

Metaphor, the neglected middle child of Contextual Behavioral Science.

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Exploring acceptance and commitment therapy metaphors: A systematic scoping review.

Method: A systematic scoping review in line with the PRISMA-ScR checklist targeting Pubmed, Web of Science, Embase, and PsycINFO databases with two researchers performing parallel abstract and full-text screening & data extraction.

Findings: Of 843 studies screened, 90 were included in the synthesis. Within these studies, 290 metaphors were used with 100 unique metaphors named. Each study was rated on the quality of the information presented for the included metaphors with a mean rating of 2.96 overall (Range: 0-4).

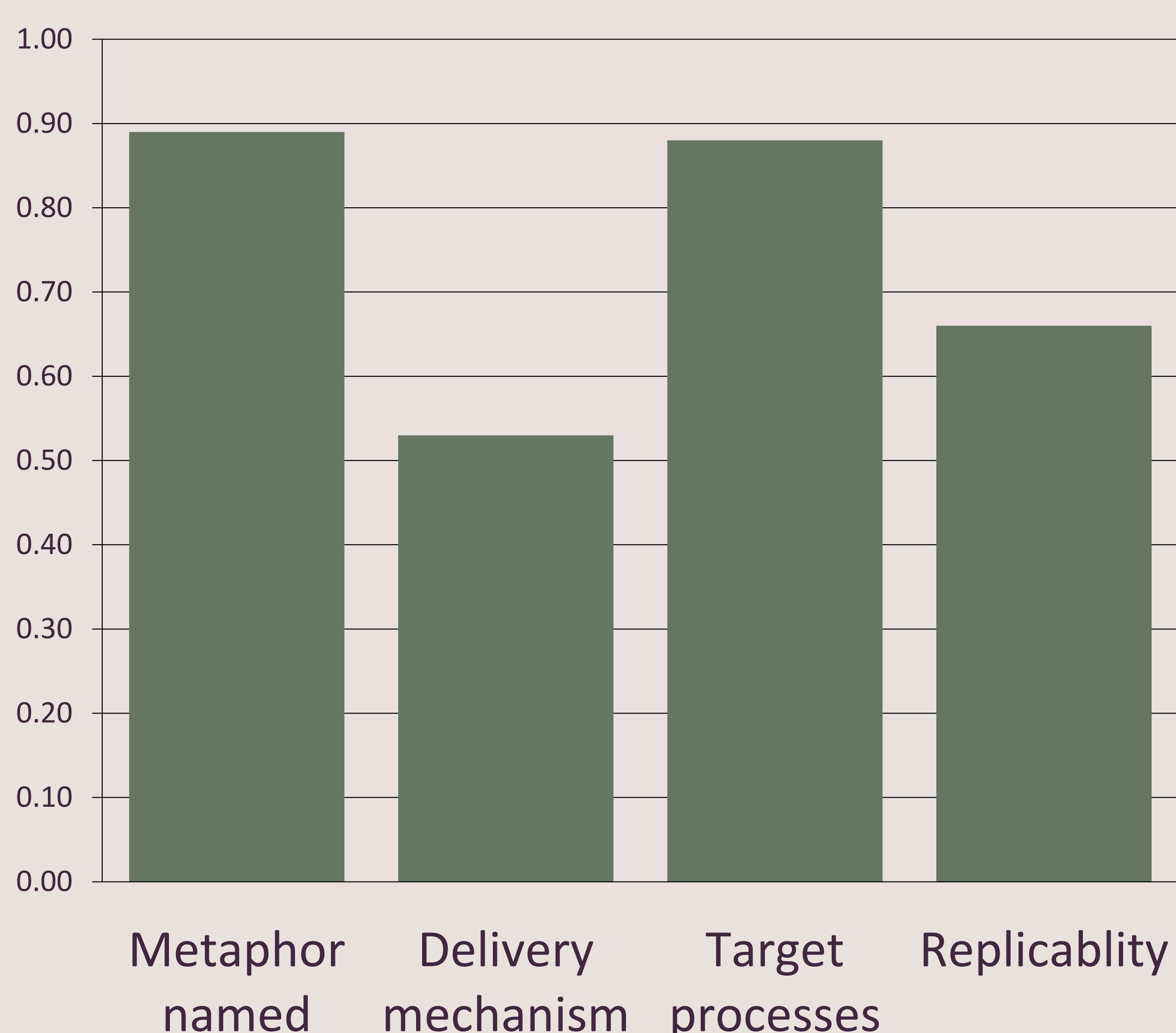


Figure 1. Mean rating for quality of information presented (Range: 0-1), higher scores indicate greater quality.

Climbing a Mountain Swamp Polygraph
The Man in the Hole Chessboard
Passengers On The Bus
Tug-of-War with a Monster Quicksand
The Unwelcome Guest Chinese Finger trap

Figure 2. Relative frequency with which the top ten metaphors were mentioned.

Quant synthesis: Seven experimental quantitative studies assessed ACT metaphors in isolation, each presented one metaphor in a brief intervention (<20mins). Two studies examined the effect of metaphor presence. Neither found the presence of metaphors produced better outcomes (psychological flexibility, pain tolerance, pain intensity). The literature is mixed regarding the effect of common physical properties between metaphor & experience.

Discussion: Overall, the metaphor literature is limited & often imprecise.