

Efficacy of Universal Brief Digital Self-Help ACT: A Randomized Controlled Trial

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INTRO

- Universal interventions are recommended to reduce the general burden of psychological distress.
- Digital self-help ACT is highly scalable and easy to implement.
- This study aimed to evaluate the efficacy of a brief two-week digital self-help ACT intervention.

METHODS

- Participants: 43 undergraduates with no psychiatric diagnoses
- Group: 2week ACT intervention (n=22) vs. waitlist (n=21)
- Intervention: Seven 5-minute psychoeducational videos covering the six core processes of psychological flexibility (PF).
- Assessment:
 - ACT Check (Inoue et al., 2024; understanding of PF)
 - AAQ-II (Shima et al., 2013; psychological inflexibility)
 - K6 (Prochaska et al., 2012; psychological distress)

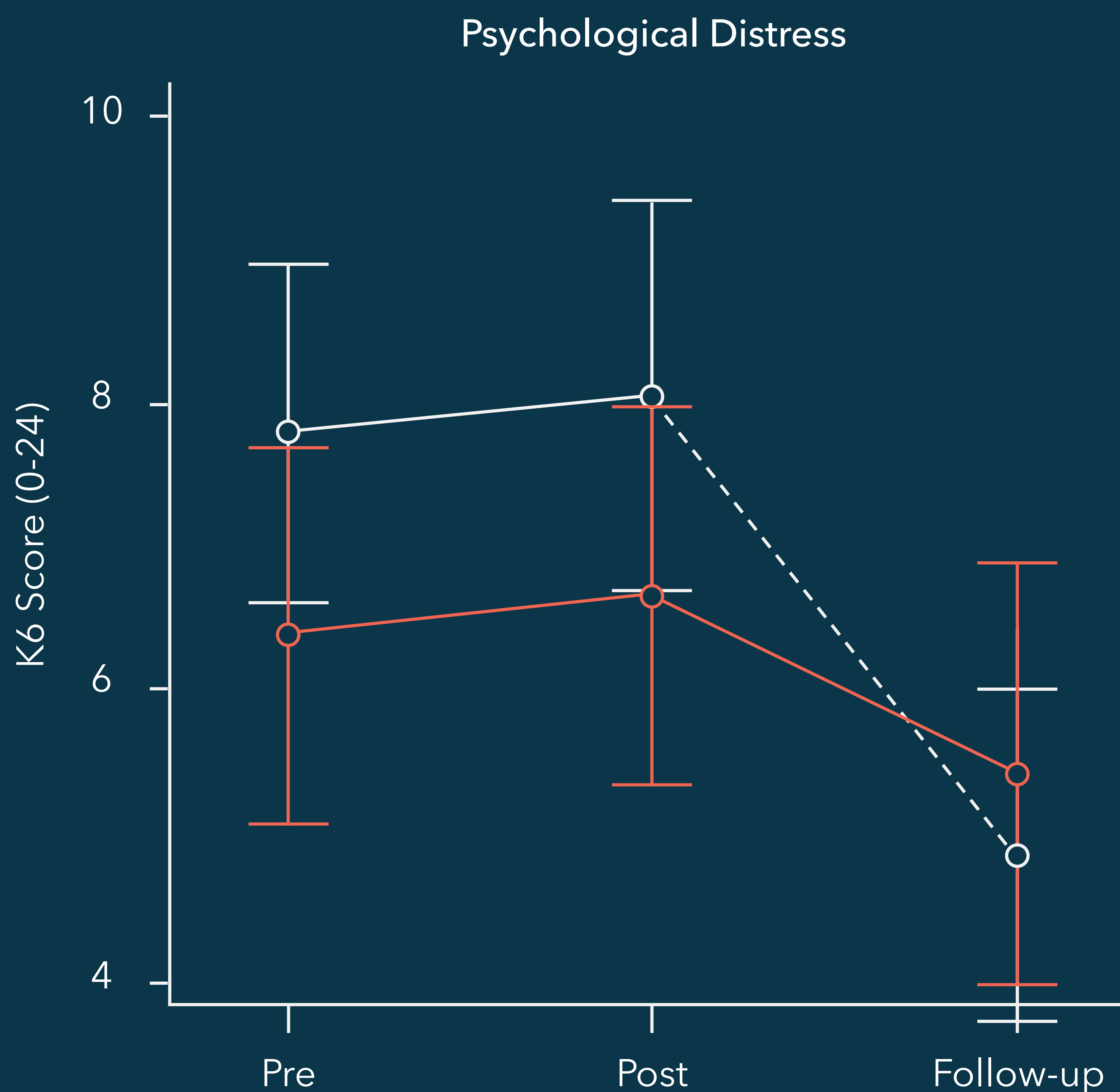
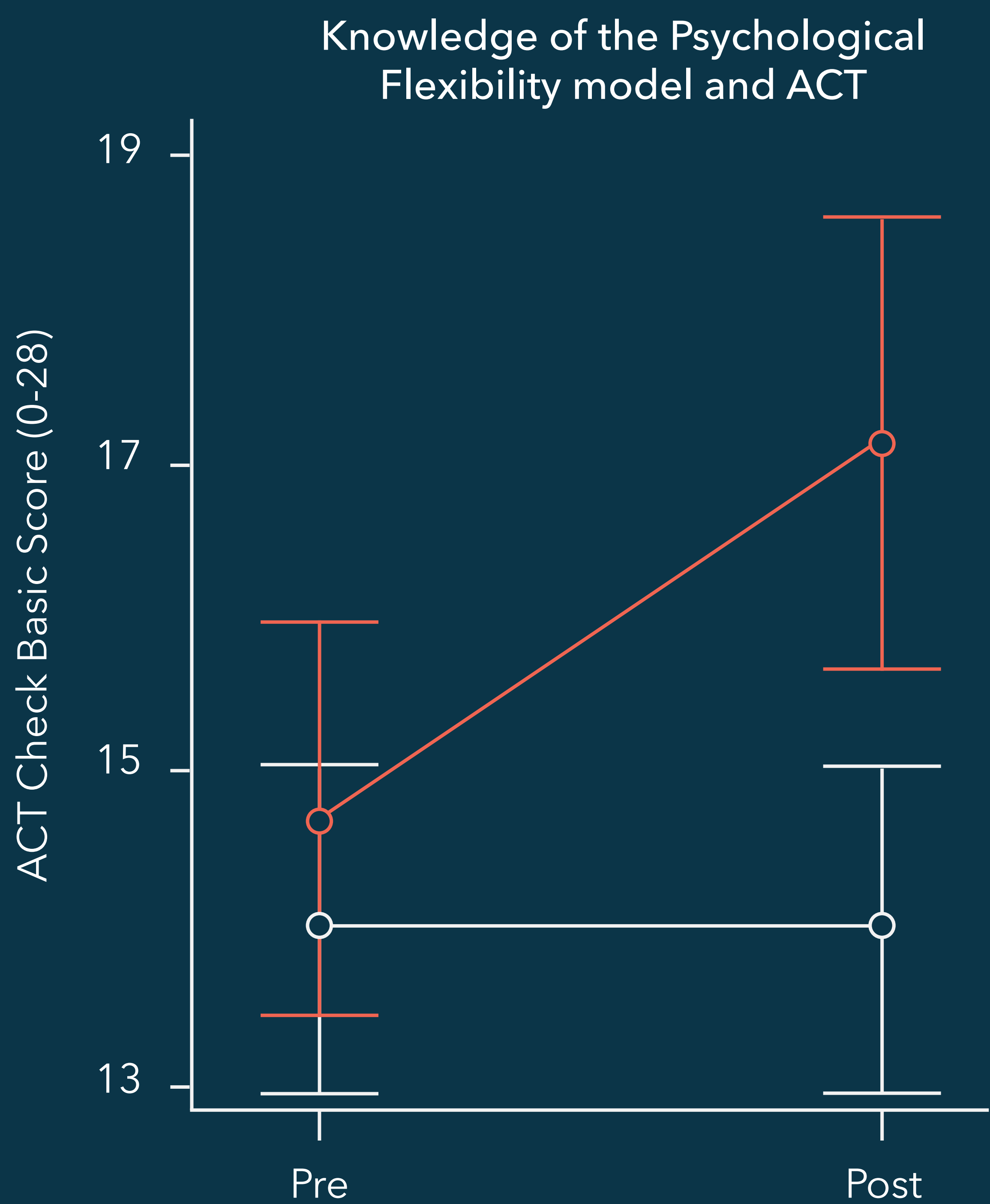
RESULTS

