

# Acceptance and Commitment Therapy Evidence Based Therapy

Acceptance and Commitment Therapy is strongly supported by research evidence. A number of different quality assessment organizations have stated that ACT is empirically supported in specific areas or as a whole, according to their standards. These include:

1. American Psychological Association, Society of Clinical Psychology (Div. 12), Research Supported Psychological Treatments:

<https://www.div12.org/treatments/>

2. SAMHSA's National Registry of Evidence-based Programs and Practices:

<https://nrepp.samhsa.gov/Legacy/ViewIntervention.aspx?id=191>

Below is a list of meta-analyses, systematic or narrative reviews of the ACT evidence base, either overall or in specific areas (reverse chronological order, by year of publication). Also included are additional articles of interest related to behavioral medicine.

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Serfaty, S Gale, G Beadman, M Froeliger, B Kamboj, SK Sunjeev K. (2018). Mindfulness, acceptance and defusion strategies in smokers: A systematic review of laboratory studies. *Mindfulness*, 9, 44-58.

Twohig, M. P., & Levin, M. E. (2017). Acceptance and Commitment Therapy as a Treatment for Anxiety and Depression: A Review. *Psychiatric Clinics of North America*, 40, 751.

Feliu-Soler, A., Cebolla, A., McCracken, L. M., D'Amico, F., Knapp, M., López-Montoyo, A., García-Campayo, J., Soler, J., Baños, R. M., Pérez-Aranda, A., Andrés-Rodríguez, L., Rubio-Valera, M., & Juan V. Luciano, J. V. (2017). Economic Impact of Third-Wave Cognitive Behavioral Therapies: A Systematic Review and Quality Assessment of Economic Evaluations in Randomized Controlled Trials. *Behavior Therapy*.

Rogers JM, Ferrari M, Mosely K, Lang CP, Brennan L. (2017). Mindfulness-based interventions for adults who are overweight or obese: a meta-analysis of physical and psychological health outcomes. *Obesity Reviews*, 18, 51–67.

Gilpin, H. R., Keyes, A., Stahl, D. R., Greig, R. & McCracken, L. M. (2017). Predictors of Treatment Outcome in Contextual Cognitive and Behavioral Therapies for Chronic Pain: A Systematic Review. *The Journal of Pain*, 18, 1153-1164.

Hughes, L. S., Clark, J., Colclough, J. A., Dale, E., & McMillan, D. (2017). Acceptance and Commitment Therapy (ACT) for chronic pain: A systematic review and meta-analyses. *Clinical Journal of Pain*, 33, 552-568.

Noetel, M., Ciarrochi, J., Van Zanden, B., & Lonsdale, C. (2017). Mindfulness and acceptance approaches to sporting performance enhancement: A systematic review. *International Review of Sport and Exercise Psychology*, 1-37.

Atkins, P. W. B., Ciarrochi, J., Gaudiano, B. A., Bricker, J. B., Donald, J., Rovner, G., Smout, M., Livheim, F., Lundgren, T., Hayes, S. C. (2017). Departing from the essential features of a high quality systematic review of psychotherapy: A Response to Öst (2014) and recommendations for improvement. *Behaviour Research and Therapy*, 97, 259-272. (Strictly speaking this is not a meta-analysis, but it is a review of one farther down this list).

Simpson, P. A., Mars, I., & Esteves, J. E. (2017). A systematic review of randomised controlled trials using Acceptance and Commitment Therapy as an intervention in the management of non-malignant, chronic pain in adults. *International Journal of Osteopathic Medicine*.

Nicole N. Lønfeldt, Wendy K. Silverman, and Barbara H. Esbjørn (2017). A Systematic Review and Meta-analysis of the Association Between Third-Wave Cognitive Constructs and Youth Anxiety. *International Journal of Cognitive Therapy*, 10, 115-137. (Note that this is a review of ACT related concepts, not of ACT as an intervention).

Tonarelli, S. B., Pasillas, R., Alvarado, L., Dwivedi, A. & Cancellare, A. (2016). Acceptance and Commitment Therapy compared to treatment as usual in psychosis: A systematic review and meta-analysis. *Journal of Psychiatry*, 19, 366.

