

BACKGROUND

Overweight and obesity are related with several physical and mental problems and is a major concern worldwide. Acceptance and Commitment Therapy (ACT) focuses on the clarification of personal values, intrinsically leading to reinforcing life directions, actions and goals. To achieve behavioral goals, an individual must have strategies to deal with emotional avoidance and cognitive fusion.

METHOD

This study investigated the impact of an ACT one day workshop intervention compared to one day of Cognitive Behavioral Psychoeducation comparison group.

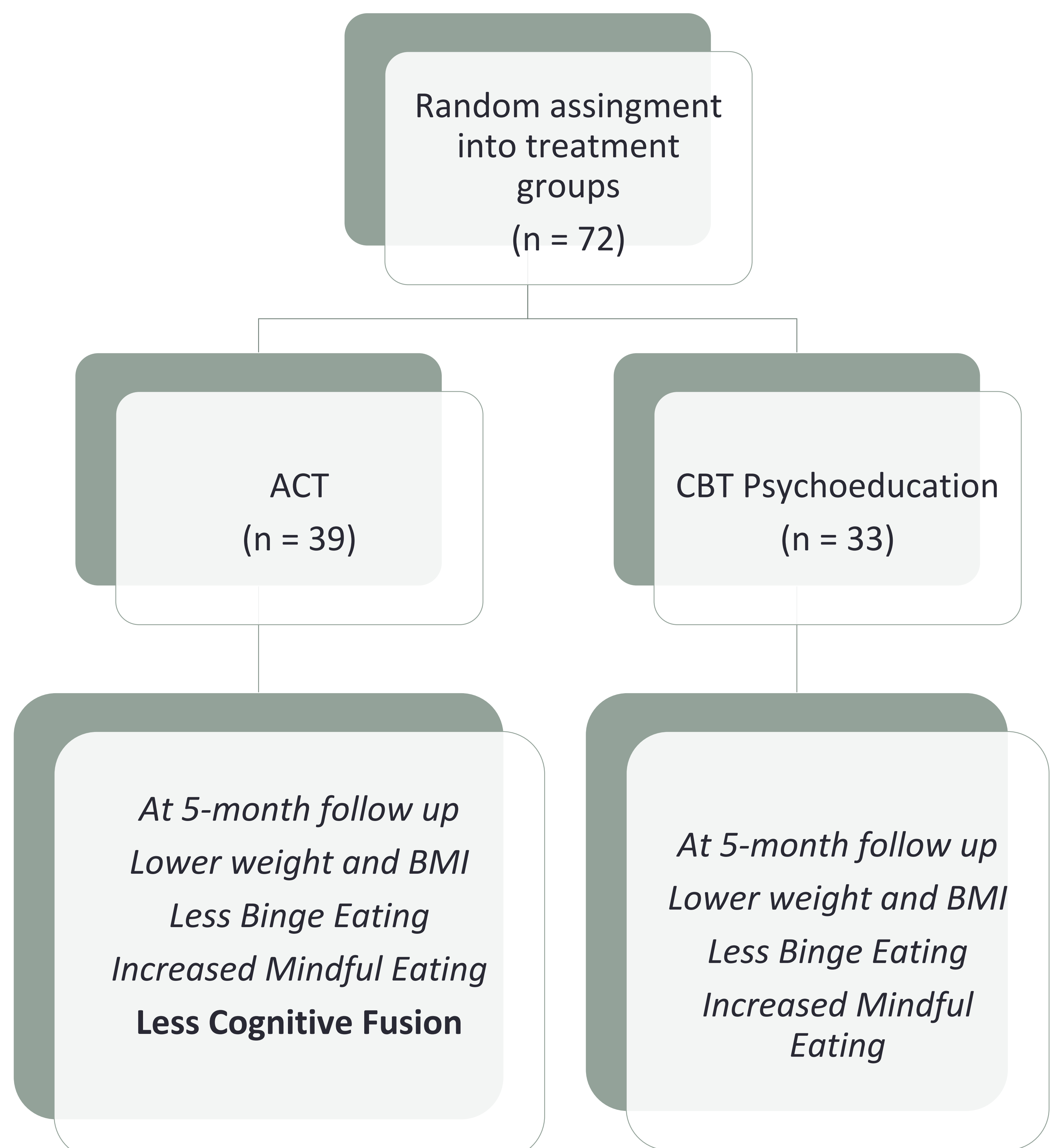
- ACT protocol was based on Acceptance and Commitment Therapy for the Treatment of Obesity-related Stigma and Weight Control by Lillis and colleagues (2009).
- A sample of 72 overweight and obese individuals were randomized (ACT: $n = 39$) and (Psychoeducation: $n = 33$).
- Weight, Body Mass Index (BMI), cognitive fusion, mindful eating and binge eating, using the Cognitive Fusion Questionnaire (CFQ), Mindful Eating Questionnaire (MEQ) and Binge Eating Scale (BES).
- The measures were assed at posttest and 5-month follow up.

RESULTS

Significant differences were found in the ACT group in cognitive fusion at posttest and follow up (CFQ: $F = 3.35$, $p = 0.04$). Weight, BMI, mindful eating and binge eating showed differences after time (Weight: $F = 10.89$, $p = 0.002$; BMI: $F = 12.06$, $p = 0.001$; MEQ: $F = 29.24$, $p = 0.001$; BES: $F = 36.32$, $p = 0.001$) but no significant differences were found between the groups.

DISCUSSION

Results indicate that a brief ACT intervention can clarify the function of eating behaviors, and help obese and overweight individuals to be less fused with thoughts. It is warranted that more studies investigate if ACT longer intervention can impact more than psychoeducation in other variables.



REFERENCES

Lillis, J., Hayes, S.C., Bunting, K., & Masuda, A. (2009). Teaching acceptance and mindfulness to improve the lives of the obese: A preliminary test of a theoretical model. *Annals of Behavioral Medicine*, 37, 58–69.