

A Single Session of Acceptance and Commitment Therapy to Promote Health-Related Behavior Change: A Single Case Study Design



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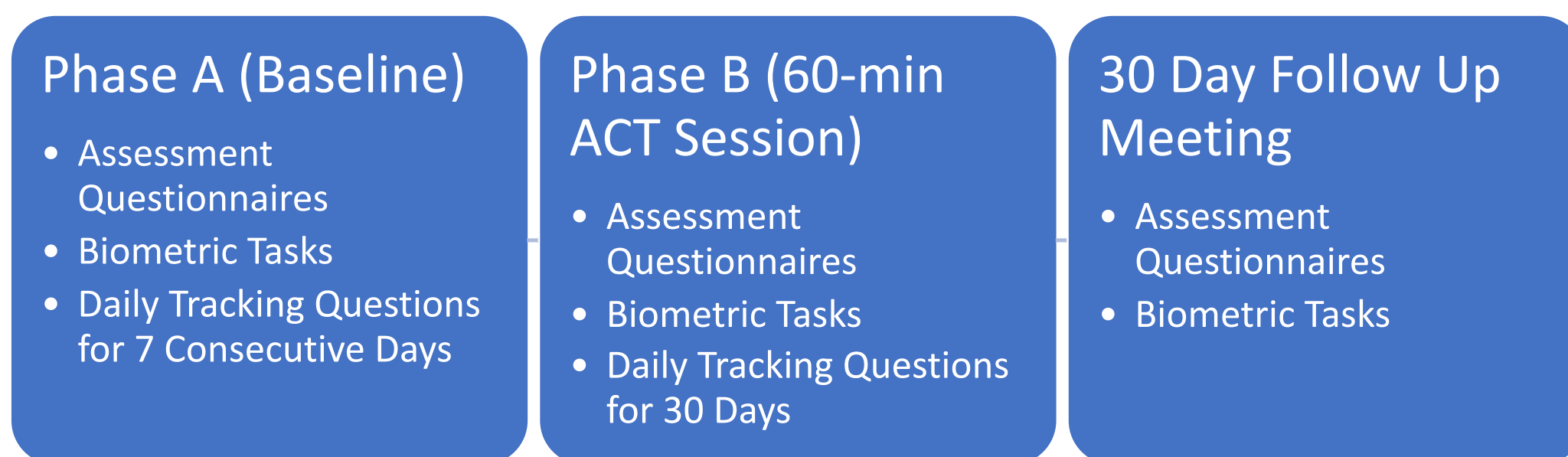


Introduction

The Centers for Disease Control and Prevention identify physical activity, nutrition, and sleep as primary health-related behavior domains for chronic disease prevention. Within the United States population few individuals meet the recommended guidelines of health-related behaviors. In order to promote lifestyle changes and improve population health, interventions need to be focused, flexible, efficient, and efficacious (Barreto, Tran, and Gaynor, 2019). This study aims to address these concerns by continuing to examine the efficacy of a single Acceptance and Commitment Therapy (ACT) session targeting health-related behavior change and its effectiveness in initiating and promoting change.

