

# FLEXIBILITY OUTCOME NAVIGATOR

Navigate. Reflect. Design better systems.

Psychological flexibility did not generalize through student training alone.

Generalization appeared to depend on alignment and organizational reinforcement.



GAME-BASED  
DNA-V



MULTI-LEVEL  
IMPLEMENTATION



SCHOOL  
SETTINGS



PSYCHOLOGICAL  
FLEXIBILITY

## METHOD

6 WORKSHOPS per class STUDENTS

N = 140 STUDENTS (grades 4, 5, 7)

2 SWEDISH SCHOOLS

SEPT 2024 – MAY 2025  
Ongoing implementation

## BACKGROUND

We tested a multi-level implementation game-based DNA-V workshop program in schools.

The program aims to build psychological flexibility in across six core processes while also strengthening adult alignment and organizational reinforcement.

This poster presents an emerging multi-level implementation model grounded in practice-based observations.

## KEY OBSERVATIONS (so far)

- Students rapidly adopted DNA-V language and core processes.
- Adult alignment (teachers & parents) varied across classrooms.
- Reinforcement patterns in classrooms influenced outcome variability.
- Teacher engagement increased continuity of skills and values.
- Generalization appeared to be system-dependent, not student-dependent.

## NEXT STEPS

- Develop structured implementation guide
- Conduct multi-level evaluation
- Expand across site and grades
- Ensure feasibility and sustainability

*TRY IT*

## OUR EMERGING MULTI-LEVEL IMPLEMENTATION MODEL



### STUDENT LEVEL

Structured DNA-V intervention  
Discover • Notice • Advisor • Values



### TEACHER & PARENT LEVEL

Shared language  
Reinforcement  
Adult modeling



### ORGANIZATIONAL LEVEL

Routines  
Shared structures  
Staff consultation

## 27 OUTCOMES – CONDENSED OVERVIEW

(ranges: 1–9, 10–18, 19–27)

### LOW CONTEXT (1–9)

Limited support & resources



Session-bound



Fragile & prompt-dependent



Adult-compensated

### MEDIUM CONTEXT (10–18)

Some support & resources



Partial transfer



Emerging continuity



Reinforced transfer

### HIGH CONTEXT (19–27)

Strong support & resources



Generalized routines



Cross-setting transfer



Embedded flexibility culture

From limited support To strong system support



## OUTCOME

Generalization of flexibility across students, adults, and systems.

## THE GAME IN ACTION



Scan the QR to try the interactive poster.

## EXPLORE CADENA – THE BIGGER PICTURE



Scan the QR to learn more about the program, our team and implementation resources.



ACBS

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CONTEXTUAL BEHAVIORAL SCIENCE

Small changes in the system → Big changes in outcomes.

