

Every Voice Matters: How a Modern Process-Based Approach is Helping us Expand Our Work Beyond Psychotherapy

Steven C. Hayes
University of Nevada

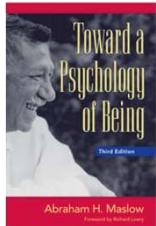
My Intention and COIs



The Contextual Behavioral Tradition

- Monistic, idiographic focus
- Radical functionalism and contingency
 - A wing of evolutionary science
- Experimentally tested principles with high precision, scope, depth
 - Scaled to every human issue
 - Applied to scientists themselves
- With openness to private experience but
 - “Humanism meets behaviorism”





40-50 Years Ago

B.F. Skinner
**WAL-
DEN
TWO**



JOURNAL OF APPLIED BEHAVIOR ANALYSIS

1981, 14, 81-88

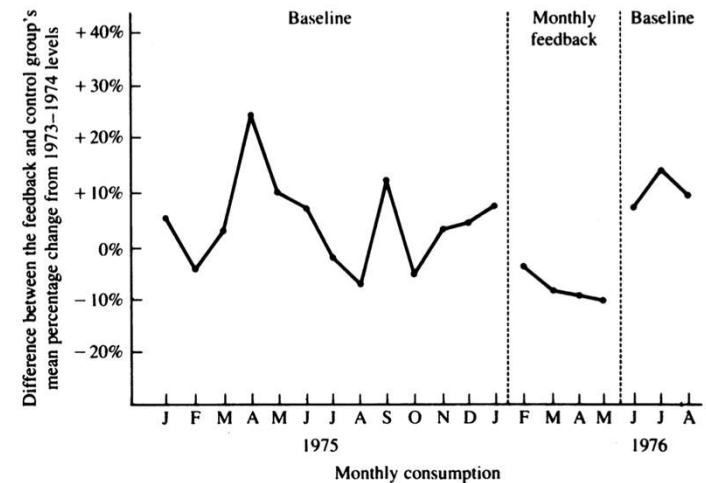
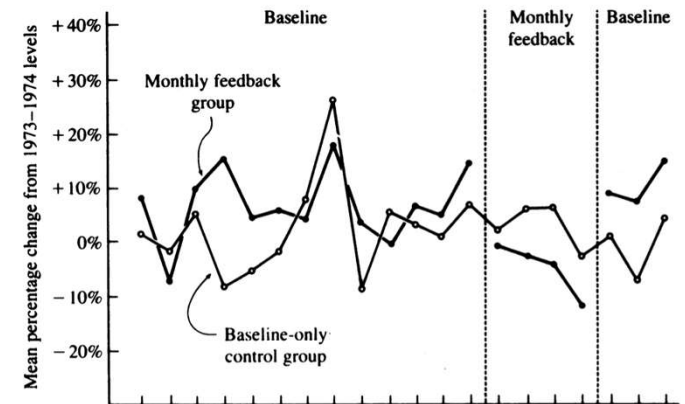
NUMBER 1 (SPRING 1981)

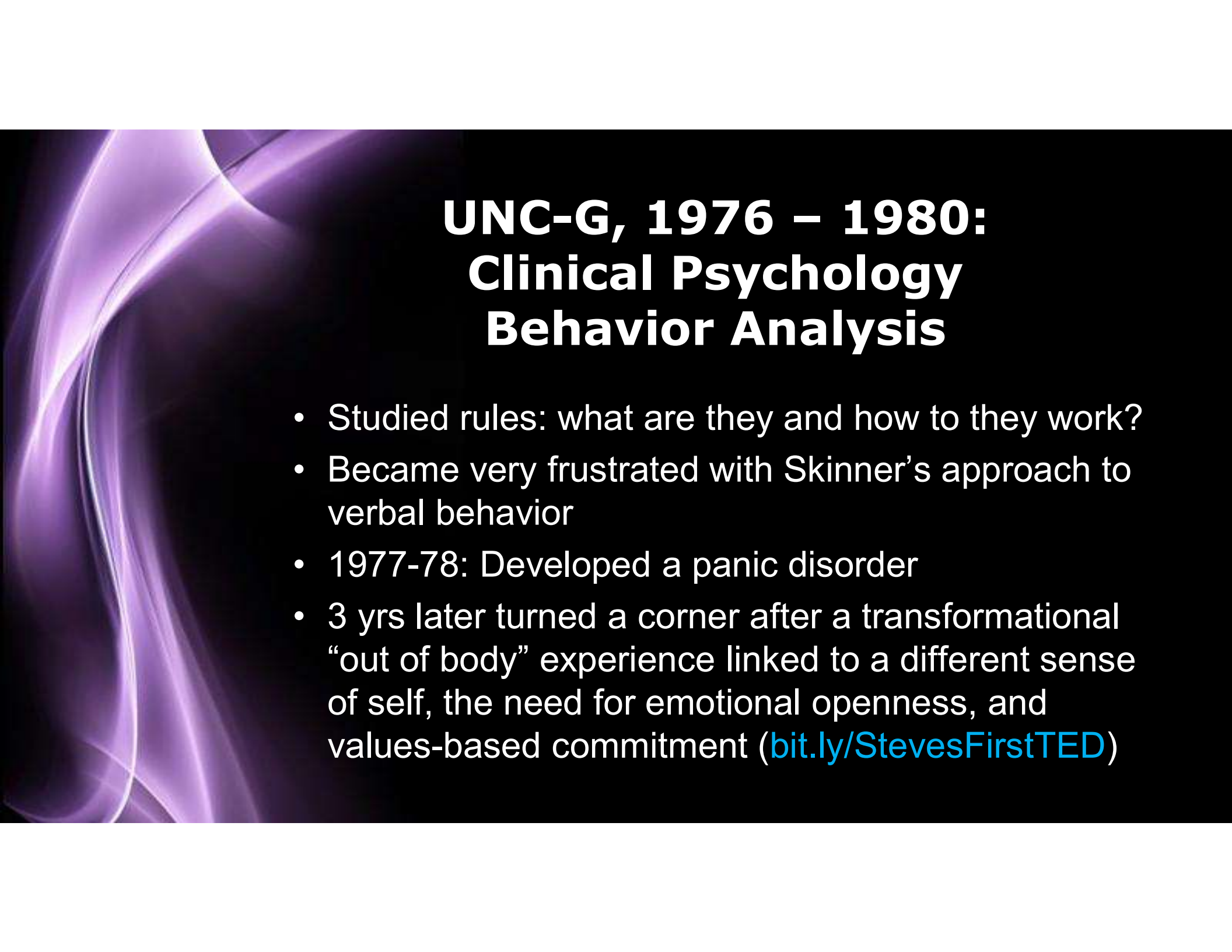
REDUCTION OF RESIDENTIAL CONSUMPTION OF ELECTRICITY THROUGH SIMPLE MONTHLY FEEDBACK

STEVEN C. HAYES AND JOHN D. CONE

UNIVERSITY OF NORTH CAROLINA AT GREENSBORO AND
WEST VIRGINIA UNIVERSITY

Feedback has been widely used in efforts to control the consumption of electricity. Previous efforts, however, have used forms of feedback that seem economically impractical. The present study examined the effects of a feasible program of monthly feedback. Forty matched nonvolunteer participants were randomly divided into two groups: a no-contact control group and a monthly feedback group. In an A-B-A design,





UNC-G, 1976 – 1980: Clinical Psychology Behavior Analysis

- Studied rules: what are they and how to they work?
- Became very frustrated with Skinner's approach to verbal behavior
- 1977-78: Developed a panic disorder
- 3 yrs later turned a corner after a transformational “out of body” experience linked to a different sense of self, the need for emotional openness, and values-based commitment (bit.ly/StevesFirstTED)

Bit.ly/EarliestACT – 1981 thru 1987

Chessboard

House with Furniture

Choice point in a Road

Don't Think of ...

Fall in love on purpose

Sit still for 1 minute

Eyes on

I'm having the thought that

What do you want to stand for

Pain exposure

Commitment

"Comprehensive Distancing"

1981 - Big D

1981 – Pain protocol (published in 1999)

1982 – Rob Zettle's depression dissertation

1983 – weight and shame protocol
(lost to history)

1987 – Melancon protocol

Component #2

to
GOAL: To undermine the attachment/and identification with particular thoughts and feelings. (behavior for that matter, but people don't do that as often).

POINTS TO COVER:

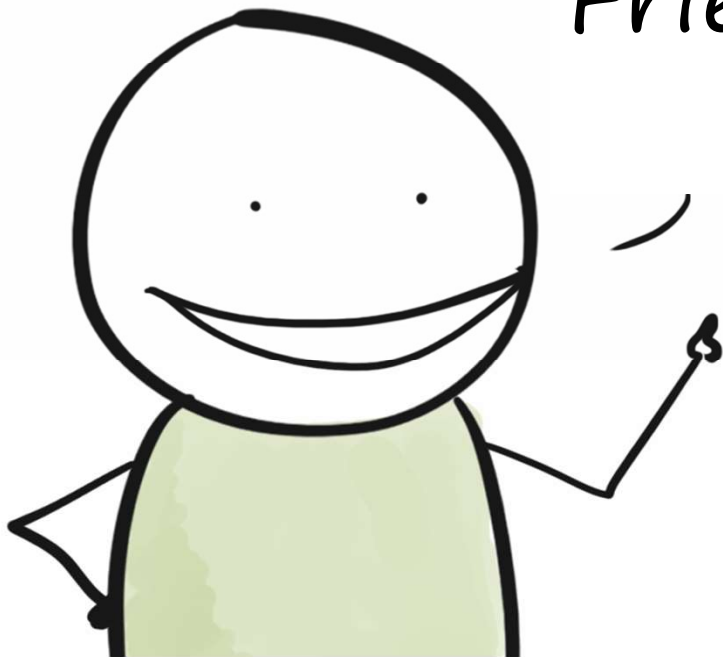
You are a person, an organism, an entity, with genetic and environmental experiences that far outstrip any immediate reactions you may have. Behavior, thoughts, and feelings are things you do; they are not the same as you. Behind any action is an entity watching that action. That is the "you" you mean when you say "you".

Analogies to use in establishing the point:

1. You are a house, filled with furniture. The furniture is not and can never be the house. It is the content of the house. The house is the context in which furniture can be furniture. If the furniture is thought to be good or bad, that says nothing about the house.
2. Your thoughts, and feelings are like pieces in a game of chess. Each piece holds itself in relation to the other pieces. The object of pieces is to ally with other pieces and gang up on still other pieces. Only pieces can influence other pieces. To have ...

ACT in a Ditty

Open to experience,
Awareness in the now,
Let meaning guide your
actions,
Friends and body show
you how



(But you need a
basic account!)

Gut Sense



We Know What Works But Our Minds Don't!

Show me with your body, you at your worst



Show me with your body, you at your best



At Our
Worst



At our best



It is Nearly Universal

Almost everyone shows
the difference

bit.ly/ACTBodyStudy

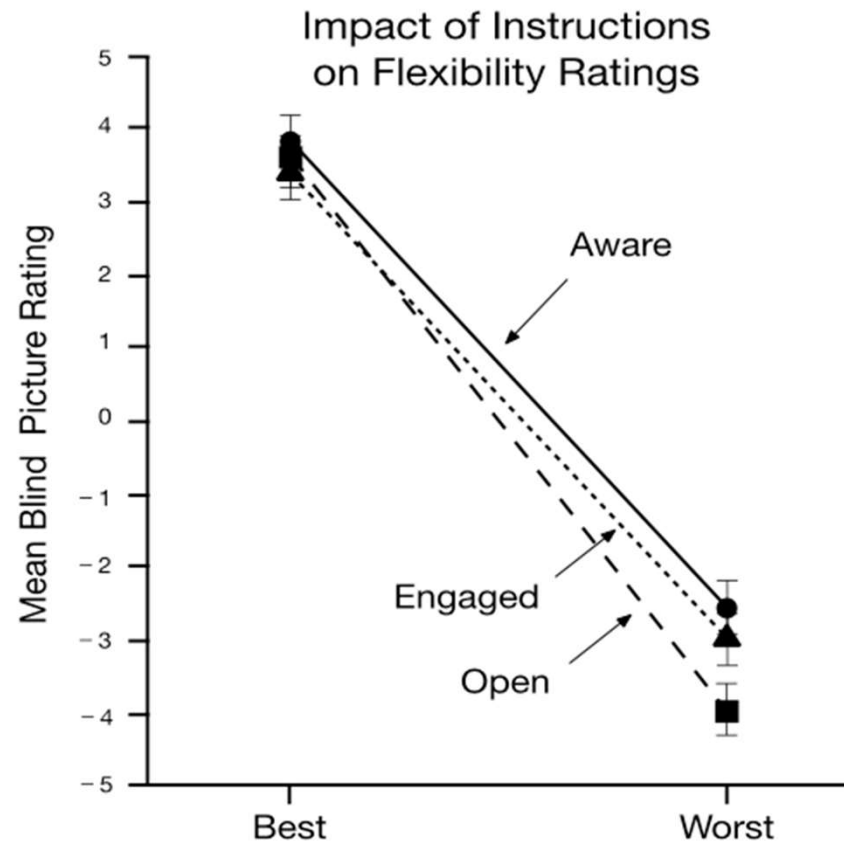
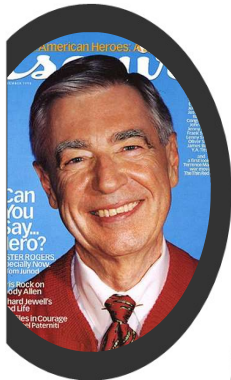


Figure 1. Mean open, aware, and engaged ratings for best and worst poses.

