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Evaluation of a brief self-help intervention based on Acceptance and Commitment Therapy Among Individuals With Overweight:

A Multiple Baseline Design

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The Obesity Crisis

WE EAT OURSELVES TO DEATH

Overweight- the BIG challenge

STOP THE EPEDEMIC!

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- Increased risk for depression and body dissatisfaction (Friedman et al., 2005)
- Increase caloric consumption (Schvey, Puhl & Brownell, 2011)
- Binge eating (Puhl & Brownell, 2006)
- Decrease motivation to exercise (Vartanian & Novak, 2011)

Weight stigma

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- Self-blame/self-devaluation (Tyka et al., 2014)
- Avoid physical activity (Vartanian & Shaprow, 2008)
- Avoid social interactions (Puhl & Brownell, 2003)
- Decreased HRQL (Puhl et al., 2008)

Weight self-stigma

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YOU

FAT
= Bad
Unhealthy
Undesirable
Inadequate
Unattractive

NORMAL
= Good
Healthy
Desirable
Adequate
Attractive

TOO SKINNY
= Bad
Unhealthy
Undesirable
Inadequate
Unattractive

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Fear Shame → **Experiential avoidance**

- Fix
- Restrict
- Control
- Avoid

"The more I hate myself, the more motivated I will become to fix what's wrong with me so that I can be the person I like and like the person I am"

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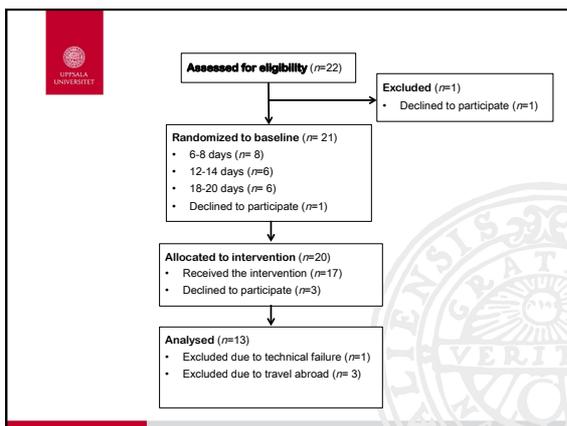
“Inspire people to make healthy lifestyle choices according to their values, regardless of weight“

Therapeutic objectives

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Recruitment
Attrition
Adherence
Acceptability
Response to Intervention

Research Questions



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Week 1	Week 2	Week 3
Values	Acceptance Defusion	Action plan

Bibliotherapy + 

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1= 4
2= 6
3= 5 %
4= 3300

1. Value attainment health
2. Persistence in the face of weight stigma
3. Distress intolerance (%)
4. Physical activity

Daily measures

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Participants

13 females (25-67 years) with BMI 25-38 (M= 29, SD= 4)

- Fluent in Swedish
- University (69.9%), High school (30.8%)
- Working (9), Retired (2), Student (2)

8 hours

Recruitment

$4/21 = 19\%$

Attrition

All but one, 100%

(88, 100, 83%)

Adherence

Acceptability

%	Values	Acceptance Defusion	Action plan
Very helpful	39	54	46
Quite helpful	46	31	39
Helpful	15	15	15
Not Helpful	0	0	0
Harmful	0	0	0

(Parker & Vannest, 2009)

Response to the intervention

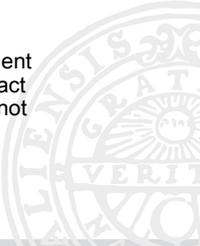
Effect size	Value attainment health	Persistency weight stigma	Distress intolerance	Steps/day
Strong	0	1	1	0
Medium	4	2	3	1
Weak	6	7	3	6
No change	2	2	5	2
Deteriorated	1	1	1	4



Conclusions

Recruitment

- High interest in ACT self-help interventions
- Online “anonymous” recruitment using social media might attract people that otherwise would not seek care



Conclusions

Low attrition (all completed)

High adherence

High acceptability

Weak/moderate effect sizes



Clinical Implications

- Daily measures?
 - BMI?
 - Distress intolerance?
 - Physical activity?
- Tailor the intervention to individual needs
 - “length”
 - “place”
 - “content”
- Learning by experience
 - Experiential exercises
 - Momentary behavioural assessments

