

# ACTraining for the Taiwanese parents of children with disabilities



Shinji TANI, Yuanhong JI (Ritsumeikan University ;Japan), LO Tzu-Chi (Angel Heart Social Welfare Foundation; Taiwan), and Nien-Hwa LAI (National Taipei University of Education)

## Background

We developed the ACTraining program for the parents of children with disabilities, and conducted the research to show the effectiveness of the program in Japanese parents(Tani, et al.,2013). TANI & KITAMURA (2014) showed that psychological flexibility was the predictive factor of depression and psychological QOL of the parents.

## Purpose

One of the aims of this research was to investigate the studying effects under different conditions (country). Another aim was to examine the cultural differences between Japanese parents and Taiwanese parents when the ACTraining was provided.

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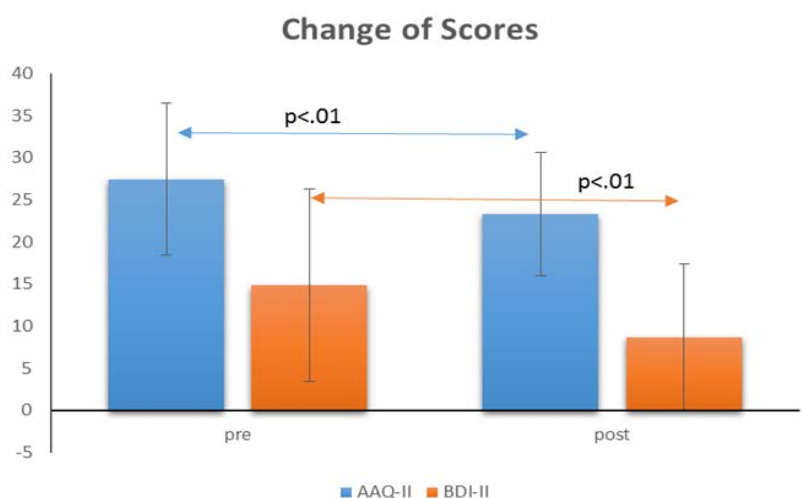
## Methods

**Participants;** 26 Taiwanese parents of children having disabilities attended the program (M=1, W=25, mean age=50.2y, range 28-62y). Mean child age was 17.4y (range 9-32).

**program** The program was implemented by group format. The textbook and PP slides used in Japan were translated into Chinese. Participants were divided two classes, and attended the program for two days (about six hours).

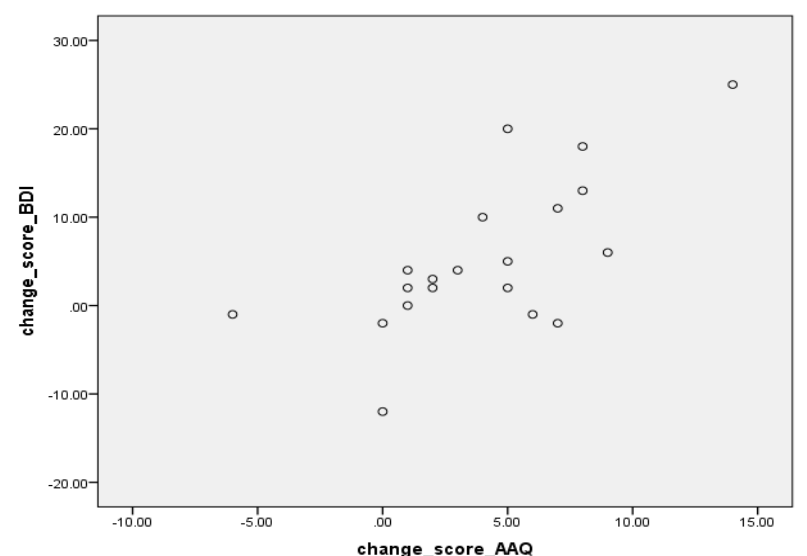
**Measures;** BDI-II (Beck Depression Index, Chinese ver.) was used as the outcome measure. AAQ-II (Acceptance and Action Questionnaire, Chinese ver.) was used as the process measure.

**Design;** Pre-test/ Post-test design was used to investigate the effectiveness of the program.



## Results

The mean score of BDI-II at pre-test was 14.8 ( $sd=11.5$ ). The mean score of AAQ-II at pre-test was 27.4 ( $sd=9.0$ ). The score of BDI-II and AAQ-II was decreased after finishing the program. The statistic analysis revealed a significant difference between pre-test and post-test (BDI-II;  $t=2.9(sd=8.5)$  at post-test,  $p<.01$  ES;  $r=.55$  (large) AAQ-II;  $t=4.2 (sd=4.2)$  at post-test,  $p<.01$ , ES;  $r=.66$  (large)). The significant correlation was also found between the score of the change score of AAQ-II and the change score of BDI-II ( $r=.68, p<.01$ ). This results showed AAQ-II (psychological flexibility) would be the important predictor of depression symptoms.



## Discussion;

These results showed that the program was effective under the different condition. It was probable that the psychological flexibility of the participants was related to depressive symptoms of the parents. Considering this results together with the results of our research conducted in Japan, ACTraining works well for the parental mental health and psychological QOL at least in Asia. It was difficult to translate some ACT words, such as experimental avoidance, defusion, psychological flexibility, and so on, into Chinese. Because these words were necessary to express with Kanji. Some exercises and metaphors were needed to modify to fit Chinese culture.