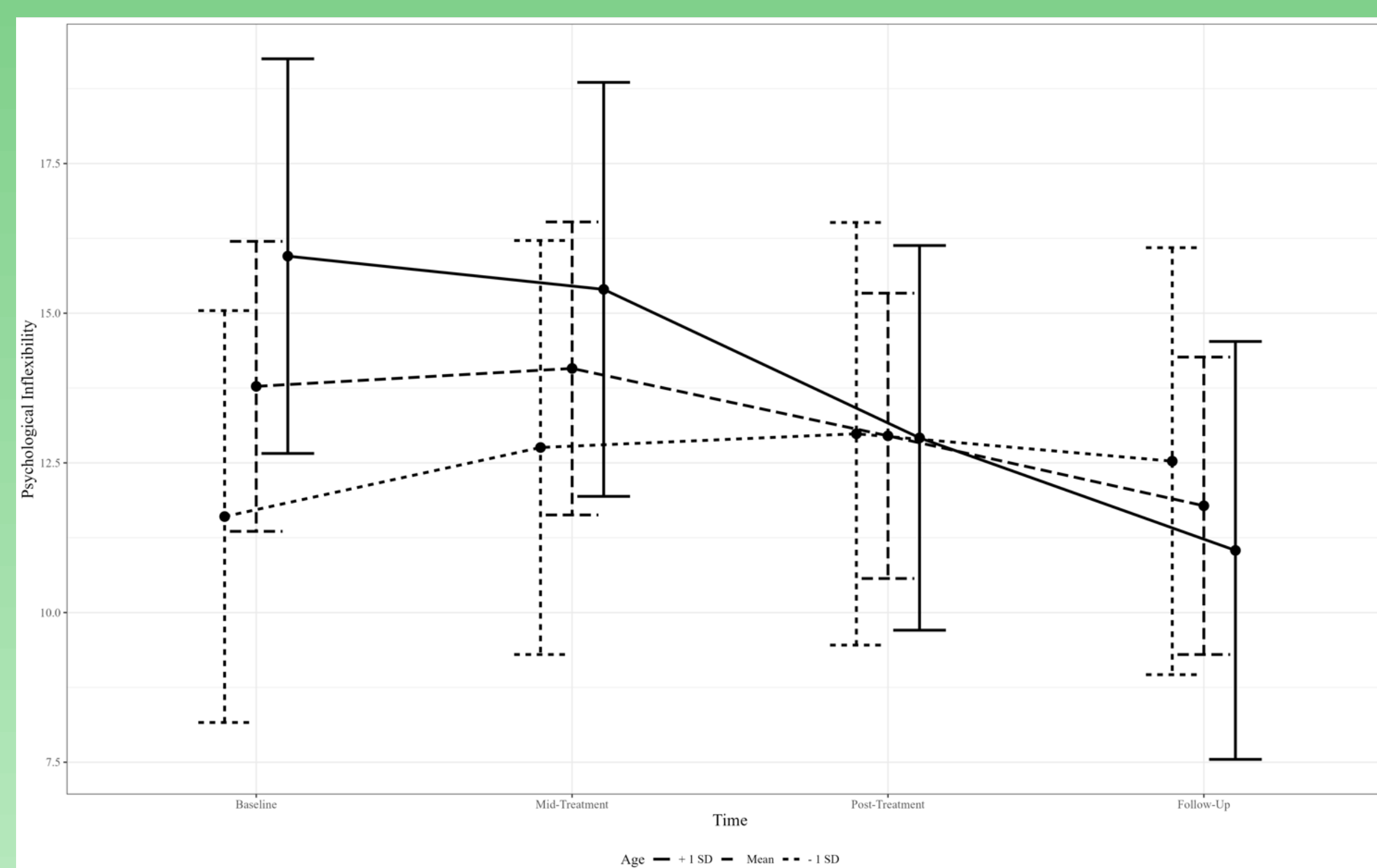
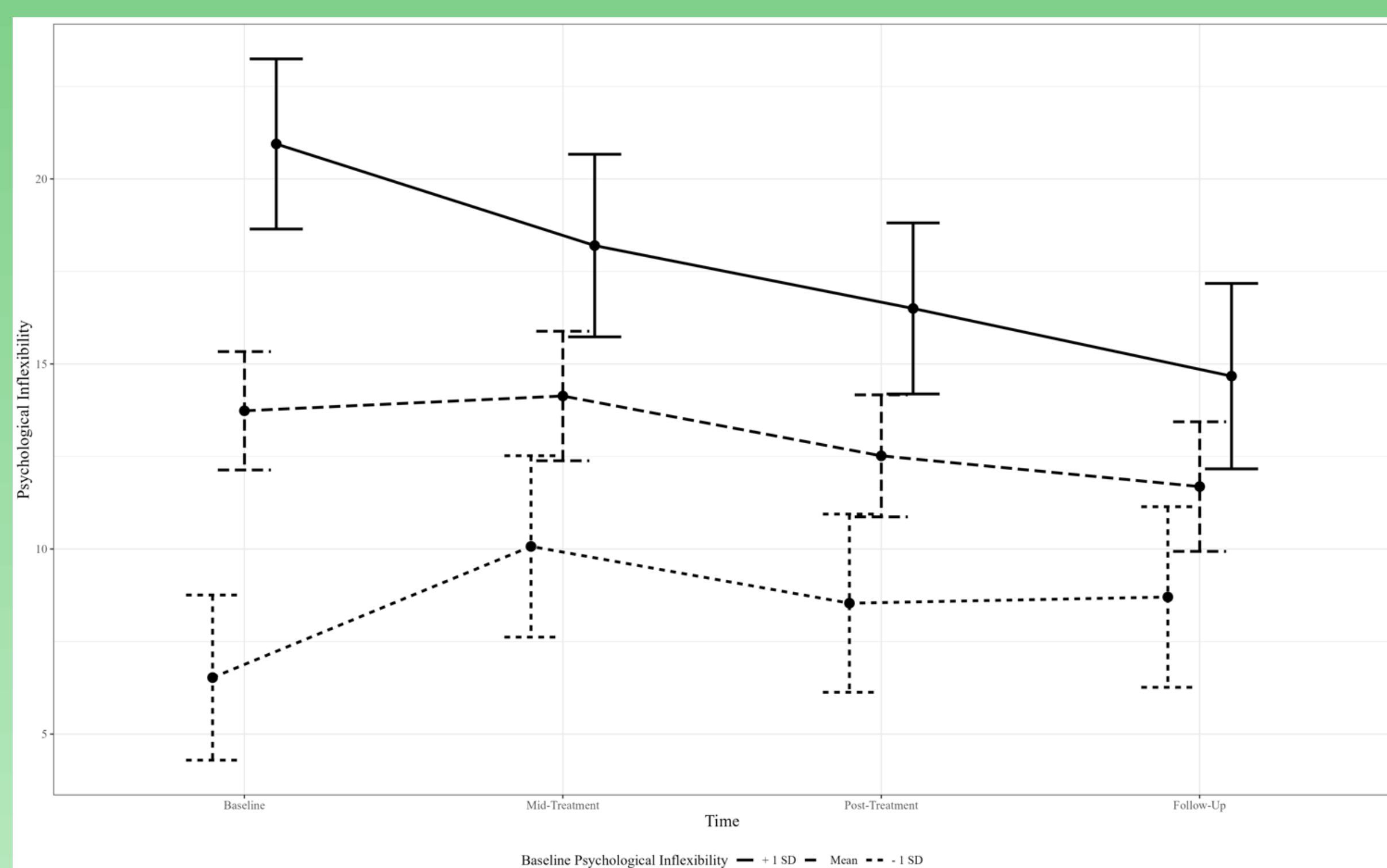


