

A brief ACT intervention targeting parental psychological flexibility in families with adolescents with dyslexia: a feasibility study

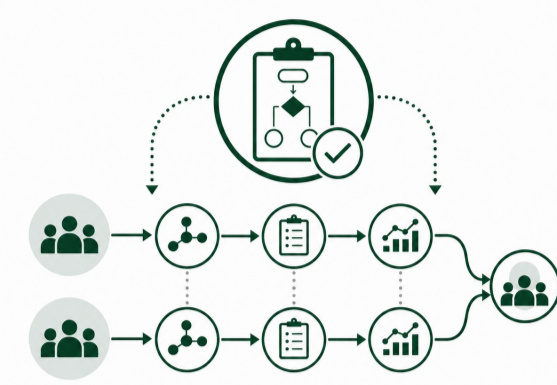
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Introduction

Dyslexia affects the entire family system and is associated with elevated levels of parental stress, anxiety, and depressive symptoms among parents of adolescents with dyslexia.

Despite affecting approximately 7.1% of school-aged children worldwide, evidence-based interventions targeting parents remain scarce.



Method

Repeated-measures design (Pre, Post, and 3-month Follow-up). There is no control group.

Parallel ACT intervention in children with dyslexia.

Group ACT program (4 sessions of 60 minutes).

8 parent groups comprising between 4 and 21 members, $n = 64$. (67.2% mothers; mean age 46.4 years).

Results

Feasibility

106 → **64**
 contacted enrolled in the program

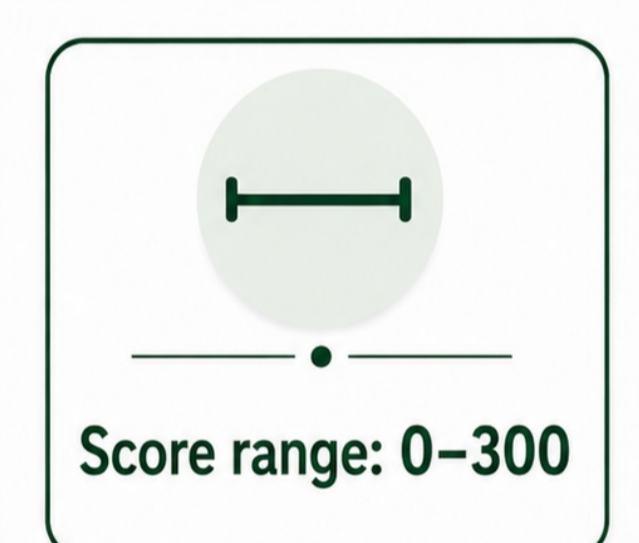
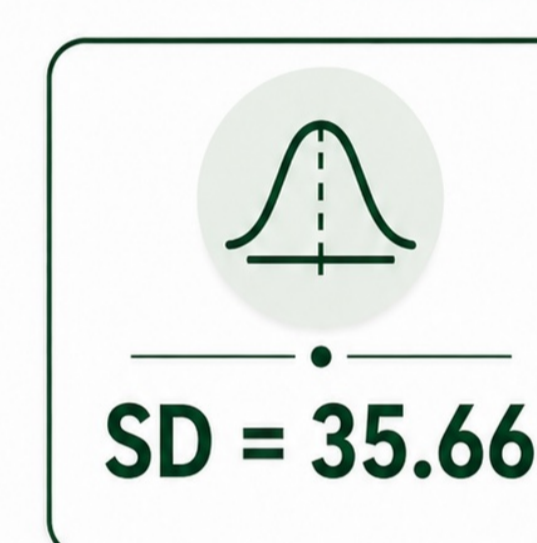
98.4%
 (n = 63) completed the intervention