- No significant differences between groups at post-intervention:
 - ACT Check (d=0.86, 95% CI -0.10 to 1.83)
 - AAQ-II (d=-0.22, 95% CI -1.20 to 0.75)
 - K6 (d=-0.18, 95% CI -0.67 to 0.31)
- No significant differences between groups at 1-week follow-up:
 - AAQ-II (d=0.15, 95% CI -0.82 to 1.13)
 - K6 (d=0.08, 95% CI -0.42 to 0.57)
- Associations:
 - ACT Check predicted AAQ-II (b=0.44, t(84)=2.37, p=.020, R2=.063)
 - AAQ-II predicted K6 (b=0.38, t(127)=13.44, p<.001, R2=.587)
 - ACT Check did NOT predict K6 (b=-0.08, t(41)=-0.48, p=.633)

DISCUSSION

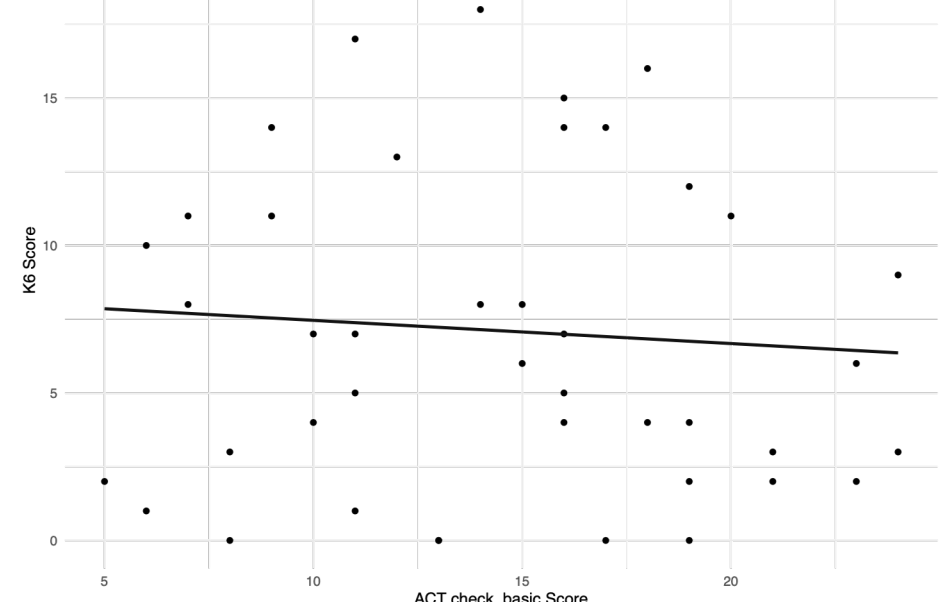
- Greater intensity may be necessary with longer duration and active engagement such as experiential exercises, homework, and worksheets.
- Unexpected improvements in waitlist conditions may be to blame.
- Understanding of PF may have facilitated awareness to inflexibility.

