Questionnaire (FFMQ)
   - Behavioural Activation for Depression Scale – Short Form (BADS-SF)
   - Self-Concept Clarity Scale (ECCS)
   - Back depression inventory (BDI-II)
   - State-Trait Anxiety Inventory – Y1 (STAI-Y1)

3 3-hour training sessions

- Wave 0
  - Session 1: Introduction to mindfulness and valued actions
  - Wave 1
  - Session 2: Overcome your personal barriers in the fulfilment of your valued actions
  - Wave 3
  - Session 3: Strengthening of the experiences of mindfulness and valued action

RESULTS

STATISTICAL ANALYSES

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

\[
\begin{array}{|c|c|c|c|}
\hline
\text{Scale} & f & d & p \\
\hline
\text{AAQ-2} & 6.09 & 2.16 & 0.01 \\
\text{FFMQ Total} & 3.05 & 2.16 & 0.05 \\
\text{Observation} & 0.51 & 2.16 & 0.61 \\
\text{Description} & 0.56 & 2.16 & 0.58 \\
\text{Action} & 6.10 & 2.16 & 0.01 \\
\text{Non-reaction} & 3.94 & 2.16 & 0.04 \\
\text{Non-judgment} & 2.61 & 2.16 & 0.10 \\
\text{BADS-SF Total} & 3.19 & 2.16 & 0.07 \\
\text{Activation} & 1.61 & 2.16 & 0.23 \\
\text{Avoidance} & 1.31 & 2.16 & 0.30 \\
\text{ECSS} & 0.77 & 2.16 & 0.48 \\
\text{STAI-B} & 1.19 & 2.16 & 0.07 \\
\hline
\end{array}
\]

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.

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Bibliography is available upon request by email.