Improvements in psychological flexibility were associated with increases in resilience among individuals with depressive symptoms.

**BACKGROUND:**
- Resilience is defined as successful adaptation to adversity (Zautra, Hall, & Murray, 2010).
- Resilience facilitates faster recovery after adversity or traumatic experiences (Fredrickson & Losada, 2005).
- Psychological flexibility has been identified as a fundamental component of health (Kashdan & Rottenberg, 2010).

**METHOD:**
- N = 139. Subset of data from RCT comparing single-session, time-variant group ACT interventions.
- Psychological flexibility (AAQ-II) and resilience (RS-14) were measured at baseline and 3-month follow-up.
- Change from baseline to 3-month follow-up scores were calculated.
- Linear regression analyses examined change in psychological flexibility as a predictor of resilience and change in resilience.

**RESULTS**
- Improvements in psychological flexibility from baseline to 3-month follow-up predicted higher resilience at 3-month follow-up, β = .84, t(123) = 7.29, p < .001, R² = .66.
- Improvements in psychological flexibility predicted increased change in resilience (baseline to 3-month follow-up), β = .49, t(125) = 6.26, p < .001, R² = .24.
- Age was not a significant covariate (p > .05).

**DISCUSSION**
- Significant improvements in resilience were observed at 3-month follow-up after a single-session brief ACT intervention.
- ACT may be an appropriate intervention for fostering resilience.
- Building psychological flexibility may bolster resilience.
- Formal mediation analyses should be conducted with larger samples.

**REFERENCES**