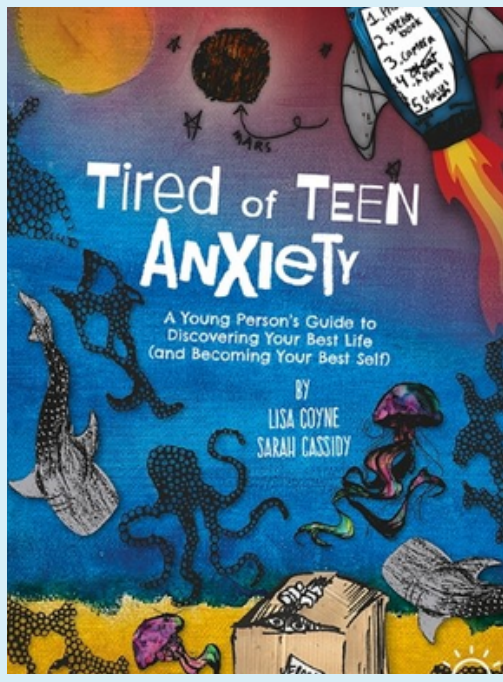


Effectiveness of 'Book Club': A Contextual Behavioral Approach to Managing Unhelpful Thoughts & Feelings in Youth

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Introduction

Increased psychological flexibility correlated with improved mental health outcomes.

Absent from the literature are CBS aligned evidence-based interventions promoting psychological flexibility & emotional resilience amongst young people experiencing distress.

Aim - to evaluate the effectiveness of "Book Club," a pilot intervention designed to help young people assess coping strategies & develop flexible relationships with thoughts and emotions.

Methodology

Young people (n = 5), aged 12 - 18 years, attended 10 weekly, 60-minute, virtual group intervention sessions with 3 group facilitators.

Book - Tired of Teen Anxiety: A Young Person’s Guide to Discovering Your Best Life (and Becoming Your Best Self) by Dr. Lisa Coyne & Dr. Sarah Cassidy.

Present Moment Awareness, Acceptance, Defusion, Self as Context, Values Identification, & Committed Action.

Measures:

Personal Psychological Flexibility Index (Kashdan et al., 2020), Beck Depression Inventory (Beck et al., 1996) / Children Depression Inventory (Kovacs et al., 1980/1981) & Beck Anxiety Inventory (Beck et al., 1981).

Table 1.
Mean and Standard Deviation scores for variables.

Measures	Period 1		Period 2		Period 3	
	Mean	SD	Mean	SD	Mean	SD
Anxiety	21.60	9.29	18.40	6.11	18.60	11.67
Psych. Flexibility	86.00	6.78	83.40	8.20	78.25	11.56
Avoidance (P. Flex. Subscale)	24.25	6.95	22.00	2.92	20.25	7.18
Acceptance (P. Flex. Subscale)	21.75	3.50	22.00	2.55	20.50	3.51
Harnessing (P. Flex. Subscale)	18.25	6.65	17.80	5.76	18.00	2.16
Child Depression Inventory	6.75	4.72	5.75	3.40	4.67	4.62
Adult Depression Inventory	23.00	N/A	18.00	N/A	24.00	N/A
Note. *SD abbreviation of "standard deviation" *P. Flex abbreviation of "psychological flexibility"						

Discussion

Intervention demonstrated early effectiveness in reducing anxiety & depressive symptoms, as well as improving psychological flexibility, with avoidance decreasing consistently over time.

Decreases in acceptance & increases in anxiety and depressive symptoms from t2 to t3 may reflect a shift toward committed action, which may temporarily increase distress as young people engage more with values-based behaviours.

Future research :

Include post intervention follow-up to assess the long-term effectiveness and maintenance of outcomes.
Larger sample size to allow for inferential analysis

Results & Main Findings

- Anxiety → Decreased from time 1 to time 2, slight increase from time 2 to time 3.
- Depressive Symptoms → Decreased from time 1 to time 2, increased from time 2 - time 3.
- Psychological Flexibility → Overall Improvement.
- Avoidance → Decreased over time.
- Acceptance → Increased time 1 to time 2, then dropped below baseline at time 3.
- Harnessing → Decreased time 1 to time 2, slight recovery at time 3, below baseline.

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