Friends and Heroes

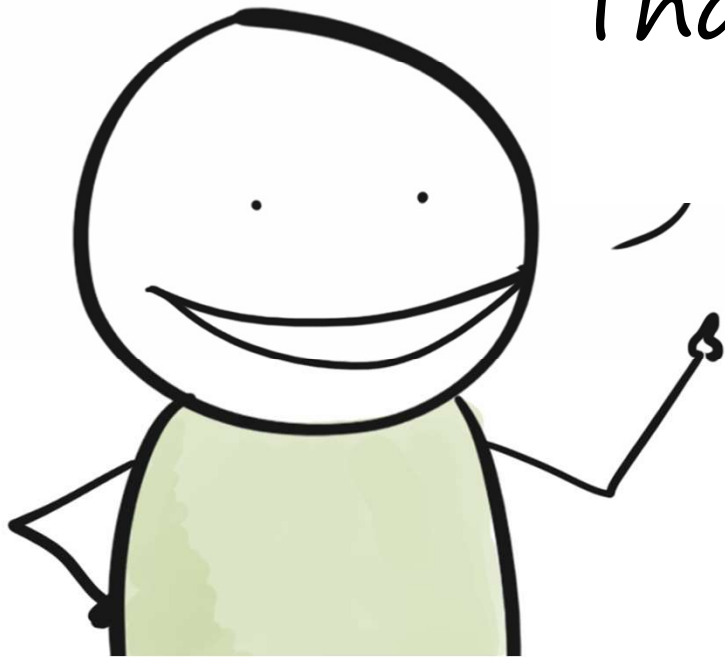


Pick a Hero



RFT in a Ditty

Learn it in one,
Derive it in two,
Put it in networks,
That change what
you do



(The core of the
basic account)

Rob Zettle (1984). Cognitive Therapy of Depression: A Conceptual and Empirical Analysis of Component and Process Issues	ACT Outcome	UNC-G
Jeanne Devany (1985). Stimulus Equivalence and Language Development in Children	RFT	
Arlinza "Sonny" Turner (1986). The Relationship Between Two Classes of Measures Examined Idiothetically and Nomothetically	Idionomic Analysis	
Irwin Rosenfarb (1986). The Use of Therapist Rules, Self-Rules, and Contingency-Shaped Feedback in the Treatment of Social Skills Deficits in Adults	Rule Governance	
Elga Wulfert (1987). Higher-Order Control Over Equivalence Classes and Response Sequences: An Experimental Analogue of Simple Syntactical Relations	RFT	
David Steele (1987). Conditional Control of Equivalence and the Relations Different and Opposite: A Behavior Analytic Model of Complex Verbal Behavior	RFT	UNR
Joe Haas (1991). The Effects of Verbal Consequences for Rule-Following on Sensitivity to Programmed Contingencies of Reinforcement	Rule Governance	
Sue Melancon McCurry (1991). Client Metaphor Use in a Contextual Form of Therapy	Processes of Change	
Durriyah Khorakiwala (1991). An Analysis of the Process of Client Change in a Contextual Approach to Therapy	Processes of Change	
Gina Lipkens (1992). A Behavior Analysis of Complex Human Functioning: Analogical Reasoning	RFT	UNR
Barbara Kohlenberg (1994). Transfer of Function Through Equivalence: Modification Effects Based Upon Nodality and Contextual Control	RFT → Rule Governance	

Worldwide From the Early Days

• RFT Workshops

-
- March 1982 Western Michigan University
- January 1986 Oregon Research Institute, Eugene, Oregon
- February 1986 University of Florida
- March 1986 University of Kansas
- December 1986 Mexican Society for Behavior Analysis, Mexico City, Mexico
- June 1987 University of Sao Carlos, Sao Carlos, Brazil
- January 1989 IIVR3, Aguas de Lindoia, Brazil.
- January 1989 Universidade de Para, Belem, Brazil
- April 1989 University College of North Wales, Bangor, Gwynedd, Great Britain

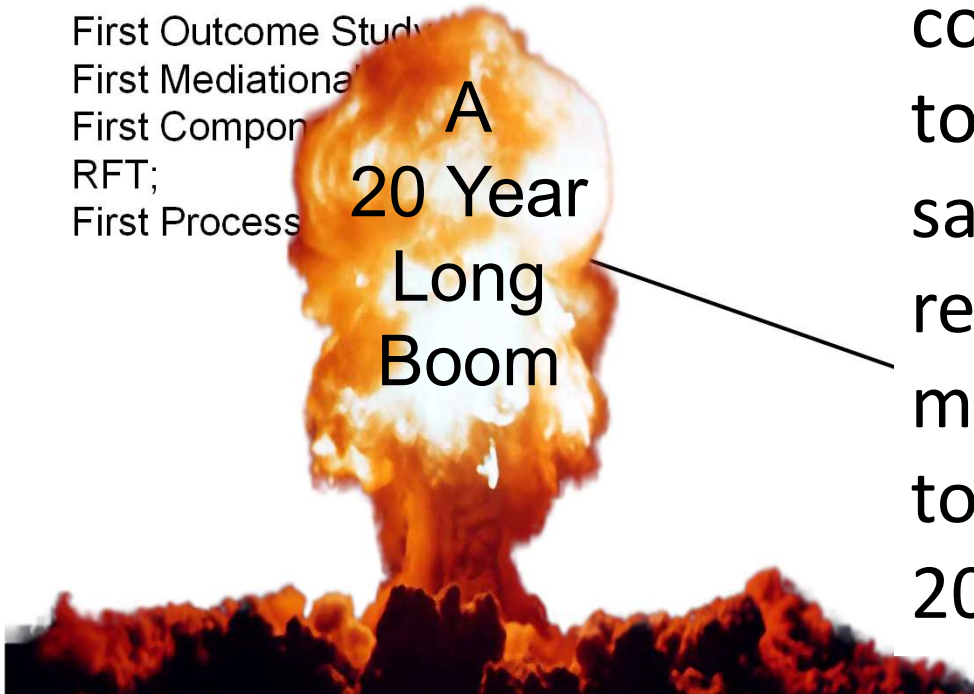
• ACT Workshops

-
- October 1982 Broughton Hospital, Morganton, NC
- June 1983 Guilford County Community Mental Health Center, Greensboro, NC
- October 1984 University of New Mexico
- October 1984 West Virginia University
- October 1985 University of Wisconsin at Milwaukee
- January 1986 Oregon Research Institute, Eugene, Oregon
- March 1986 University of Kansas
- November 1986 St. Mary's University, Halifax, Nova Scotia
- April 1987 University of Washington, Seattle
- June 1987 University of Sao Carlos, Sao Carlos, Brazil
- June 1988 Oregon Research Institute, Eugene, OR
- November 1988 AABT New York
- January 1989 Universidade de Sao Paulo, Sao Paulo, Brazil
- April 1989 University College of North Wales, Bangor, Gwynedd, Great Britain
- April 1989 Group Health Puget Sound, Seattle, WA
- November 1989 AABT, Washington, D.C.
- June 1991 Szent Gyorky Medical University, Szeged, Hungary

The Foundation Was Built by the “We,” Not Me, But It Was Time for a Bigger “We”

First Outcome Study
First Mediation
First Component
RFT;
First Process

A
20 Year
Long
Boom



The conclusion of the *Time* story:
“ ... for ACT to go mainstream, it will have to shed its icky zealotry and grandiose predictions. (“We could get Muslims and Jews together in a workshop,” Hayes said in Washington. “Our survival really is at stake.”) Even so, Hayes may be crazy enough to pull it all together.” (John Cloud, Feb. 13, 2006)

First 1,000 ACT RCTs – Overall and in LMICs



Journal of Contextual Behavioral Science

Volume 33, July 2024, 100809



Acceptance and commitment therapy: What the history of ACT and the first 1,000 randomized controlled trials reveal

Steven C. Hayes^a, Grant A. King^b

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bit.ly/ACT1000RCTs



Behavior Therapy

Available online 13 June 2024

In Press, Journal Pre-proof [What's this?](#)



Why Research from Lower- and Middle-Income Countries Matters to Evidence-Based Intervention: A State of Science Review of ACT Research as an Example

Baljinder K. Sahdra^a , Grant King^b, Jennifer S. Payne^c, Francisco J. Ruiz^d, Seyed Ali Kolahdouzan^e, Joseph Ciarrochi^a, Steven C. Hayes^f

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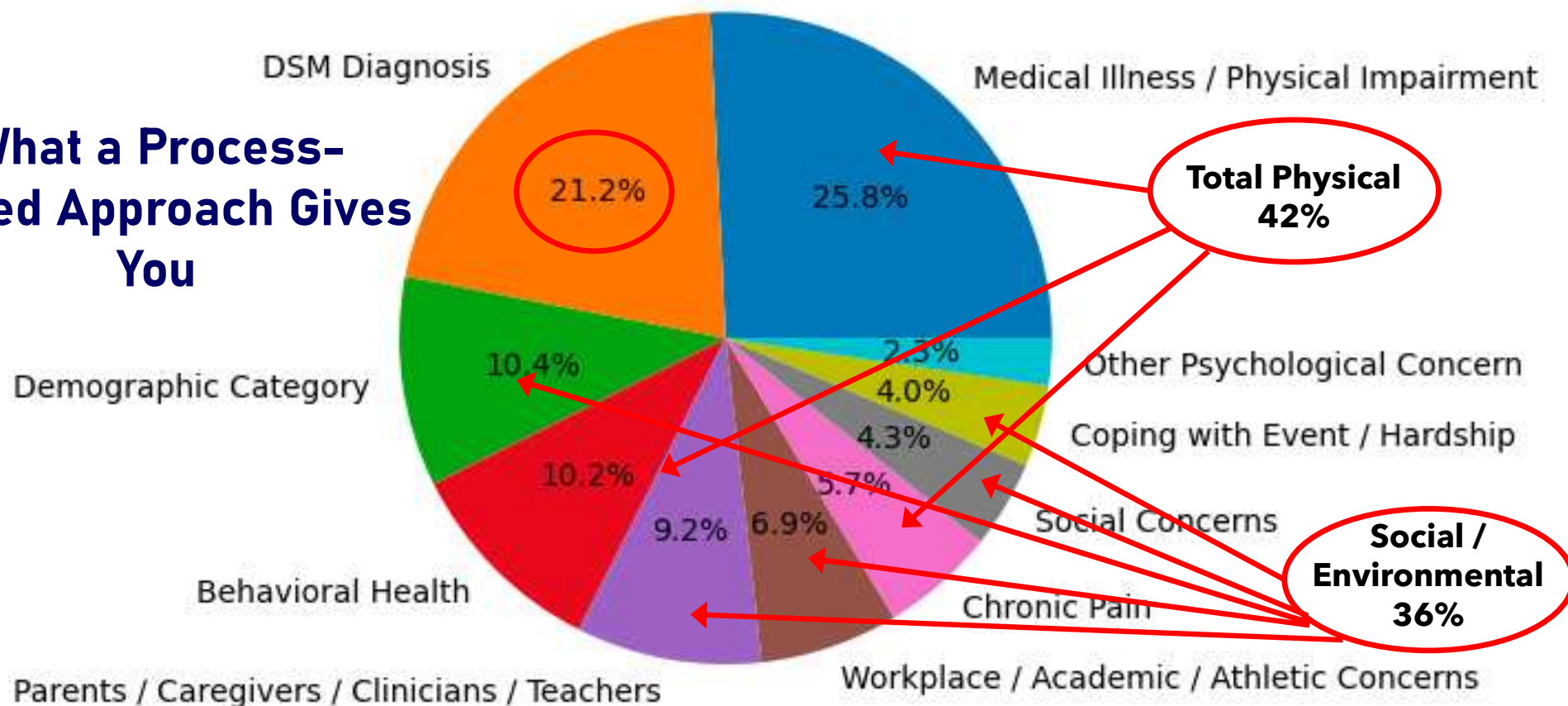
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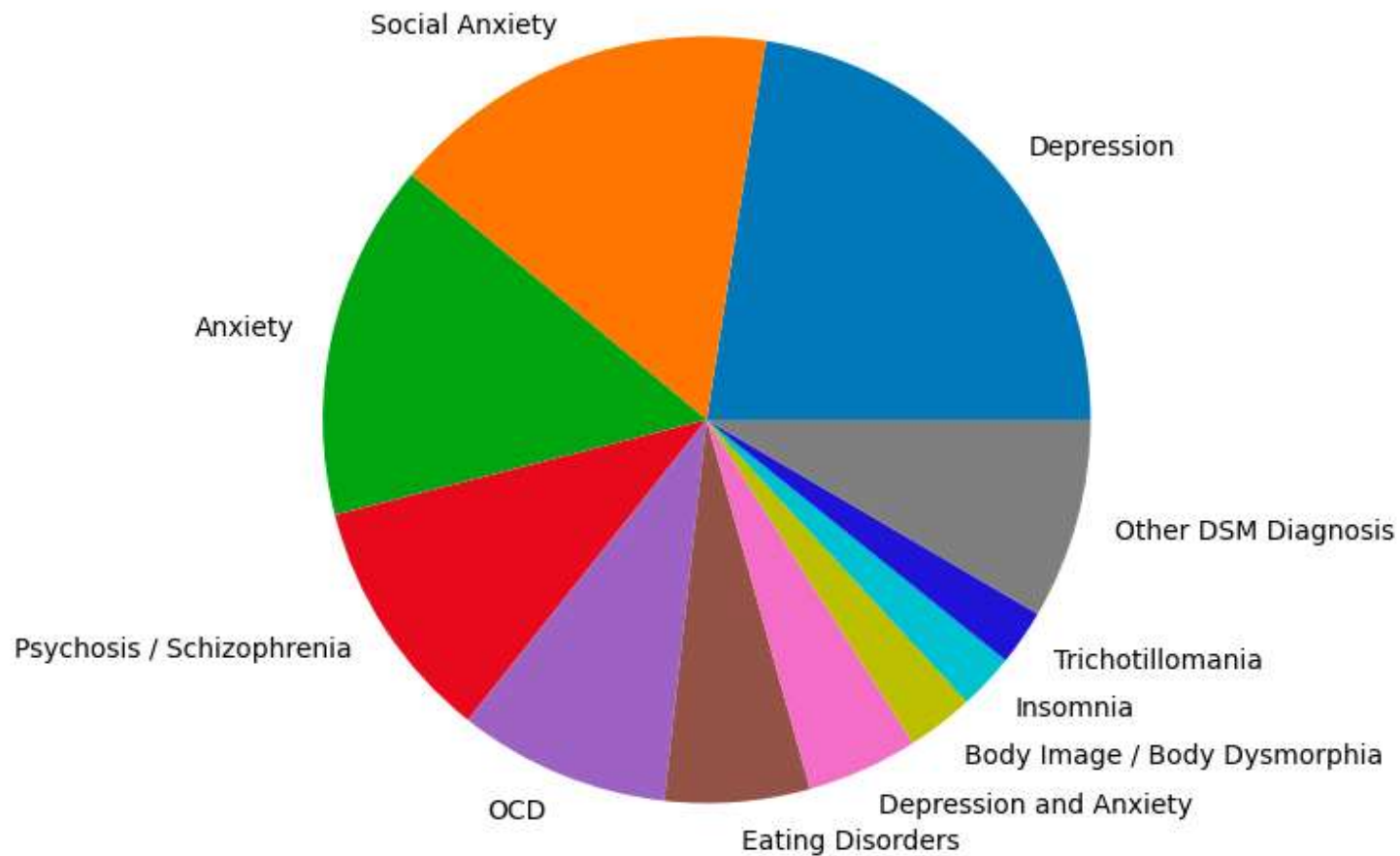
bit.ly/ACTLMICRCTs

