

Official Title of the study:

Effect of Interventions Based on Acceptance and Commitment Therapy Administered to Parents of Special Needs Children on Their Levels of Psychological Resilience, Depression, Anxiety, Stress and Caregiver Burden: A randomised controlled trial

ClinicalTrials.gov Identifier: NCT04307706

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ACT-based Intervention Study Protocol

Sessions	Aim	Time	Material	Interventions	Evaluations
Preparatory Session	<ul style="list-style-type: none"> • Meeting and establishing therapeutic relationship • Getting informed consent • Explanation of the purpose of the training • Collection of pre-test data • Taking the participant's story • Formulation through behavioral analysis 	60 minutes	<ul style="list-style-type: none"> -A4 paper -Data collection tools (AAQ-II, RSA-21, DASS-21) -The Bull's Eye worksheet 	<ul style="list-style-type: none"> • Applying Two Mountain metaphors • Case formulation: Identifying excesses and shortcomings 	<ul style="list-style-type: none"> ➤ Assessing whether the purpose of the training is understood ➤ Ending the session with feedback
I. Session Values: Clarifying values	<ul style="list-style-type: none"> • Determining the interventions goals with the client • Increasing awareness of her/his values, clarifying values, evaluations and trying to connect with her/his values. 	60 minutes	<ul style="list-style-type: none"> -A small clipboard -A4 paper -Colorful pencils -The Bull's Eye worksheet -Values list / Value cards 	<ul style="list-style-type: none"> • <i>Clarifying values</i> • Apply the magic wand metaphor • Breathing and mindfulness exercises 	<ul style="list-style-type: none"> ➤ Homework assignment: <ul style="list-style-type: none"> - Noticing what you are doing in line with your values - Breathing and mindfulness exercises ➤ Ending the session with feedback
II. Session Values and Creative hopelessness	<ul style="list-style-type: none"> • Setting the agenda by checking homework and summarizing the previous session • Determining emotional control strategies • To increase awareness of emotional control agenda • Revealing dysfunctional behavior 	60 minutes	<ul style="list-style-type: none"> -Rope or belt -A small clipboard -A4 paper 	<p>Forming of tried-and-tested solutions and their long-term effects.</p> <ul style="list-style-type: none"> - <i>Creative hopelessness intervention</i> <ul style="list-style-type: none"> ➤ Tug of war with a monster metaphor ➤ Struggling in quicksand metaphor 	<ul style="list-style-type: none"> ➤ Homework assignment: <ul style="list-style-type: none"> - Filling the tried-and-tested solutions and their long-term effects table - Keep a diary (until next session) ➤ Ending the session with feedback
III. Session Defusion	<ul style="list-style-type: none"> • Setting the agenda by checking homework and summarizing the previous session • To see the real / real nature of the thoughts • To react by considering the functionality of the thoughts, not their dictionary meanings 	60 minutes	Notebook	<ul style="list-style-type: none"> • The leaves on a stream • A master storyteller • Letting it be: Singing and silly voices 	<ul style="list-style-type: none"> ➤ Homework assignment: <ul style="list-style-type: none"> - Practice the leaves on a stream exercise - Repeating the thought as singing and silly voices ➤ Ending the session with feedback

IV. Session Acceptance and Contact with the Present Moment	<ul style="list-style-type: none"> • Setting the agenda by checking homework and summarizing the previous session • Allowing to experience painful personal experiences that serve their values • To increase conscious awareness of the client's momentary experiences, to fully understand what is happening by bringing together important information about changing or maintaining behavior. 	60 minutes	Notebook	<ul style="list-style-type: none"> ➤ The struggle switch ➤ Demons on the Boat ➤ Mindful walking ➤ Time machine ➤ Breathing exercise ➤ Awareness five things 	<ul style="list-style-type: none"> ➤ Homework assignment: <ul style="list-style-type: none"> - Recognizing when they struggle with their feelings and open up to them - Doing a work as 'mindful' - Mindful-breathing exercise for 10 minutes ➤ Ending the session with feedback
V. Session Self-as-context, Values and Committed Action: Doing what matters	<ul style="list-style-type: none"> • Setting the agenda by checking homework and summarizing the previous session • Making a connection with the sense of self, independent of the client's thoughts and feelings, providing a safe and stable point of view for observing and accepting them. • Transforming values into ongoing and progressive forms of action 	60 minutes	Notebook	<ul style="list-style-type: none"> ➤ The sky and the weather metaphor ➤ The Chessboard Metaphor ➤ Talking and listening ➤ Values and table of values committed action (to be created with parents) 	<ul style="list-style-type: none"> ➤ Homework assignment: <ul style="list-style-type: none"> - Self-observation during mindful-practice - Take a step action on values - Noting what they did for their values in the created table ➤ Ending the session with feedback
VI. Session Values and Committed Action: Doing what matters	<ul style="list-style-type: none"> • Setting the agenda by checking homework and summarizing the previous session • Transforming values into ongoing and progressive forms of action • Enabling clients to reconnect with values the moment they move away from their values or lose the relationship 	60 minutes	Notebook	<ul style="list-style-type: none"> ➤ Values and table of values committed action (to be created with parents) 	<ul style="list-style-type: none"> ➤ Homework assignment: <ul style="list-style-type: none"> - Continuing with committed oriented actions as determined - Collection of post-test data - Informing for follow-up testing ➤ Ending the session with feedback