

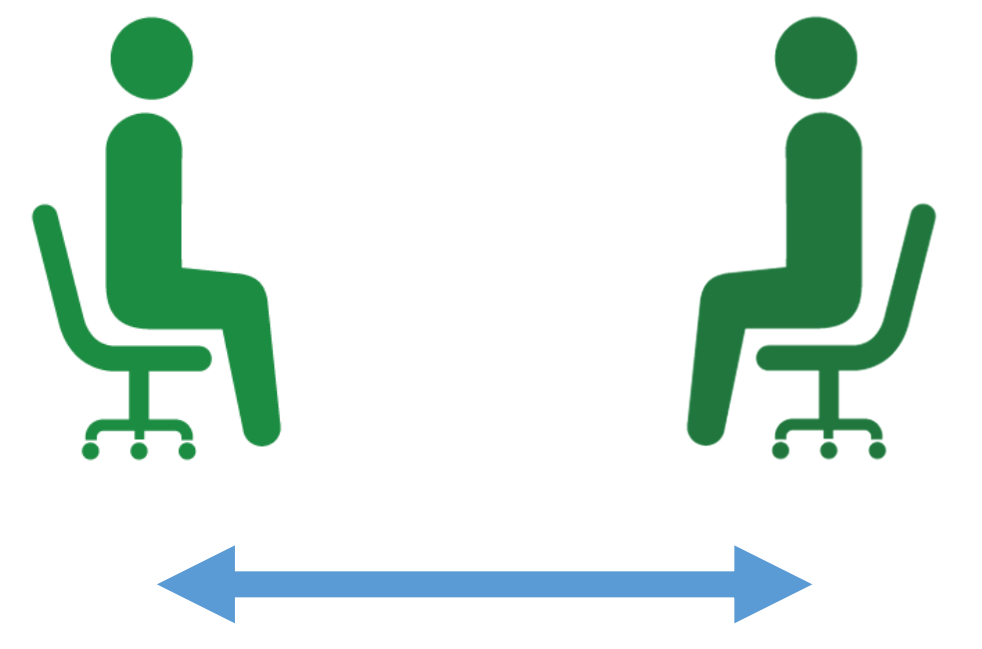
Objective

Background ◆ Target of ACT for mental illness stigma: Not to remove negative thoughts regarding mental illness, but **to reduce their influence on behavior toward people with mental illness** (e.g., Masuda et al., 2007)

◆ However, a lot of research on stigma only asks the explicit or implicit image of mental illness.

Objective To measure the effects of defusion intervention on stigma using a behavioral measure (seating arrangement)

Hypothesis ◆ The difference in the distance of the seating arrangement (Post-Pre)
...Closer in the ACT group than in the control group.