90.5%
 (n = 57) completed follow-up

90.73%
 average session attendance

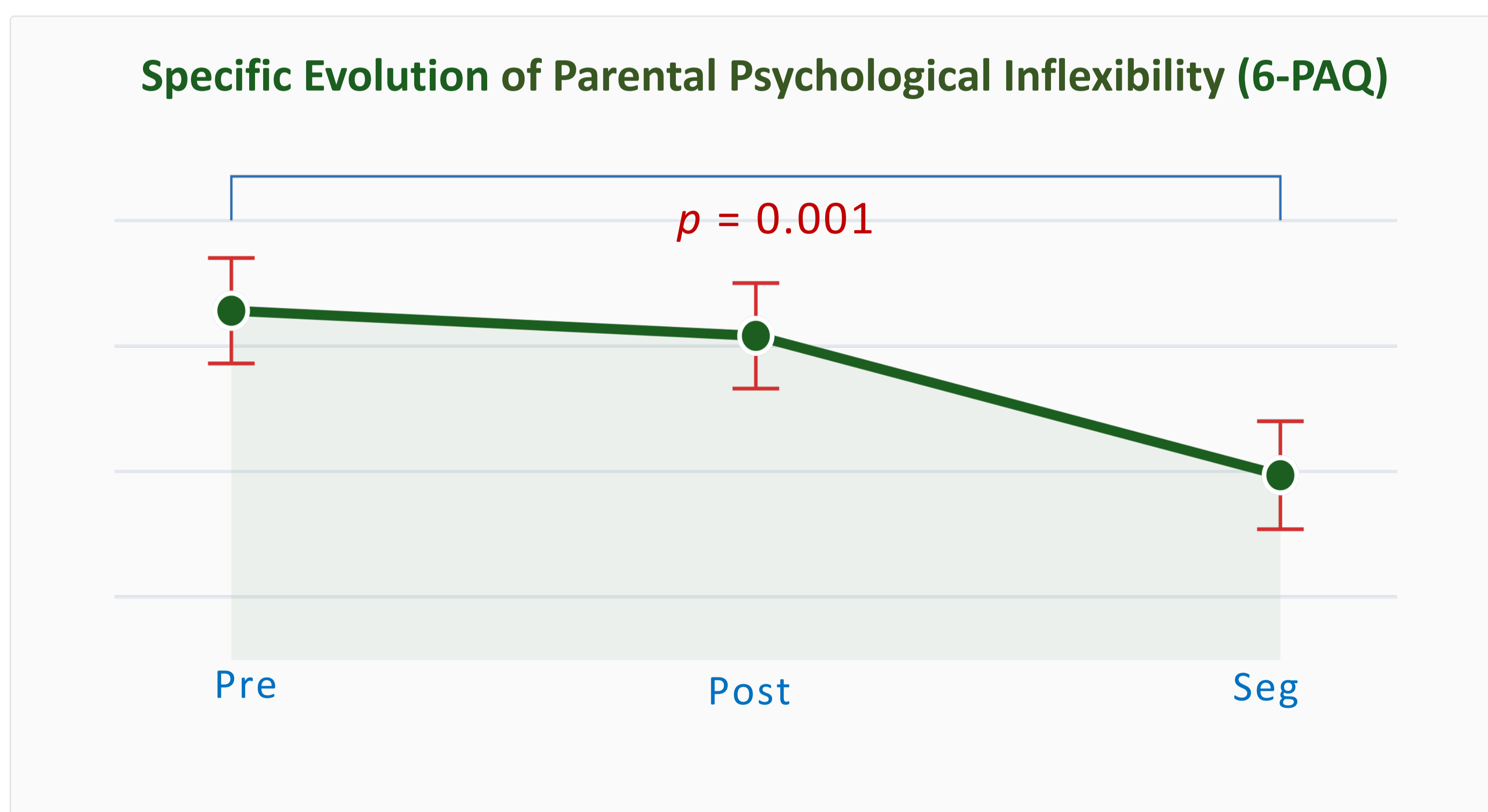
