

A New Status of Psychological Flexibility:

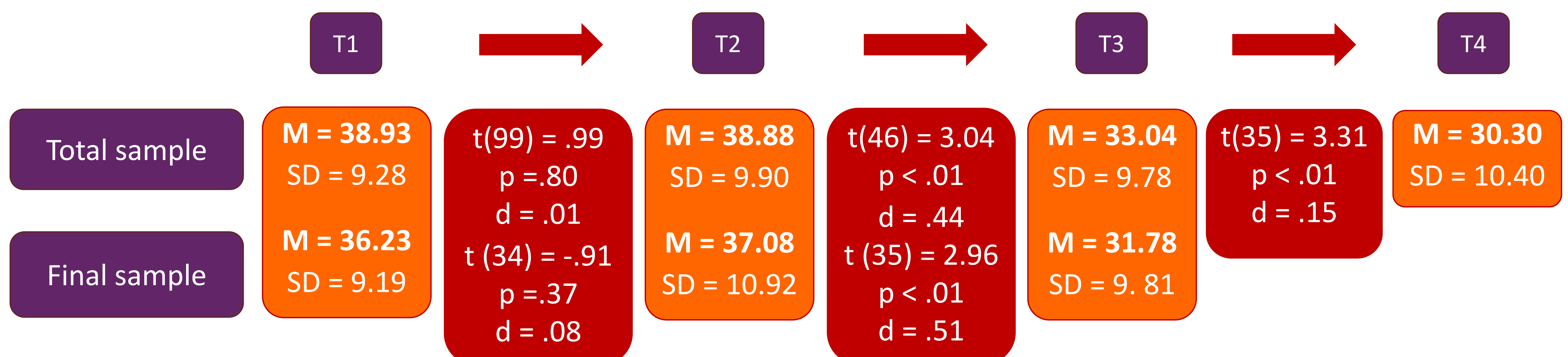
A Possible Universal Indicator of Treatment-induced Change.

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The treatment induced increase of psychological flexibility is considered to be a crucial mechanism of psychological change within the ACT theoretical framework. It implies a full contact with the present moment as a conscious human being, as well as changing or persisting in behavior in the service of chosen values based on what the situation affords. The role of psychological flexibility in provoking, reaching and maintaining a behavioral change is well documented (Hayes, Luoma, Bond, Masuda, & Lillis, 2006).

Our initial study included 117 clients participating in free-of-charge psychological treatment in Psychological Counseling Center in Novi Sad. 74.8% of the participants were female and 25.2% male, ranging from 18 to 63 years of age (mode = 25). The treatment consisted of 10 sessions. It was conducted by 19 psychological counselors originating from REBT and Transactional analysis theoretical orientation, without any experience or education in ACT.

Results: The results indicate the significant decline in psychological rigidity indicating the growth of psychological flexibility as a function of the non-ACT psychological treatment.



Conclusion: The change in psychological flexibility can be considered as a promising metatheoretical and universal phenomenon, whose role in reaching and maintaining a treatment induced psychological change is yet to be investigated and specified.

The research is in progress! Feel free to contact us 😊
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The main goal of this evolving longitudinal research was to explore the potential change in psychological flexibility as a function of treatment as usual, without performing any of the specific procedures conceptualized within the ACT theoretical and practical framework.

Instruments: Acceptance and Action Questionnaire II (AAQ-II; Bond et al, 2011) 10 item version was administered in four time points:

- T1 - during the admission interview two weeks before the start of the treatment (n = 117),
- T2 - before the first treatment session (n = 101),
- T3 - after the final treatment session (n = 47), and
- T4 - at three months follow-up (n = 36).