

After routine therapy from a mix of approaches, psychological flexibility increased and predicted flourishing + distress outcomes

Exploratory study of common changes in client behaviors following routine psychotherapy: Does psychological flexibility change and predict outcomes?

INTRO

- In a naturalistic setting, explored if psychological flexibility (PF) processes might be activated by a mix of tx approaches, even if done unintentionally, and if their outcomes are also predicted by PF changes.

METHODS

1. N = 197,
2. Collected process and outcome scores prior to first and last session of a semester, for a year
3. Tested with paired sample t-tests, Cohen's d effect sizes, and hierarchical regressions

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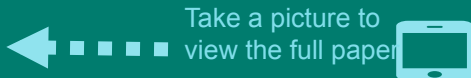
RESULTS

- CAMSR and VQ significantly increased from baseline to post (CAMSR $t(196) = -3.82, p < .001$; VQ $t(196) = -3.68, p < .001$).
- Changes in the CAMSR accounted for 17.8% of the variance in distress and 21.8% in flourishing.
- Changes in VQ uniquely accounted for 4.7% of the variance in distress and 19.9% in flourishing.

DISCUSSION

- Results imply that PF may be unintentionally, but commonly, instigated by greater mix of approaches than previously researched and that PF changes may be common outcome predictors of various therapy brands.

- 10 therapists reported eclectic guidance from integrated theories including psychoanalytic/psychodynamic, interpersonal, feminist, & multicultural; minority occasionally used CBT procedures
- 1 therapist exclusively used ACT
- Acceptance-and-Mindfulness = Cognitive and Affective Mindfulness Scale-Revised (moderate r w/ AAQ, WBSI, ATS, & CFS)
- Commitment-and-Behavioral Activation = Valuing Questionnaire – Progress Scale
- Frequent concerns were interpersonal-social-family issues (96%), anxiety (66%), depression (47%), stress (44%), academic performance (33%), and adjustment to a new environment (24%)



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