Acceptability

CRES-4 Satisfaction Scale

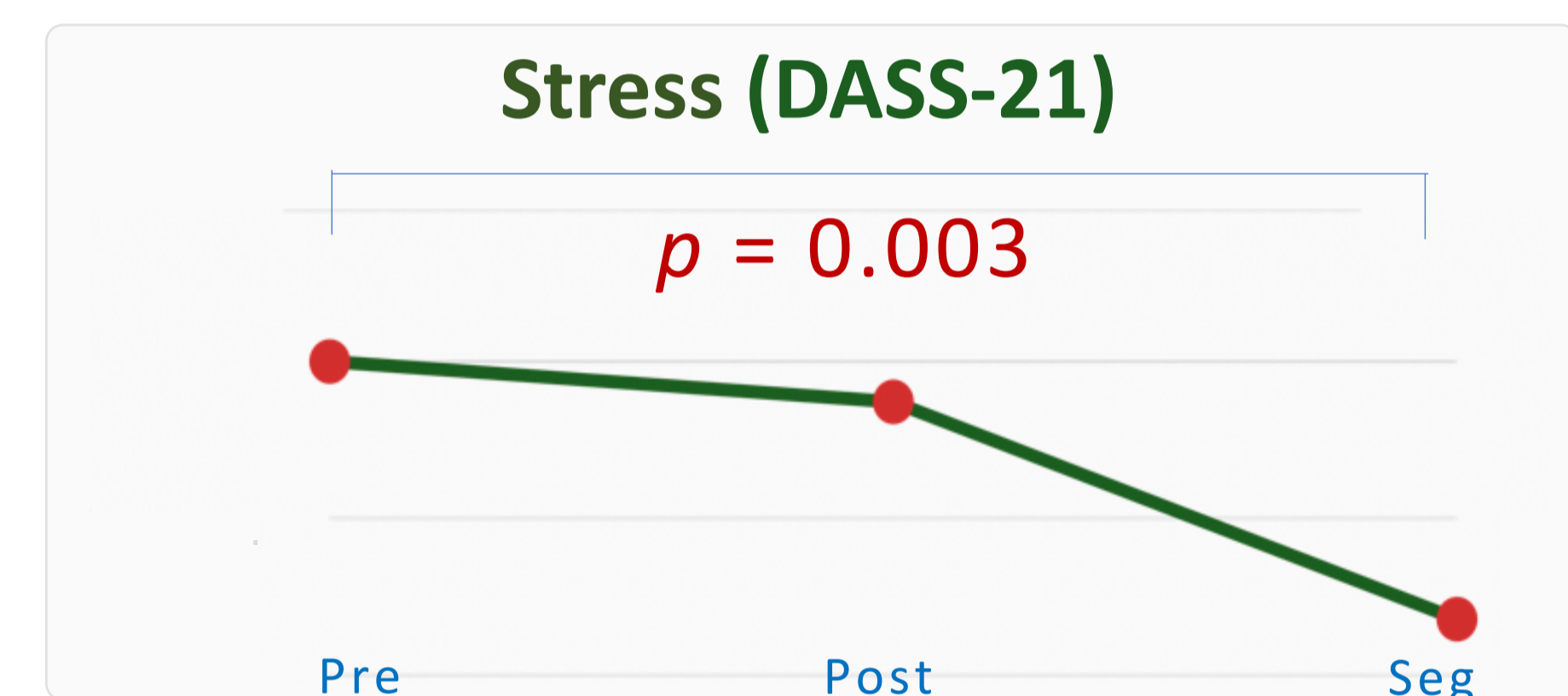


Exploratory Efficacy Results

