



The Choice Point Model of Acceptance and Commitment Therapy in an Inpatient Substance Use Disorder Setting: ***A Pilot Study***

OBJECTIVES

This study aimed to examine the effectiveness of the Choice Point Model of Acceptance and Commitment Therapy (CPM-ACT) for the treatment of substance use disorders (SUD). It was hypothesized that psychological inflexibility, values-based action, and self-compassion would improve over time in an inpatient SUD setting. To our knowledge, this is the first application of CPM-ACT in an SUD population.

RESULTS

Forty-seven participants (N=47) completed a 16-session group intervention at an inpatient substance use disorder facility. Results demonstrated overall improvements in psychological inflexibility, $F(2,92) = 29.89, p < .001$, values-based action, $F(1.70,78.27) = 74.05, p < .001$, and self-compassion, $F(2,92) = 28.21, p < .001$, over time.

CONCLUSIONS

These findings suggest that the Choice Point Model of ACT is effective at improving psychological inflexibility, values-based action, and self-compassion in an inpatient SUD setting. Overall significance was demonstrated for each variable, while significant improvements were also seen across all levels of the intervention. The results have implications for the treatment of addiction and co-occurring disorders as all three variables have shown to be important target areas. Furthermore, due to elevated attrition rates and increased insurance denials, interventions not requiring treatment completion for successful outcomes may be optimal.

PSYCHOLOGICAL INFLEXIBILITY

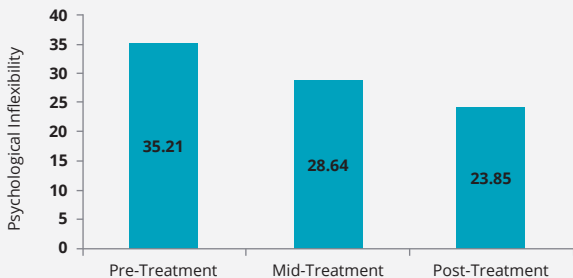


Figure 1: Psychological Inflexibility Over Time

VALUES-BASED ACTION

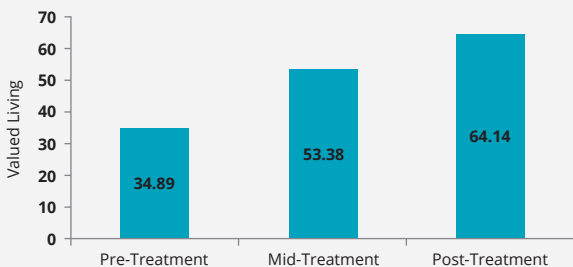


Figure 2: Values-Based Action Over Time

SELF-COMPASSION

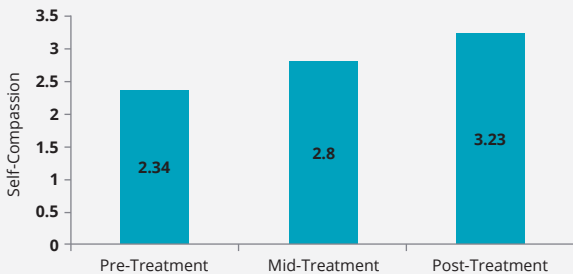


Figure 3: Self-Compassion Over Time