

Experiential Avoidance and Problematic Health Behavior

Acceptance-and Mindfulness-Based Interventions for Smoking Cessation and Weight Loss:
Systematic Reviews and Meta-Analyses

Anne I. Roche, M.A

University of Iowa Department of Psychological and Brain Sciences

Acceptance-and Mindfulness-Based Interventions

- Acceptance and Commitment Therapy (ACT)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Stress Reduction (MBSR)
- Dialectical Behavior Therapy (DBT)

Experiential Avoidance and Behavioral Disorders: A Functional Dimensional Approach to Diagnosis and Treatment

Steven C. Hayes, Kelly G. Wilson,
Elizabeth V. Gifford, and Victoria M. Follette
University of Nevada, Reno

Kirk Strosahl
Group Health Cooperative

REVIEW

Experiential Avoidance as a Functional Dimensional Approach to Psychopathology: An Empirical Review



Neharika Chawla
University of Washington



Brian Ostafin
North Dakota State University



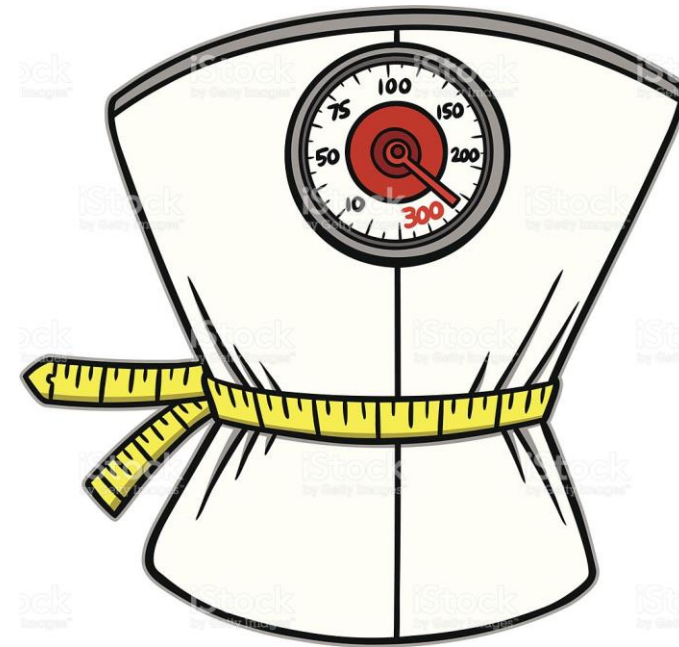
Symptom reduction

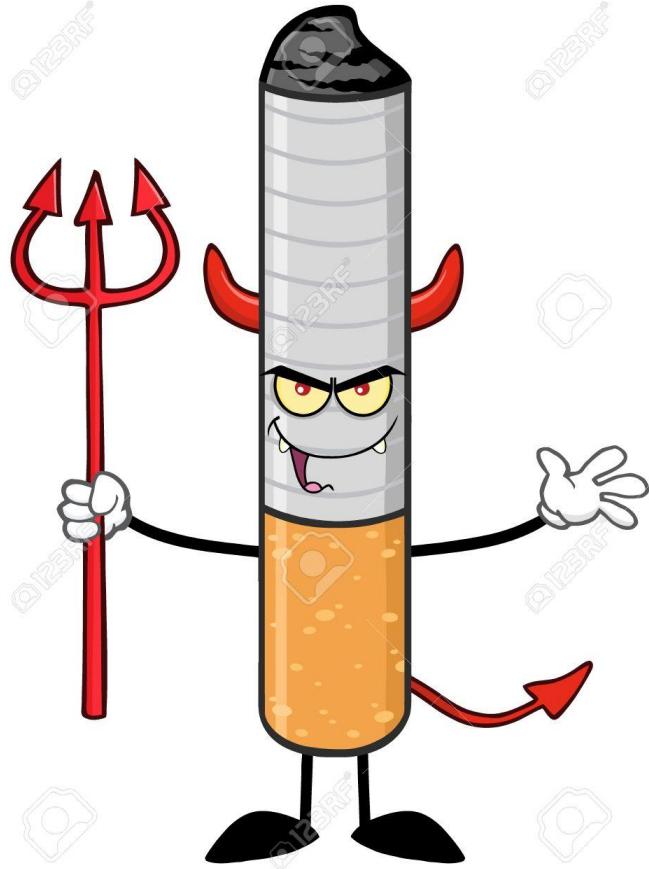


Behavior change



Health Behavior Change





Avoidance and Inflexibility as a Common Clinical Pathway in Obesity and Smoking Treatment

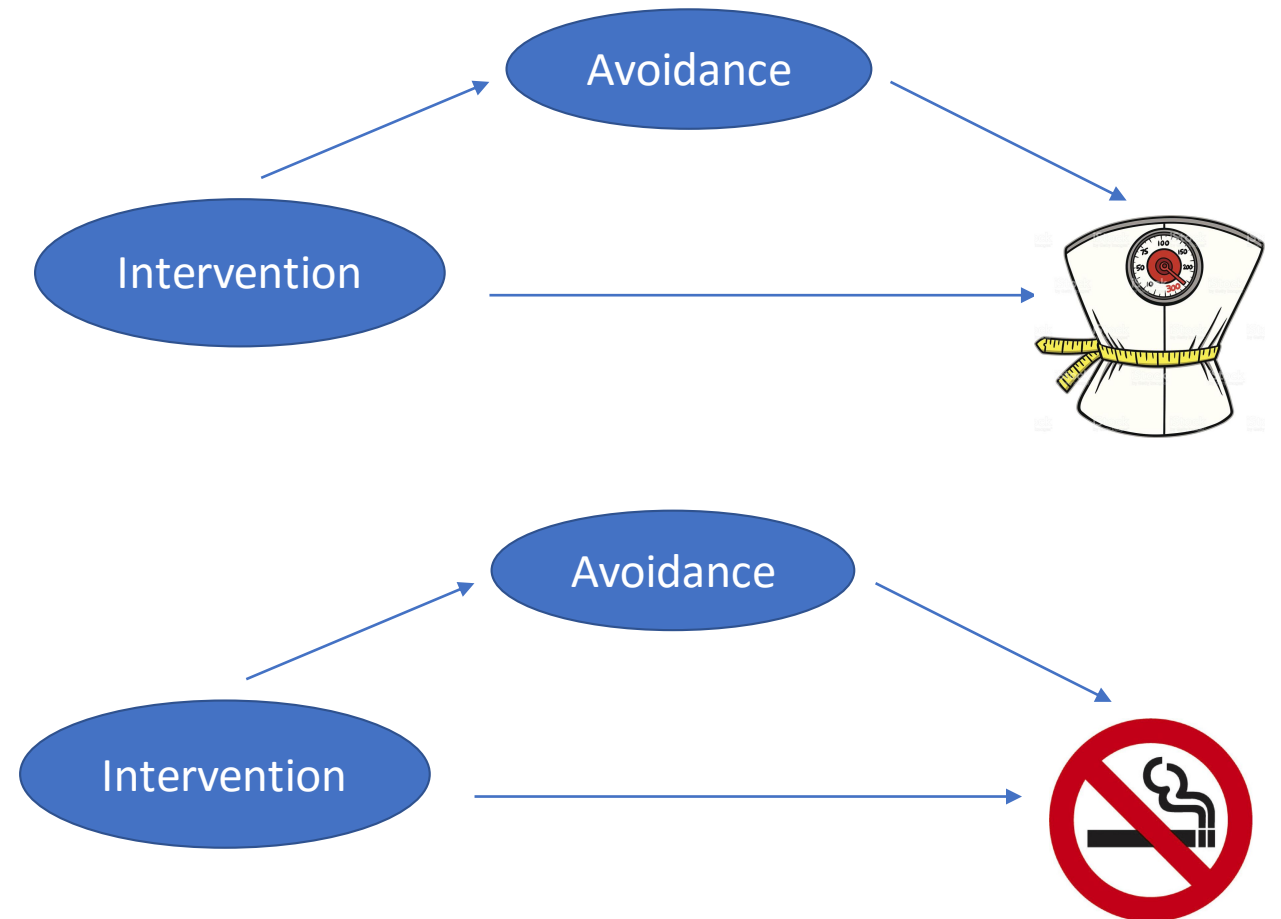
ELIZABETH V. GIFFORD
Stanford University School of Medicine, USA
JASON LILLIS
University of Nevada, Reno, USA