Brief psychoeducation alone is NOT sufficient for meaningful change

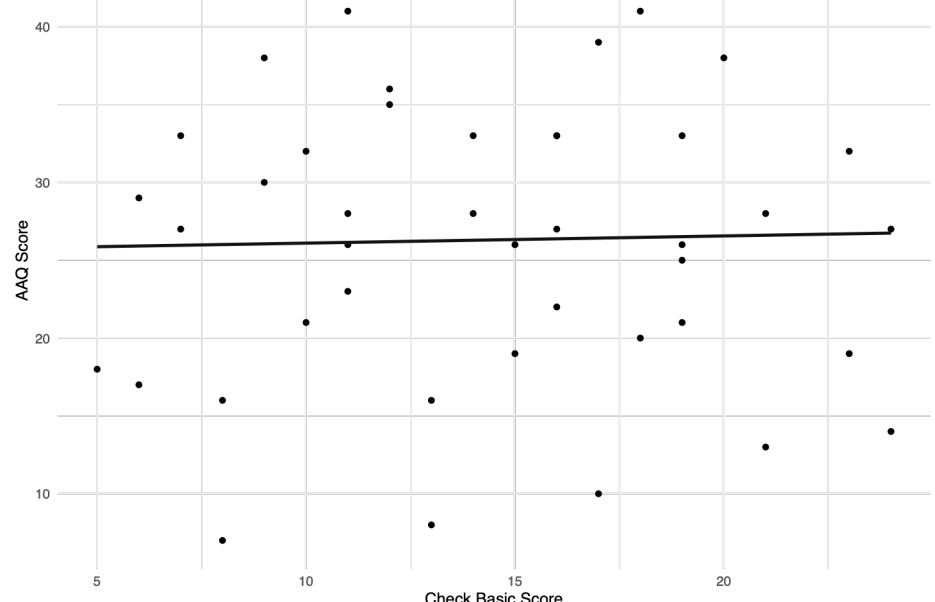


Pre data

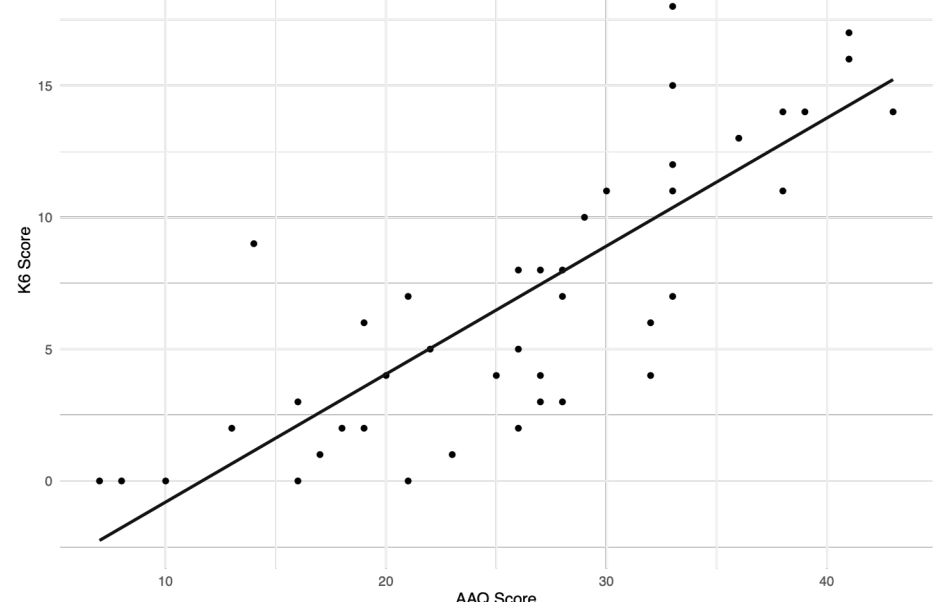
Regression of K6 on ACT Check
(b=-0.08, t(41)=-0.48, p=.633),