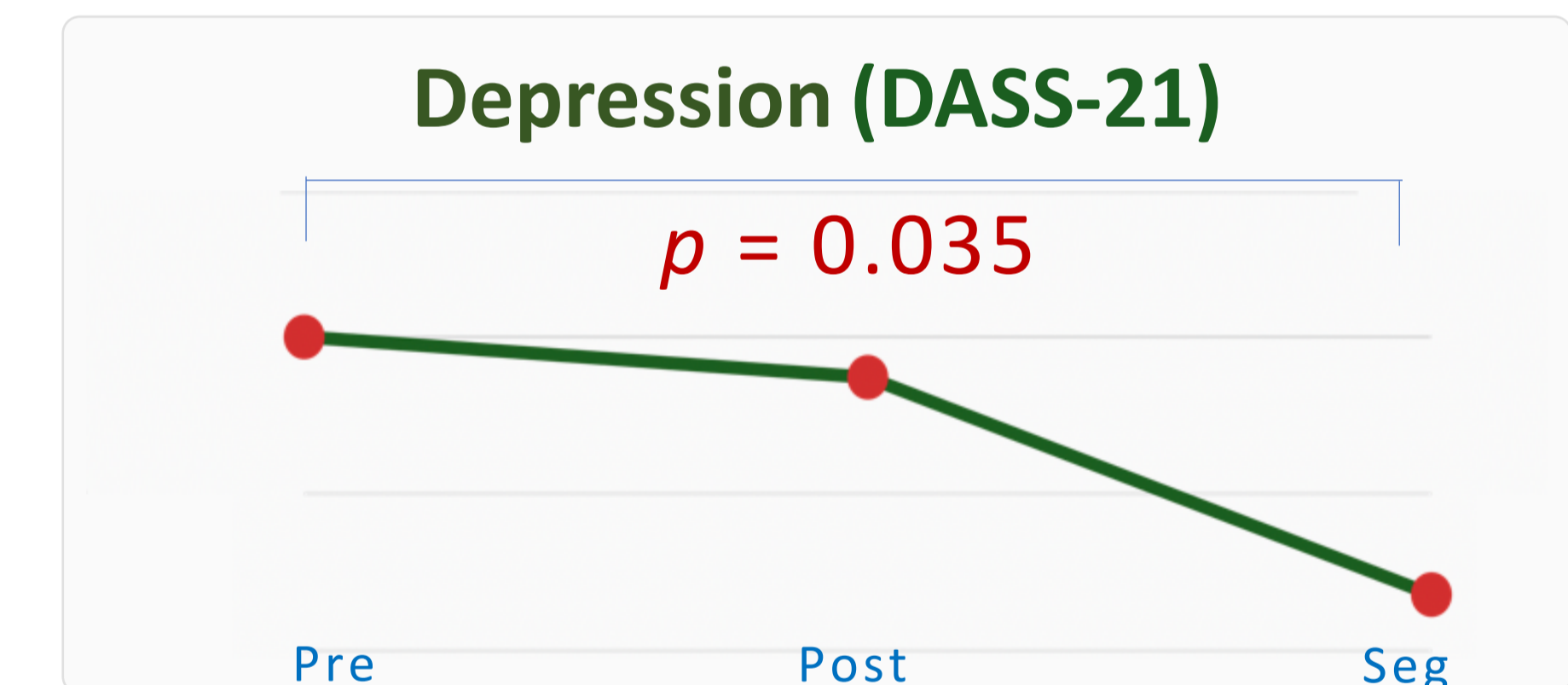
Specific Evolution of Parental Psychological Inflexibility (6-PAQ)