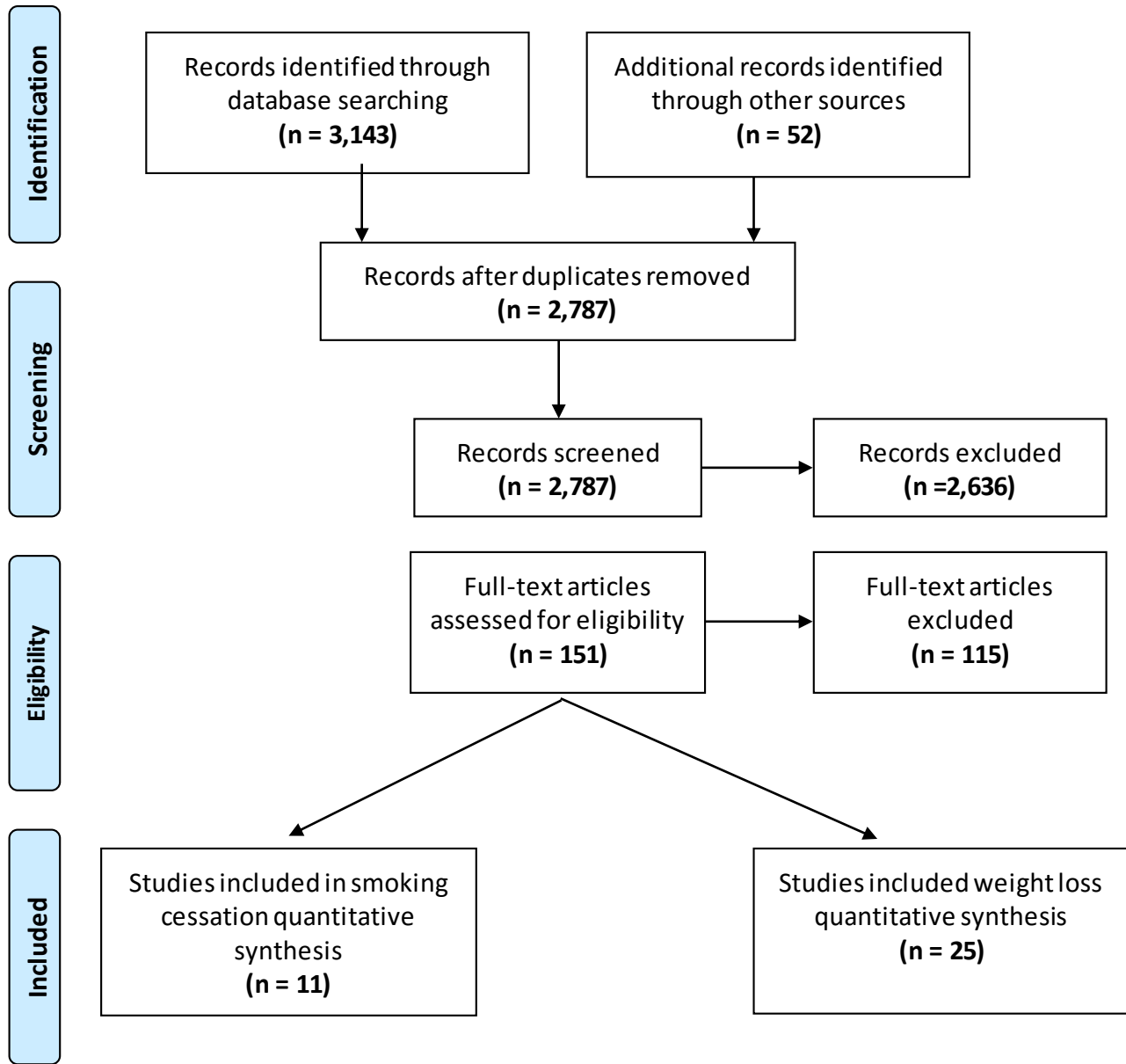
Journal of Health Psychology
Copyright © 2009 SAGE Publications
Los Angeles, London, New Delhi, Singapore
and Washington DC
www.sagepublications.com
Vol 14(7) 992-996
DOI: 10.1177/1359105309342304