Populations Studied in First 1,000 ACT RCTs

**What a Process-
Based Approach Gives
You**

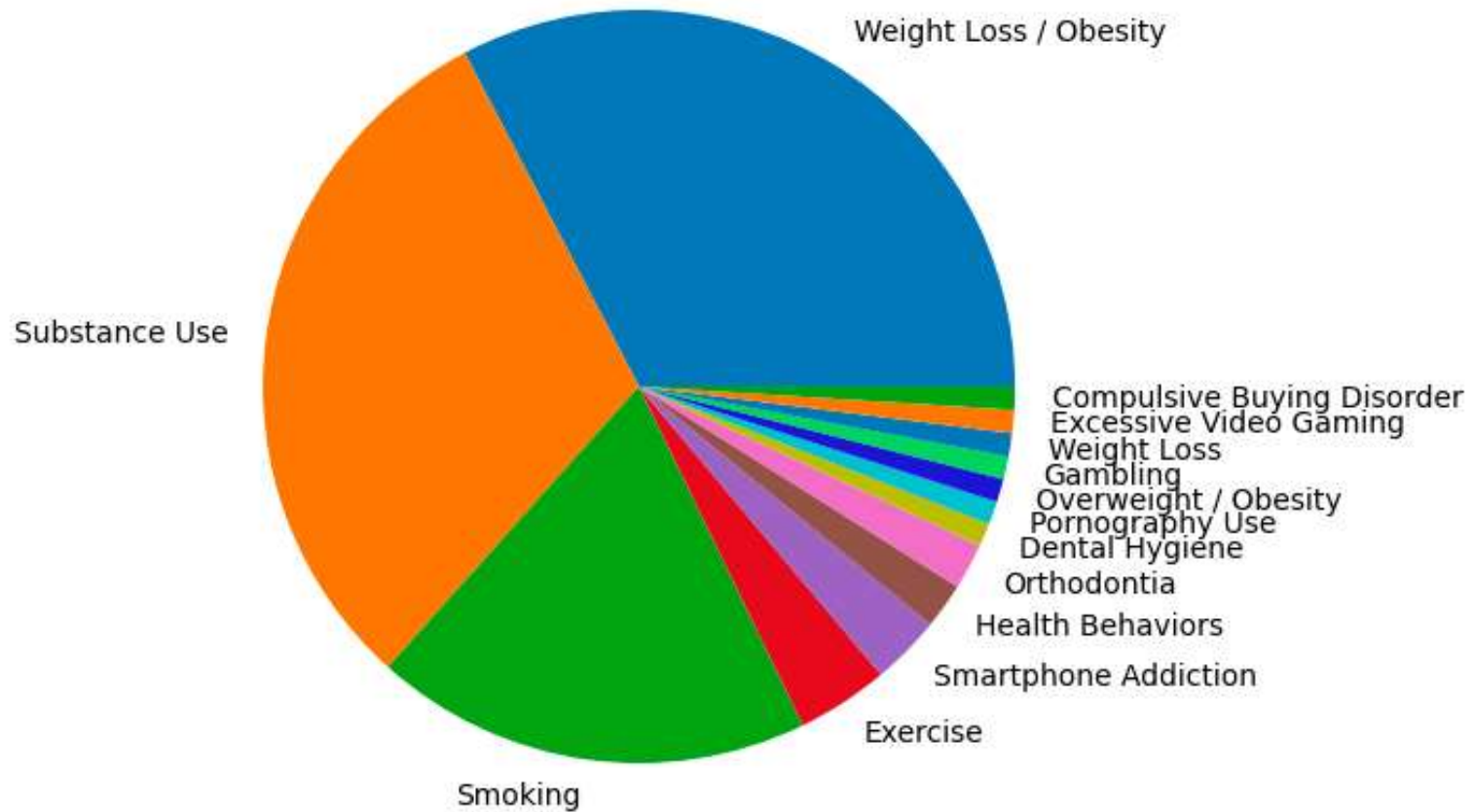


Mental Health Targets First 1,000 ACT RCTs



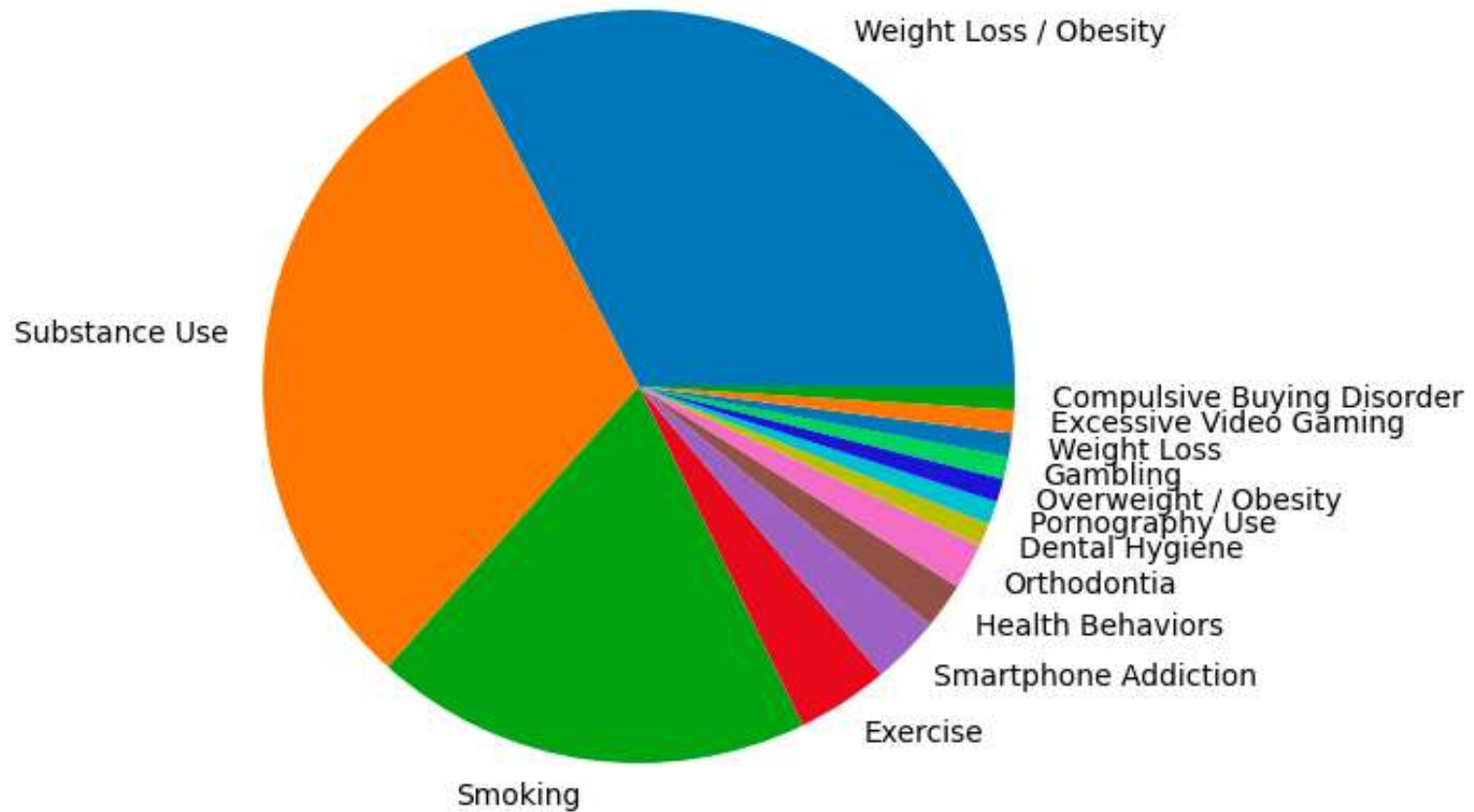
From Hayes and King, in press (JCBS)

Behavioral Health Targets First 1,000 ACT RCTs



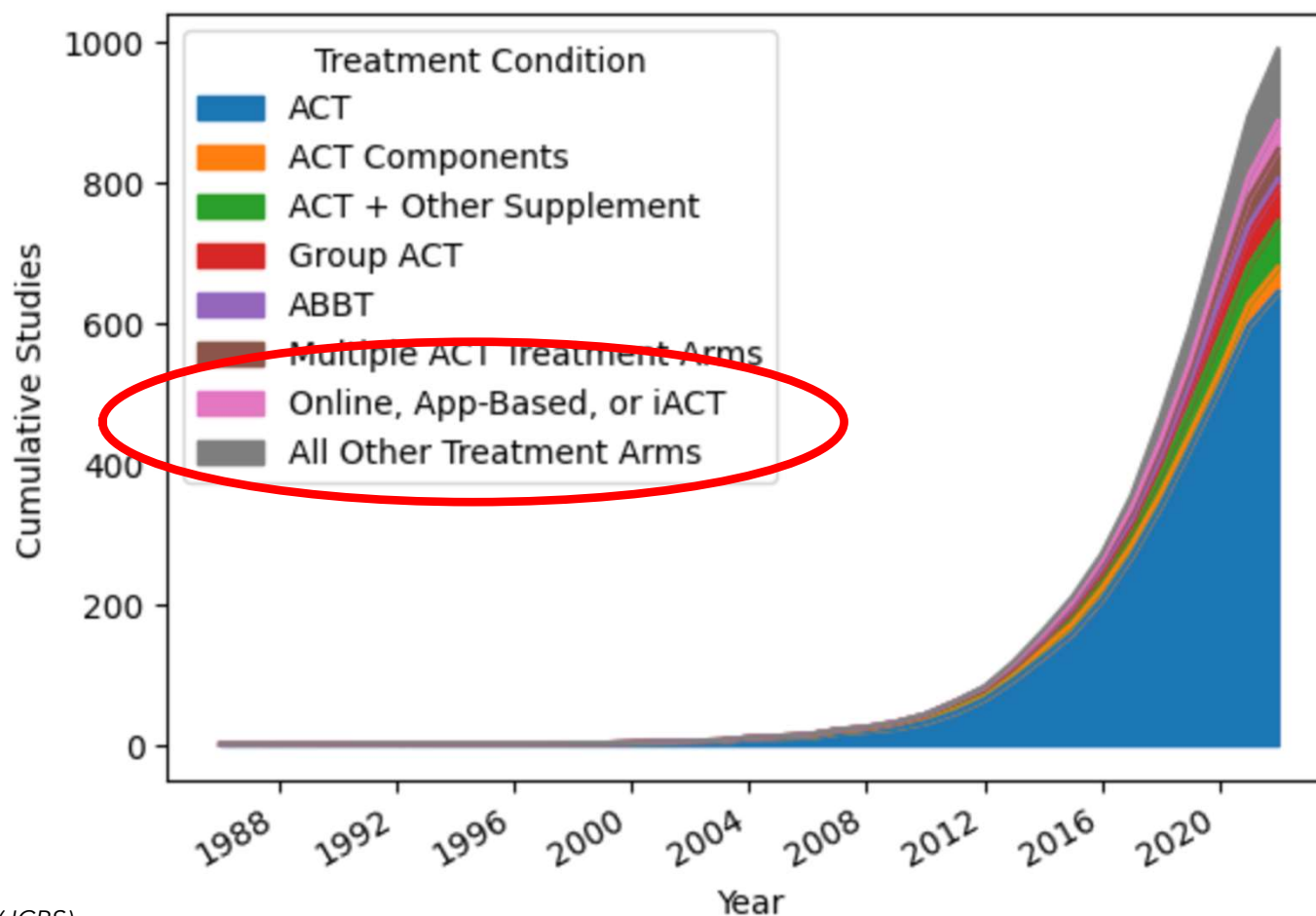
From Hayes and King, in press (JCBS)

Behavioral Health Targets First 1,000 ACT RCTs



From Hayes and King, in press (JCBS)

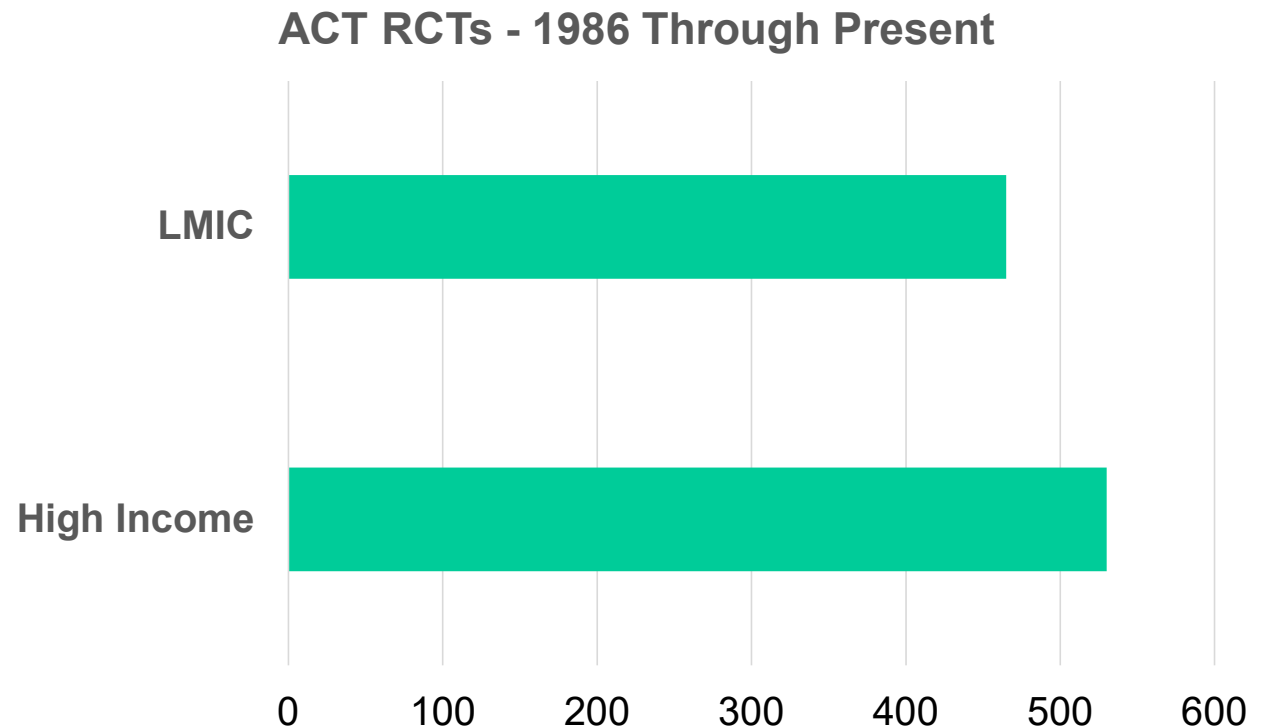
Behavioral Health Targets First 1,000 ACT RCTs



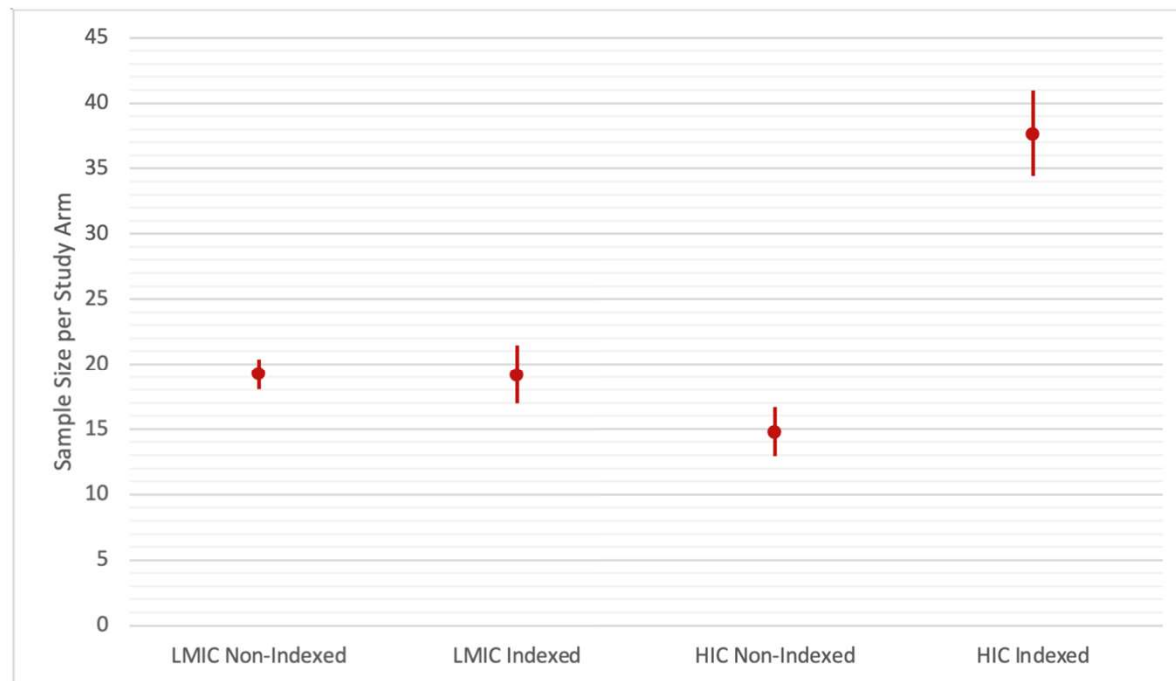
From Hayes and King, in press (JCBS)

