

Effectiveness of acceptance and commitment therapy (ACT) on self-management in patients with cardiovascular disease (CVD) : A Systematic Review

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Background

- ❖ The prevalence of cardiovascular diseases (CVDs) is increasing.
- ❖ Patients with CVDs often feel difficult to adhere to self-management regimen.
- ❖ Acceptance and commitment therapy (ACT) is used to facilitate the processes by increasing psychological flexibility.
- ❖ However, it is less clear if ACT is effective on self-management in patients with CVDs.
- ❖ Thus, this systematic review was to evaluate the effectiveness of ACT on self-management for patients with CVDs

Methods

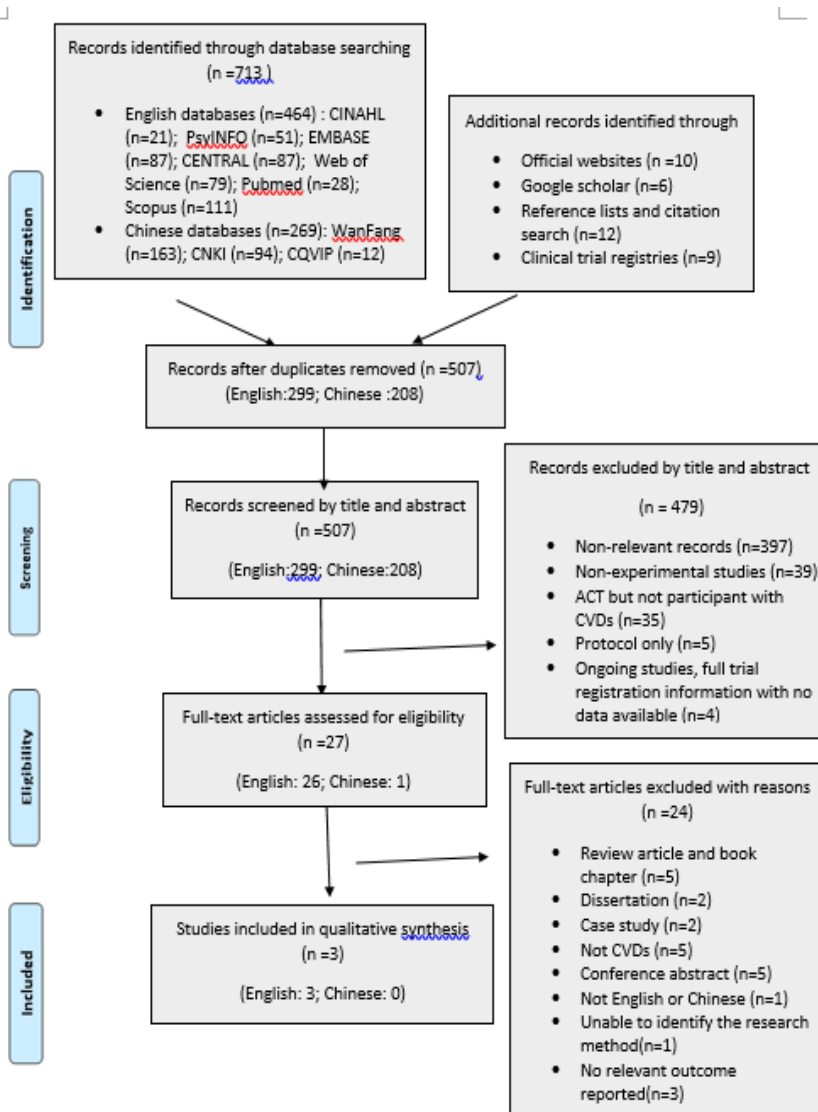
Following PICO's framework

POPULATION	Adult patients with CVDs such as hypertension, chronic heart failure (CHF), coronary heart disease (CHD), stroke
INTERVENTION	ACT
COMPARASION	No restriction
OUTCOME	Self-management behaviour (lifestyle and medication adherence) Mental health (anxiety and depression)
STUDY DESIGN	Experimental and quasi-experimental studies

Risk of bias assessments

Methodology of quantitative study	The assessment tool of Effective Public Health Practice Project (EPHPP)
ACT-intervention	Psychotherapy Outcome Study Methodology Rating Form (POMRF)

Narrative synthesis



Results

- ❖ Two randomized controlled trials and one single-group pretest-posttest with 99 participants were included
- ❖ Significant improvement in dietary pattern (hedge's $g=1.00-1.65$) post intervention (n=1).
- ❖ The effect on anxiety (n=2) remains inconsistent.
- ❖ The average score of included studies based on POMRF was 16 (range: 10-22)
- ❖ According to the EPHPP assessment tool
 - Moderate quality (n=1)
 - Week quality (n=2)

Conclusions

- ❖ ACT has potential effect on dietary changing in patients with CVDs.
- ❖ Further studies with a rigorous design is needed to establish the evidence of using ACT in patients with CVDs.

Fig.1. Flowchart showing the process of selecting studies. ACT: acceptance and commitment therapy; CVDs: Cardiovascular diseases.