

Acceptance and Commitment Training (ACT) in Dementia Care Workers. 12 month follow-up

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INTRODUCTION: Dementia care workers (DCWs) are at high risk of suffering from burnout, which in turn can lead to a worsened quality of care. There is a need to create intervention programs aimed at providing DCWs with effective tools for managing the unpleasant emotions associated with the workplace.

OBJECTIVES: To design and implement an intervention based on ACT for DCWs that reduces the levels of burnout and increases the work and life satisfaction of the workers.

MATERIAL & METHODS:

Subjects: 110 DCWs of the CSSV Hospital were randomly assigned to two groups; Intervention Group (n=54, 89,8%♀, \bar{X} = 40,5 years old (SD 12,8)) and waiting list (n=55, 95,5%♀, \bar{X} = 41,8 years old (SD12,3)).

Measures and Instruments:

Psychological inflexibility: AAQII⁴

Satisfaction With Life: SWLS⁵

Trait Anxiety: STAI-T⁶

Emotional Exhaustion: MBI-EE⁷

Depersonalisation: MBI-DP⁷

Personal Accomplishment: MBI-PA⁷

RESULTS: Results are shown in Figure 1.

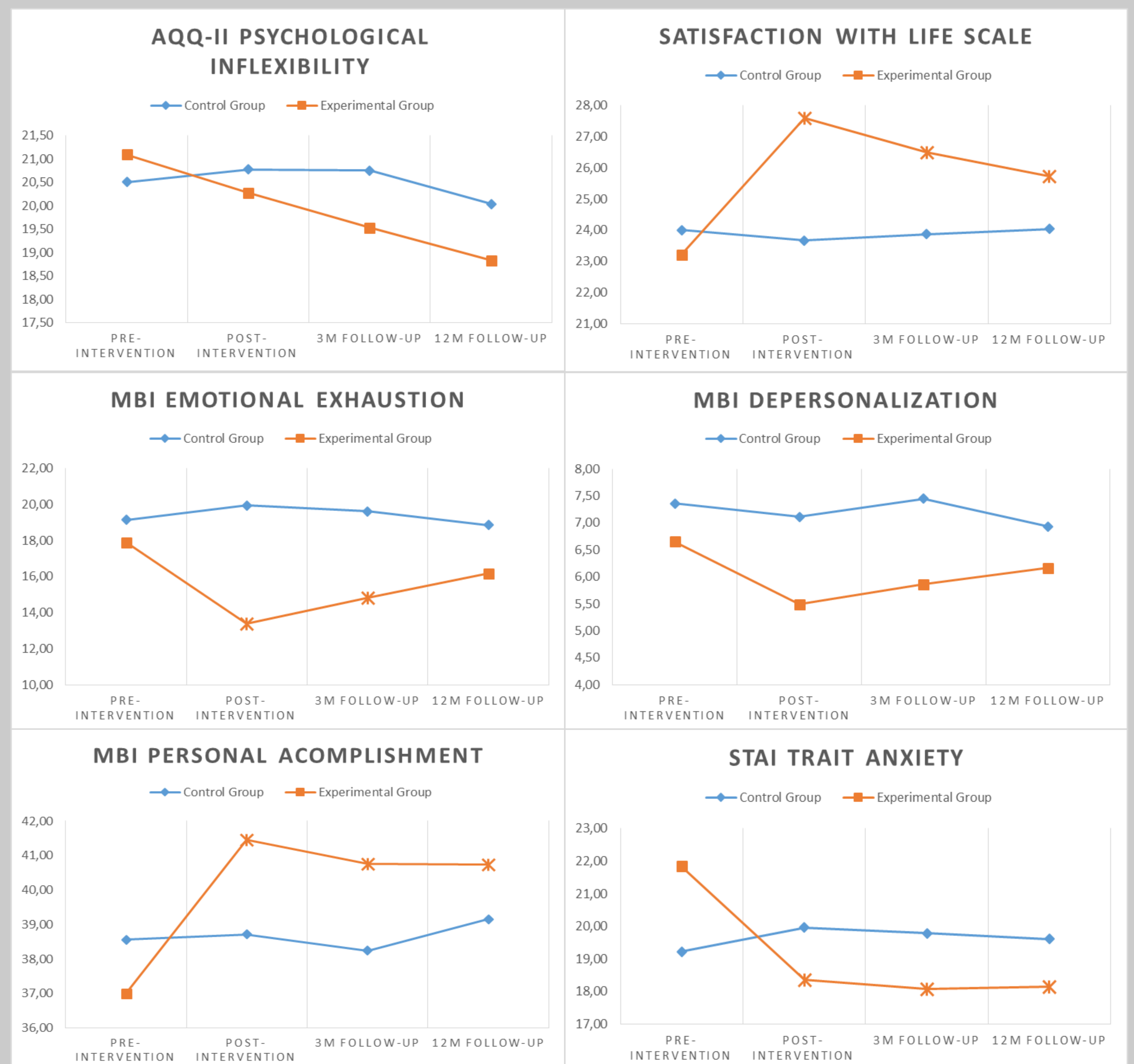


Figure 1

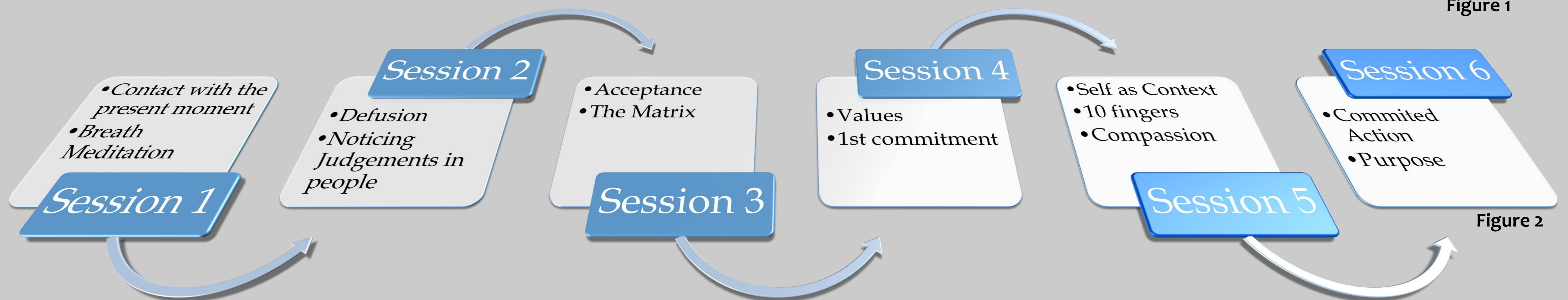


Figure 2

CONCLUSIONS: The Acceptance and Commitment Training (Fig. 2) not only reduced the levels of perceived emotional exhaustion associated with work, but also significantly increased the level of job and life satisfaction of the participants. An intervention of 6 weeks, allows to put into practice the knowledge acquired in the sessions. On the other hand, unlike 2+1 interventions⁸, it allows its benefits to crystallize and to be maintained after 12 month of follow-up.

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