

Work in progress:

The Role of Psychological Flexibility in Expecting and Reaching a Behavioral Change

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The role of psychological flexibility in provoking, reaching and maintaining a behavioral change is well documented (Hayes, Luoma, Bond, Masuda, & Lillis, 2006). On the other hand, the expectations of treatment outcome have been identified as one of the crucial common factors of successful psychotherapy (Wampold & Imel, 2015).

The main goal of this evolving longitudinal research is to determine the relations between change expectations and psychological flexibility and their potential power in predicting the psychotherapy outcome.

We expect that the initial level of outcome expectations will demonstrate the quadratic moderation effect on the change of psychological flexibility during the treatment and therefore affect the change of life satisfaction and general distress.

Instruments:

Acceptance and Action Questionnaire II

(AAQ II; Bond et al., 2011)

Depression, Anxiety and Stress Scale 21

(DASS21; Lovibond & Lovibond, 1995)

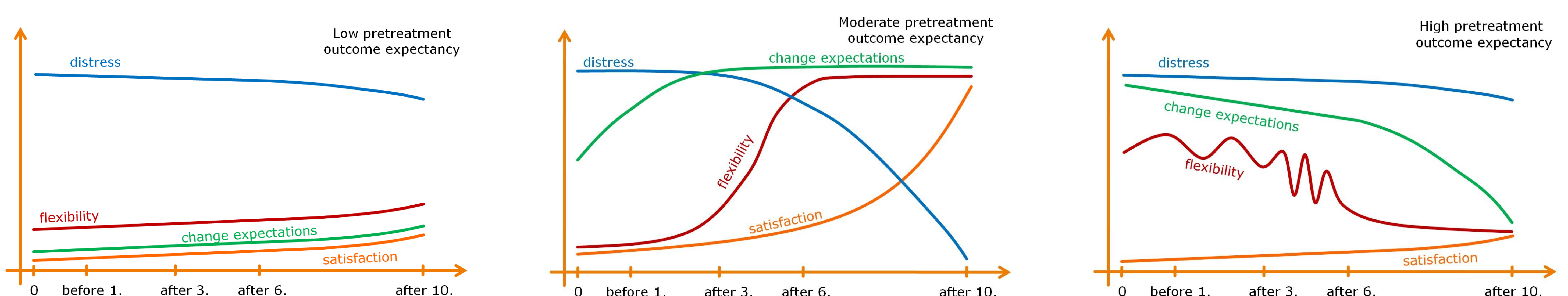
Anxiety Change Expectation Scale

(ACES; Dozios & Westra, 2005)

Satisfaction With Life Scale

(SWLS; Diener, Emmons, Larsen, & Griffin, 1985)

So far, the research consists of cca. **100 participants**, receiving psychotherapy as usual within the counseling centers across Serbia. Each of them are subjected to multiple assessments: during the contact interview, before the first therapy session, after third and sixth session, on the treatment end, as well as three months after the end of treatment.



We hope that the final results will point out the necessity of discussing the client's change expectations on a start of any treatment designed to provoke a satisfactory behavioral change.

The research is in progress! Feel free to contact us 😊

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