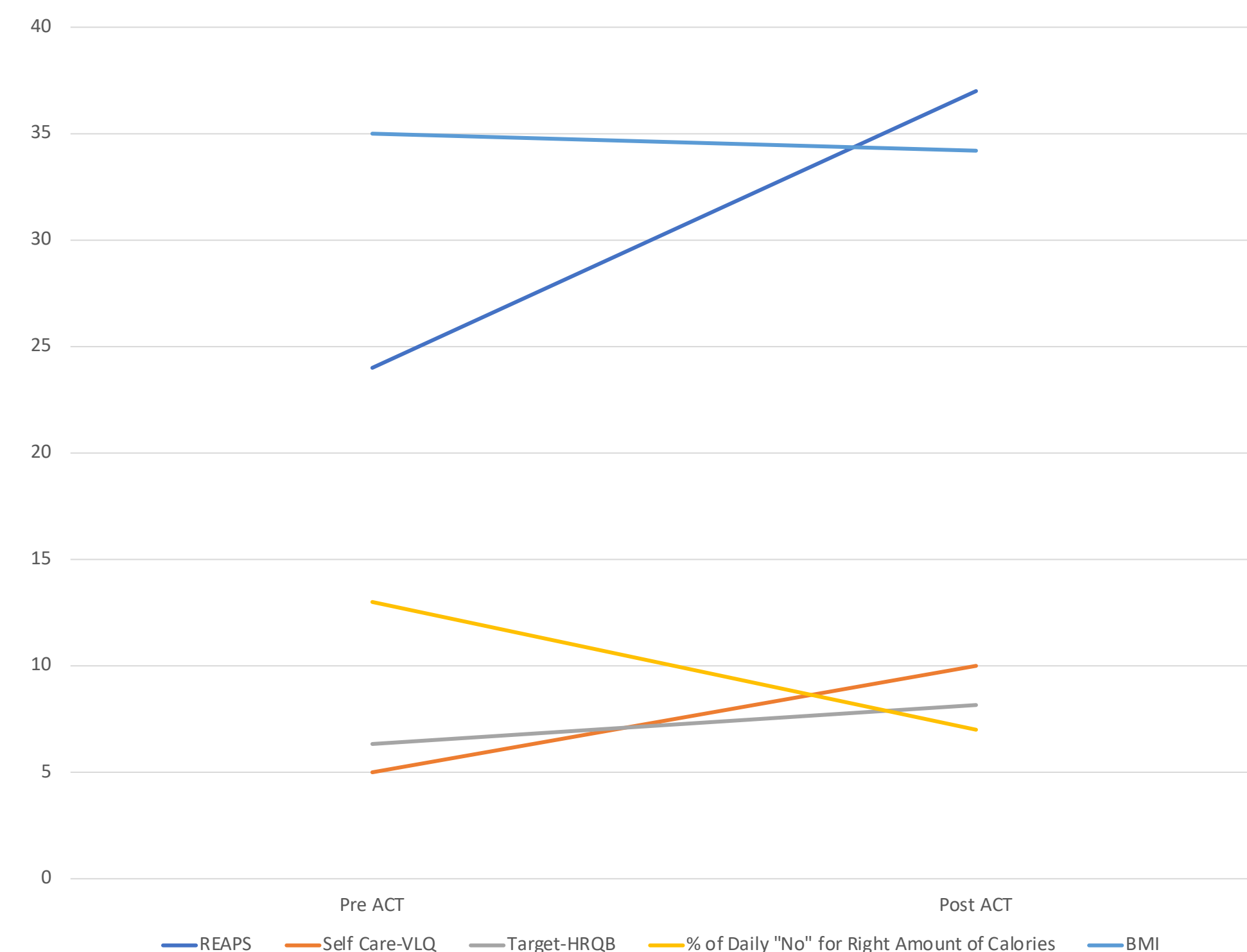
Methods

The study was formatted as a case series of AB research designs with ACT sessions delivered virtually through Webex and questionnaires collected through Qualtrics during COVID-19.



Results

Paired samples t-tests showed HRBQ means in target domains were statistically significantly (Mpre = 4.07 [SD = 2.82], M30-day = 5.97 [SD = 2.29], $t[10] = 3.85, p = .003$) as well as consistency of behavior towards the value of self-care (Mpre = 5.50 [SD = 2.32], M30-day = 7.50 [SD = 2.29], $t[9] = 2.80, p = .02$) over the interval from immediately prior to the ACT session to 30 days later. Data from one case series with a target domain of nutrition is showcased to demonstrate findings.



Q1. What is your Participant Number?
91

Q2. ACT Matrix

Behavioral barriers: What do you do that opposes the health-related behavior changes you want to make?	What am I doing...	Action plan: What could you do to move toward the health-related behavior change important to you?
Internal obstacles: What unwanted thoughts, feelings, memories, images, etc. show up and get in the way of you making health-related behavior changes?	What am I thinking/feeling...	Values: Why is this health-related behavior change important to you? How is it important for you to be with respect to health-related behavior?

Q3. Behavioral barriers: What do you do that opposes the health-related behavior changes you want to make?
Not picking the healthy foods that are available to me at the dining center; instead, I pick cookies or a slice of cake. Eating at a fast-food restaurant when I can make something at home. Eating non-healthy foods when I go home for the weekends.

Q4. Internal Obstacles: What unwanted thoughts, feelings, memories, images, etc. show up and get in the way of you making health-related behavior changes?
Eating food makes me feel like I am at home and at comfort, as well as when I get bored I tend to eat around the night. When I eat I feel happy.

