

**Improvements in Psychological Flexibility and Resilience Following Brief ACT Intervention**

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Poster presented by Manny S. Stegall.

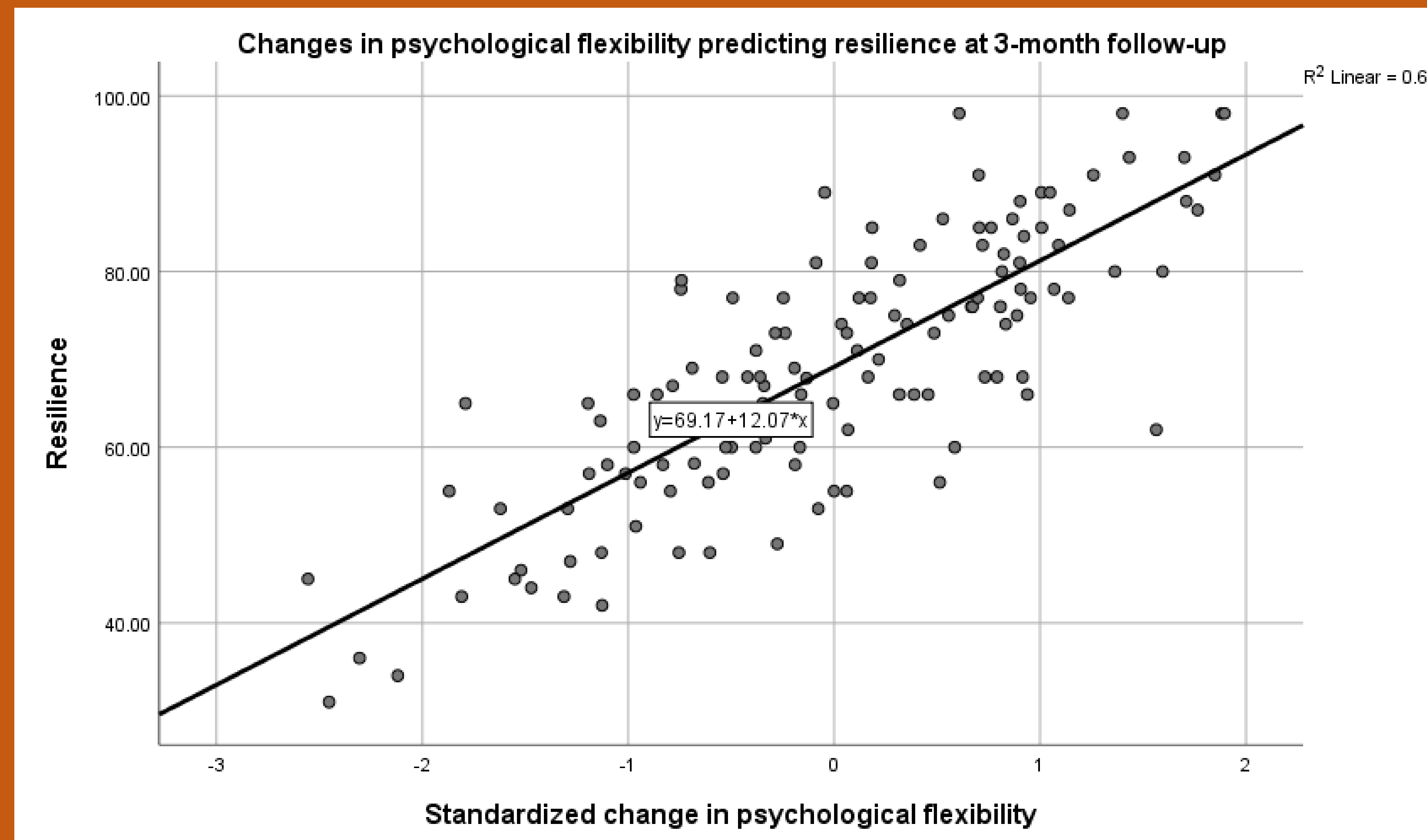
**BACKGROUND:**

- 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

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



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**RESULTS**

- Improvements in psychological flexibility from baseline to 3-month follow-up predicted higher resilience at 3-month follow-up,  $\beta = .84, t(123) = 7.29, p < .001, R^2 = .66$
- Improvements in psychological flexibility predicted increased change in resilience (baseline to 3-month follow-up),  $\beta = .49, t(125) = 6.26, p < .001, R^2 = .24$
- 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**

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