

INTRO

- The Context:** Inpatient group therapies are vital in Germany.
- The Gap:** Yet, few studies explore the impact of ACT in inpatient group settings on Psychological Flexibility – let alone on its six core processes. We filled this gap and focused on *Awareness*, *Openness*, and *Valued Action*.
- Secondary Aim:** We also explored the patient perception of standardized ACT metaphors to understand how they work and why they are helpful.

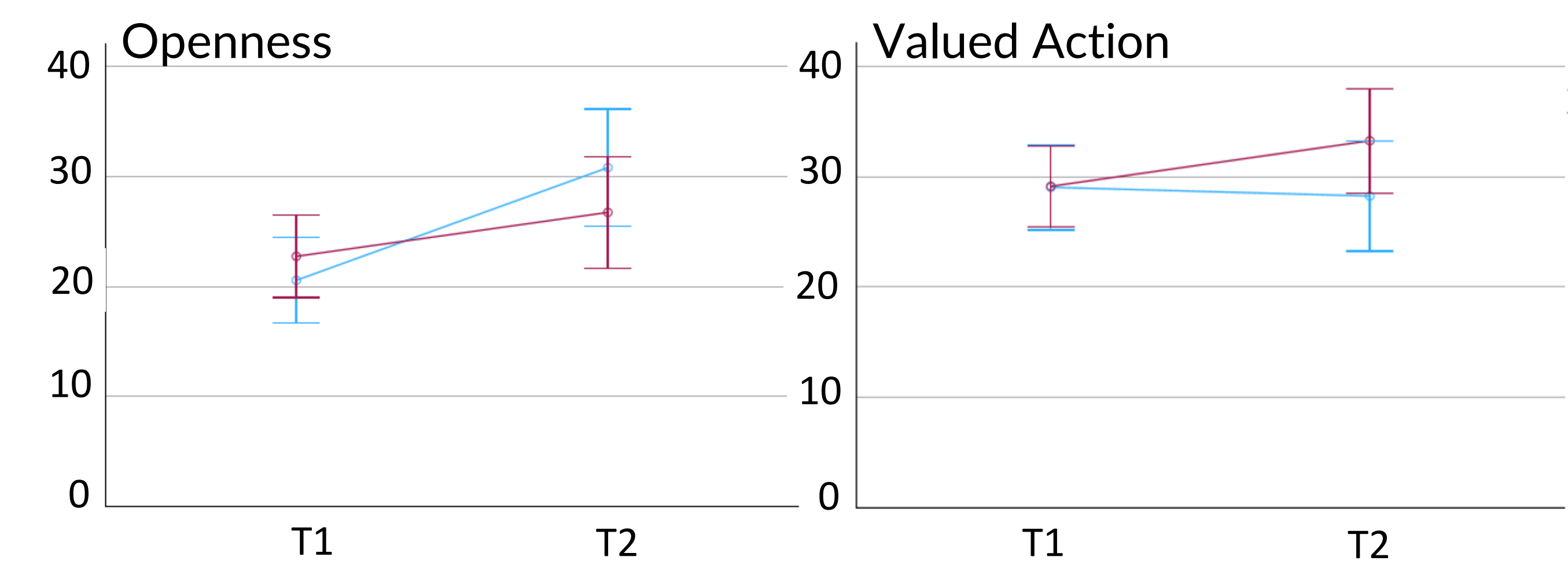
METHODS

- Sample:** 50 psychiatric inpatients. 58% female, 84% depression, age: $M=54$.
- Intervention:** Intensive 3-week ACT group therapy (6 sessions x 110 min).

	T1 (pre)	3 weeks	T2 (post)
ACT	CompACT (Awareness, Openness, Valued Action)	ACT group + TAU	CompACT & Metaphor Evaluation
Control	CompACT	TAU (CBT)	CompACT

RESULTS I

- Both conditions significantly improved **Psychological Flexibility**; however, ACT led to **higher Openness** but **lower Valued Action** than the Control.



DISCUSSION

- While immediate effects are mixed, ACT demonstrates the potential for **greater delayed, long-term improvements** compared to the Control.
- ACT metaphors may continue to unfold** after the intervention has ended.

1 ACT proved effective for inpatient group settings, however ACT demonstrated divergent effects on the Processes of Psychological Flexibility.

2 Role of ACT Metaphors: Standardized ACT Metaphors were highly memorable, helpful and primarily validated patients' experiences.