Hacker, T., Stone, P., & MacBeth, A. (2016). Acceptance and commitment therapy - Do we know enough? Cumulative and sequential meta-analyses of randomized controlled trials. *Journal of Affective Disorders*, 190, 551-565.

Graham, C. D., Gouick, J., Krahe, C., et al (2016). A systematic review of the use of Acceptance and Commitment Therapy (ACT) in chronic disease and long-term conditions. *Clinical Psychology Review*, 46, 46-58.

Brown, M., Glendenning, A., Hoon, A. E. & John, A. (2016). Effectiveness of web-delivered acceptance and commitment therapy in relation to mental health and well-being: A systematic review and meta-analysis. *Journal of Medical Internet Research*, 18, e221.

Veehof, M. M., Trompetter, H. R., Bohlmeijer, E. T. & Schreurs, K. M. G. (2016) Acceptance- and mindfulness-based interventions for the treatment of chronic pain: A meta-analytic review. *Cognitive Behaviour Therapy*, 45, 5-31.

Ducasse, D., & Fond, G. (2015). Acceptance and commitment therapy. *Encephale-Revue De Psychiatrie Clinique Biologique Et Therapeutique*, 41, 1-9.

Lee, E. B., An, W., Levin, M. E., & Twohig, M. P. (2015). An initial meta-analysis of Acceptance and Commitment Therapy for treating substance use disorders. *Drug and Alcohol Dependence*, 155, 1-7.

Godfrey, K. M., Gallo, L. C., & Afari, N. (2015). Mindfulness-based interventions for binge eating: a systematic review and meta-analysis. *Journal of Behavioral Medicine*, 38, 348-362.

A-Tjak, J. G., Davis, M. L., Morina, N., Powers, M. B., Smits, J. A., & Emmelkamp P. M., (2015) A meta-analysis of the efficacy of acceptance and commitment therapy for clinically relevant mental and physical health problems. *Psychotherapy and Psychosomatics*, 84(30), 30-36.

Cavanagh, K., Strauss, C., Forder, L., & Jones, F. (2014). Can mindfulness and acceptance be learnt by self-help?: A systematic review and meta-analysis of mindfulness and acceptance-based self-help interventions. *Clinical Psychology Review*, 34, 118-129.

Ost, L. G. (2014). The efficacy of Acceptance and Commitment Therapy: an updated systematic review and meta-analysis. *Behaviour Research and Therapy*, 61, 105-121.

Atkins, P. W. B., Ciarrochi, J., Gaudiano, B. A., Bricker, J. B., Donald, J., Rovner, G., Smout, M., Livheim, F., Lundgren, T., Hayes, S. C. (2017). Departing from the essential features of a high quality systematic review of psychotherapy: A Response to Öst (2014) and recommendations for improvement. *Behaviour Research and Therapy*, 97, 259-272. (strictly speaking this is not a meta-analysis, but it is a review of Ost (2014).

Swain, J., Hancock, K., Hainsworth, C., & Bowman, J. (2013). Acceptance and commitment therapy in the treatment of anxiety: a systematic review. *Clin Psychol Rev*, 33(8), 965-978.

Klainin-Yobas, P., Cho, M. A. A., & Creedy, D. (2012). Efficacy of mindfulness-based interventions on depressive symptoms among people with mental disorders: A meta-analysis. *International Journal of Nursing Studies*, 49, 109-121.

Smout, M.F., Hayes, L., Atkins, P.W.B., Klausen, J., & Duguid, J.E. (2012). The empirically supported status of acceptance and commitment therapy: An update. *Clinical Psychologist*, 16, 97-109.

Veehof, M. M., Oskam, M.-J., Schreurs, K. M. G., & Bohlmeijer, E. T. (2011). Acceptance-based interventions for the treatment of chronic pain: A systematic review and meta-analysis. *Pain*, 152, 533-542.

Ruiz, F. J. (2010). A review of Acceptance and Commitment Therapy (ACT) empirical evidence: Correlational, experimental psychopathology, component and outcome studies. *International Journal of Psychology and Psychological Therapy*, *10*, 125-162.

Powers, M.B., Vörding, M. & Emmelkamp, P.M.G. (2009). Acceptance and commitment therapy: A meta-analytic review. *Psychotherapy and Psychosomatics*, *8*, 73-80.