Q5. Values: Why is this health-related behavior change important to you? How is it important for you to be with respect to health related behavior?
Being healthy for my family, to avoid diabetes, and to be a role model for my sister, and it is important to me on self-love and physical health.

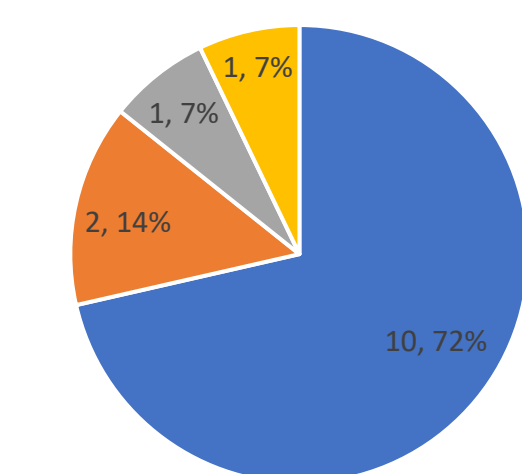
Q6. Action Plan: What could you do to move toward the health-related behavior change important to you?
24 hours- I will drink 2 water bottles. Get a fruit cup. 3 days- 3 out of the 8 days I will pick a salad or a sandwich. 12-grain bread with turkey meal instead of pizza or something that is unhealthy. 30 days- I will cut off soft drinks completely, continuing 24 hours and 7-day plans, reducing takeout to once or twice a month instead of once a week.

Q7. Commitment Statement: What do you want to be saying to yourself 30 days from now?
I was about eating healthier, substituting for healthy foods, and eating at the right times.

Q8. Here is what I was about...
I was about eating food when I was bored and eating to the point where I was too full.

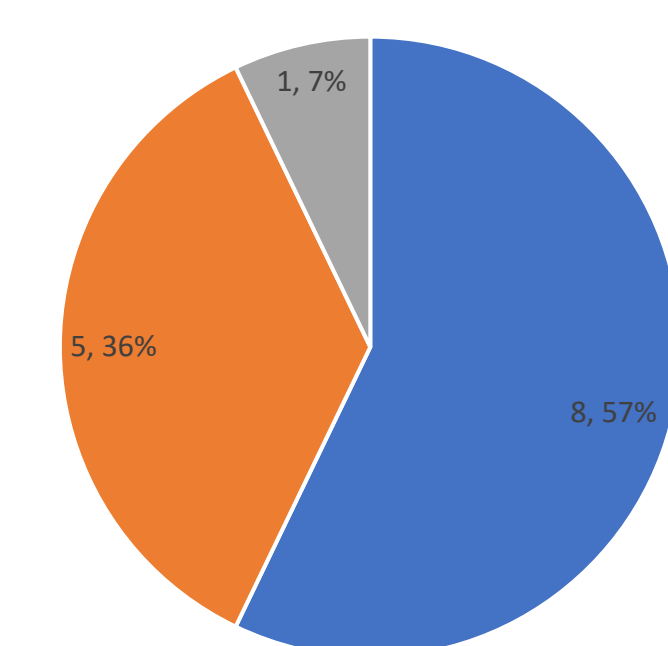
Q9. I'm done with that, 30 days from now I will be...
I will be about eating healthier, substituting for healthy foods, and eating at the right times.

Ethno-Racial



White
Black
Latinx
International/Non-US Resident

Health-Related Behavior



Nutrition
Exercise
Sleep

Discussion

If a 60-minute intervention can continue to demonstrate positive results and shed light on when change occurs and is maintained, this type of approach would be portable for use by behavioral health specialists in a variety of health care settings as well as broader clinical use.

References

- Barreto, M., & Gaynor, S. T. (2019). A Single-Session of Acceptance and Commitment Therapy for Health-Related Behavior Change: Protocol Description and Initial Case Examples. Behavior Analysis: Research and Practice. doi:10.1037/bar0000093
- Strosahl, K., Robinson, P., & Gustavsson, T. (2012). Brief interventions for radical change: Principles & practice of focused acceptance & commitment therapy. Oakland, CA: New Harbinger.
- Liu Y., Croft J.B., Wheaton A.G., Kanny D., Cunningham T.J., Lu H., et al. (2016). Clustering of five health-related behaviors for chronic disease prevention among adults, United States, 2013. Preventing Chronic Disease, 13, 160054. DOI: http://dx.doi.org/10.5888/pcd13.160054.