**DIRECT MEASURES OF COMMITTTED ACTIONS IN ACCEPTANCE AND COMMITMENT THERAPY: A SCOPING REVIEW**

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**Objectives:** Acceptance and Commitment Therapy (ACT) increases psychological flexibility by modifying one’s relationship with internal states to overcome challenges. This approach has been successful in improving mental and physical health for parents of children with neurodevelopmental disabilities, individuals experiencing chronic pain, persons with various psychopathologies as well as nonclinical populations (e.g., university students).Committed actions (CAs) are a key component of the ACT process, yet are rarely directly measured (e.g., through self-monitoring). Rather, indirect measures of mental and physical health outcomes (e.g., stress scales) are most often reported. Identifying ways to obtain overt measures of CAs may be beneficial in understanding how CAs relate to changes in overall health outcomes post-ACT.

**Method:** This review examined the ACT literature that directly measured CAs in relation to changes in health outcomes. The terms “committed actions” and “Acceptance and Commitment Therapy” were entered in GoogleScholar and PsycINFO databases. Inclusion criteria were: peer reviewed, experimental or quasi-experimental evaluations, ACT was the independent variable,and CAs outcomes were reported. Case studies, studies that focused on other ACT processes, and non-English articles were excluded.

**Results:** Of the articles that met the criteria (*N* = 5), four included indirect measures of beliefs about performing CAs to overcome challenges and only one article directly measured CAs through overt behaviors (i.e., positive interactions). Two articles measured social validity, and one assessed maintenance post-ACT. Results suggest a lack of direct measurement of CAs in the ACT literature.

**Discussion/Conclusions:**Consistent direct measures of CAs may provide more reliable information than indirect measures yet are surprisingly scarce in the ACT literature. Future research should attempt to better understand how participants’ CAs relate to improvements in other health outcomes (e.g., quality of life) after ACT.

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