Regression of AAQ-II on ACT Check
(b=0.05, t(41)=0.17, p=.866),

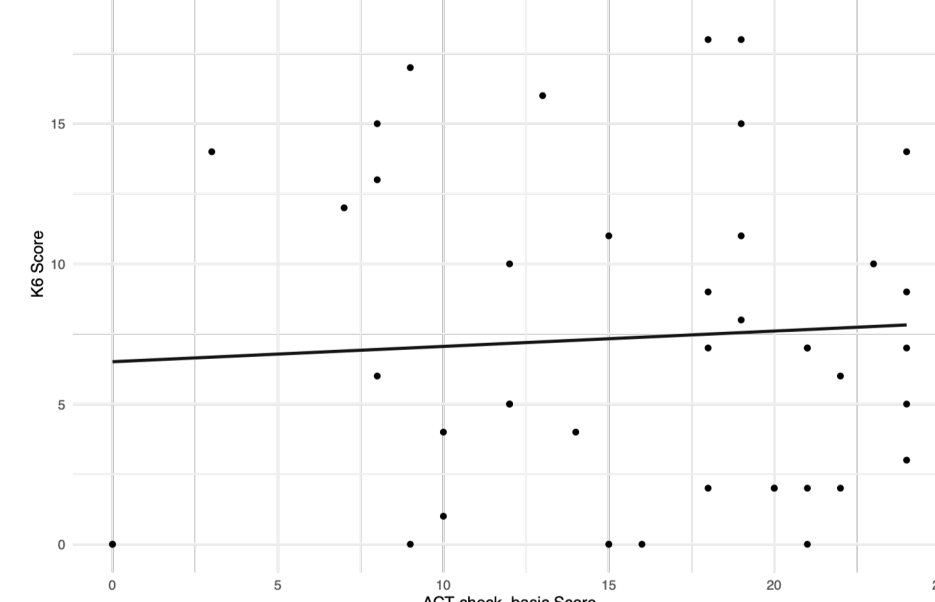


Regression of K6 on AAQ-II
(b=0.48, t(41)=8.64, p<.001).

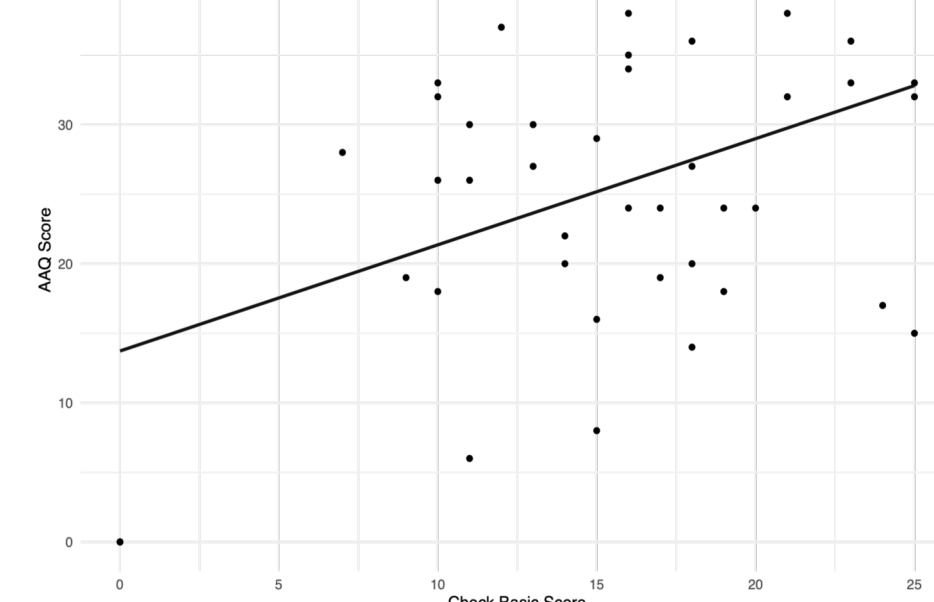


Post data

Regression of K6 on ACT Check
(b=0.21, t(41)=1.36, p=.180)



Regression of K6 on AAQ-II
(b=0.40, t(41)=6.40, p<.001)



Regression of AAQ-II on ACT Check
(b=0.76, t(41)=3.09, p=.004)