**Worth
Noting:
Much of the
World is
Being
Minimized as
a Source of
New
Knowledge**

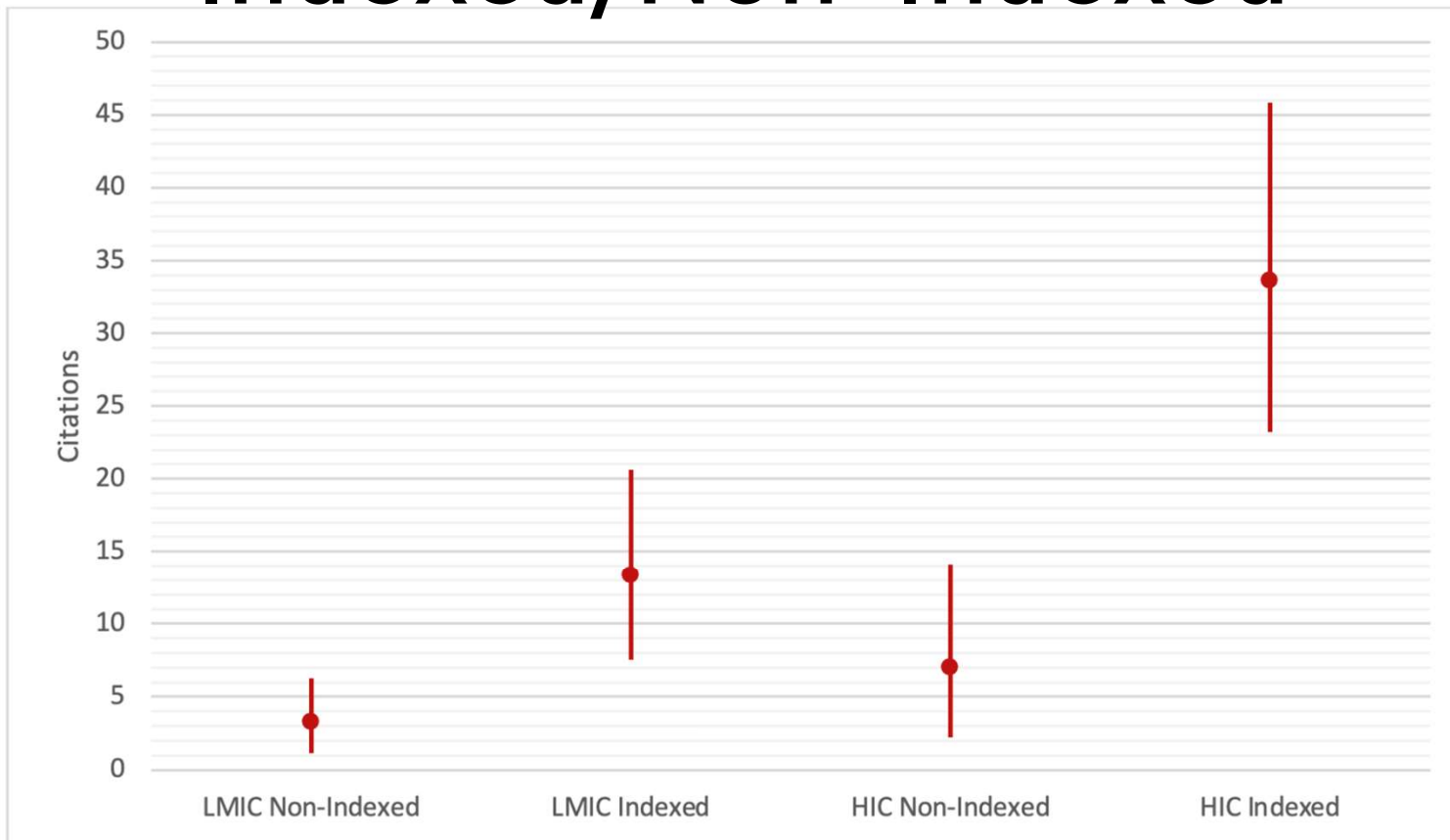
- **96% of the world's literature on mental health comes from the WEIRD 12%**
- **Not so with ACT**



Sample Size per Arm HIC/LMIC, Indexed/Non-Indexed

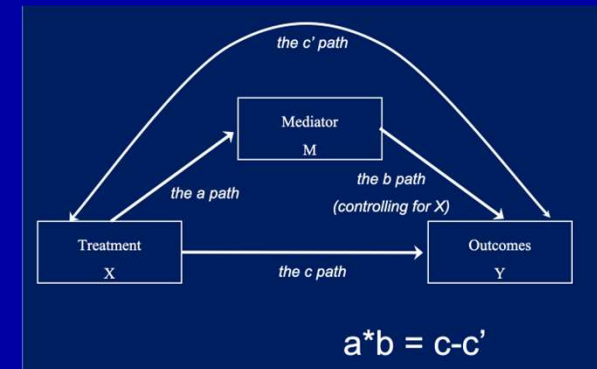


5 year Citations HIC/LMIC, Indexed/Non-Indexed



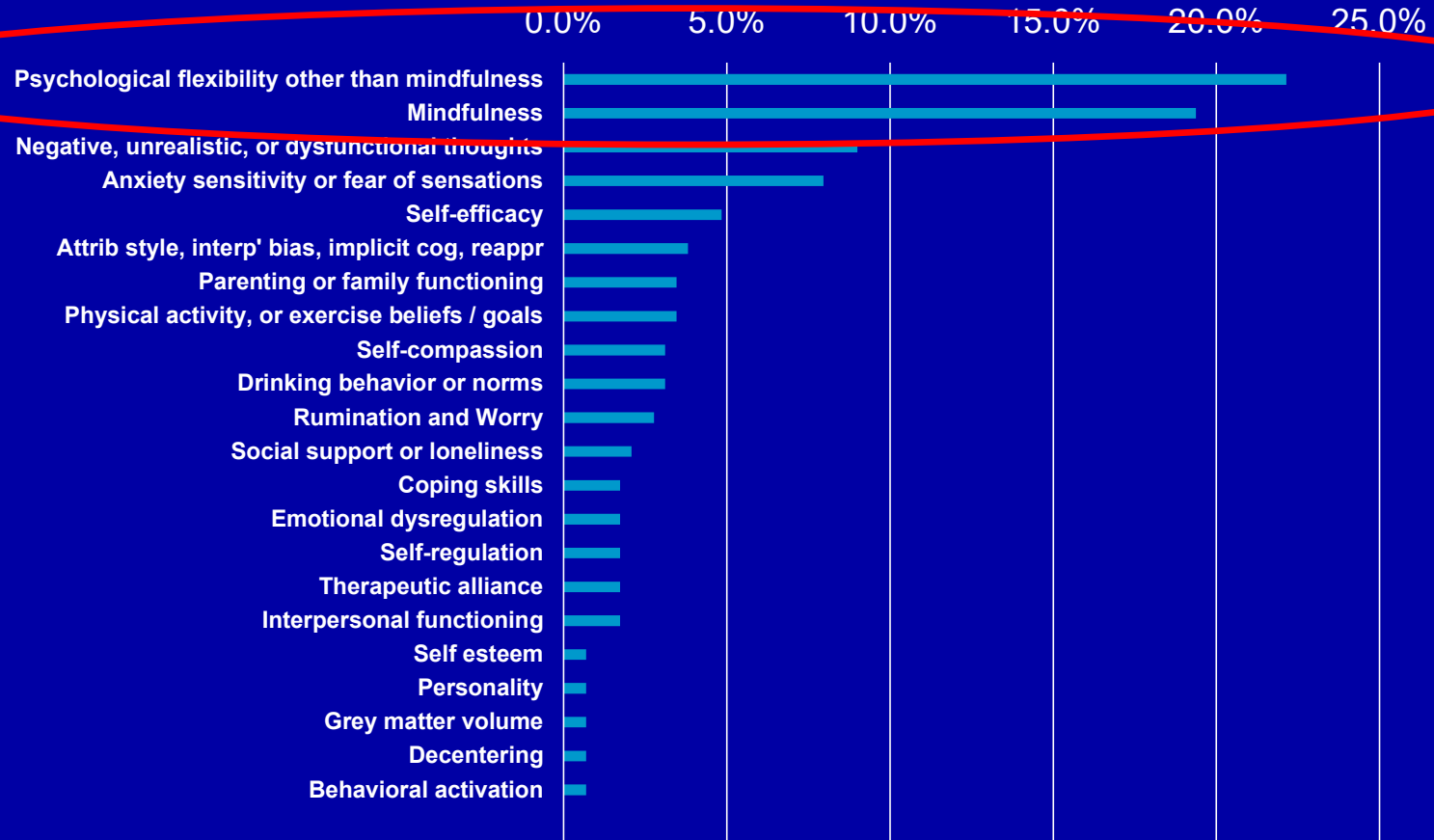
What About Psychological Flexibility & Processes of Change?

- We looked at *any* psychosocial intervention that claimed to properly identify a process of change (“mediational analysis”) for mental health
- 54,633 studies each rated twice yielded 73 replicated measures, containing 1,227 items, in 281 statistically correct analyses



Hayes, S. C., Ciarrochi, J., Hofmann, S. G., Chin, F., & Sahdra, B. (2022). Evolving an idionomic approach to processes of change: Towards a unified personalized science of human improvement. *Behaviour Research and Therapy*, 156, 104155. Doi: 10.1016/j.brat.2022.104155

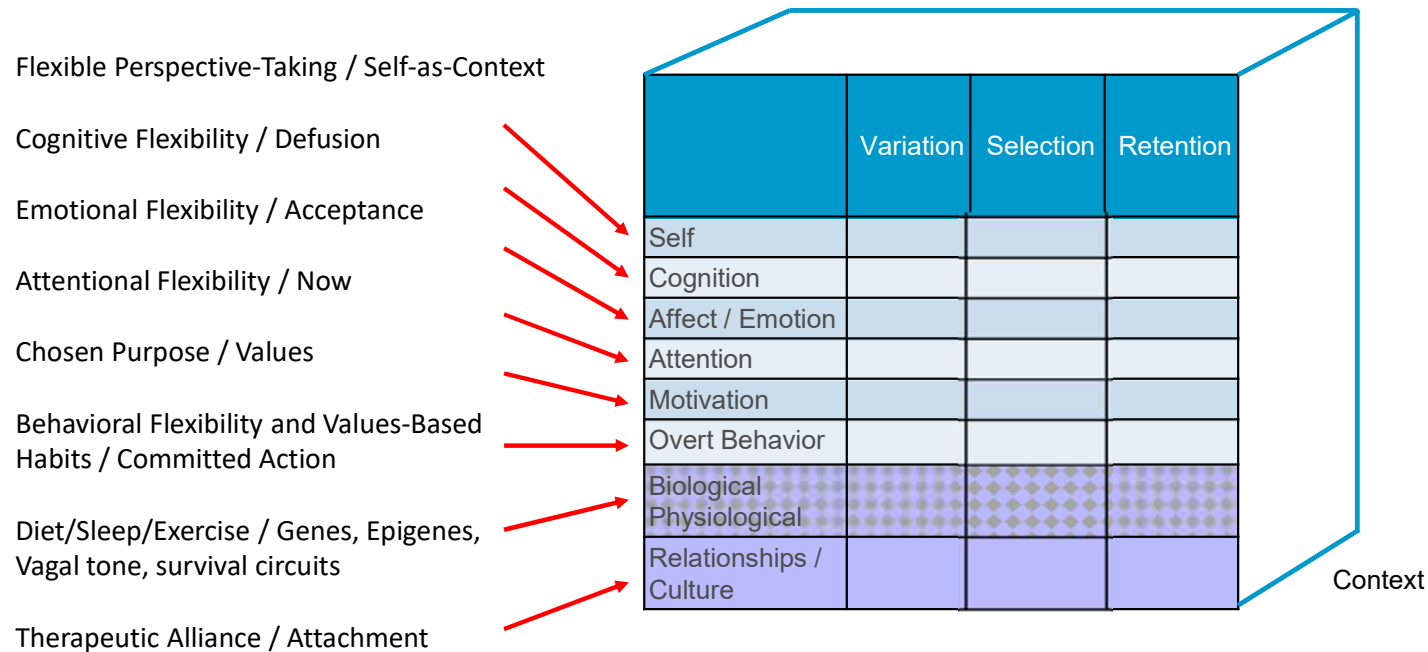
Percentage of Successful Mediation Findings



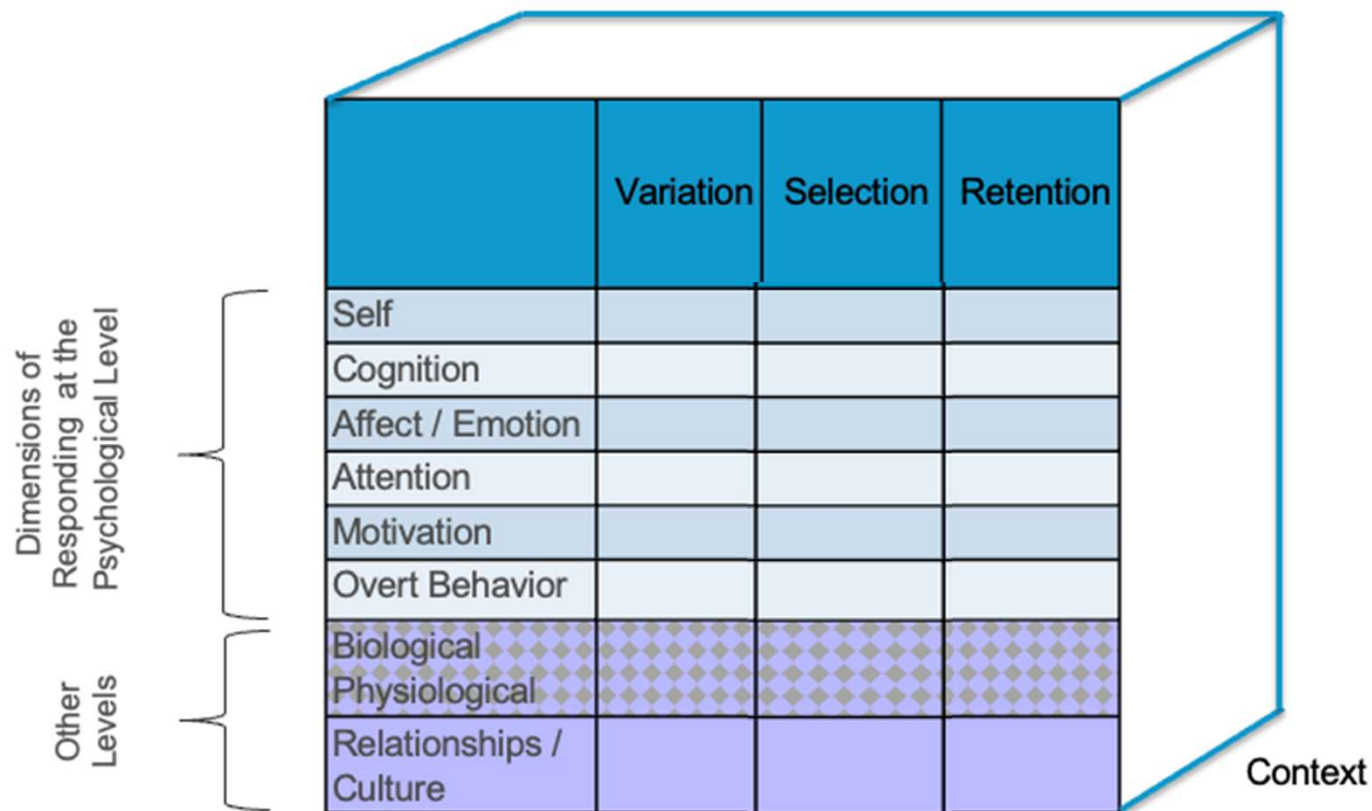
Classic Psychological Flexibility is the Process Elephant and ...



