


ACT-Enhanced Behavioral Therapy as a Treatment for Anhedonia in Adolescents

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ACBS World Conference
ONLINE
July 16-19, 2020



Disclosures and Acknowledgments

No financial disclosures

Scott Gaynor, PhD
Tanya Douleh, PhD
Rachel Petts, PhD



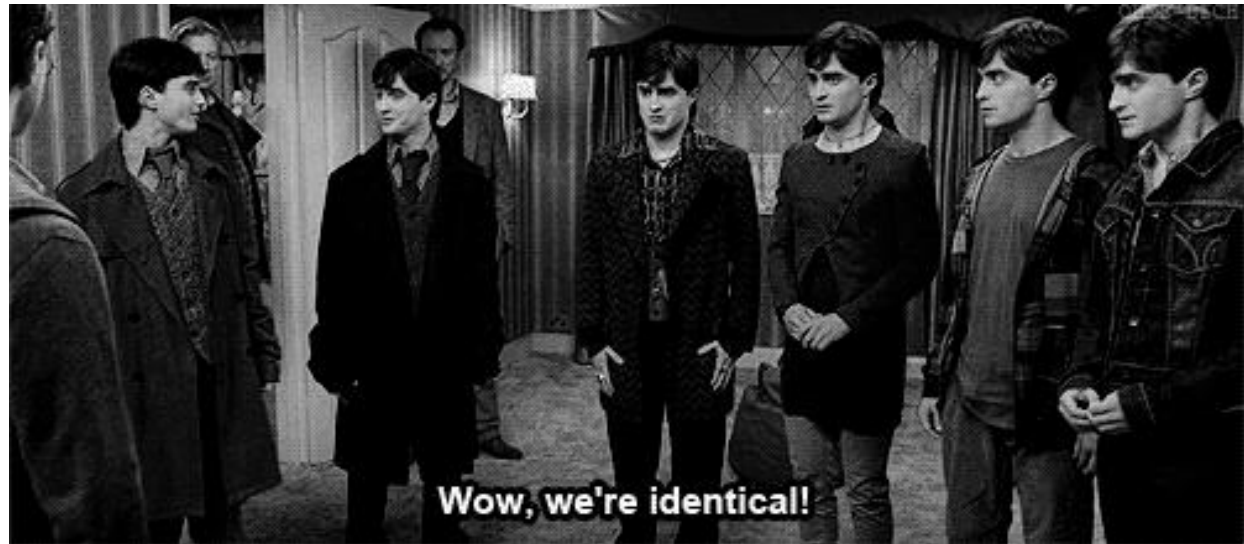
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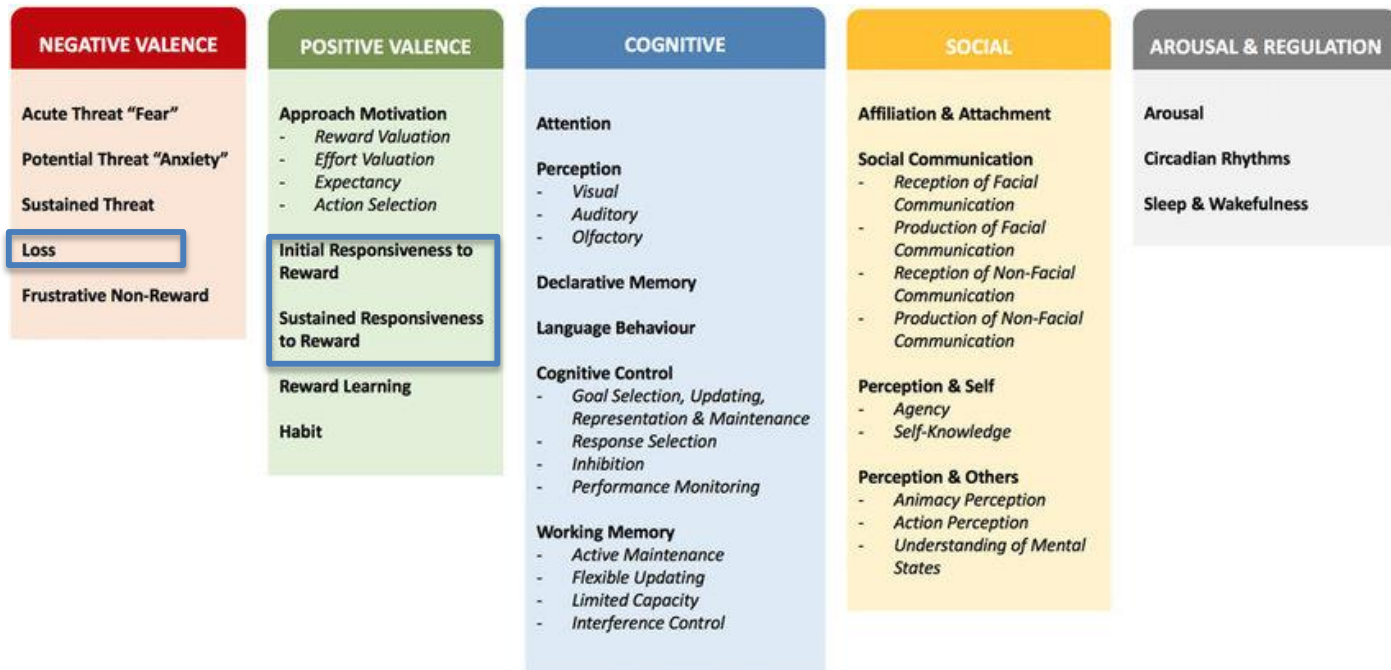


