

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

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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



MAC CBT is a standardized and manualized form of cognitive behavioral therapy based on principles of acceptance and commitment therapy. The short intervention consists of therapeutic exercises performed during the lessons and exercises between sessions.



pre treatment	post treatment	results of the pilot study
MADRS (depression)	MADRS (depression)	MADRS shows a significant difference between pre and post treatment ( $t(15) = 10.52, p > .001, (d = 2.63)$ ).
AAQ (flexibility)	AAQ (flexibility)	AAQ shows a significant difference between pre and post treatment ( $d = 2.63, (d = 3.50)$ ).

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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