The EEMM is a Way to Extend the Flexibility Model and Allow Other Process-Oriented Evidence-Based Methods a Way of Speaking to Each Other While Maintaining Our Core



Extended Evolutionary Meta-Model (EEMM)



It's Easy to Extend the Idea of Flexibility at the Psychological Level

If It's...	It Includes
Cognitive Flexibility	Reappraisal
Emotional Flexibility	Non-clinging
Sense of Self	Self-efficacy; Self-esteem
Attentional Flexibility	Rumination and Worry
Chosen Purpose	Self-efficacy

These Dimensions Can Be Readily Socially Scaled

Dyadic Social dimensions		Healthy Variation
	Cognition	Mutual understanding
	Affect	Compassion
	Self	Attachment and conscious connection
	Attention	Joint attention
	Motivation	Shared values and acknowledgment
	Overt Behavior	Shared commitments

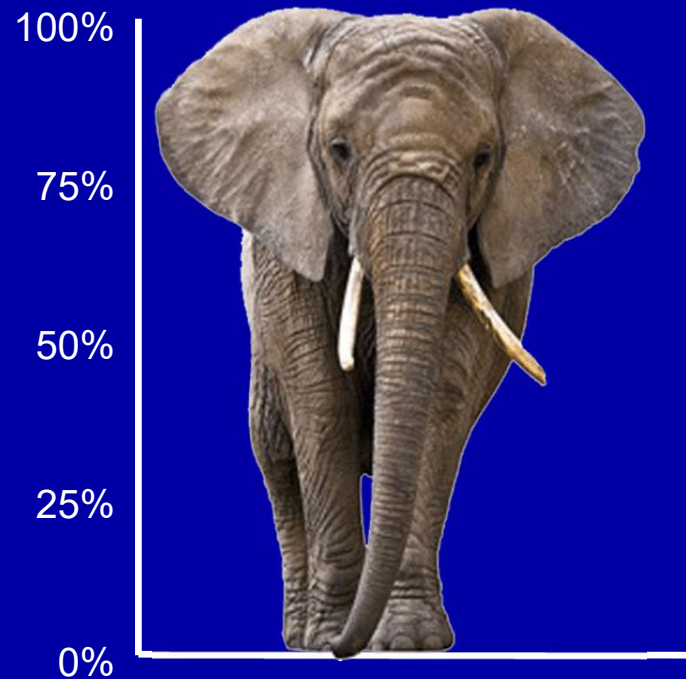
Combined with
Compatible Processes such
as Lin Ostrom's Core
Design Principles as is
done in "Prosocial"
or concepts
Such as a
"Meta-
Contingency"



The EEMM Can Eat it All

We Have a 35,000 ft Consensus

“psychological flexibility is the mechanism of change not only in CBT but also in effective psychological therapies in general”
(Salkovskis, Sighvatsson, & Sigurdsson, 2024, p. 595)

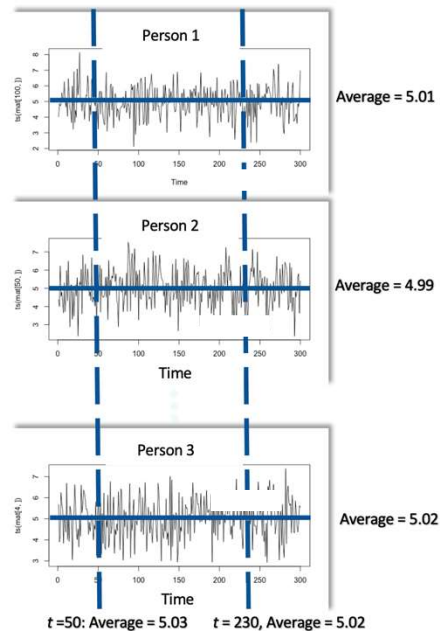


**Therapists and Other Behavior Change Agents are
Applied Evolutionists Helping Clients Become more
“Versatile” (VRSCDL), by Encouraging**

Healthy **V**ariation and
Retention of what is
Successful in **C**ontext at the
right **D**imension and **L**evel

The “Therapeutic Alliance (or the “Change Alliance” more Generally) is a Purposive Cooperative Social Interaction in which Agreed Upon Goals are Recursively Pursued by Instigating, Modeling, and Reinforcing Psychological Flexibility and is Social and Bodily Extensions.

Then We Ran into Ergodicity: A Collective Surely Applies to the Course of an Individual Only ...



1. When processes are stationary and
2. Every person obeys the same dynamic model.

In other words, our standard biostatistics apply to how particular human beings function over time as a “mathematical must” if you are working with frozen clones.

Gates, K.M., Chow, S-M., Molenaar, P.C.M.
(2023). *Analysis of Intra-individual Variation:
Systems Approach to Human Processing*.
Chapman & Hall/CRC. London.

Rob Zettle (1984). Cognitive Therapy of Depression: A Conceptual and Empirical Analysis of Component and Process Issues

ACT Outcome

Jeanne Devany (1985). Stimulus Equivalence and Language Development in Children

RFT

Arlinza "Sonny" Turner (1986). The Relationship Between Two Classes of Measures Examined Idiothetically and Nomothetically

Idionomic Analysis

Irwin Rosenfarb (1986). The Use of Therapist Rules, Self-Rules, and Contingency-Shaped Feedback in the Treatment of Social Skills Deficits in Adults

Rule Governance

Elga Wulfert (1987). Higher-Order Control Over Equivalence Classes and Response Sequences: An Experimental Analogue of Simple Syntactical Relations

RFT

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Barbara Kohlenberg (1994). Transfer of Function Through Equivalence: Modification Effects Based Upon Nodality and Contextual Control

RFT → Rule Governance

UNC-G

UNR

One of the Earliest “Idionomic” Studies Ever Done in Clinical Psychology

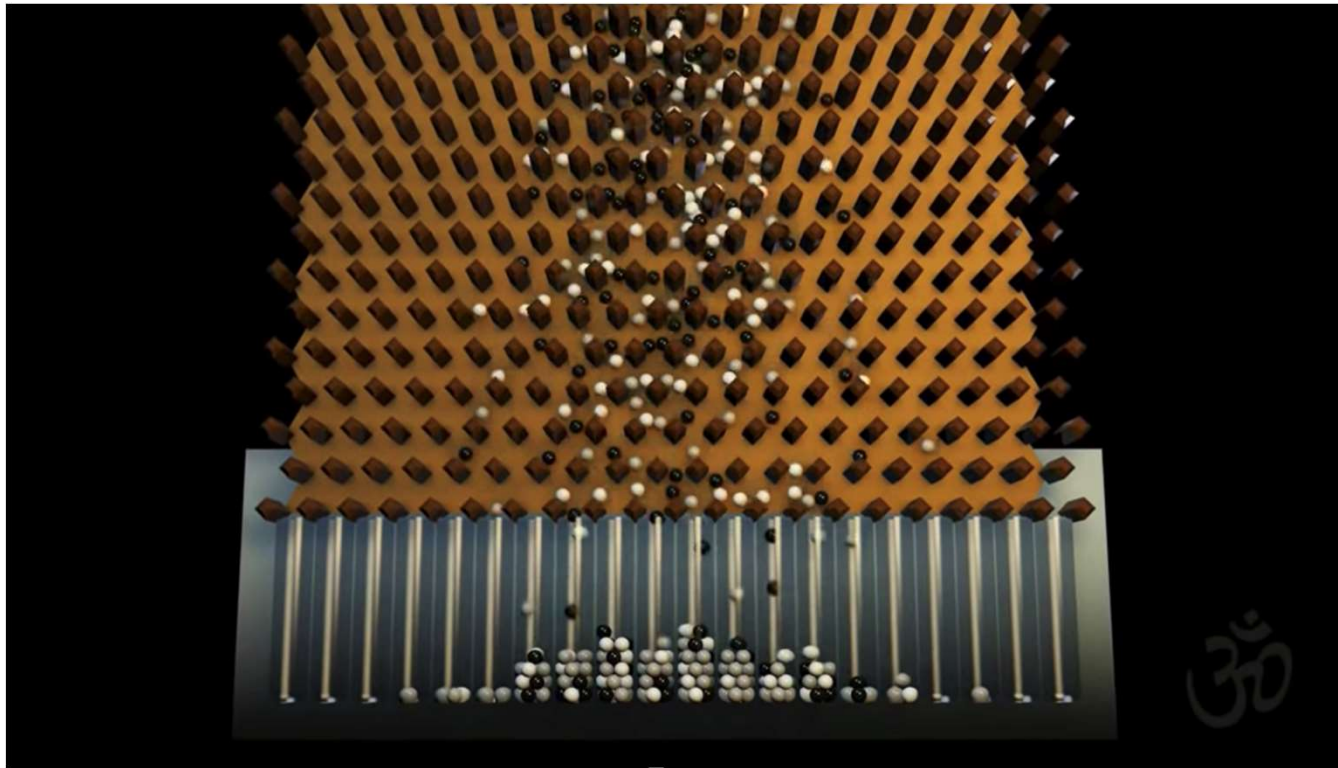
Arlinza E. "Sonny" Turner (1986). The Relationship Between Two Classes of Measures Examined Idiothetically and Nomothetically

Turner, A. E. & Hayes, S. C. (1996). Una comparacion de la covariacion de respuesta vista desde una perspectiva ideotetica y nomotetica (A comparison of response covariation viewed idiothetically and nomothetically). *Psicologia Conductual*, 4, 231-250.



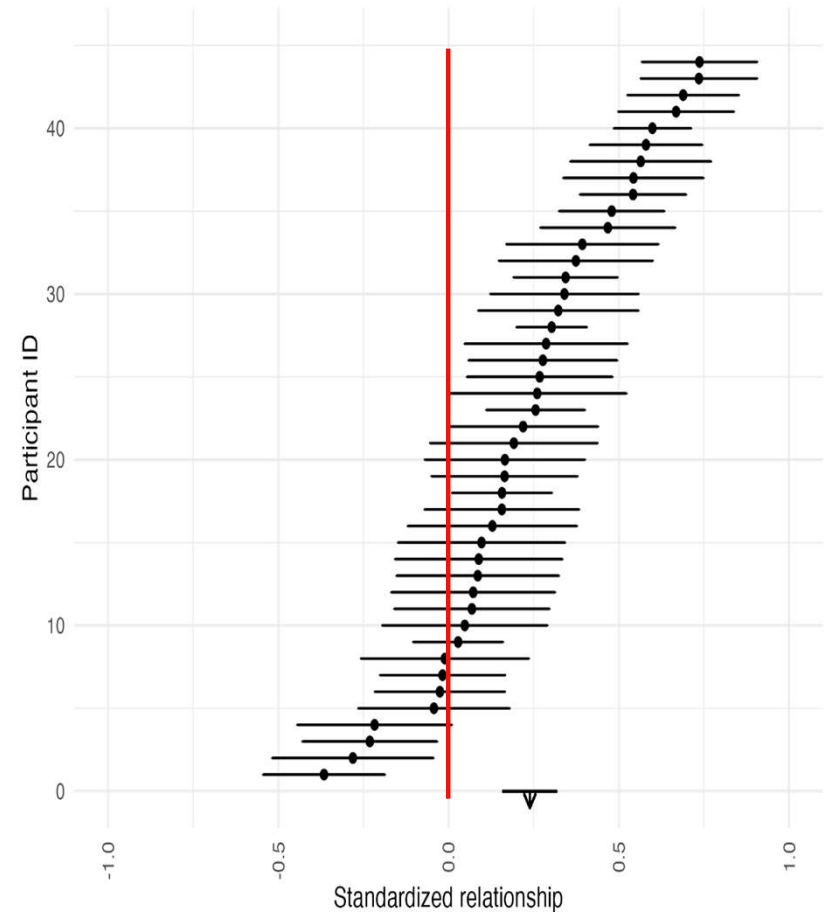
bit.ly/FirstCBSIdionomic

The Problem With Normative Statistics



**So, What if We Consider
Every Person as a Separate
“Study” and Summaries as
Meta-Analyses?**

**Here is Mindfulness
and Emotional
Well-Being**



There are Standards for Dealing with Variation In Meta-Analyses

Cochrane Handbook for Systematic Reviews of Interventions

Version 6.4, 2023

$$I^2 = \left(\frac{Q - df}{Q} \right) \times 100\%.$$

In this equation, Q is the χ^2 statistic and df is its degrees of freedom (Higgins and Thompson 2002, Higgins et al 2003). I^2 describes the percentage of the variability in effect estimates that is due to heterogeneity rather than sampling error (chance).

Thresholds for the interpretation of the I^2 statistic can be misleading, since the importance of inconsistency depends on several factors. A rough guide to interpretation in the context of meta-analyses of randomized trials is as follows:

- 0% to 40%: might not be important;
- 30% to 60%: may represent moderate heterogeneity*;
- 50% to 90%: may represent substantial heterogeneity*;
- 75% to 100%: considerable heterogeneity*.