The problem with “Depression”

No two kids look the same...



A Solution? Anhedonia



Anhedonia in Teens

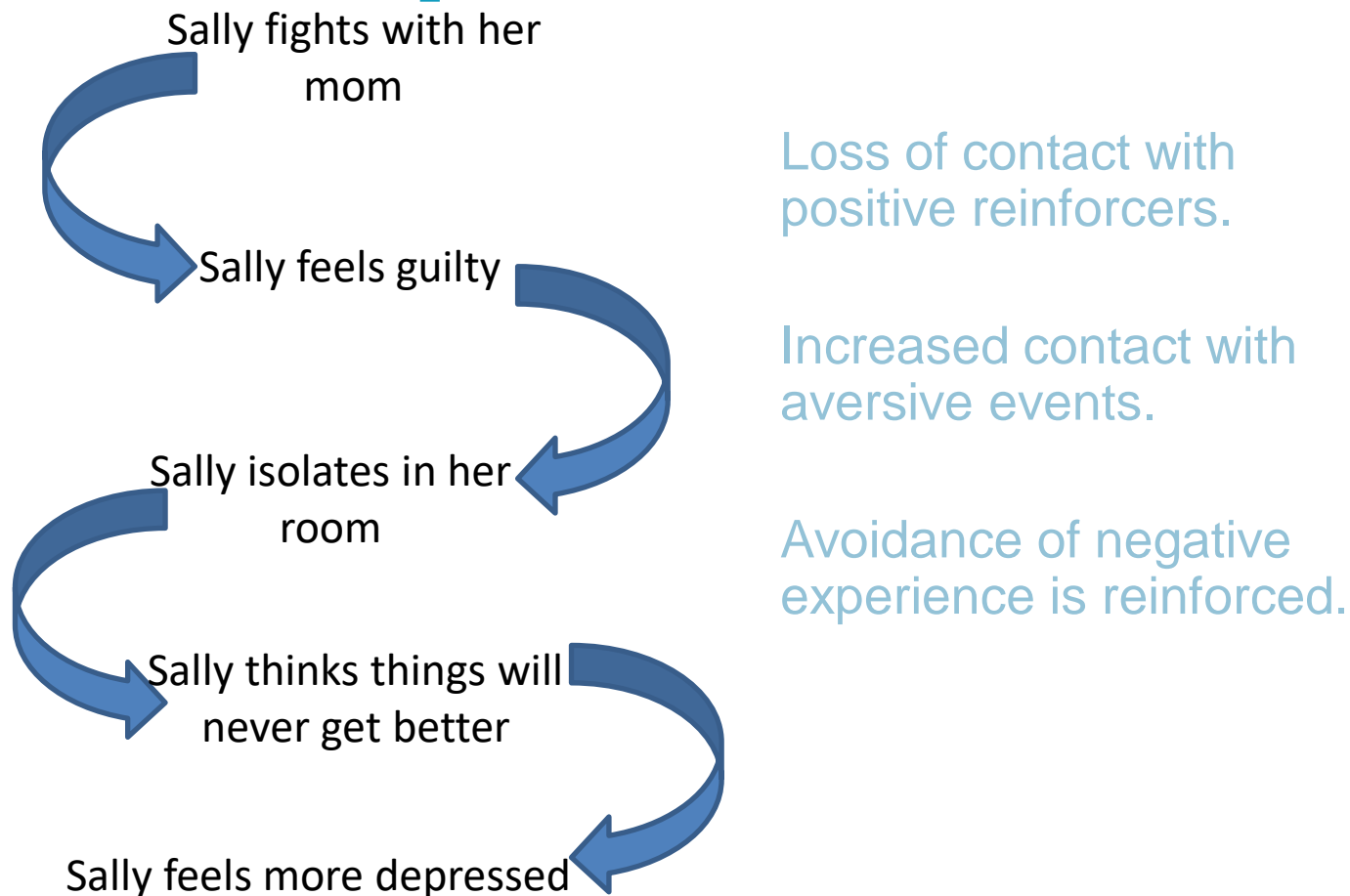


Highly endorsed

Predictive of poorer outcomes (e.g. McMakin, et al, 2015; Gabbay, et al, 2015)



This also fits with Behavioral Models of Depression



How do you treat it?