Abstract

This brief study presents reductions in avoidance and inflexibility as a potential common clinical pathway to intervene on for both smoking cessation and weight control. A



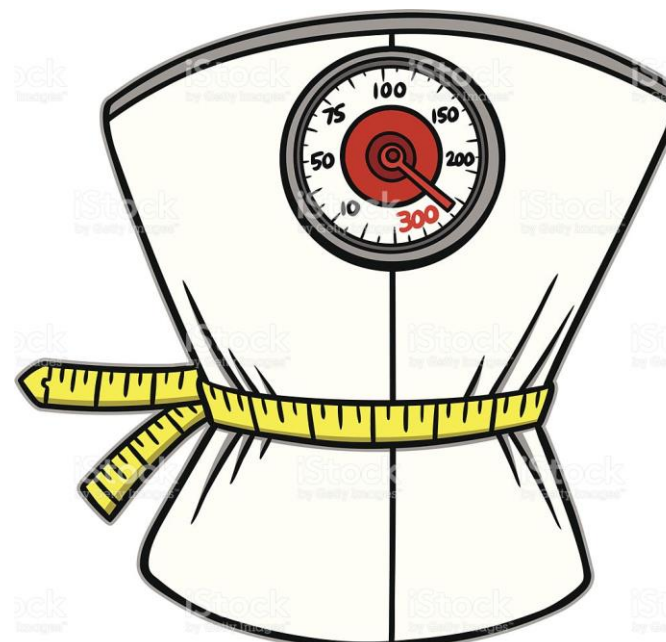
**Are these interventions
efficacious for smoking cessation
and weight loss?**

