

INTRODUCTION

- **Acceptance and Commitment Therapy (ACT)** has evolved a considerable evidence-base in recent years.
- One of the areas where this model has empirical support is in its application in the workplace (Flaxman et al., 2013). However, there are few demonstrations in vocational rehabilitation.
- ACT programs targeted toward children and adolescents is "**Accept, Identify, Move**" (**AIM**) (Dixon et al., 2018). Recently, empirical studies have been conducted with adults using the AIM programs (Issen et al., 2020).

OBJECTIVES

- We translated AIM into Japanese to confirm the **effectiveness of the AIM intervention in vocational rehabilitation** in Japan.
- The main objective was **to evaluate the effectiveness of experiential programs such as AIM**, rather than the traditional talk therapy, as an ACT intervention for adults.
- In this study, as a preliminary study, we applied AIM to 4 healthy adults to confirm the changes before and after the intervention.

METHOD

Participants

- 4 healthy adults. (pre-employed) (no knowledge of psychology)
- Aged 22-23. (50% females)

Research design

- Conditions:
 1. AIM lessons supplemented by mindfulness practices (n=9)
 2. AIM daily lessons (n=9)
- Pre- and post-test.

Questionnaires

Pre- and post-test using the questionnaires as below.

- AAQ-II, CPFQ for psychological flexibility.
- FFMQ for mindfulness.
- CFQ for cognitive fusion.
- STAI and The Brief Job Stress Questionnaire (57 items) (Akiomi Inoue et al., 2014) for anxiety and stress symptoms.

Program content (see Table 1)

- 9 lessons of 175 AIM daily lessons were applied. (For participants who have not yet learned ACT, we selected AIM Module 1 and 2 (day1 to 10) to provide a clear understanding of the full scope of ACT and an experiential learning of the core processes of ACT.) (Day 9 lesson "Totem Pole" was excluded because it was considered to be unfamiliar to Japanese people.)
- Group lessons of 30min. animated by Certified Psychologists trained in ACT.

Table 1. Summary of AIM Daily Lessons and Mindfulness Practices.

Day	AIM Daily Lessons	Mindfulness Practices
1	Welcome to Your Mind (Present Moment)	Breathing
2	Saying Yes (Acceptance)	Eating
3	Cutting the String (Defusion)	Breathing
4	Flat Tire (Committed Action)	Feelings and thoughts
5	The Long Jump (Values)	Walking
6	Chameleon (Self-As-Context)	Hands
7	You've Got a Friend ... In You (Acceptance)	Breathing
8	Thought Bubbles (Defusion)	Clouds
10	My Mantra (Present Moment)	Breathing

RESULTS

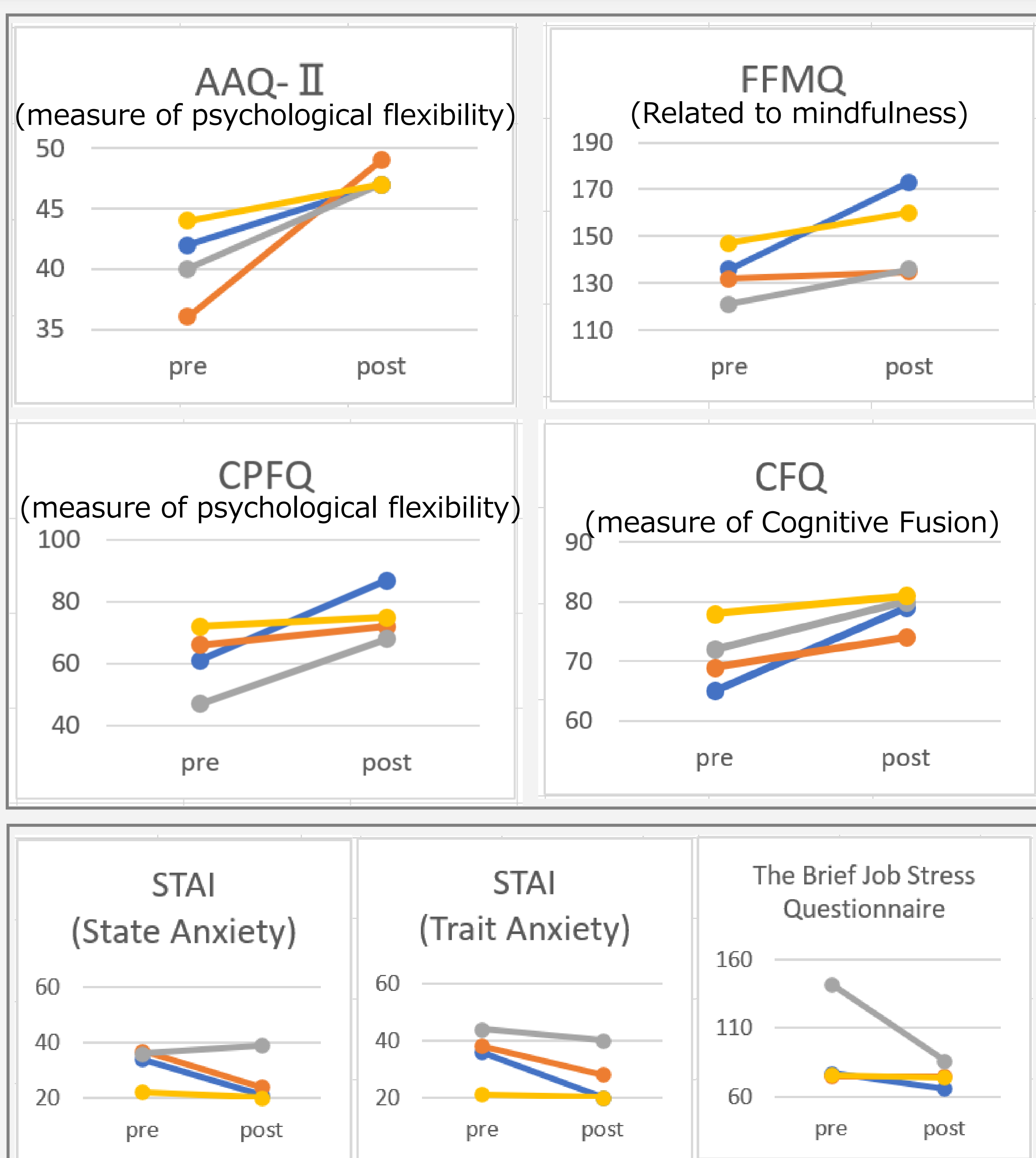


Figure 1. Results of Pre- and post-intervention Questionnaires Scores for 4 persons.

- ↑ **Psychological flexibility**
 - ↑ **Mindfulness**
 - ↑ **Defusion**
 - ↓ **Anxiety and stress (almost reduced)**
- This suggests the effectiveness of AIM experience lessons for adults with no psychological knowledge in the area of vocational rehabilitation.

DISCUSSION

At the end of the program:

- **Psychological flexibility** and **mindfulness** were improved.
- **Defusion** was **accelerated**.
- **Anxiety** and **stress** symptoms were mostly **reduced**.

Conclusion

In later phases of the project, it will be considered to:

- Include a follow-up measure (1-3 months).
- Evaluate and verify the impact of the AIM program on **observable adults' behaviors**.
- Apply AIM to people with **intellectual, developmental, or mental disabilities** for whom ACT interventions are not useful in talk therapy.

Preliminary results of this study highlight:

- The potential effectiveness of AIM programs in **vocational rehabilitation**.