Method

Our Studies

3 Open trials of ACT

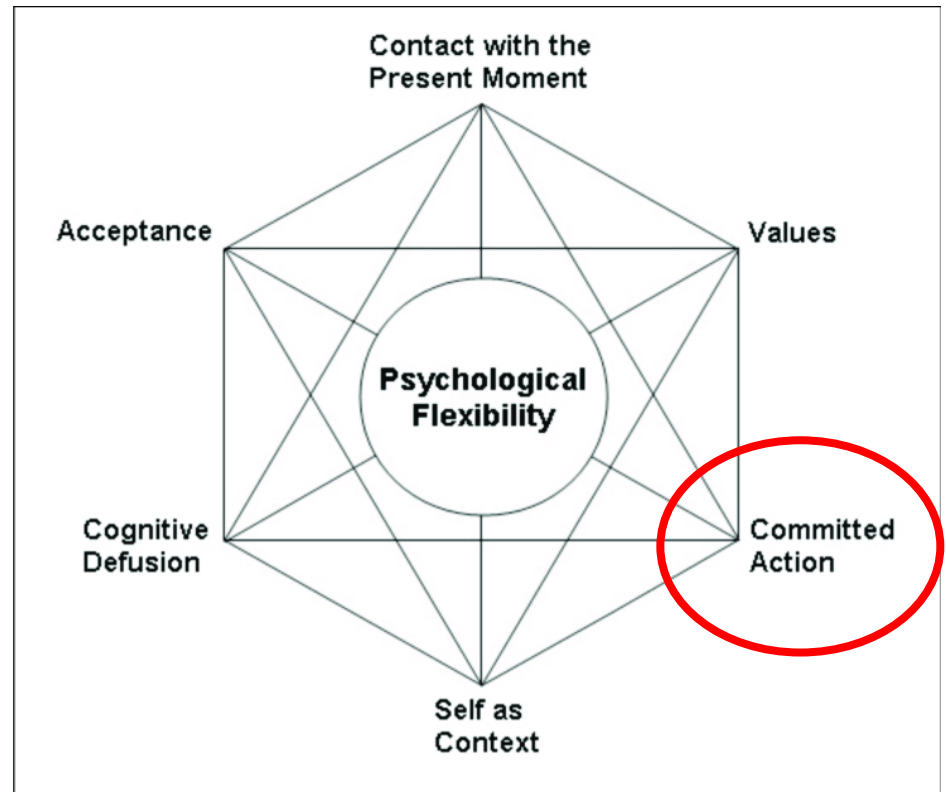
A/B Design

Assessment

MIA (3-5 sessions)

Assessment

ACT (6-10 sessions)



Students in Midwest public schools

N= 38

Age 14-18, $M= 15.86$

60% Female

Anhedonia measured using the CDRS-R given before
and after ACT

Difficulty Having Fun

Social Withdrawal

Impaired Schoolwork



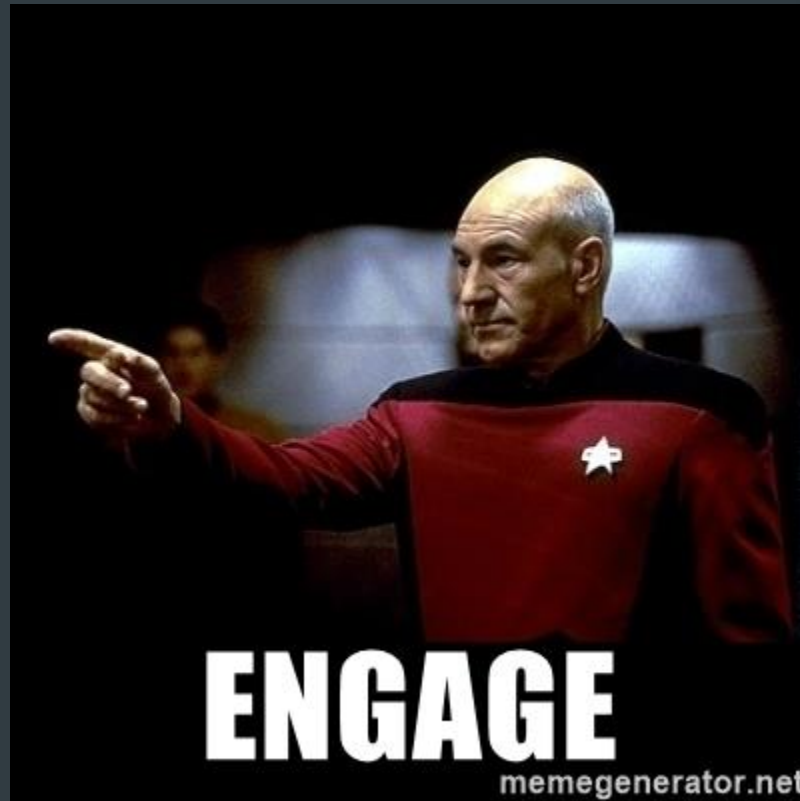
Results

Item Mean Difference from Pre- to Post- ACT

Item	Mean Difference	SD	t	g
Impaired Schoolwork	.78	1.95	1.92	.50
Difficulty Having Fun	1.44	1.90	3.62*	.97
Social Withdrawal	1.40	1.67	3.01	.53
Sleep Disturbance	1.13	1.63	3.32*	.95
Excessive Fatigue	2.00	2.15	4.46*	1.41
Physical Complaints	1.44	1.75	3.92*	.93
Morbid Ideation	.91	1.13	3.89*	.58



Anhedonia was improved by ACT



What do we do with this?

Two Big Take-Aways

- Use activation to target anhedonic symptoms
 - i.e. Blom, et al. (2017)
- Use anhedonia as a target for brief interventions widely disseminated
 - Primary Care
 - Schools



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