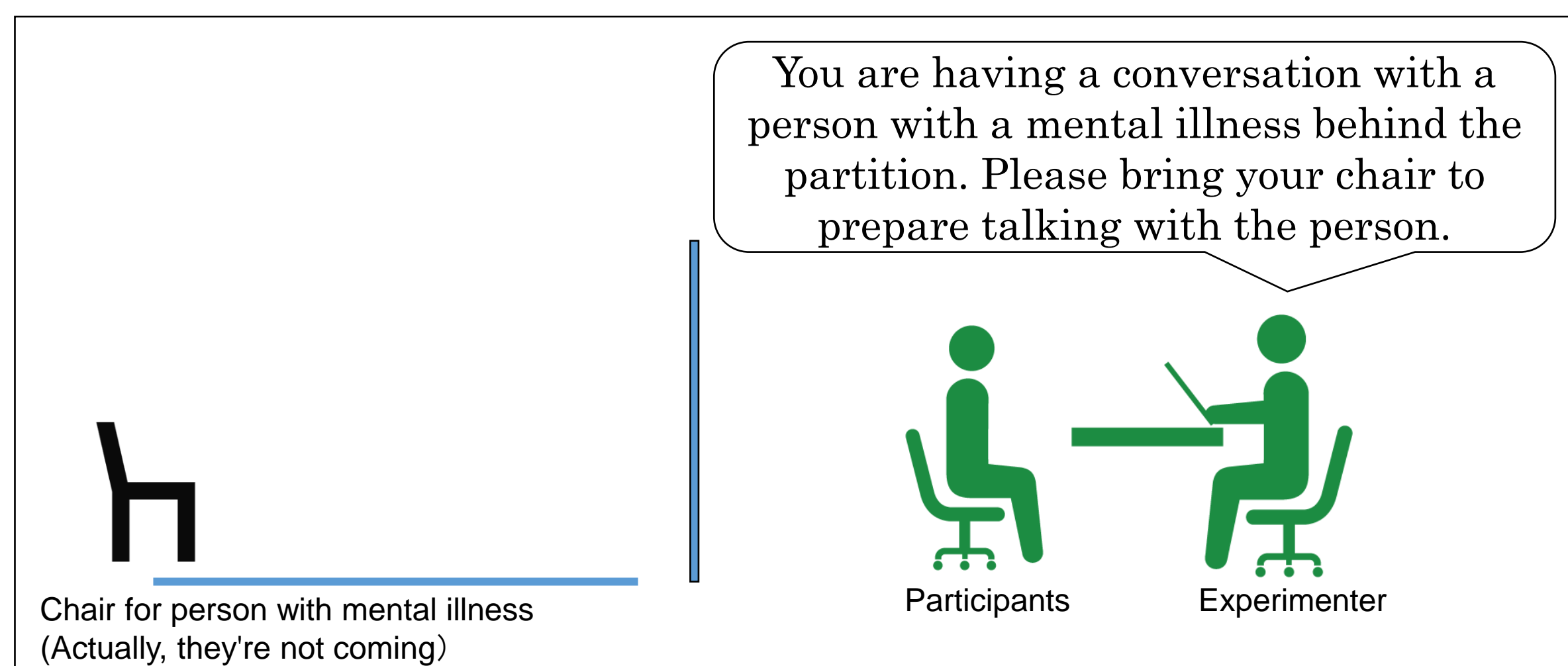
Method

Participants

Undergraduate Students (N=27)

Measures

1) Difference in the length of seating arrangements:
The difference in distance within the seating arrangements between Pre- and Post-intervention.



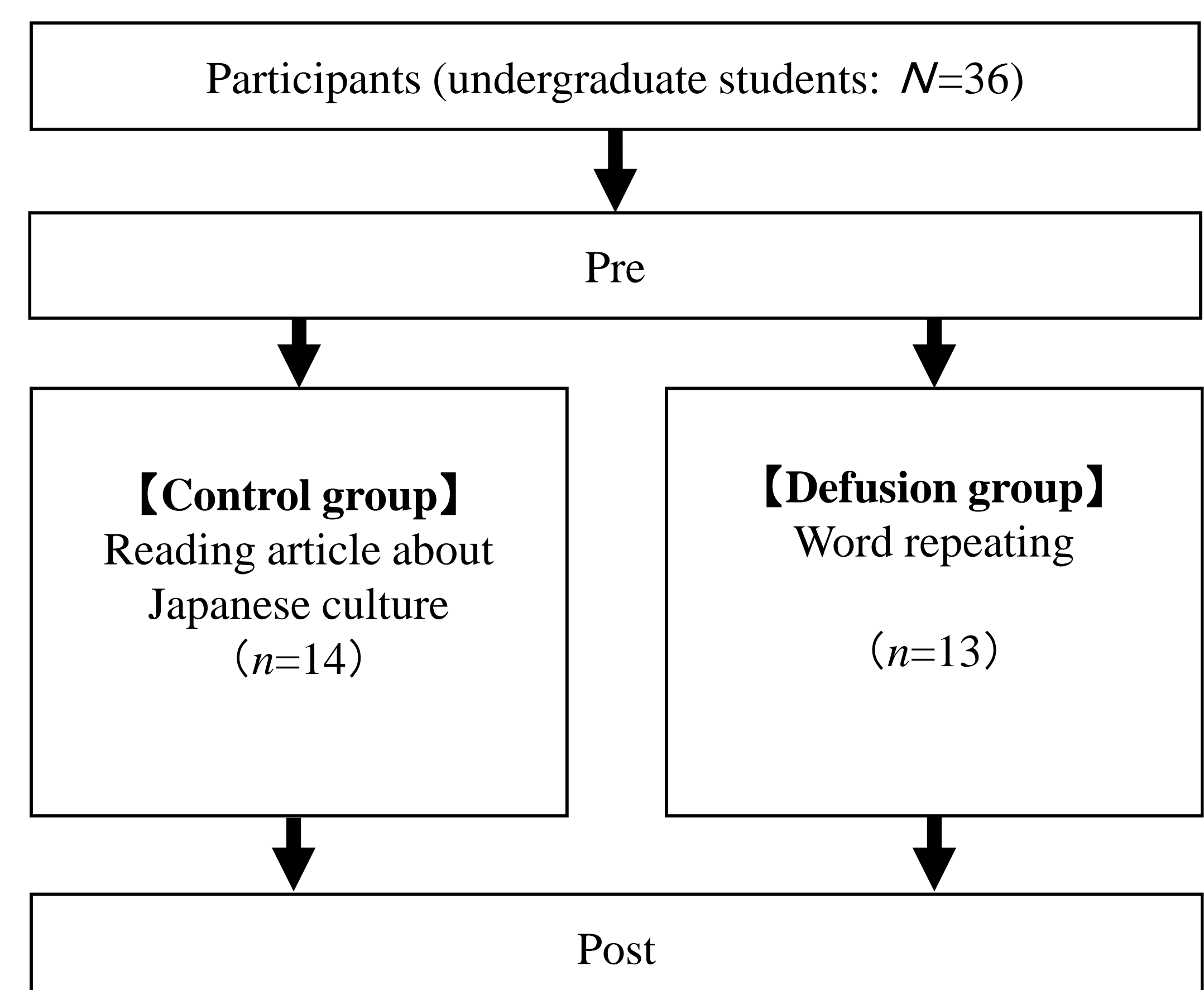
2) Believability and Discomfort for mental illness:
Both were VAS (0-100)

