

ACT at Duke NEWS LETTER



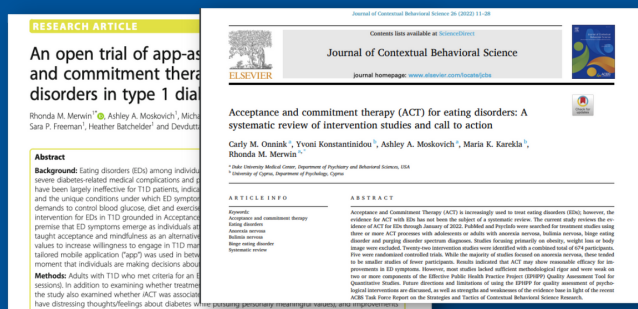
Intention

To share ACT related news, to engage and create community.

We are back with a double first issue! Look for semiannual newsletters to keep you informed!

To opt out, email st452@duke.edu.

Off The Press



ACT Training Events



ACT Intensive comes to Brazil!
Five virtual sessions of ACT case formulation and 6 process skill development.

This fully translated training coincided with release of the "International Handbook of Theoretical and Practical Foundations of Acceptance and Commitment Therapy" published in Portuguese.

Did You See?

Podcast: Apply ACT Principles to Your Daily Life

Pandemic created 'perfect storm' for eating disorders in teens

New Research Project!

iACT: A Randomized Controlled Trial for Eating Disorders in Type 1 Diabetes

Individuals with type 1 diabetes are at elevated risk for eating disorders. In our pilot study, published in the *Journal of Eating Disorders*, an app-assisted ACT intervention showed promise for reducing maladaptive eating and weight control behaviors and improving glycemic control. We are currently conducting a randomized clinical trial testing a novel mHealth ACT-based intervention for individuals with type 1 diabetes and an eating disorder based on this research. This trial is sponsored by the Juvenile Diabetes Research Foundation and has a 2nd treatment site (Jason Lillis' group at the Miriam Hospital). **Enrollment begins March 2023.** For more information, including recruitment flyers for enrollment, contact Sarah: st452@duke.edu.

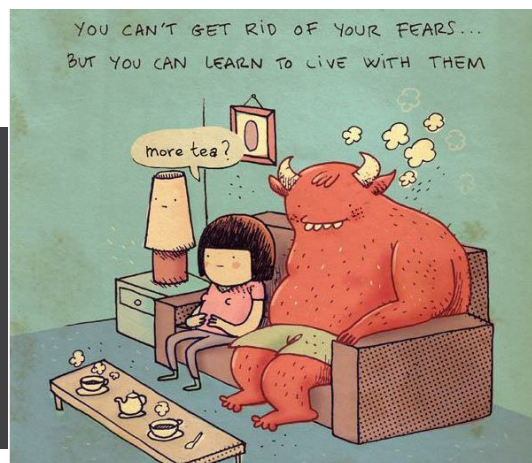
[4-SRA-2022-1226-M-B, PI: Merwin, NCT05540704](#)



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CONTEXTUAL BEHAVIORAL SCIENCE



ACT at Duke NEWS LETTER

Winter 2023, 1, Double Issue

Off The Press

Acceptability And Feasibility of a Gamified Digital

Eating Disorder Select (AcceptME) Based On Commitment Therapy

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Research Article

Keywords: Gamification, Digital Intervention
High-risk for Eating Disorders, Vicarious Learning

Randomized Clinical Trial Evaluating AcceptME—A Digital Gamified Acceptance and Commitment Early Intervention Program for Individuals at High Risk for Eating Disorders

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Abstract: Eating disorders (EDs) constitute a serious public health issue affecting predominantly women and appearing typically in adolescence or early adulthood. EDs are extremely difficult to treat, as these disorders are ego-syntonic, and many patients do not seek treatment. It is vital to focus on the development of successful early intervention programs for individuals presenting at risk and are on a trajectory towards developing EDs. This study is a randomized controlled trial evaluating an innovative digital gamified Acceptance and Commitment early intervention program (AcceptME) for young females showing signs and symptoms of an ED and at high risk for an ED. Participants ($n = 92$; $M_{age} = 15.30$ years, $SD = 1.15$) received either AcceptME ($n = 62$) or a waitlist control ($n = 30$). Analyses indicated that the AcceptME program effectively reduced weight and shape concerns with large effects when compared to waitlist controls. Most participants scored below the at-risk cut-off (WCS score < 52) in the AcceptME at end-of-intervention (57.1%) compared to controls (7.1%), with odds of falling into the at-risk group being 14.5 times higher for participants in the control group. At follow-up, 72% of completers reported scores below the at-risk cut-off in the AcceptME group. The

Check for updates
Citation: Karekla, M.; Nikolau, P.; Merwin, R.M. Randomized Clinical Trial Evaluating AcceptME—A Digital

ACT Training Events

Are you looking for an NC training opportunity?

We will be conducting a 2-Day ACT Training
Sponsored by Eastern AHEC

10 hrs CEs

April 13 (hybrid) & May 4 (in person, Greenville
NC), 2023

For more information, contact Lenore:
legerel14@ecu.edu



ASK Rhonda Merwin about ACT for eating
disorders

Expert answers & opinions: Rhonda Merwin

New Research Project!

FlexED: A Digital, Gamified Early Intervention for Eating Disorders

We are developing and testing an online intervention for women and girls at risk for an eating disorder, sponsored by the National Institutes of Mental Health. In the first phase of the award (**Enrolling Now!**), we test components of the intervention (avatars, storylines and other gamification elements) and whether the intervention engages the target mechanism of change, psychological flexibility. In the second phase, we conduct a full scale randomized controlled trial examining the impact on eating disorder behavior. This project is a collaboration with Maria Karekla at the University of Cyprus. Read about a proof of concept study in *Off the Press*. For more information about the study or enrollment, contact Dottie: drm72@duke.edu

[R61MH127137](#); PI: Merwin, [NCT05609409](#)

The ACBS World
Conference is in
Cyprus this year and
Open for Submissions!



**ACBS WORLD
CONFERENCE**
NICOSIA, CYPRUS
24-28 July 2023

Did You See?

Psych Debate 13 | Acceptance & Commitment
Therapy: The Road To A Universal Framework
And Therapy | Steven Hayes, PhD

