

eLIFEwithIBD - Living with Intention, Fullness and Engagement with Inflammatory Bowel Disease: Presenting an ICT-delivery format of a novel contextual behavioural intervention for IBD



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INTRODUCTION

- *Living with Intention, Fullness and Engagement with Inflammatory Bowel Disease (IBD)* is an ICT-delivery format (eLIFEwithIBD) of an **acceptance, mindfulness, and compassion-based intervention** adapted to people with IBD that aims to add to the traditional medical approach of IBD treatment.
- This **intervention's pertinence** emerges from the lack of acceptance and compassion-based psychological interventions for IBD.
- Moreover, **digital technologies** offer promising means of delivering behaviour change approaches at low cost and on a wide scale.

MATERIAL & METHOD

TARGET POPULATION

People with IBD, through invitation posts on social media (e.g., Facebook, Instagram) and via e-mail (e.g., contact with IBD patient associations).

INTERVENTION

eLIFEwithIBD is an online version of the LIFEwithIBD intervention, which was adapted from the Mind programme for people with cancer (Trindade et al., 2020) to the IBD context.

FORMAT

- 8 self-guided online sessions, each delivered weekly



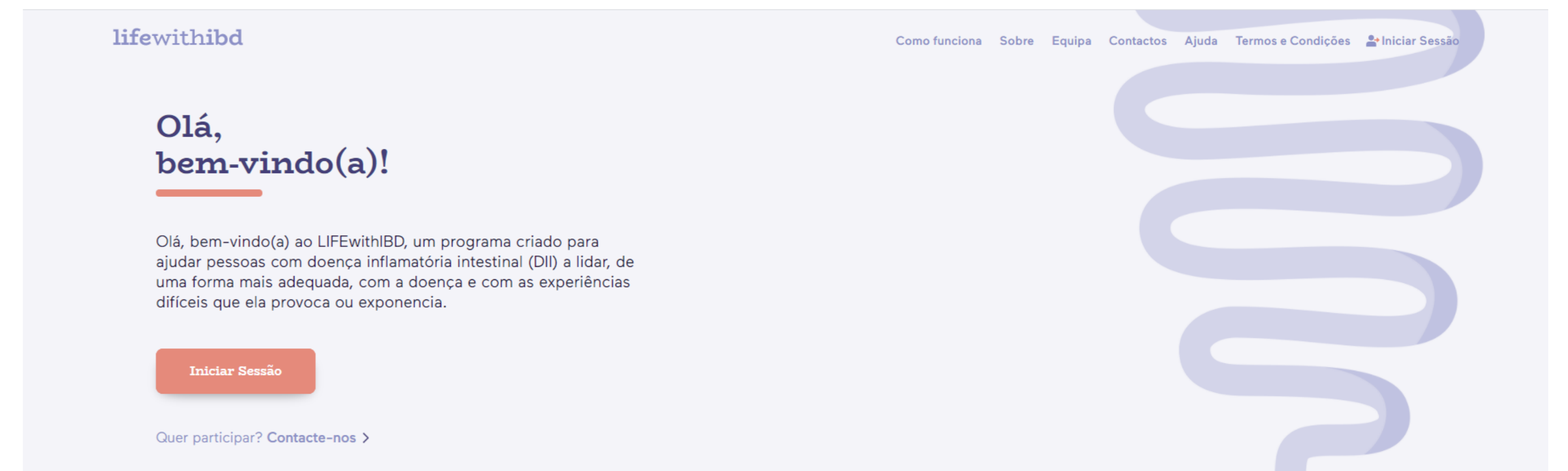
CONTENTS OF SESSIONS

Session 0 Introduction to the Intervention and promotion of creative hopelessness	<ul style="list-style-type: none">- Presentation of the general aims and structure of the intervention;- Identification of areas of suffering and promotion of creative hopelessness;- Mindfulness as an alternative strategy to deal with difficulties;- The science backing mindfulness.	Session 5 Compassion	<ul style="list-style-type: none">- Psychoeducation on shame and self-criticism IBD as an invisible disease and IBD-related stigma;- Introduction to compassion;- Compassion as a strategy to manage difficult feelings and general suffering;- Tackling self-criticism with self-kindness;- Self-compassion and soothing rhythm breathing.
Session 1 Education about IBD	<ul style="list-style-type: none">- Education about inflammatory bowel disease (exploring myths, and common fears and worries);- Introduction to mindful breathing.	Session 6 Acceptance and Cognitive defusion	<ul style="list-style-type: none">- The power of thinking;- Promotion of cognitive defusion;- Promotion of acceptance and willingness through cognitive defusion.
Session 2 Body	<ul style="list-style-type: none">- How our evolutionary past influences our mind;- The mind-body connection;- Physiological responses to emotions;- Promotion of awareness of physical sensations.	Session 7 Compassion and Gratitude towards the body	<ul style="list-style-type: none">- Continuation of compassionate training;- The importance of being grateful for mental health;- Promotion of compassion and gratitude towards our body.
Session 3 Values clarification	<ul style="list-style-type: none">- Clarification/definition of life values;- Individual assessment of the alignment between behavior and values' importance.	Session 8 Committed action / Intervention summary	<ul style="list-style-type: none">- Engaging in committed action: Strategies to overcome expected obstacles;- Summary of the intervention: How the promoted psychological processes are connected and interact with each other.
Session 4 Committed action and Self-care	<ul style="list-style-type: none">- Identification of objectives and obstacles to committed action;- Self-care: why it is essential and how to engage in it;- Education on fatigue: strategies to cope with different types of fatigue (physical and mental fatigue).		

AIMS

- To present an **ICT-delivered contextual behavioural intervention for IBD** to improve psychological flexibility, mindful awareness, self-compassion, mental health and quality of life in people with IBD.

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STRUCTURE OF SESSIONS

- 1 **Overview** of the core competency/concept
- 2 **Metaphors** and/or **experiential exercises** to support participants learning of the targeted ability/concept and its application
- 3 **Invitation** to complete between-session exercise(s) (mindfulness and compassion practices)
- 4 Brief **session summary**

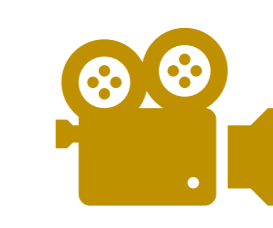
FORMAT OF CONTENTS



TEXT



AUDIO



VIDEO



EXPERIENTIAL EXERCISES

CONCLUSION

The efficacy of this intervention will be tested through a two-arm RCT. If effective, this intervention will allow a larger proportion of people with IBD **to access a self-help tool**. The ICT-based delivery **format's flexibility** can be appealing for this population and may **remove barriers** usually encountered in face-to-face interventions.

Referências:

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- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*. <https://doi.org/10.1093/clipsy/bpg016>
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- Trindade, I. A., Ferreira, C., & Pinto-Gouveia, J. (2016). Inflammatory bowel disease: The harmful mechanism of experiential avoidance for patients' quality of life. *Journal of Health Psychology*, 21, 2882-2892. <https://doi.org/10.1177/1359105315587142>
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