Guided ACT Self-Help: A case series approach

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Introduction
- Waiting lists for step-4 clinical psychology services within LPFT are high.

Aims
- To determine if the intervention follows the predicted phases of change.
- To determine whether ACT processes account for any changes observed.

The Adaptation
- The self-help book “Get out of your Mind and into your Life®” was adapted (language changed for UK population; split into ten parts; “scripts” written for weekly 30-minute phone calls).
- Adapts passed fidelity checks and feedback sought from a focus group of individuals with lived experience of mental health difficulties.

Method
- 7 participants recruited from LPFTs step-4 clinical psychology waiting lists.
- Multiple baseline: Single-case Experimental Design (see figure below).
- 3 participants completed all intervention.

Outcome Measures
- Psychological flexibility: CAFQ (Comprehensive Assessment of Psychological Flexibility).
- Subjective well-being: Mental Health Continuum (Shanafelt &康)
- Symptomatology: ASEQ (Anxiety and Stress Scale – 21).

Implications
- Guided ACT self-help improves psychological flexibility, well-being, and symptomatology.
- Results not replicated across minimun of three participants, limiting generalisability.
- Low uptake and high attrition rate indicates feasibility.
- Predictions of phase model are partially supported within this intervention.
- Link between psychological flexibility and outcomes is mostly supported.
- Phone calls viewed as most helpful component – likely an essential component to the interventions efficacy.
- Utility of single-case design supported - need for further research to determine replicability.

References