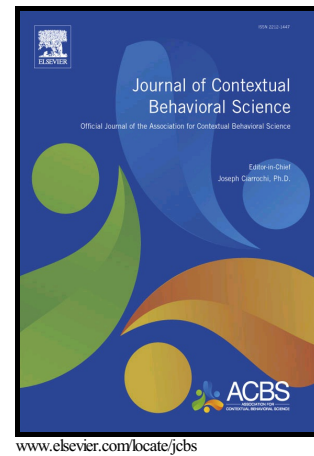


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Ashley Francis, David Dawson, Nima Golijani-Moghaddam



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ACCEPTED MANUSCRIPT

The Development and Validation of the Comprehensive Assessment of Acceptance and Commitment Therapy Processes (CompACT)

Ashley Francis^{a*1}, David Dawson^{b2}, Nima Golijani-Moghaddam^{b2}^aUniversity of Nottingham Division of Psychiatry and Applied Psychology School of Medicine Jubilee Campus Yang Fujia Building Wollaton Road Nottingham, UK NG1 8BB^bUniversity of Lincoln Health, Life and Social Sciences 1st Floor, Bridge House Brayford Pool Lincoln, UK LN6 7TS

lwxaf7@nottingham.ac.uk

Ddawson@lincoln.ac.uk

NMoghaddam@lincoln.ac.uk

*Correspondence to. DClinPsy student, University of Nottingham, Division of Psychiatry and Applied Psychology School of Medicine, Jubilee Campus, Yang Fujia Building, Wollaton Road, Nottingham, UK, NG1 8BB

Abstract

Extant ACT process measures are typically circumscribed in their focus (limited to particular theoretical sub-processes or contexts of application) and have been subject to critique in terms of their discriminant validity and conflation of process and outcome variables. Conceptual questions therefore remain regarding how best to operationalize and measure core ACT processes. In this study, we describe the development of a new general measure of ACT processes (the CompACT) and explore the measure's factor structure, validity and reliability. In phase one, ACT experts rated the face and content validity of 106 items using a Delphi consensus methodology, and produced an initial 37-itemed measure. In phase two, a non-clinical sample of participants (N = 377) completed the CompACT and measures of other theoretically related and unrelated variables. An exploratory factor analysis suggested a theoretically-coherent three-factor structure (clustering ACT's six processes into three dyadic processes) for a 23-itemed version of the CompACT. The CompACT demonstrated good

¹ Tel: (+44)1158 466646² Tel: (+44)1522 886029. fax: (+44)1522 837390

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