

Research Project

Effects of Psychological Flexibility in Social Context: A Multi-Level Approach

Third-party funded project

Project title Effects of Psychological Flexibility in Social Context: A Multi-Level Approach

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Organisation / Research unit

Departement Psychologie / Clinical Psychology and Intervention Science (Gloster)

Project start 01.06.2016

Probable end 31.05.2020

Status Completed

The social context has a large impact on the health and well-being of people and groups alike. The importance of social contexts is also clinically relevant, where contexts outside the clinic, including social processes, are believed to account for approximately 33% of improvement in patients undergoing psychotherapy. Despite this, research is lacking on how to use social factors to improve the efficacy of psychotherapy and increase well-being and functioning of groups. This research will examine the impact of social context on change and in turn the impact of change on the social context. Towards this goal, we will examine whether the same social factors are relevant for patients and non-clinically seeking dyads. In particular, a theoretical framework and intervention called psychological flexibility will be used to test a) whether outcomes of psychotherapy can be increased, including long-term outcomes when patients are supported and/or challenged by their social context, and b) whether psychological flexibility can also increase indices of well-being within dyads.

Keywords Social Context, Acceptance & Commitment Therapy, Psychological Flexibility, Treatment Effectiveness, EMA, Psychotherapy, Dyads, Well-being, Long-term outcome

Financed by

Swiss National Science Foundation (SNSF)

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ID	Kreditinhaber	Kooperationspartner	Institution	Laufzeit - von	Laufzeit - bis
3899442	Gloster, Andrew	Mata, Jutta	Universität Mannheim	01.06.2016	30.05.2020
3899458	Gloster, Andrew	Karekla, Maria	University of Cyprus	01.06.2016	30.05.2020

ID	Kreditinhaber	Kooperationspartner	Institution	Laufzeit - von	Laufzeit - bis
3899467	Gloster, Andrew	Klotsche, Jens	German Rheumatism Research Center Berlin, Germany Institute for Social Medicine, Epidemiology and Health Economics, Charité Universitaetsmedi- zin Berlin	01.06.2016	30.05.2020