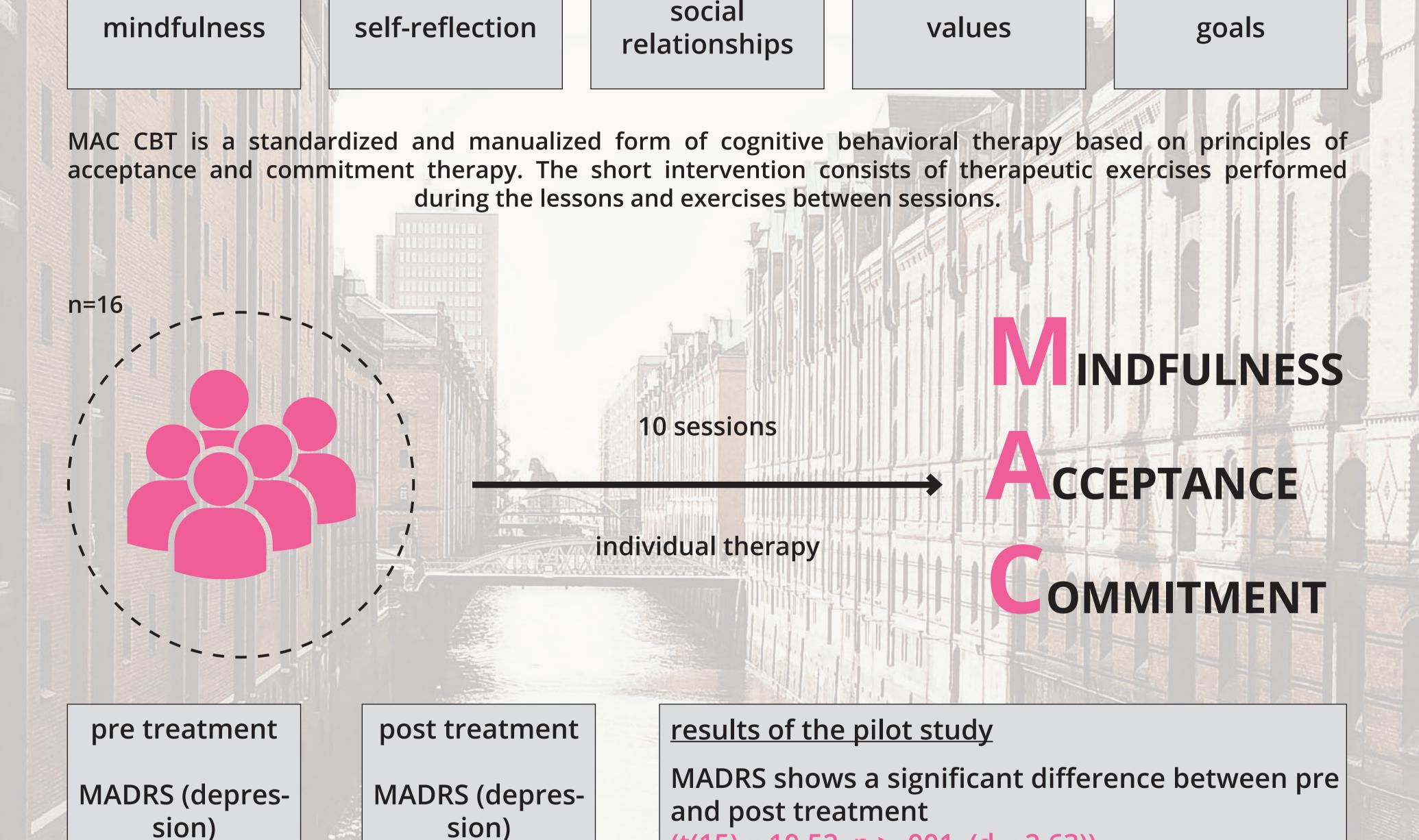
# **MAC:** a mindfulness, acceptance and commitment based short intervention for patients with depression sychiatrisc,

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# Background

**Practicing mindfulness improves self-awareness and self-care.** The ability to accept unpleasant situations and emotions reduces suffering and emotional pain. We developed a new short intervention (10 sessions) for patients with depression. We are currently treating a small group of patients (n= 16) with this treatment as a pilot study to see if the treatment is effective. If it is, we will conduct a RCT study with more patients.

## **Method and Progress**



# AAQ (flexibility)

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## (t(15) = 10.52, p > .001, (d = 2.63)).

AAQ shows a significant difference between pre and post treatment (d = 2.63, (d = 3.50)).

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The results of the pilot study show significant improvements in the area of depressive symptoms and mental flexibility. We consider the results to be sufficient to justify the start of a larger scale study.

#### References

Hayes, S. (2004) Acceptance and commitment therapy, relational frame theory, and the third wave of behavioral and cognitive therapies. Behavior Therapy, Volume 35, Issue 4, Autumn 2004, pp. 639–665

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Photo by Roman Kraft

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