If I^2

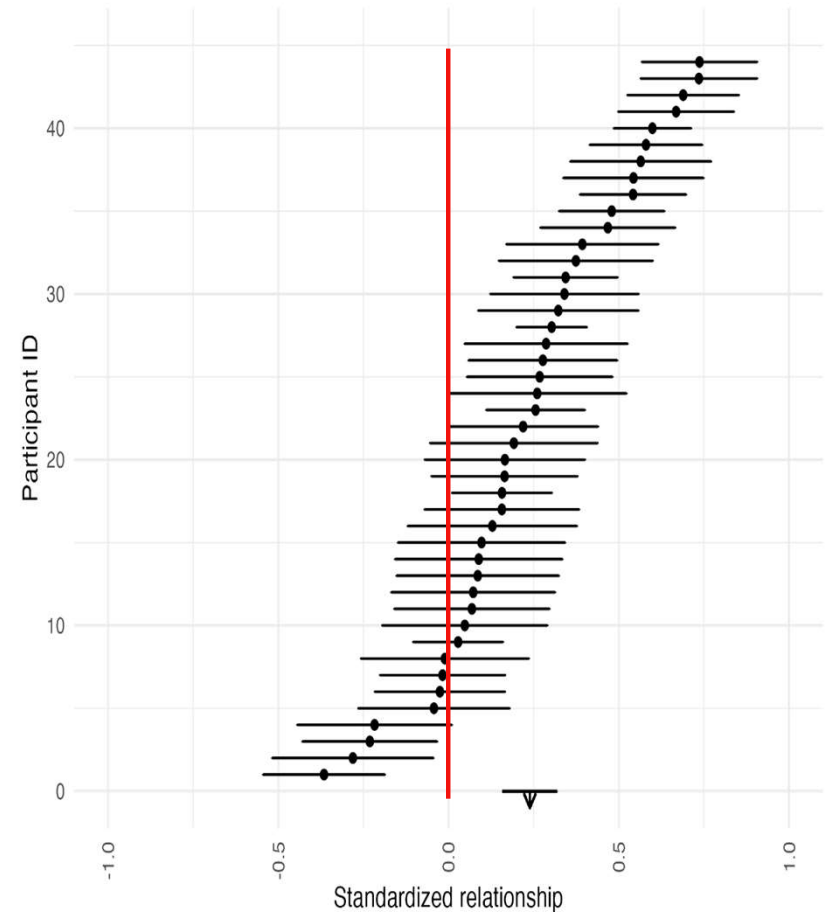
>.5 = worry & maybe don't report means

>.75 = worry a lot and probably don't report means

**So, What if We Consider
Every Person as a Separate
“Study” and Summaries as
Meta-Analyses?**

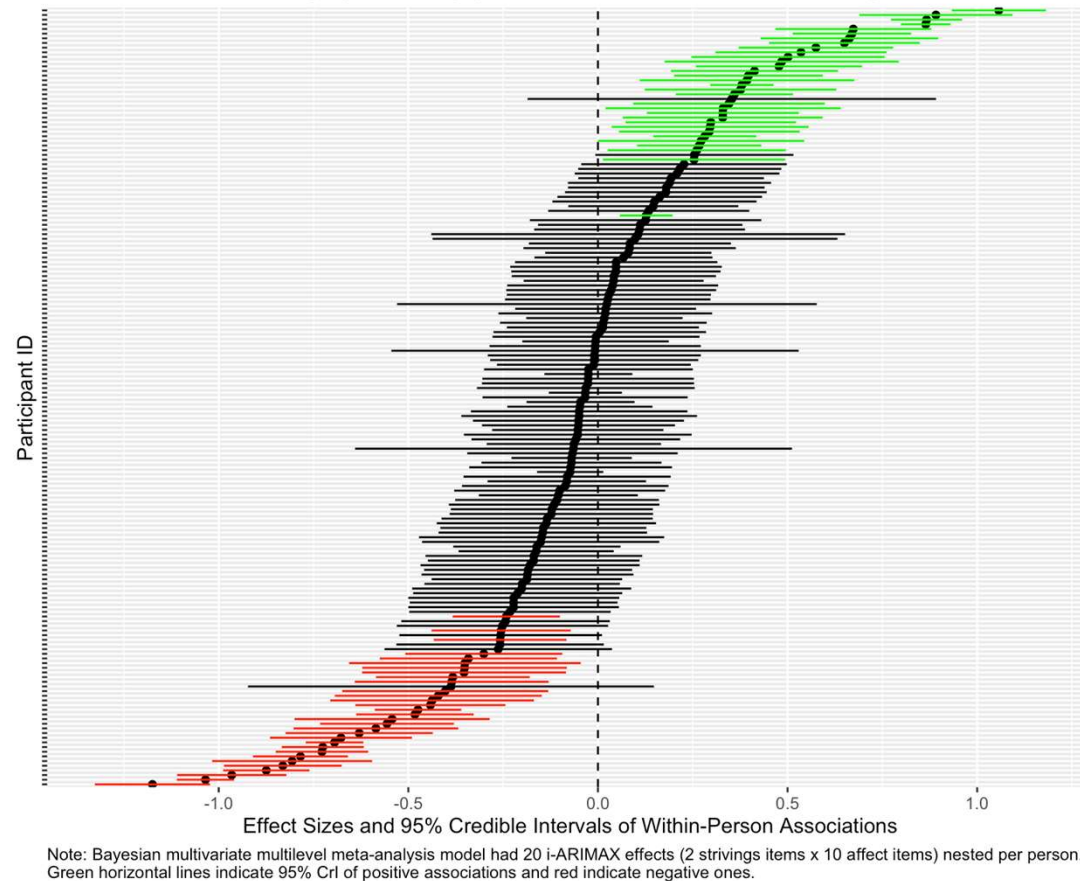
**Here is Mindfulness
and Emotional
Well-Being**

$$I^2 = .88$$



Why Then Care About the Mean? It Means *Nothing*. “Hanging on to Enjoyment” and Hedonic Well-Being

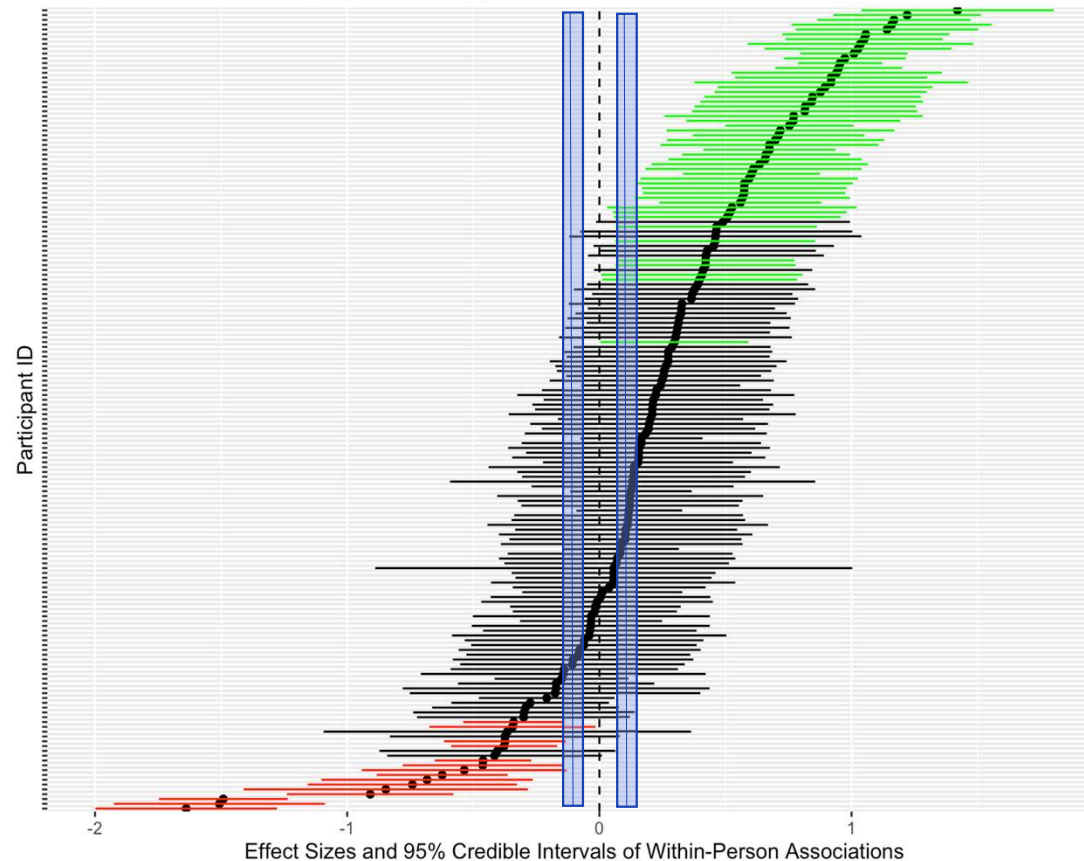
$$I^2 = .88$$



In this most recent study of 50 process → outcome relations the I^2 range was .81 to .97

Virtually All of Our Normative Concepts are Like This: Take “Worrying About Happiness” and Hedonic Well-Being

$$I^2 = .83$$



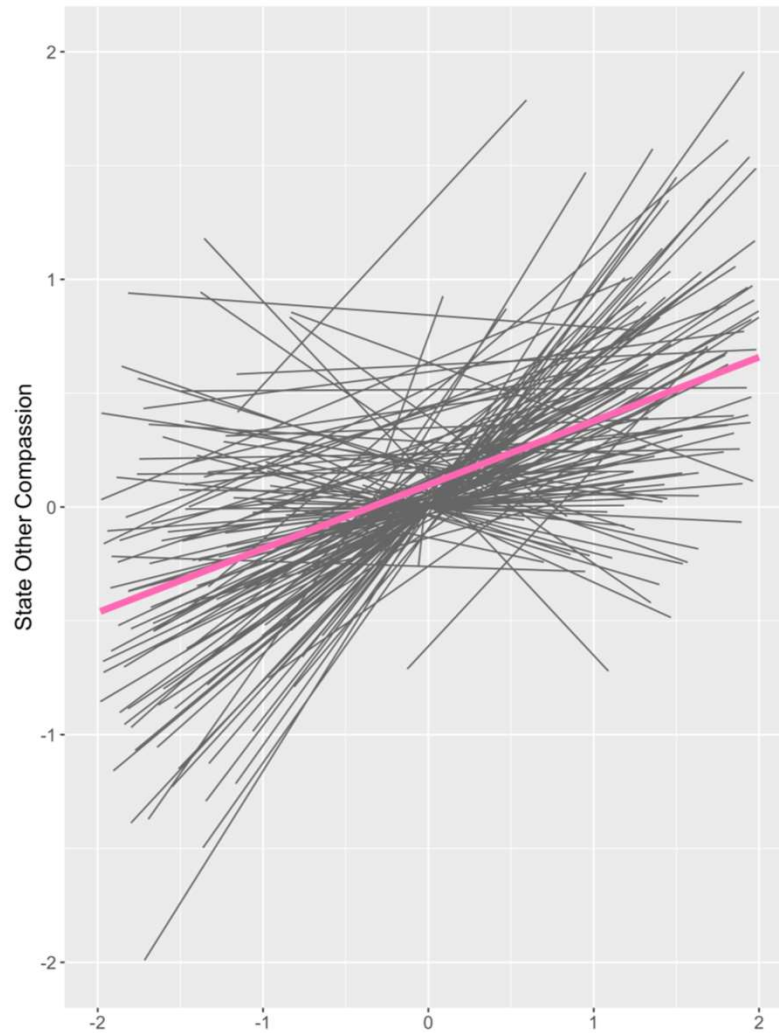
**One is real;
one is not**

**WHICH
ONE IS IT?**

**but more
importantly**

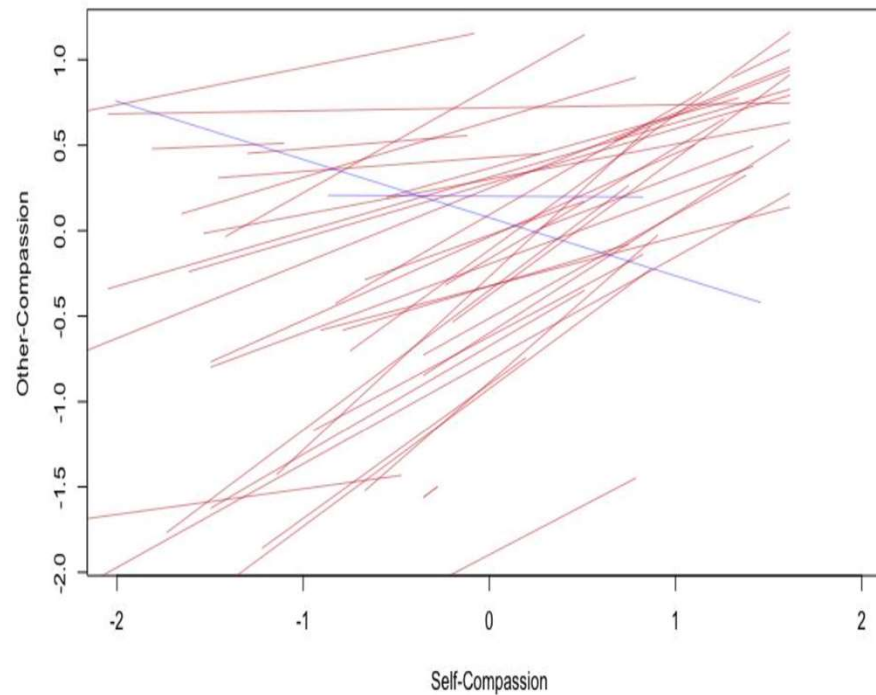
**Does it
matter?!**

**We Need
“Idiomatic”
Statistics Even
to *Detect* the
Lies We’ve
Been
Spreading!**



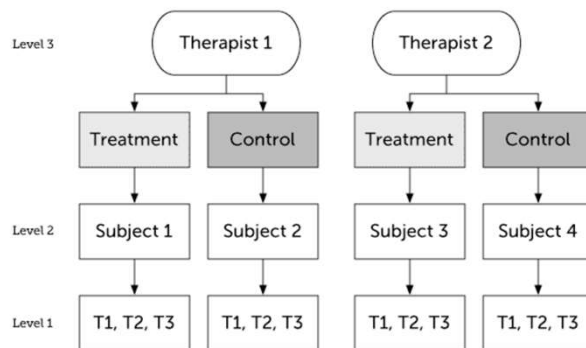
**Here is
How Our
Modern
Stats
Deceive Us**

Aaaagh!!!

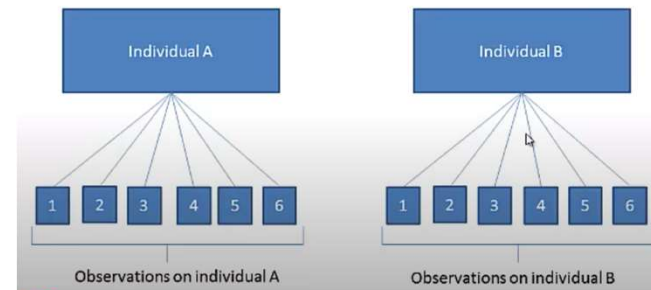


Data from Sahdra, B. K., Ciarrochi, J., Ferrari, M., Yap, K., Haller, E., Hayes, S. C., Hofmann, S. G., & Gloster, A. T. (2023). The compassion balance: Understanding the interrelation of self- and other- compassion for optimal well-being. *Mindfulness*, 14, 1997-2013. Doi: 10.1007/s12671-023-02187-4

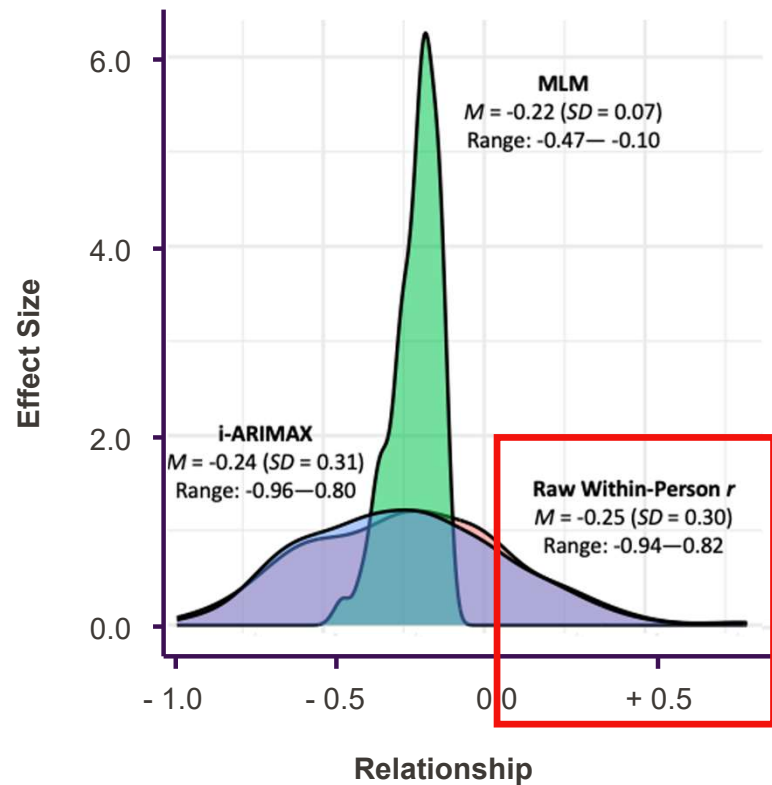
Once They Understand it, Most Biostatisticians Agree That Ergodicity is Assumed But Are Unphased Because They've Long Known the Individual is Not the Average and They Have Methods to Deal With It, Such as Multilevel Modeling