Gaudio, B. A. (2009). Öst's (2008) Methodological Comparison of Clinical Trials of Acceptance and Commitment Therapy versus Cognitive Behavior Therapy: Matching Apples with Oranges? *Behaviour Research and Therapy*, *47*, 1066-1070.

Öst, L. (2008). Efficacy of the third wave of behavioral therapies: A systematic review and meta-analysis. *Behaviour Research and Therapy*, *46*(3), 296-321.

Hayes, S. C., Luoma, J., Bond, F., Masuda, A., & Lillis, J. (2006). Acceptance and Commitment Therapy: Model, processes, and outcomes. *Behaviour Research and Therapy*, *44*(1), 1-25.

#### **Additional articles of interest (re: behavioral health):**

Whitehead, LC et al. (2017). A nurse-led education and cognitive behaviour therapy-based intervention among adults with uncontrolled type 2 diabetes: A randomised controlled trial. *Journal of Evaluation in Clinical Practice*, *23*, 821-829.

Kazemeyni, M., Bakhtiari, M., & Nouri, M. (2018) Effectiveness of acceptance and commitment group therapy on postpartum depression and psychological flexibility. *Journal of Clinical Nursing and Midwifery*, *6* (4), 20-31.

Shaibani, A. K. (2017). The effectiveness of intervention based on acceptance and commitment on emotions and thoughts control in patients with type II diabetes. *Journal of Fundamentals of Mental Health*, *19*, 341-7.

Kaboudi M, Dehghan F, Ziapour A. The effect of acceptance and commitment therapy on the mental health of women patients with type II diabetes. *Ann Trop Med Public Health* 2017; *10*:1709-13

Ahmadsaraei, N. F., Doost, H. T. N., Manshaee, G. R., & Nadi, M. A. (2017). The Effectiveness of Acceptance and Commitment Therapy on Depression among Patients with Type II Diabetes. *Iranian Journal of Diabetes & Obesity*, *9*, 6-13.

Shayeghian, Z., Hassanabadi, H., Aguilar-Vafaie, M.E., & Amiri, P. (2016). A randomized controlled trial of Acceptance and Commitment Therapy for type 2 diabetes

management: The moderating role of coping styles. *PLoS ONE*, 11, e0166599.

Ghahnaviyeh, L. A., Bagherian, R., Feizi, A., & Darani, F. M. (2017). The effectiveness of acceptance and commitment therapy on quality of life in patient with myocardial infarction: A randomized control trial. *International Journal of Advanced Biotechnology and Research*, 8, 762-770.

Baradaran, M., Zare, H., Ali Pour, A., & Farzad, V. (2017). Comparison of the effectiveness of treatment based on commitment and acceptance and motivational interviewing on reducing anxiety, depression, psychological pressure and increasing the hope of patients with essential hypertension. *Clinical Psychology*, 8, 95-105.

Gonzalez-Fernandez, S Fernandez-Rodriguez, C Paz-Caballero, MD Perez-Alvarez, M (2018). Treating anxiety and depression of cancer survivors: Behavioral activation versus acceptance and commitment therapy. *Psicothema*, 30, 14-20.

Waters, C. S., Frude, N., Flaxman, P. E., & Boyd, J. (2018). Acceptance and commitment therapy (ACT) for clinically distressed health care workers: Waitlist-controlled evaluation of an ACT workshop in a routine practice setting. *British Journal of Clinical Psychology*, 57, 82-98.

Gonzalez-Fernandez, S., Fernandez-Rodriguez, C., Paz-Caballero, M. D., & Perez-Alvarez, M. (2018). Treating anxiety and depression of cancer survivors: Behavioral activation versus acceptance and commitment therapy, *Psicothema*, 30, 14-20.

Clarke, S. P., Poulis, N., Moreton, B. J., Walsh, D. A., & Lincoln, N. B. (2017). Evaluation of a group acceptance commitment therapy intervention for people with knee or hip osteoarthritis: A pilot randomized controlled trial. *Disability and Rehabilitation*, 39, 663-670.

Yazdanbakhsh, K., Kaboudi, M., Roghanchi, M., Dehghan, F., & Nooripour, R. (2016). The effectiveness of Acceptance and Commitment Therapy on psychological adaptation in women with MS. *Journal of Fundamental and Applied Sciences*, 8, 2767-2777.