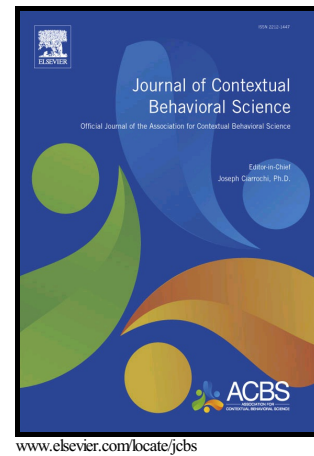


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Changes of valued behaviors and functioning during an Acceptance and Commitment Therapy Intervention

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Abstract

Background: Living in line with one's values is believed to be beneficial for a person's well-being. Working with values in the therapeutic context often reveals that individuals do not live congruent with their chosen values. This study aimed to investigate how patients' valued behaviors change during an Acceptance and Commitment Therapy (ACT) and how these changes are associated with functioning. Further, this study aimed to examine whether valued behaviors changed depending on pre-treatment levels of symptomatology.

Methods: This was a standardized randomized controlled trial with an ACT intervention.

Participants were 41 adult patients with treatment-resistant panic disorder. Measurements were completed at pre-treatment, 4-weeks-post-treatment, as well as 6-months after treatment.

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