- Observations on an individual (or other unit of analysis) across time



Relationship of “Doing What Matters” and Entanglement with Sadness



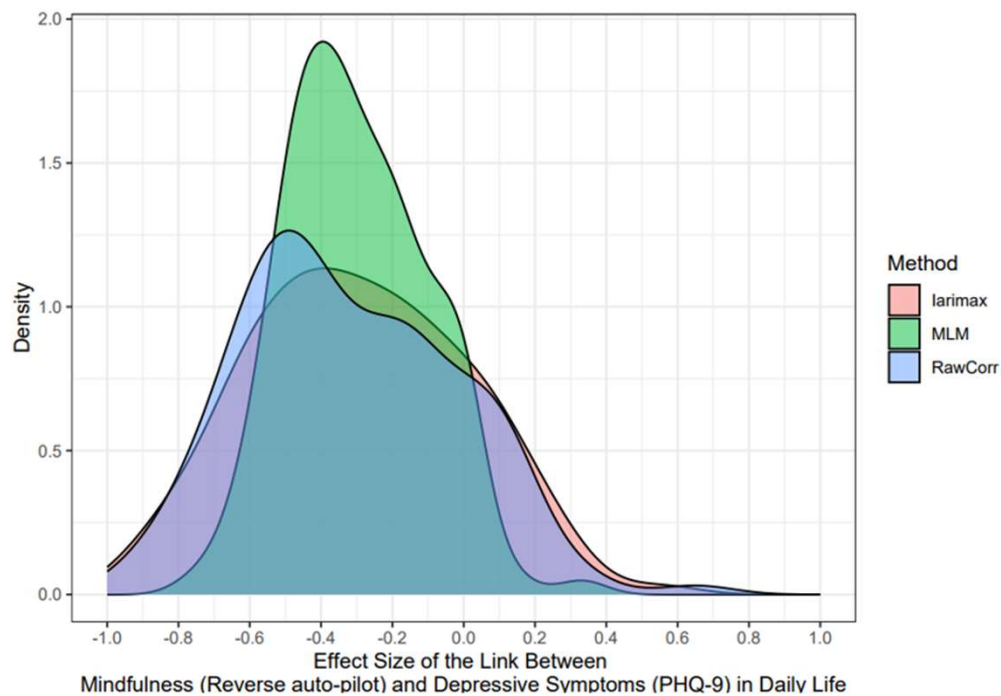
“Fixing the Problem”
Makes it
Worse!
Aaaagh!

Method ■ i-ARIMAX ■ MLM ■ raw r

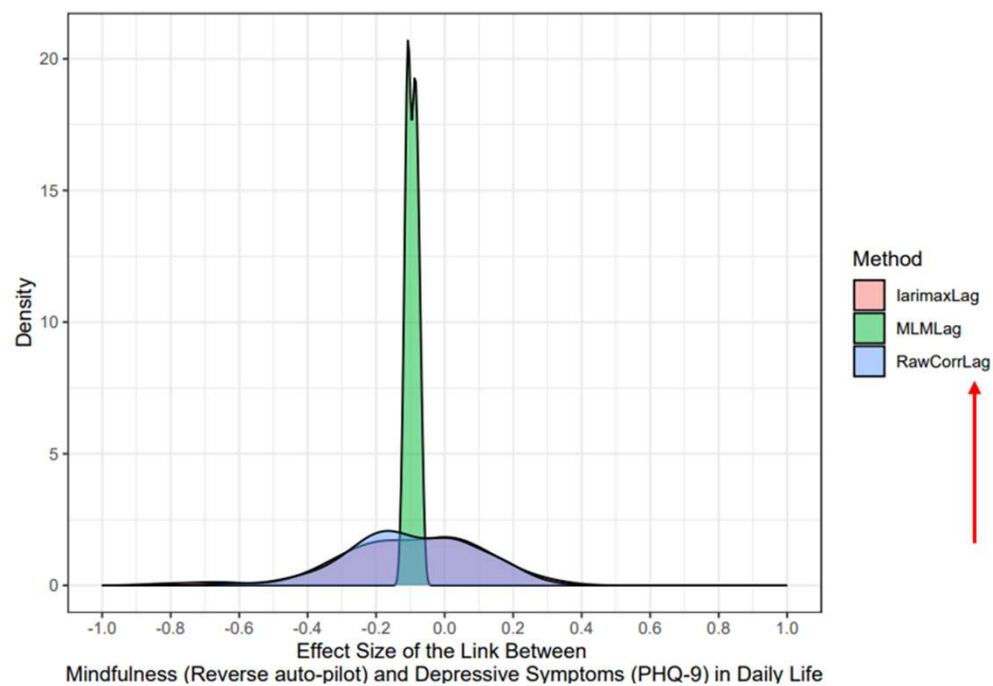
[Bit.ly/NotoMLM](https://bit.ly/NotoMLM)

Sahdra, B. K., Ciarrochi, J., Klimczak, K., Krafft, J., Hayes, S. C., & Levin, M. (2024). Doi: 10.1016/j.jcbs.2024.100728 Testing the applicability of idionomic statistics in longitudinal studies: The example of ‘doing what matters.’ *Journal of Contextual Behavioral Science*, 32, 100728.

Contemporaneous



Lagged t-1



“cognizance of all influences that tend in however remote a degree to give more suitable races ... a better chance of prevailing speedily over the less suitable.”
(Galton, 1883, p. 25)

Pearson’s sub-heading of the *Annals of Eugenics*: “for the scientific study of racial problems”.

Eugenics

Sir Ronald Fisher



Frank Yates

Blue Ridge, North Carolina, 1952

The Legacy We Need to Face

“only the superior stocks should be allowed entrance, not the inferior stocks in the hope—unjustified by any statistical inquiry—that they will rise to the average native level by living in a new atmosphere.”

Karl Pearson, arguing against allowing Jewish immigrants fleeing from persecution to emigrate to the UK



Karl Pearson, 1925 in Vol 1 of the *Annals of Eugenics* (today the *Annals of Human Genetics*)

Our Diagnostic Concepts Were Entangled with Eugenics From the Beginning



Emil Kraepelin, known for classifying mental disorders

"The number of idiots, epileptics, psychopaths, criminals, prostitutes, and tramps who descend from alcoholic and syphilitic parents, and who transfer their inferiority to their offspring, is incalculable"

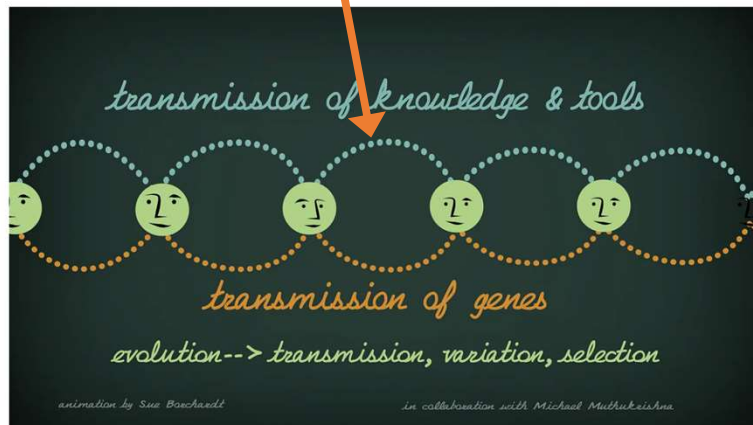
Eugen Bleuler, originator of the term "schizophrenia" in his 1924 *Textbook of Psychiatry*

"The more severely burdened should not propagate themselves... If we do nothing but make mental and physical cripples capable of propagating themselves, and the healthy stocks have to limit the number of their children because so much has to be done for the maintenance of others, if natural selection is generally suppressed, then unless we will get new measures our race must rapidly deteriorate."

And Now We Need to Evolve Culturally and Psychologically - and Fast



Psychology is Needed
for Dual Inheritance
Theory to Be Fully
Useful



**We Need to Create an *Applied*
Multi-Dimensional Multi-Level
Evolutionary Science
Guided This Time by Those Who
Suffer. On the Ground.
Worldwide.**

Where Every Voice Matters

**If You Are Not Measuring and
Modeling You Are Not Listening**

**If You Are Not Personalizing You
Are Not Changing**

Assess

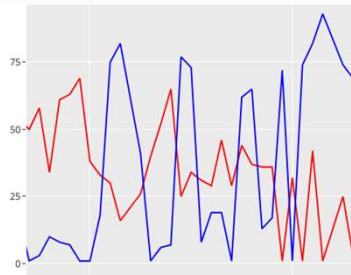
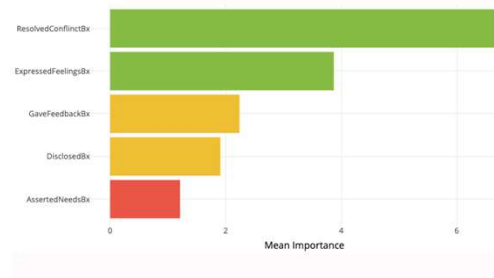
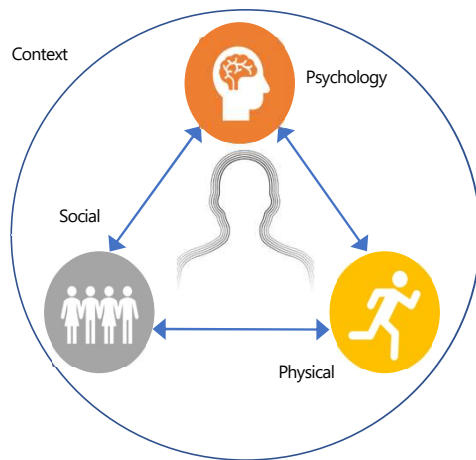
The environmental factors, and physical, psychological, and social characteristics that define an individual's experience

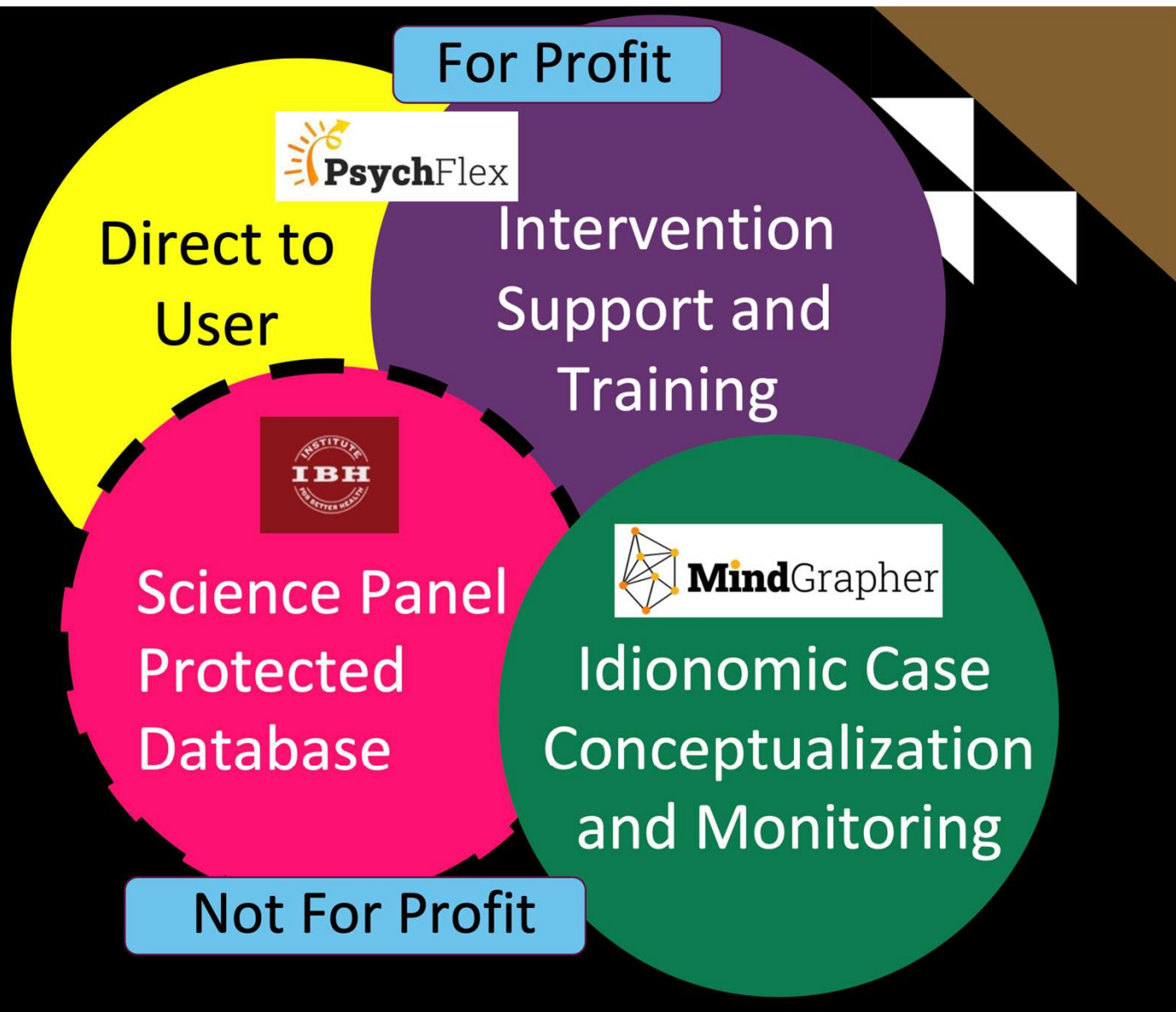
Process

with AI/analytics to pinpoint factors influencing change and personal growth for each individual and to recommend intervention kernels

Personalize

Link to personalized intervention plans that foster well-being by aligning strategies with the individual's unique profile and needs



