



ACT in South Korea

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Disclosure

- Sadly nothing to disclose!



ACT from an International Perspective

- Approximately 7800 people have enrolled as a member of ACBS.
- Half of them were from non-U.S. countries.
- 202 RCTs have been published from various countries (ACBS, 2017).



Challenge

- Despite the success and cross-national interest, there are still several challenges in ACT from an international perspective.
- It is difficult to communicate findings across languages when research is published with non-English languages.
- Most well-known or highly-cited ACT studies have been conducted in Western countries and/or written in English.



ACT with Asian populations

- Several attempts have been made to link with Asian populations
 - Drug refractory epilepsy in India (Lundgren, Dahl, Yardi, & Melin, 2008).
 - Pain tolerance in Japan (Takahashi, Muto, Tada, & Sugiyama, 2002).
 - Self-help for highly distressed Japanese international students in the U.S (Muto et al., 2011).



Still scant

- However, the scope is still limited when considering that Asia is heterogeneous and has tremendous variability in terms of culture, religion, socioeconomic status, and language.
- Many ACT researchers and clinicians are not aware of what non-English language ACT studies have done and what their research findings are
- Therefore, it is important to carefully review ACT with more diverse populations.



ACT in South Korea

- One of the large bodies of ACT research that has not been reviewed is studies in South Korea.
- ACT has been published since 2005.
- 1st RCT of ACT in South Korea (for binge eating) was published in 2011.
- So I chose to conduct a review of RCTs of ACT in South Korea to communicate this research to people who can't read Korean

Methods

- 6 electronic databases were used.
 - Research Information Sharing Service (RISS)
 - National Library of Korea
 - National Assembly Library
 - Korean studies Information Services System (KISS)
 - Korea Citation Index (KCI)
 - National Digital Science Library (NDSL)
- “수용전념치료” and “Acceptance and commitment therapy” were used as search terms.

Results

- As of December 2017, a total of 72 studies have been published in South Korea.
- 51 experimental studies
 - 28 RCTs and 23 Non-RCTs
- 21 non-experimental studies, including
 - 2 meta analyses published in Korean
 - 1 survey study
 - 2 ACT psychometric validation studies

Brief Review of RCTs

Target problems

- Depression
- Anxiety
 - Test anxiety
 - Public speaking anxiety
 - Panic symptoms (fear of respiration)
 - Social phobia / Interpersonal stress
- PTSD
- Childhood trauma
- Body image/ Binge eating issues
- Menstrual discomfort
- Problematic drinking
- Psychological well-being for alcoholic inpatients
- Perfectionism
- Emotion regulation/responsiveness
- Anger



Target problems (2)

- Smartphone addiction
- Teenagers' problematic behaviors
(school maladjustment)
- Career decisions
- Self-assertiveness
- Somatic symptoms



Populations


- Mostly college samples
 - University students (14 studies)
 - Female university students (8 studies)
 - Middle / high school students / teenagers (4 studies)
 - Low income elementary school students (1 study)
 - Inpatient alcoholics (1 study)



Conditions

- Mostly ACT vs. WL (22 studies)
- ACT vs. CBT vs. Control (3 studies)
- ACT vs. CBT (1 study)

- ACT- Cognitive Defusion only vs. Control (2 studies)



Therapy format

- All group therapies
- Sample size ranged from 6 to 14 for each group



Session

- Mostly 2 per week or weekly
- 90-120 minutes per session (53% of studies)
- Most delivered 8-10 sessions

Assessment points

- Pre – post (6 studies)
- Pre – post – 1 month FU (11 studies)
- Pre – post – $1 < x < 2$ month FU (6 studies)
- Pre – post – 2 month FU (2 studies)
- Pre – post – $2 < x < 3$ month FU (1 study)
- Pre – post – 3 month FU (2 studies)




Therapist background

- Mostly master's students
- Clinical or Counseling psychologists
- Ph.D.

Process outcomes (15 studies)

Study name	Comparison	Outcome	Time point	Statistics for each study								Sample size		Hedges's g and 95% CI				
				Hedges's g	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value	ACT	Compare	-6.00	-3.00	0.00	3.00	6.00	
Kim & Son,	Vs. CG	Psychologic	Pre to	0.310	0.504	0.254	-0.677	1.298	0.616	0.538	7	7						
Kim & Son,	Vs. Waitlist	Psychologic	Pre to	0.530	0.436	0.190	-0.326	1.385	1.214	0.225	10	10						
Joo & Son,	Vs. CG	Psychologic	Pre to	0.806	0.411	0.169	0.001	1.612	1.961	0.050	12	12						
Yoo & Son,	Vs. Waitlist	Psychologic	Pre to	1.879	0.445	0.198	1.007	2.750	4.226	0.000	14	14						
Kim & Son,	Vs. CG	Psychologic	Pre to	1.368	0.504	0.254	0.381	2.355	2.717	0.007	9	9						
Lee & Son,	Vs. CG	Psychologic	Pre to	0.740	0.485	0.235	-0.210	1.689	1.526	0.127	7	10						
Hong &	Vs. CG	Psychologic	Pre to	1.912	0.599	0.359	0.738	3.087	3.191	0.001	8	7						
Heo & Son,	Vs. CG	Psychologic	Pre to	0.870	0.497	0.247	-0.104	1.845	1.750	0.080	8	8						
Kim & Son,	Vs. CG	Psychologic	Pre to	3.201	0.697	0.486	1.835	4.568	4.591	0.000	9	9						
Cho, 2012	Vs. CG	Psychologic	Pre to Post	0.885	0.386	0.149	0.129	1.641	2.295	0.022	14	14						
Ko & Kim,	Vs. CBT	Psychologic	Pre to	2.279	0.660	0.436	0.985	3.572	3.451	0.001	7	7						
Lee, 2017	Vs. CBT	Psychologic	Pre to Post	0.194	0.519	0.269	-0.824	1.211	0.373	0.709	6	7						
Kim & Son,	Vs. CG	Psychologic	Pre to	1.436	0.537	0.288	0.384	2.487	2.676	0.007	8	8						
Hwang &	Vs. CG	Psychologic	Pre to Post	2.315	0.563	0.317	1.211	3.420	4.109	0.000	10	10						
Ryoo & Kim,	Vs. CG	Psychologic	Pre to Post	0.519	0.401	0.161	-0.267	1.305	1.294	0.196	12	12						
				1.109	0.126	0.016	0.861	1.356	8.788	0.000								



Summary (highlights)

- Although a fair number of ACT studies have been published in South Korea, they are mostly unknown to an English speaking audience.
- Unique target problems have been studied (e.g., premenstrual discomfort).
- Interestingly, all group therapies



Future direction

- Systematic review
- Meta-analysis using RCT studies
- Exploring unique aspects of Korean ACT
- Cultural adaptation

References

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