



COMPARATIVE EFFICACY OF ACT AND CBT FOR CHRONIC INSOMNIA: A PILOT RANDOMIZED CONTROLLED TRIAL

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BACKGROUND

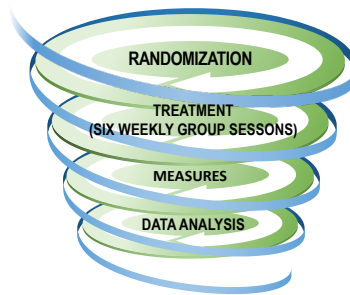
- ✓ Cognitive Behavior Therapy for Insomnia (CBT-I) is recognized as the therapy of choice for insomnia, with several studies reporting and supporting its effectiveness.
- ✓ Acceptance and Commitment Therapy (ACT) represents a paradigm shift in the management of insomnia.
- ✓ Aiming to increase their psychological flexibility, not concentrating exclusively on symptom control.
- ✓ To evaluate a protocol for ACT-I in adults compared to CBT-I.

METHOD



CBT-I

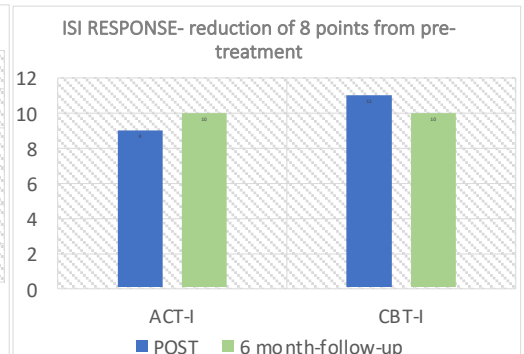
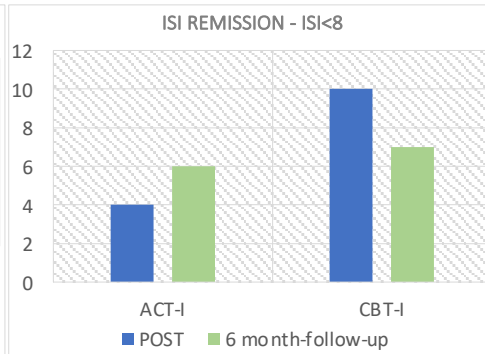
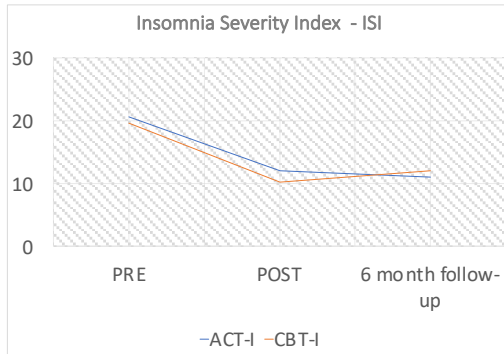
- Psychoeducation on sleep;
- Sleep hygiene;
- Stimulus control;
- Sleep restriction;
- Cognitive restructuring of maladaptive beliefs about sleep and daytime effects of insomnia.



ACT-I

- Psychoeducation on sleep;
- Sleep hygiene;
- Acceptance;
- Mindfulness;
- Defusion;
- Self as context
- Values and commitment action.

RESULTS



CONCLUSIONS

- ✓ Both CBT and ACT therapies are effective, with a more rapid effect for CBT and a delayed action for ACT based treatments. These different trajectories of changes provide possibilities into the process of behavior change via cognitive versus contextual approach.