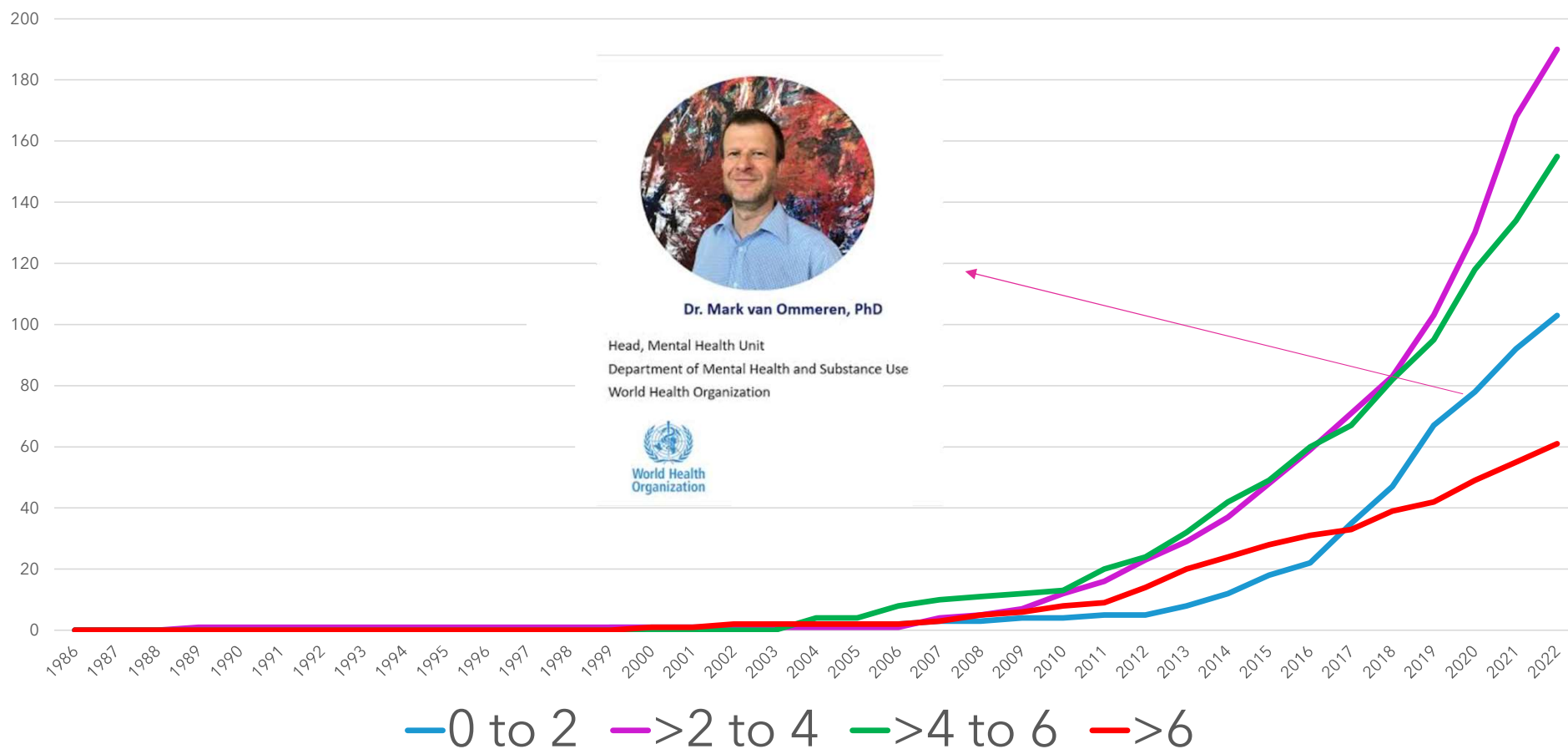


Growth of ACT RCTs by Impact Factor



Dr. Mark van Ommeren, PhD

Head, Mental Health Unit
Department of Mental Health and Substance Use
World Health Organization



What a Process-Based Approach Gives You

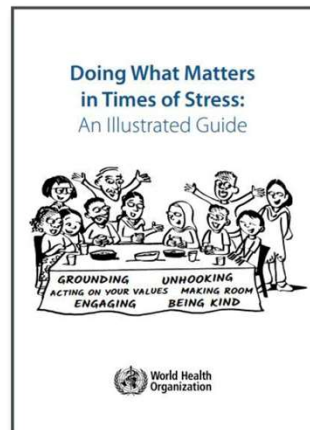
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Doing What Matters in Times of Stress

An Illustrated Guide

29 April 2020 | Publication

“the first successful prevention program conducted among refugees experiencing psychological distress but without a mental disorder” Acarturk et al, 2022

[Download \(2.7 MB\)](#)

Overview

Doing What Matters in Times of Stress: An Illustrated Guide is a stress management guide for coping with adversity. The guide aims to equip people with practical skills to help cope with stress. A few minutes each day are enough to practice the self-help techniques. The guide can be used alone or with the accompanying audio exercises.

Informed by evidence and extensive field testing, the guide is for anyone who experiences stress, wherever they live and whatever their circumstances.

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[Go to Bit.ly/WHO_ACT](https://bit.ly/WHO_ACT)

<https://www.who.int/publications-detail/9789240003927>

Impact of SH+

“the first successful prevention program conducted among refugees experiencing psychological distress but without a mental disorder” Acarturk et al, 2022

Gold standard RCT (N = 642) for Syrian refugees in Turkey who had not yet developed a mental health problem

RESEARCH REPORT

World Psychiatry, 21, 88–95.

Effectiveness of a WHO self-help psychological intervention for preventing mental disorders among Syrian refugees in Turkey: a randomized controlled trial

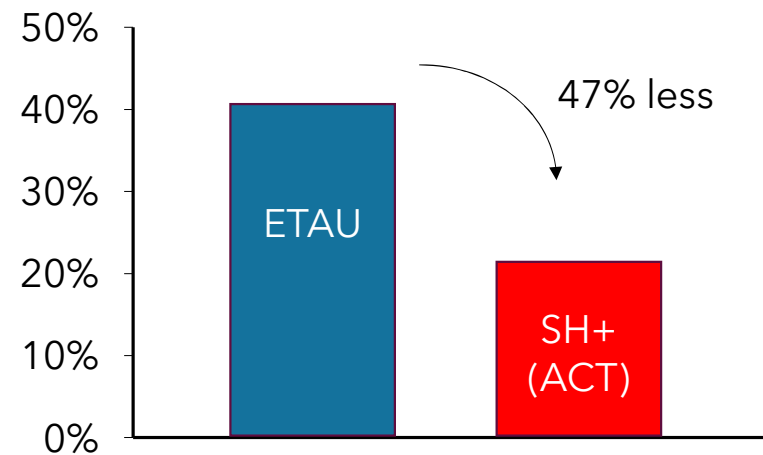
Ceren Acarturk¹, Ersin Uygun², Zeynep Ilkkursun¹, Kenneth Carswell³, Federico Tedeschi⁴, Mine Batu⁵, Sevdie Eskici¹, Gulshah Kurt¹, Minna Anttila⁶, Teresa Au⁷, Josef Baumgartner⁸, Rachel Churchill⁹, Pin Cuijpers¹⁰, Thomas Becker¹¹, Markus Koesters¹², Tella Lantta¹³, Michela Nossé¹⁴, Giovanni Ostuzzi¹⁵, Mariana Popa¹⁶, Marianna Purgato¹⁷, Marit Sijbrandij¹⁸, Giulia Turrini¹⁹, Maritta Välimäki²⁰, Lauren Walker²¹, Johannes Wancata²², Elisa Zanini²³, Ross G. White²⁴, Mark van Ommeren²⁵, Corrado Barbui²⁶

¹Department of Psychology, College of Social Sciences and Humanities, Koc University Istanbul, Turkey; ²Department of Trauma and Disaster Mental Health, Bilgi University, Istanbul, Turkey; ³Department of Mental Health and Substance Use, World Health Organization, Geneva, Switzerland; ⁴WHO Collaborating Centre for Research and Training in Mental Health and Severe Evaluation, Department of Neuroscience, Biomedicine and Movement Sciences, University of Verona, Verona, Italy; ⁵Department of Nursing Science,

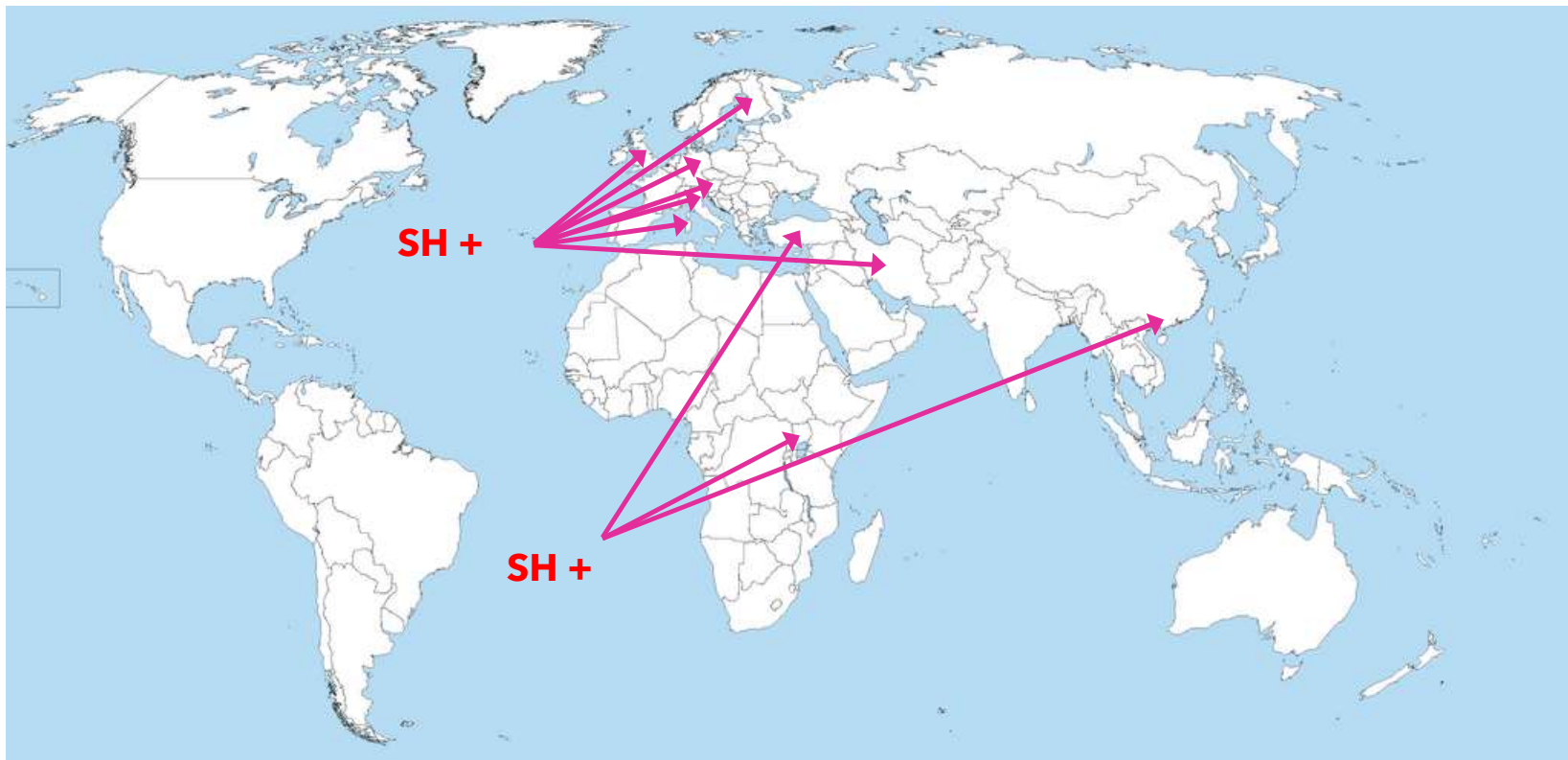
**Impact
Factor:
80**



% w/ a DSM Diagnosis at 6 months F-Up



Deployment of WHO's ACT Program for Prevention and Treatment

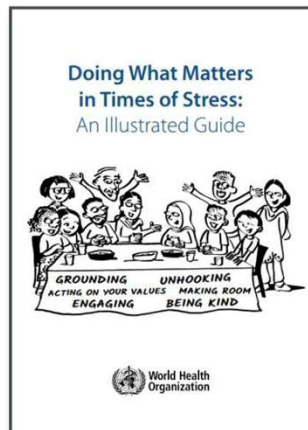


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“In the absence of a therapy that significantly prolongs survival, interventions aimed at maintaining or improving quality of life in these patients are vital given the progressive nature of the condition — this trial provides definitive evidence for one such intervention.” (Gould et al., 2024, p. 12)

Gold standard RCT (N = 191) with
Motor Neuron Disease

THE LANCET

**Impact
Factor:
169**

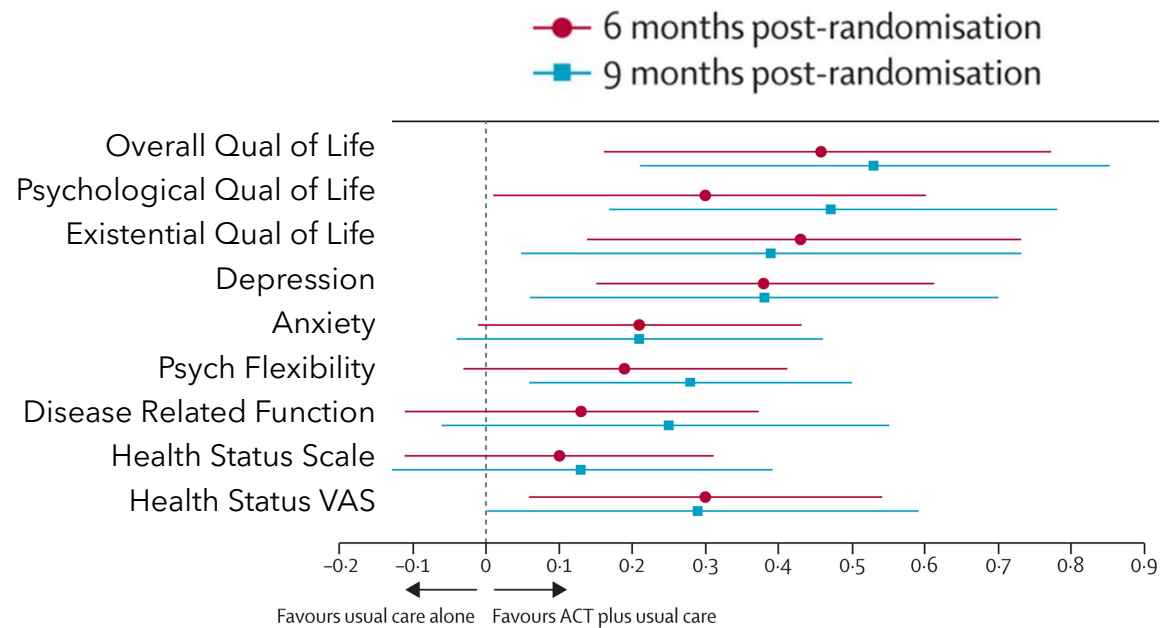
This journal Journals Publish Clinical Glc

ARTICLES | ONLINE FIRST

Acceptance and Commitment Therapy plus usual care for improving quality of life in people with motor neuron disease (COMMEND): a multicentre, parallel, randomised controlled trial in the UK

Prof Rebecca L Gould, PhD • Prof Christopher J McDermott, PhD • Benjamin J Thompson, MA • Charlotte V Rawlinson, MSc • Matt Bursnall, PhD • Mike Bradburn, MSc • et al. [Show all authors](#) • [Show footnotes](#)

Open Access • Published: May 09, 2024 • DOI: [https://doi.org/10.1016/S0140-6736\(24\)00533-6](https://doi.org/10.1016/S0140-6736(24)00533-6)



An ACT App

This journal Journals Publish Clinical Glc

Self-guided digital behavioural therapy versus active control for fibromyalgia (PROSPER-FM): a phase 3, multicentre, randomised controlled trial



R Michael Gendreau, Lance M McCracken, David A Williams, Juan V Luciano, Yifei Dai, Nicolette Vega, Zunera Ghalib, Kristen Guthrie, Allison C Kraus, Michael J Rosenbluth, Ben Vaughn, Jennifer M Zornir, Dana Reddy, Andrea L Chadwick, Daniel J Clauw, Lesley M Arnold

Fibromyalgia
2-5% of the world's population has it
On average their health care costs
or ~50% higher

Patient Impression
of Change

ACT: 71% Reported Improvement

Active Symptom Monitoring: 22%