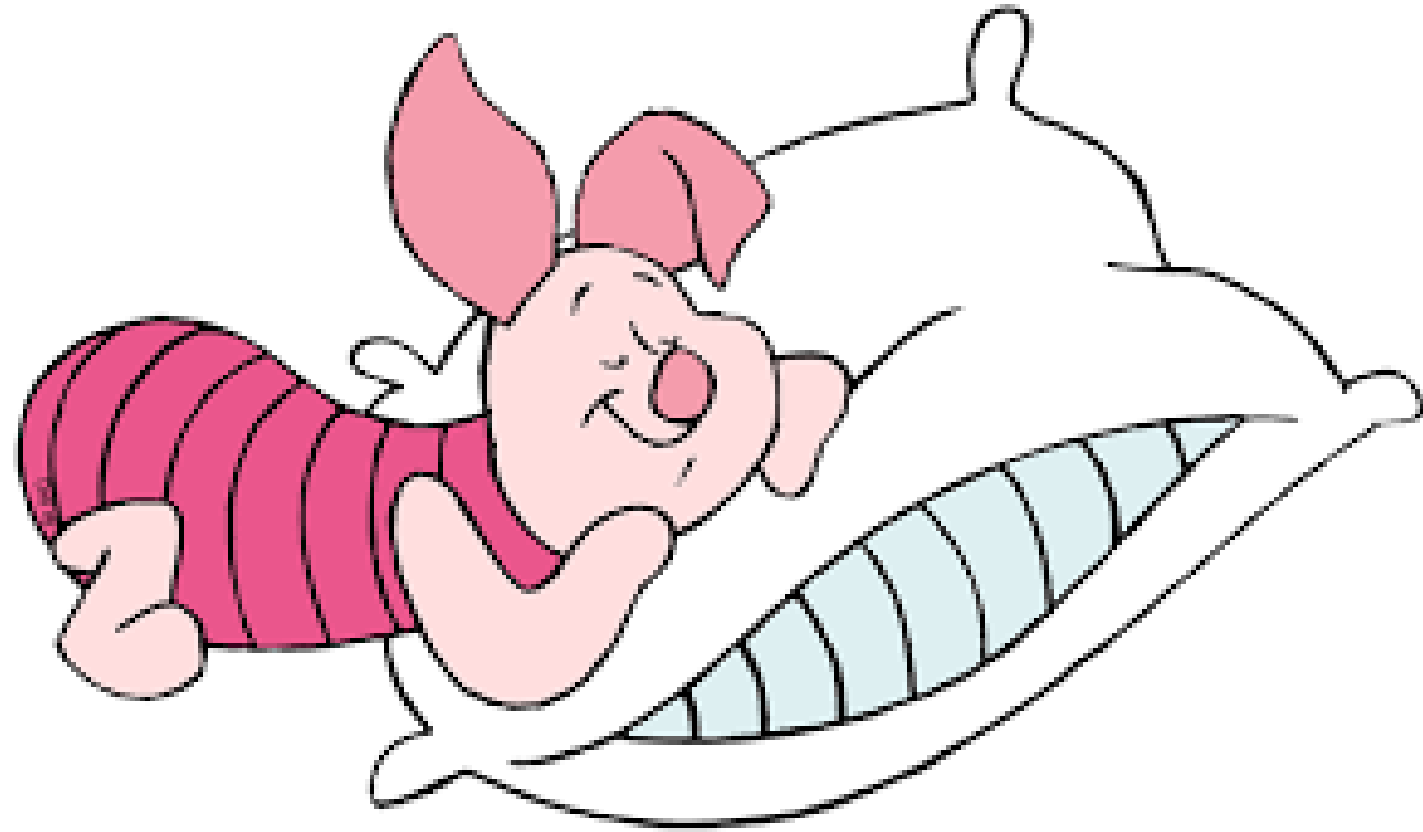


Meta #1



Meta #2





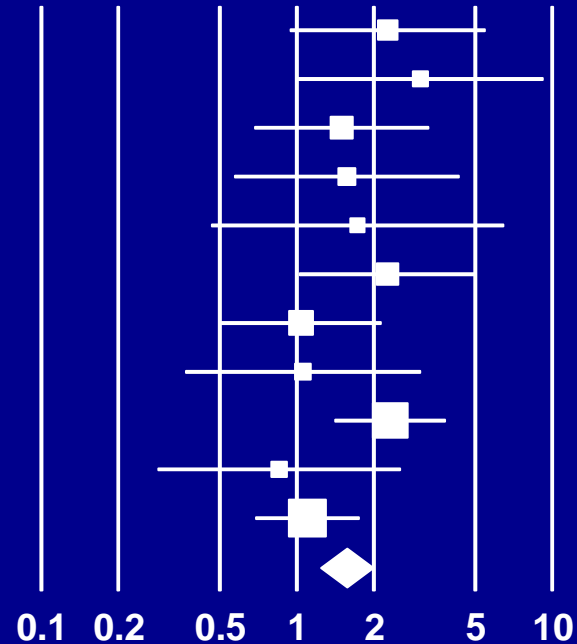
Smoking Cessation

Study name

Statistics for each study

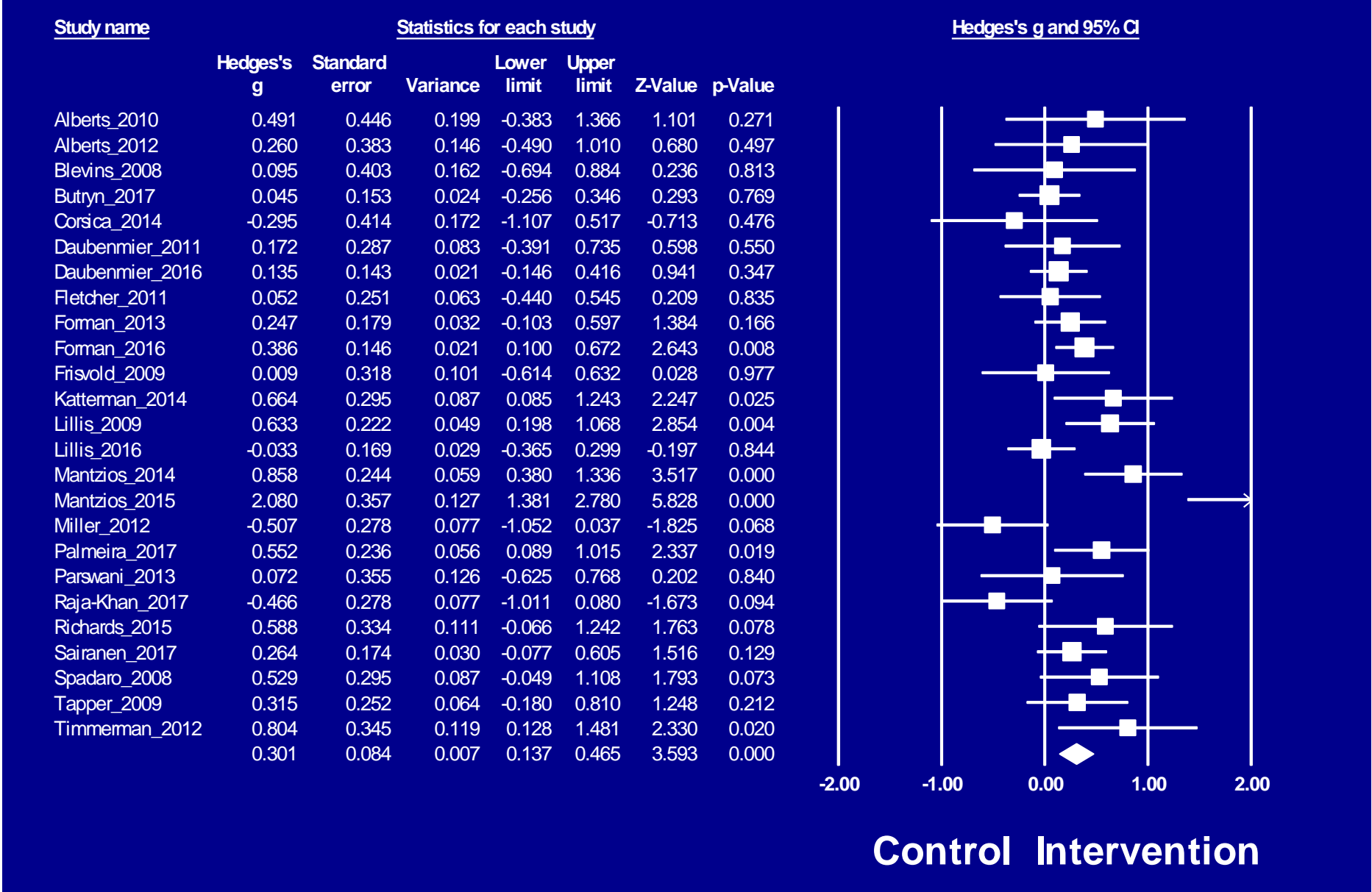
Odds ratio and 95% CI

	Odds ratio	Lower limit	Upper limit	Z-Value	p-Value
Brewer_2011	2.270	0.938	5.495	1.818	0.069
Bricker_2013	3.050	1.004	9.265	1.967	0.049
Bricker_2014a	1.500	0.681	3.306	1.006	0.315
