

Acceptance and Commitment Therapy for Post-Stroke Adjustment Difficulties: A Case Study



PRESENTER:
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ACT appears to be an efficacious treatment for post-stroke adjustment difficulties, even when delivered via tele-medicine.

INTRO

- Post-stroke adjustment difficulties are common (e.g., depression, anxiety, fatigue, altered self-concept, low sense of self-efficacy).
- Recent reviews suggest insufficient evidence for the efficacy of psychological interventions for these difficulties.

METHODS

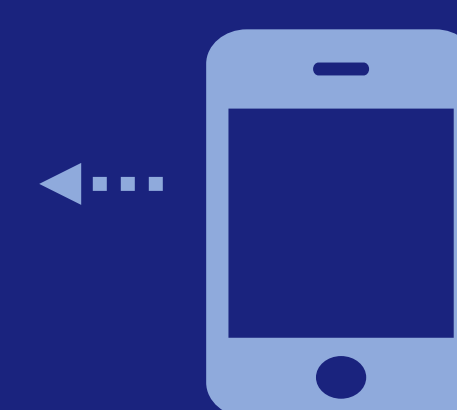
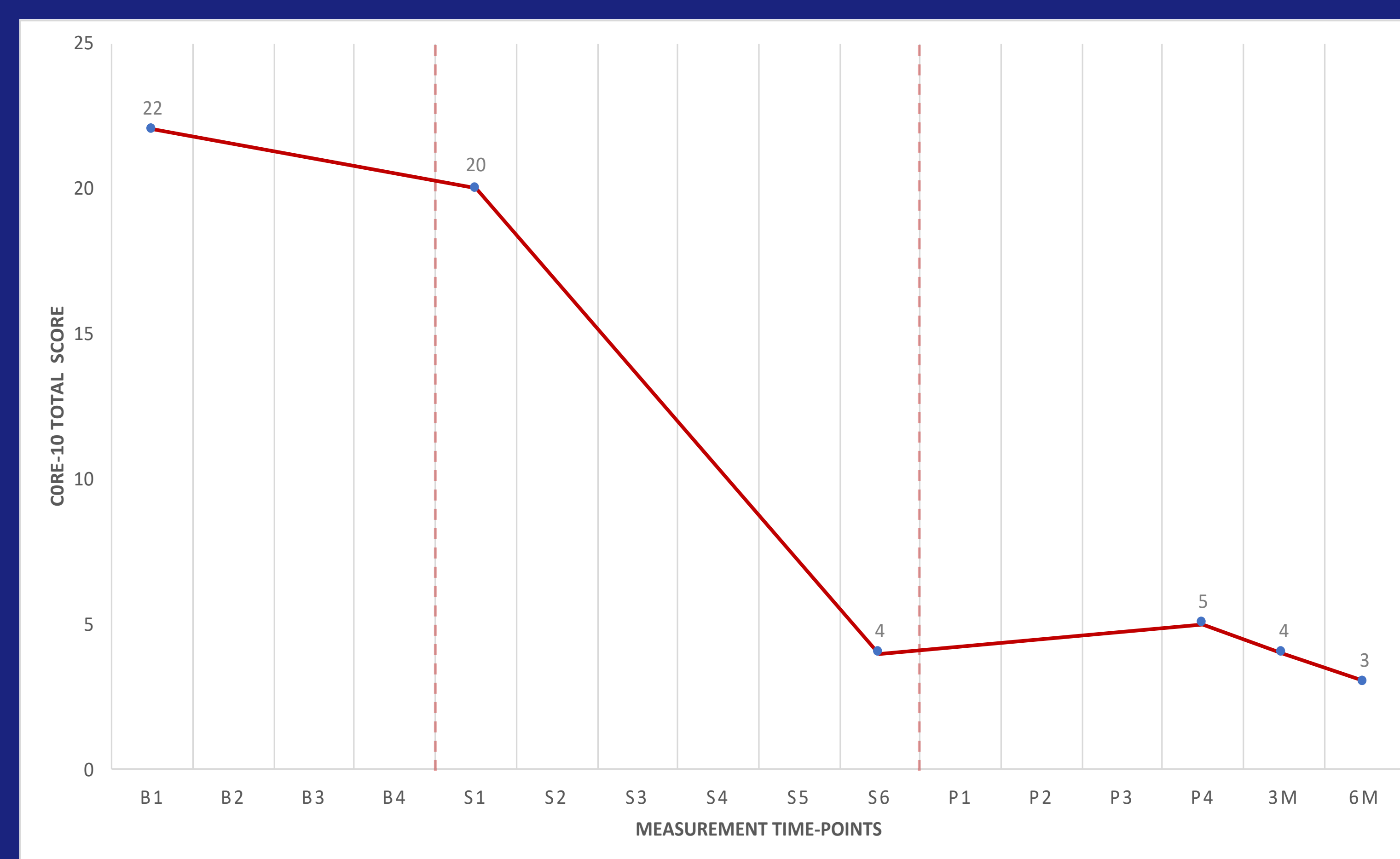
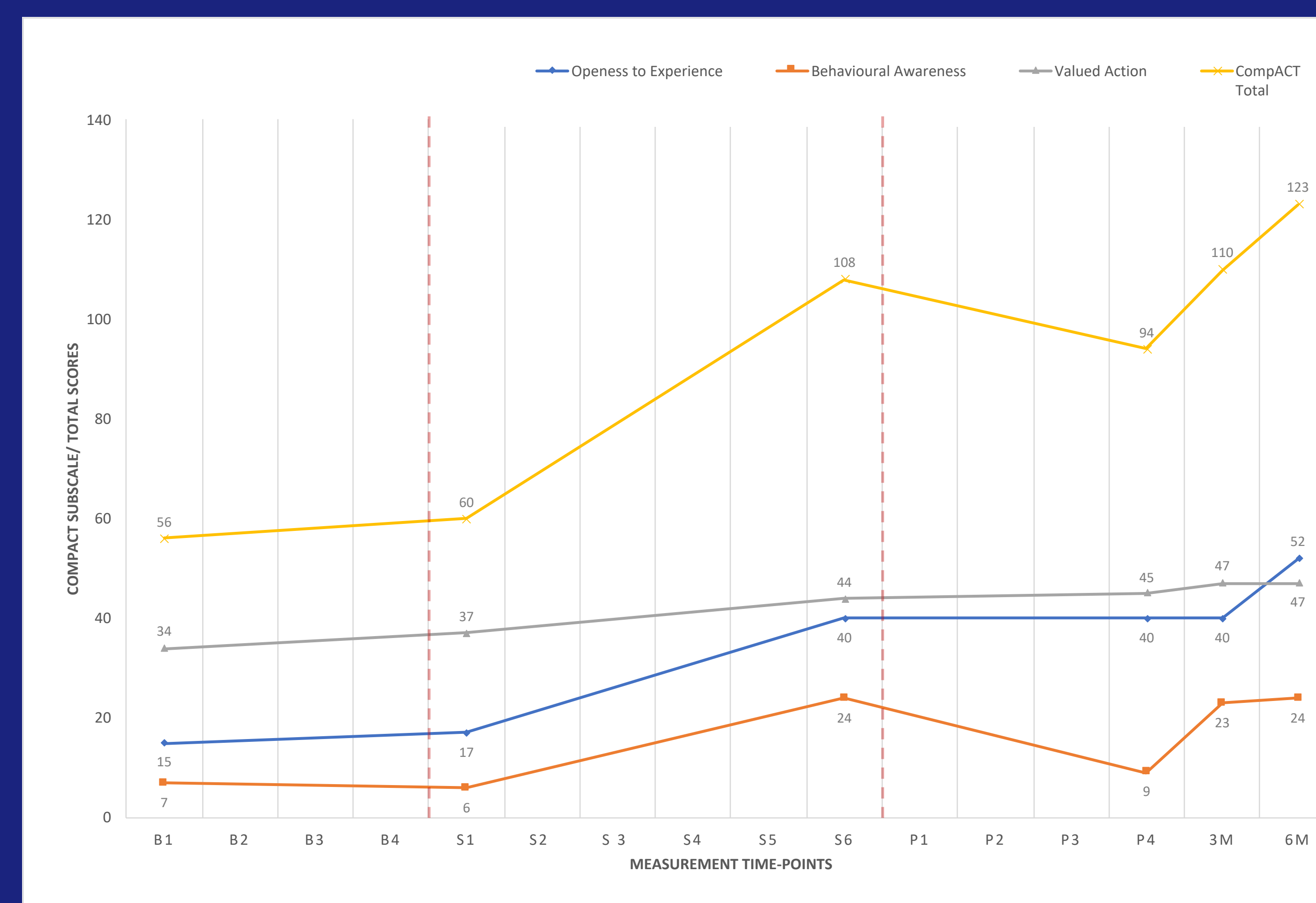
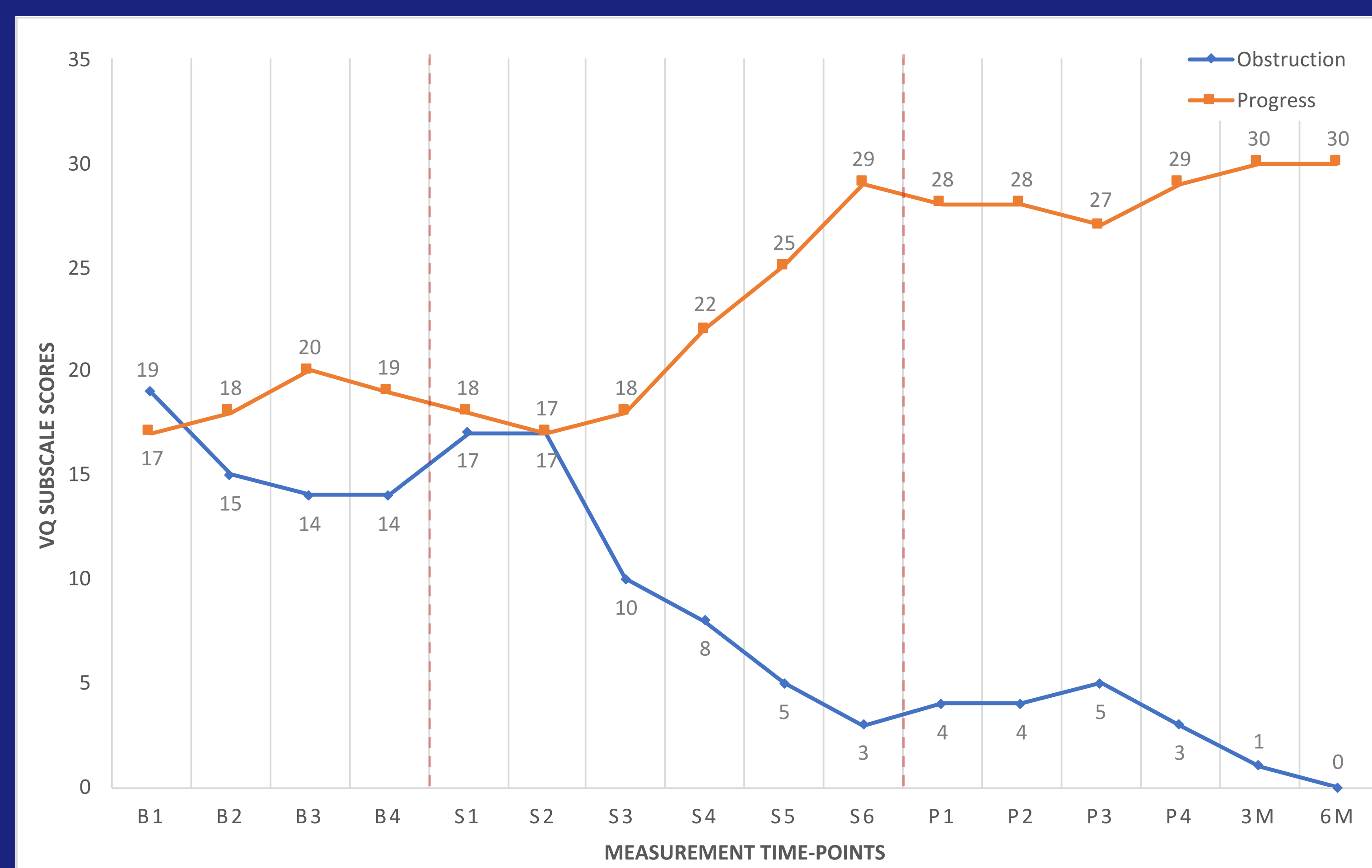
- **Case study**
 - A man in his 40s diagnosed with partial anterior cerebral circulation infarction
- **Main Presenting Difficulties**
 - Anxiety, low mood, sleep and eating difficulties, lethargy, dizziness, headaches, brain fog
- **Design**
 - 4 x weekly baseline outcomes (B1 – B4)
 - 6 sessions of ACT via telemedicine (S1 to S6)
 - 4 x weekly post-intervention outcomes (P1 – P4)
 - 3-month (3M) & 6-month (6M) follow-ups
- **Outcomes Measures**
 - *Clinical Outcomes in Routine Evaluation* (CORE-10; Barkham et al., 2013): psychological distress and depression
 - *Valuing Questionnaire* (VQ; Smout et al., 2014): enactment of personal values
 - *Comprehensive Assessment of Acceptance and Commitment Therapy Processes* (CompACT; Francis et al., 2016): psychological flexibility