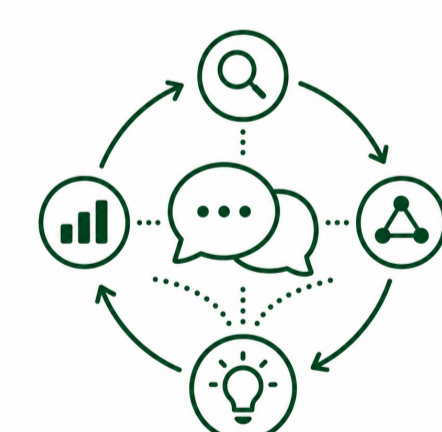
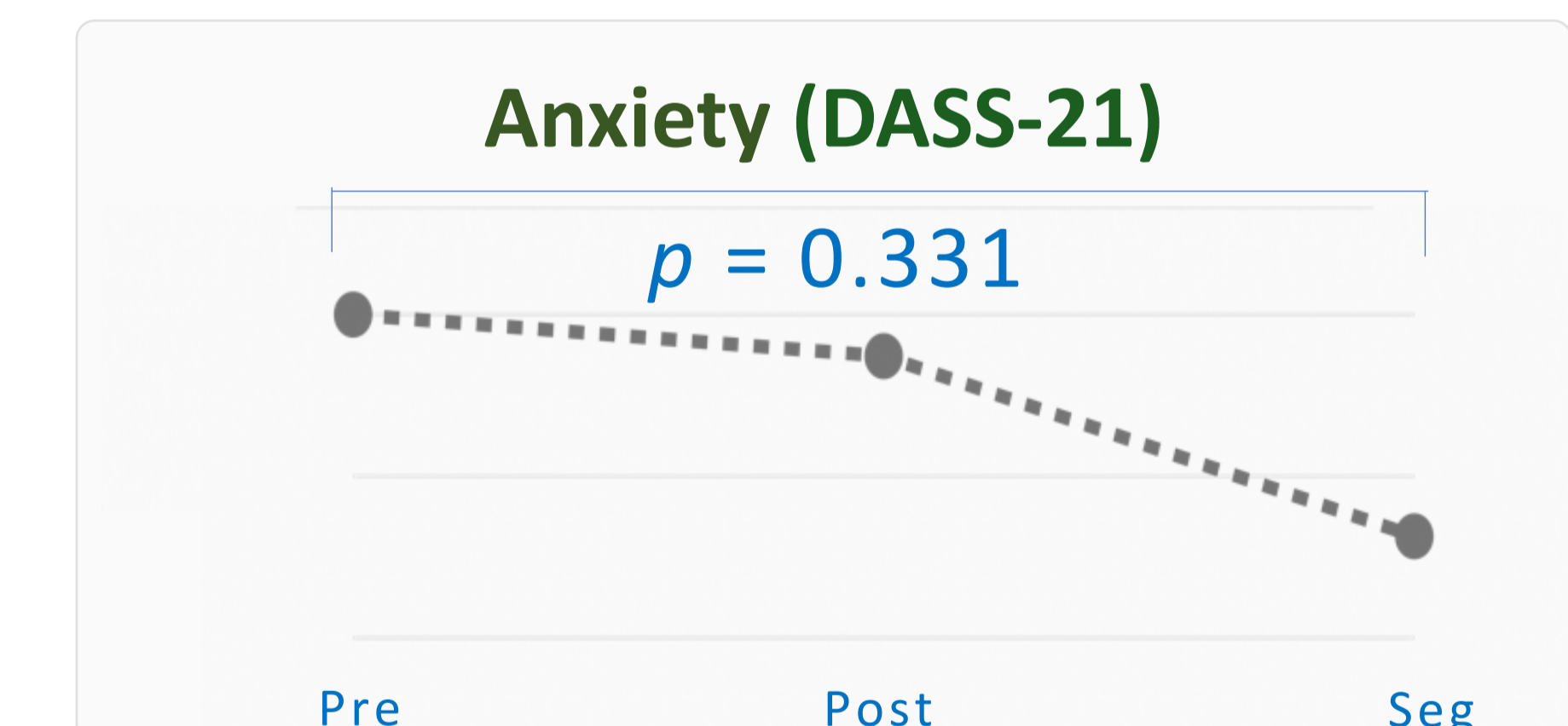
Stress (DASS-21)



Depression (DASS-21)



Anxiety (DASS-21)



Discussion and Conclusion

The brief ACT-based intervention was feasible and well accepted by parents.

Parental psychological inflexibility decreased significantly from pre-test to follow-up.

Reductions in parental stress and depression were observed at the 3-month follow-up, alongside lower psychological inflexibility.



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