Bricker_2014b	1.571	0.567	4.352	0.870	0.384
Brown_2013	1.730	0.461	6.493	0.812	0.417
Davis_2014a	2.270	1.018	5.061	2.004	0.045
Davis_2014b	1.040	0.502	2.155	0.106	0.916
Gifford_2004	1.059	0.365	3.070	0.105	0.916
Gifford_2011	2.322	1.402	3.847	3.271	0.001
Russell_2013	0.853	0.284	2.558	-0.284	0.776
Vidrine_2016	1.102	0.687	1.769	0.402	0.688
	1.562	1.234	1.978	3.707	0.000



Odds Ratio = 1.562

Weight Loss



Hedge's $g = 0.301$

Comparing Effect Sizes

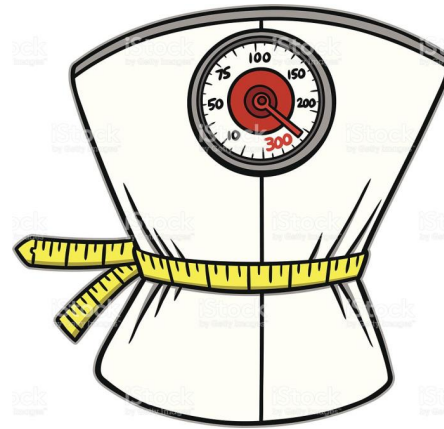
Smoking Cessation

- Standardized difference in means = 0.246



Weight Loss

- Standardized difference in means = 0.305



Clinical Implications



Clinical Implications

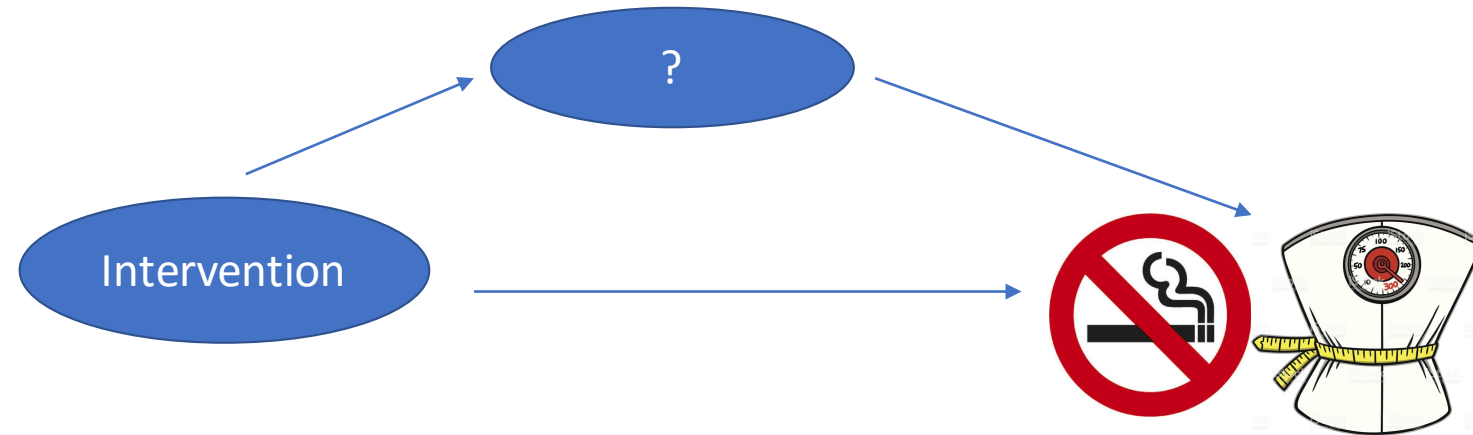


Future Work

- More RCTs
 - Larger samples
 - Greater diversity

Future Work

- Mediation Analyses



Thank you!