

The Network Structure of Psychological Flexibility Processes in Individuals Reporting Suicidal Ideation

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KEY QUESTION

Which specific psychological (in)flexibility processes are most central in the network structure of individuals reporting suicidal ideation (SI)?

WHO AND WHERE



203 SI-reporting individuals including outpatients and community-dwelling adults
Age = 30,43 ± 11,65; 65.02% females

MEASURES



ACT Processes
Multidimensional Psychological Flexibility Inventory
Suicidal Ideation
Symptom Checklist-90-Revised (SCL-90-R; Derogatis, 1977; Sarno et al., 2011)

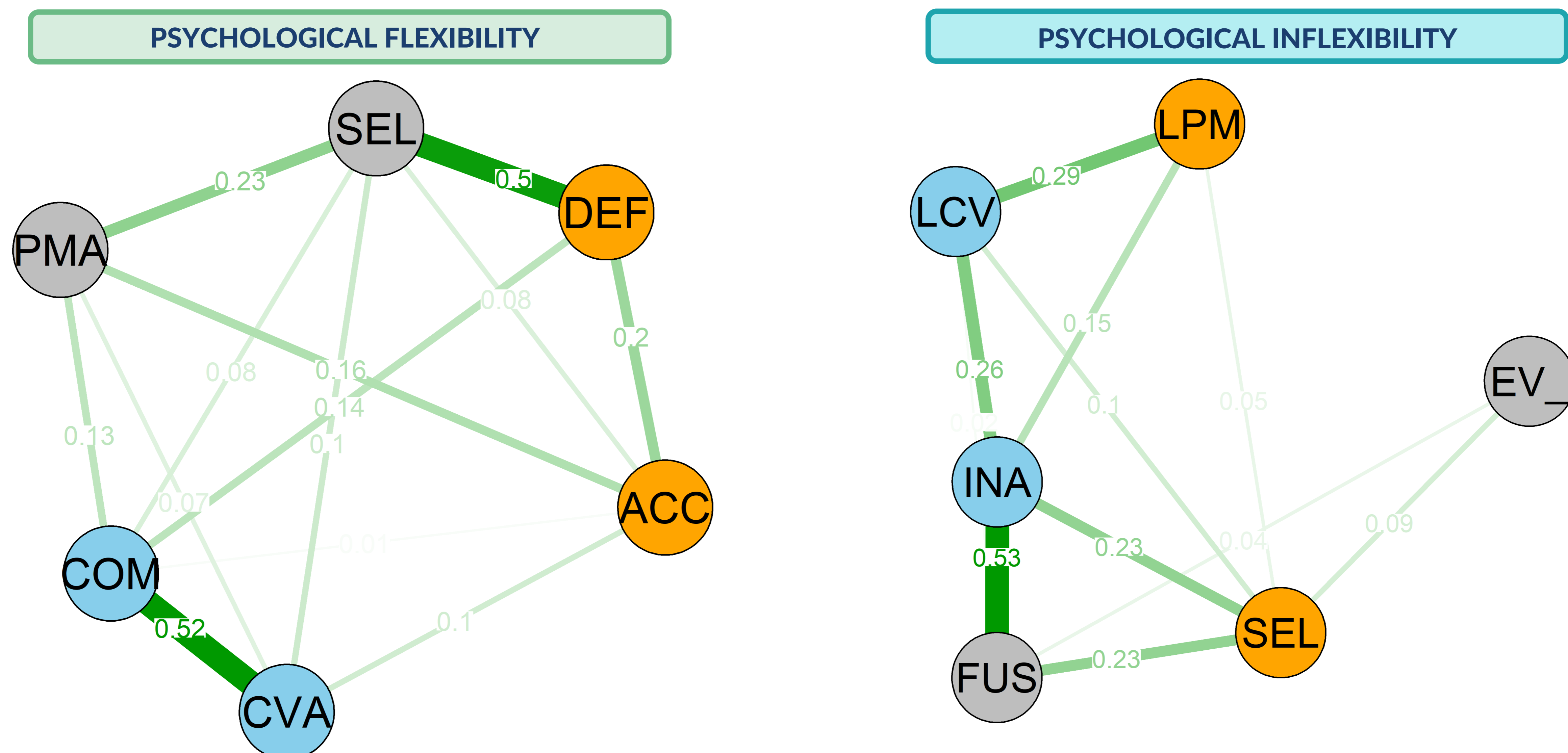
Method: Cross-Sectional Network Analysis



- EBIC gLASSO
- 1000 bootstrapping samples
- Epskamp et al., 2018

RESULTS AND CLINICAL SIGNIFICANCE

Defusion, flexible perspective-taking, and engagement in values-consistent actions may represent core processes to be targeted with outpatients reporting suicidal ideation. Defusion techniques could be prioritized, as they seem effective in addressing self-referential negative thoughts (Oppo et al., 2026).



Note. ACC: Acceptance; DEF: Defusion; COM: Committed Action; CVA: Contact with Values; PMA: Present Moment Awareness; SEL: Self-as-Context.
Sparsity = .133

Note. EV_: Experiential Avoidance; FUS: Cognitive Fusion; INA: Inaction; LCV: Lack of Contact with Values; LPM: Lack of Present Moment Awareness; SEL: Self-as-Content.
Sparsity = .267

Table 1. Centrality Indices in the Psychological Flexibility Network

PROCESS	BETWEENNESS	CLOSENESS	STRENGTH	EXPECTED INFLUENCE
Acceptance	0	.024	.547	.547
Present Moment Awareness	0	.029	.586	.586
Self-as-Context	1	.031	.984	.984
Defusion	3	.033	.837	.837
Contact with Values	0	.025	.783	.783
Committed Action	2	.026	.879	.879

Table 2. Centrality Indices in the Psychological Inflexibility Network

PROCESS	BETWEENNESS	CLOSENESS	STRENGTH	EXPECTED INFLUENCE
Experiential Avoidance	0	.012	.133	.133
Lack of Present Moment Awareness	0	.019	.486	.486
Self-as-Content	4	.025	.683	.683
Cognitive Fusion	0	.027	.817	.817
Lack of contact with Values	0	.025	.667	.667
Inaction	6	.031	1.162	1.162

REFERENCES

Epskamp, S., Borsboom, D., & Freid, E. I. (2018). Estimating psychological networks and their accuracy: A tutorial paper. *Behavior Research Methods*, 50, 195-212. <https://doi.org/10.3758/s13428-017-0862-1>
Oppo, A., Pasquini, L., Misitano, A., Savoia, A., & Presti, G. (2026). Defusion techniques on self-referential thought in laboratory-based experimental research: A meta-analysis of believability and discomfort outcomes. *Journal of Contextual Behavioral Science*, 40, 100999. <https://doi.org/10.1016/j.jcbs.2026.100999>

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