

# Stop Thinking and Start ACTing?

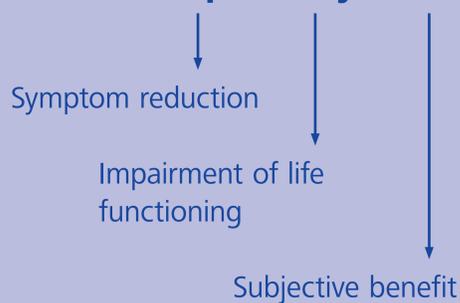
## The Effectiveness of Acceptance and Commitment Therapy in an Inpatient Sample of a Psychiatric Department

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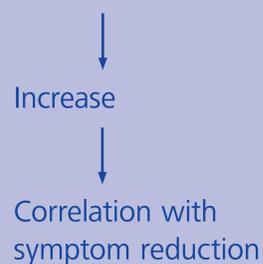


### Hypotheses

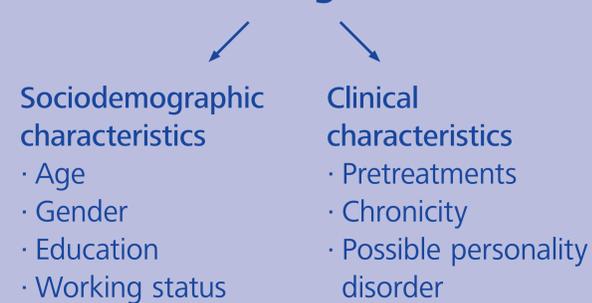
#### 1. Superiority of ACT



#### 2. Mindfulness & Valued Living



#### 3. Influencing Factors



**Sociodemographic characteristics**

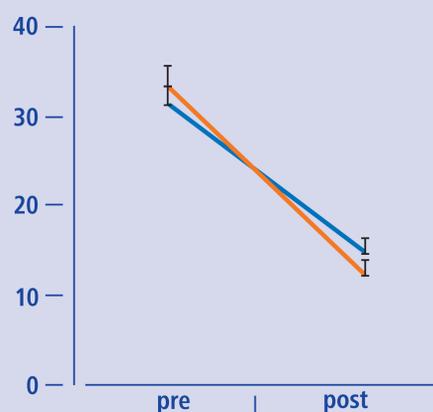
- Age
- Gender
- Education
- Working status

**Clinical characteristics**

- Pretreatments
- Chronicity
- Possible personality disorder

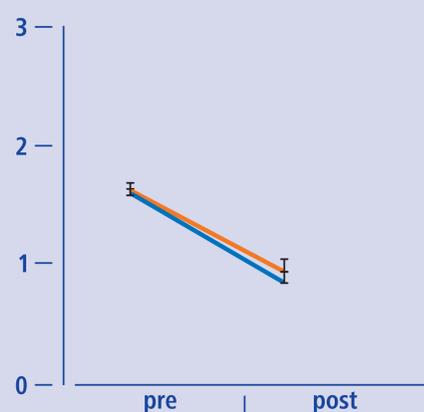
### Results 1

#### Depression (BDI-II)



ACT:  $p < .001$ ,  $dz = .79$   
CBT:  $p < .001$ ,  $dz = 2.28$

#### General syndromes (ISR)



ACT:  $p < .001$ ,  $dz = 1.36$   
CBT:  $p < .001$ ,  $dz = 1.30$

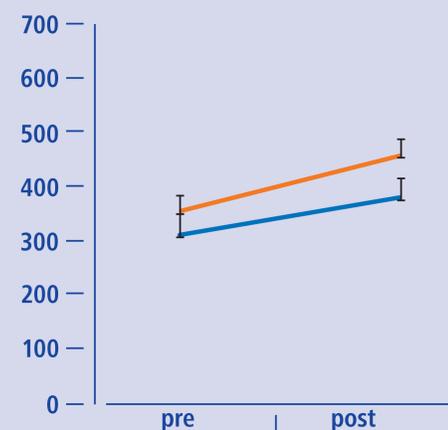
### Results 2

#### Mindfulness



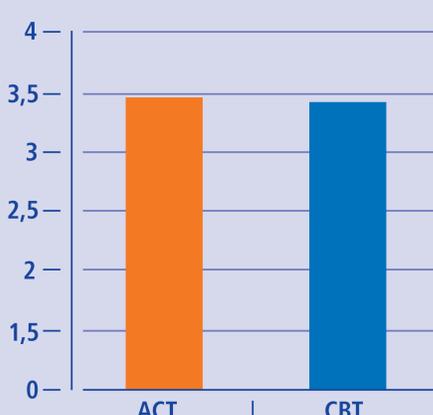
ACT:  $p < .001$ ,  $dz = -.89$   
CBT:  $p < .001$ ,  $dz = -.79$

#### Valued living



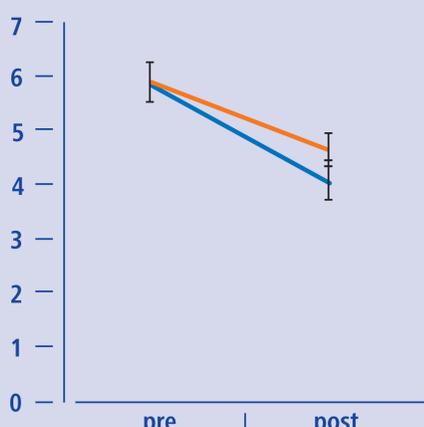
ACT:  $p < .001$ ,  $dz = -.63$   
CBT:  $p = .051$ ,  $dz = -.39$

#### Subjective benefit



ACT:  $X = 3.46$  ( $SD = 0.64$ )  
CBT:  $X = 3.41$  ( $SD = 0.47$ )

#### Impairment of life functioning



ACT:  $p < .001$ ,  $dz = .65$   
CBT:  $p < .001$ ,  $dz = 1.16$

Mindfulness revealed as a significant predictor for BDI-II and ISR post-treatment scores for both groups

Valued living revealed as a significant predictor for BDI-II and ISR post-treatment scores only for ACT-group

### Results 3

#### Sociodemographic characteristics

· Work status is a significant predictor for general psychological syndromes (ISR;  $\beta = .38$ ,  $p < .005$ ).

#### Clinical characteristics

· No significant effects  
· Results point to personality disorder as a predictor for symptom reduction (BDI-II)

#### Other: Critical life events

· ACT-group reports twice as many critical life events as CBT-group

### Limitations

- Quasi-Randomization
- Low internal validity (due to treatment)
- Only one therapist per treatment
- Use of screening-instruments
- Small sample size in certain cases

### Conclusion

- ACT and CBT seem to be equally effective for inpatients
- Valued living and mindfulness influence therapeutic outcome
- Differentiation between active components of both therapies remains unclear

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