3) Stigma inventory:
Japanese version of Link's stigma Inventory (Shimotsu et al., 2011)

Interventions

◆ Participants were randomly assigned to 2 groups.
1) Control group: Read a text on Japanese culture
2) Intervention group: Word Repeating

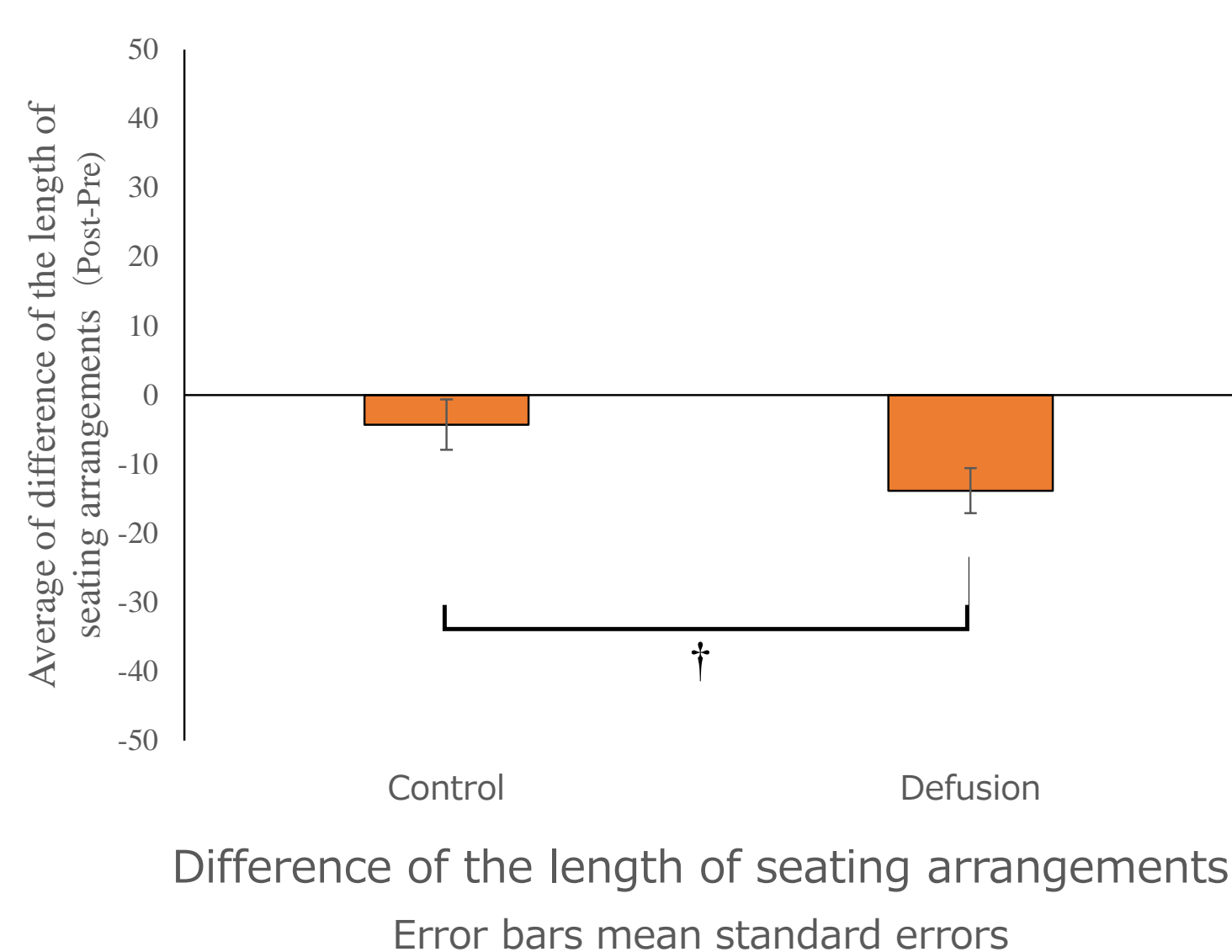
Procedures



Results

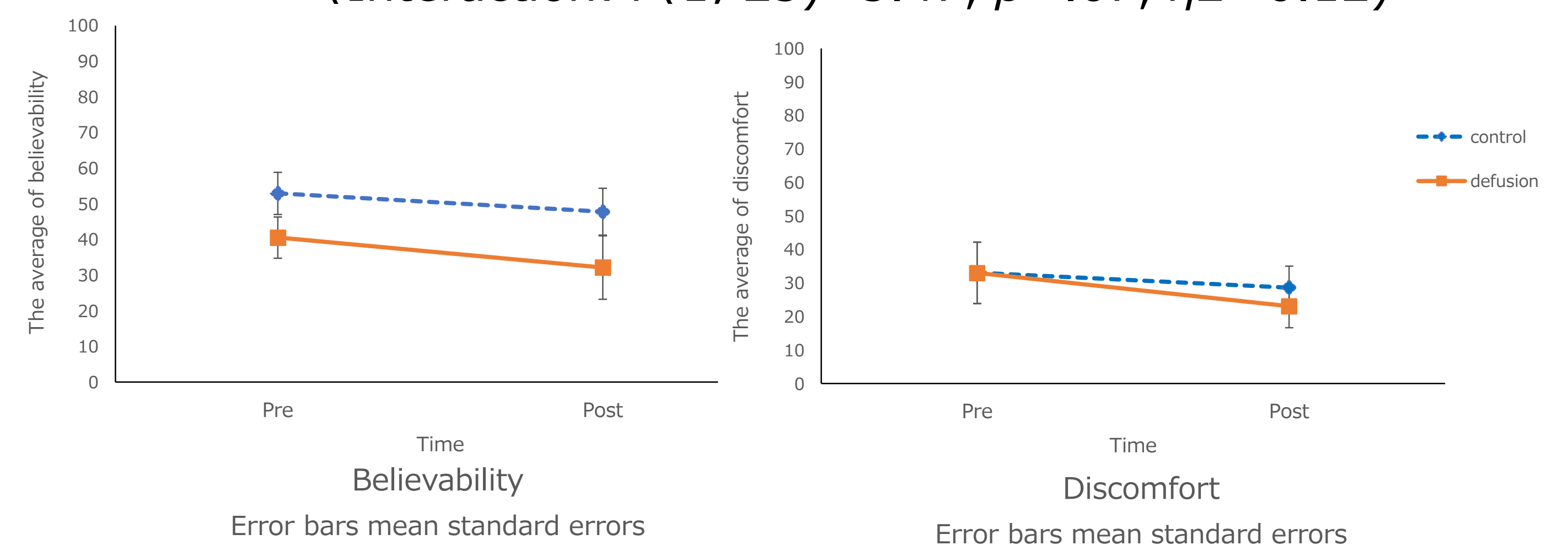
1) Difference in the length of seating arrangements:

A significant tendency of members in the intervention group to move their chairs closer to each other
($t(25) = 1.95, p = .06, d = 0.75 [-0.07, 1.57]$)



2) Believability: No significant effect on intervention

Discomfort: Significant trend in interaction but not in multiple comparisons
(Interaction: $F(1, 25) = 3.47, p = .07, \eta^2 = 0.12$)



3) Stigma inventory: No significant effect on intervention

Conclusion

- ◆ The defusion intervention may cause changes in behavior in a contact situation.
- ◆ No change was observed in the questionnaire.

The defusion intervention may have influenced behavior without changing thought such as the stigma inventory, as it was intended.



✓ The lack of participants has contributed to the results of this study.