Baseline psychological inflexibility and age are key moderators of ACT outcomes in adolescents.

Olivia F. Petersen, B.A.¹ & Julie M. Petersen, PhD²
¹University of Vermont, ²Harvard University



Introduction

Psychological inflexibility (PI) is a central target in acceptance and commitment therapy (ACT) for adolescents.

Exploring **moderators of improvement in PI** is necessary to guide treatment implementation.

Baseline PI, youth age, and treatment format may be relevant moderators.

Method

Data were from **three studies testing ACT for adolescents with anxiety** delivered via telehealth¹ (45.1%), community-based group (15.8%), and school-based group (39.1%).

Adolescents ($N = 35$, $M_{age} = 15.22$, $SD = 1.52$) self-reported PI on the AFQY8 at baseline, mid-treatment, post-treatment, and one-month follow-up. Average baseline PI was $M = 13.5$ ($SD = 7.3$). Average treatment duration was 8.6 weeks.

Sample demographics: *Gender*: 69.9% female, 24.1% male, 6% trans/non-binary. *Ethnicity*: 78.3% non-Hispanic/Latine, 21.7% Hispanic/Latine. *Race*: 76.7% white, 10.1% black, 13.2% mixed race or not listed.

Multilevel modeling was used to examine **change in PI over time**, with **baseline PI, age, and treatment format** as moderators.

¹Funded by ACBS Michael J. Asher Dissertation Award

Results & Conclusion

Adolescents with higher levels of **baseline PI** showed **greater reduction in PI** at all time points, suggesting that **youths who are higher in PI** at intake may be a good fit for ACT.

Older youths showed **greater reduction in PI** at post-treatment, which may mean that **older adolescents are a good fit for ACT** and may indicate **developmental differences** in the **ability to grasp ACT** concepts.

Treatment format did not moderate change in PI.

This project is limited by a lack of gender and racial diversity as well as a small sample size. Future researchers may wish to consider age and baseline PI as moderators of other clinical outcomes, such as engagement in valued living.