RESULTS

- Increased psychological flexibility
- No longer met clinical cut-offs for psychological distress and depression
- Able to enjoy family time
- Returned to work

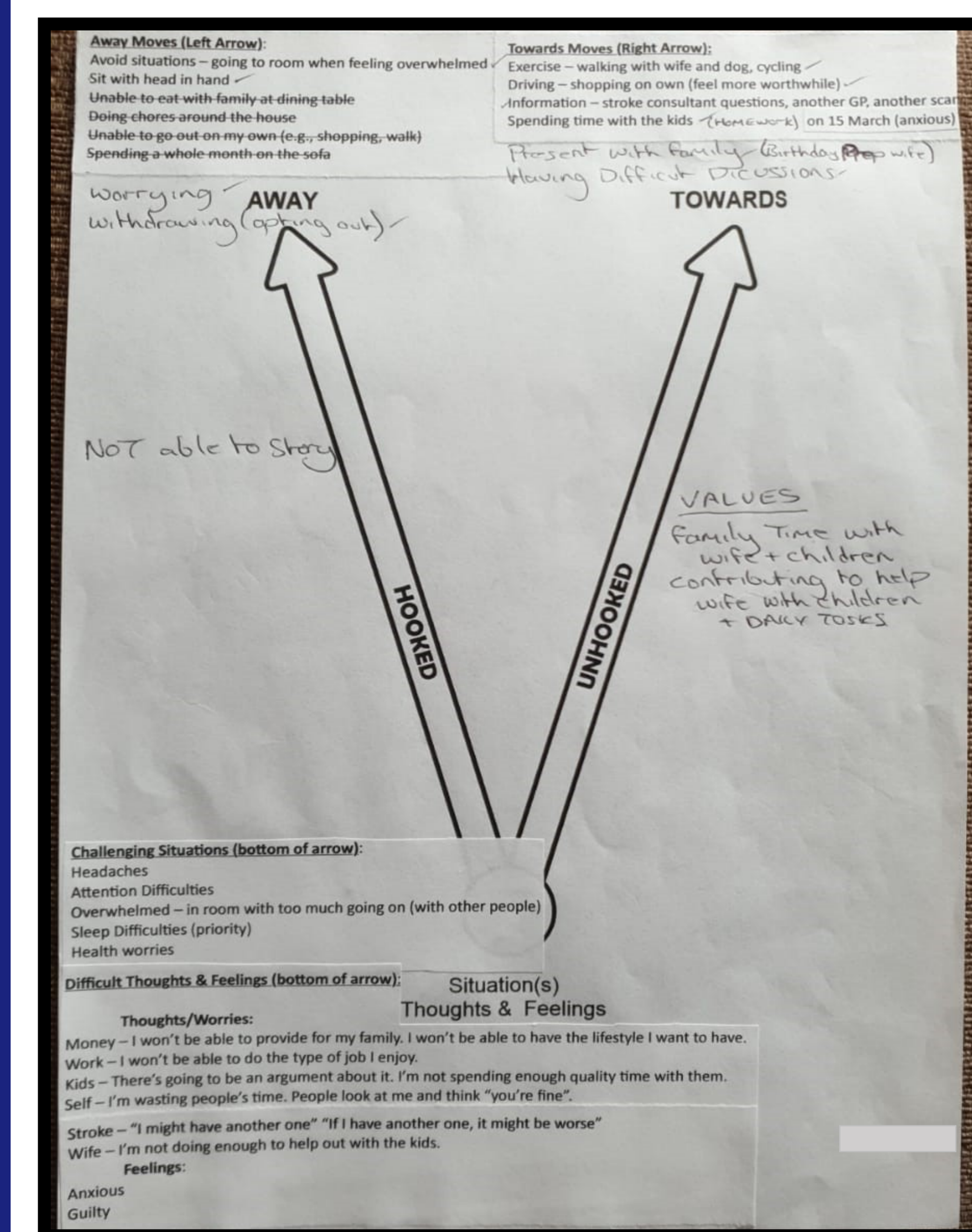
DISCUSSION

- Further large-scale research comparing the efficacy of ACT to currently recommended alternative treatments (i.e., solution focused therapy, motivational interviewing) is needed.



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Figure 1
Choice Point Model



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