NOVOS RESULTADOS

NÃO PODEMOS MUDAR O TITULO - Factors associated with ACT compared to CBT for insomnia.

Objective: To evaluate factors associated with acceptance and commitment therapy (ACT) compared to cognitive behavioral therapy (CBT) for insomnia and compared to wait list before and after treatment. **Method:** Participants were 227 adults (xxx women; M age = xxx, SD = xx) meeting DSM-5 diagnostic criteria for chronic insomnia and who were participants in a randomized clinical trial comparing ACT vs CBT vs WL for insomnia. Participants completed the Insomnia Severity Index (ISI), Hospital Anxiety and Depression Scale (HADS), Acceptance Action Questionnaire-II (AAQ-II), Dysfunctional Beliefs and Attitudes About Sleep Scale (DBAS) and Sleep Problem Acceptance Questionnaire (SPAQ) at three moments (pre-treatment, post-treatment and 6-month follow-up). Insomnia, depression, anxiety, psychological inflexibility, acceptance, and beliefs about sleep were assessed as potential factors associated with therapeutic group (ACT or CBT or WL). Multivariate analyses were conducted using MULTINOMIAL logistic regression in three moments (pre-treatment, post-treatment and 6-month follow-up). **Results:** At pre-treatment, the variables were not associated with the therapeutic modality/group. In post-treatment dysfunctional beliefs about sleep (OR=1.02[1.002-1.041]) was associated with ACT. Each additional point on the DBAS reduces the chances of the individual having performed CBT. In 6-month follow-up anxiety (OR=0.81[0.66-0.99]) and psychological flexibility (OR=1.10[1.01-1.21) were associated with CBT in the multiple logistic regression model. Each additional point on the anxiety scale reduces the chances of the individual having completed CBT. Each additional point on the psychological inflexibility scale increases the individual's chances of completing the CBT. **Conclusion:** These results demonstrate that CBT has a better effect on sleep beliefs immediately after treatment ends and that ACT has a better effect on anxiety after 6 months. The different change trajectories for the two therapy groups provide insights into behavioral change via a cognitive versus contextual approach for insomnia.

RESUMO COMO FOI ENVIADO PAR O CONGRESSO

Factors associated with ACT compared to CBT for insomnia.

Renatha El Rafihi-Ferreira, Ila Marques Porto Linares, Marwin Carmo, Altay Souza.

Objective: To evaluate factors associated with acceptance and commitment therapy (ACT) compared to cognitive behavioral therapy (CBT) for insomnia before and after treatment. **Method:** Participants were 152 adults (115 women; M age = 40.6 years, SD = 10.2) meeting DSM-5 diagnostic criteria for chronic insomnia and who were participants in a randomized clinical trial comparing ACT vs CBT for insomnia. Participants completed the NEO Five-Factor Inventory before treatment and completed the Insomnia Severity Index (ISI), Hospital Anxiety and Depression Scale (HADS), Acceptance Action Questionnaire-II (AAQ-II), Dysfunctional Beliefs and Attitudes About Sleep Scale (DBAS) and Sleep Problem Acceptance Questionnaire (SPAQ) at three moments (pre-treatment, post-treatment and 6-month follow-up). Personality traits (openness, conscientiousness, agreeableness, extraversion, and neuroticism), insomnia, depression, anxiety, psychological inflexibility, acceptance, and beliefs about sleep were assessed as potential factors associated with therapeutic group (ACT or CBT). Multivariate analyses were conducted using binary logistic regression in three moments (pre-treatment, post-treatment and 6-month follow-up). **Results:** At pre-treatment, the variables were not associated with the therapeutic modality. In post-treatment dysfunctional beliefs about sleep (OR=1.02[1.002-1.041]) was associated with ACT. Each additional point on the DBAS reduces the chances of the individual having performed CBT. In 6-month follow-up anxiety (OR=0.81[0.66-0.99]) and psychological flexibility (OR=1.10[1.01-1.21]) were associated with CBT in the multiple logistic regression model. Each additional point on the anxiety scale reduces the chances of the individual having completed CBT. Each additional point on the psychological inflexibility scale increases the individual's chances of completing the CBT. **Conclusion:** These results demonstrate that CBT has a better effect on sleep beliefs immediately after treatment ends and that ACT has a better effect on anxiety after 6 months. The different change trajectories for the two therapy groups provide insights into behavioral change via a cognitive versus contextual approach for insomnia.

PÓS –

Coeficientes do modelo - randomizacao

Preditor	Estimativas	Intervalo de Confiança a 95%		Erro-padrão	Z	p	Rácio das Chances	Intervalo de Confiança a 95%	
		Lim. Inferior	Superior					Lim. Inferior	Superior
Intercepto	−5.58455	−10.36557	−0.8035	2.43934	−2.28937	0.022	0.00376	3.15e−5	0.448
spaq_score	0.05604	−0.00413	0.1162	0.03070	1.82554	0.068	1.05764	0.996	1.123
dbas_score	0.02086	0.00162	0.0401	0.00982	2.12540	0.034	1.02108	1.002	1.041
aaq_score	0.06338	−0.00838	0.1351	0.03661	1.73112	0.083	1.06543	0.992	1.145
ehad_depressao_escore	−0.04991	−0.19990	0.1001	0.07653	−0.65220	0.514	0.95131	0.819	1.105
ehad_ansiedade_escore	−0.09587	−0.25715	0.0654	0.08229	−1.16506	0.244	0.90858	0.773	1.068
igi_escore	0.00144	−0.09965	0.1025	0.05158	0.02789	0.978	1.00144	0.905	1.108
neuroticismo_escore_t	0.00725	−0.03526	0.0498	0.02169	0.33436	0.738	1.00728	0.965	1.051
extroversao_escore_t	6.45e−5	−0.03783	0.0380	0.01933	0.00333	0.997	1.00006	0.963	1.039
abertura_escore_t	0.00534	−0.03045	0.0411	0.01826	0.29261	0.770	1.00536	0.970	1.042
amabilidade_escore_t	0.03658	−0.00213	0.0753	0.01975	1.85192	0.064	1.03725	0.998	1.078
conscienciosidade_escore_t	−0.01090	−0.05160	0.0298	0.02077	−0.52461	0.600	0.98916	0.950	1.030

Nota. As estimativas representam o Log das Chances de "randomizacao = 1" vs. "randomizacao = 2"

FOLLOW –

Coeficientes do modelo - randomizacao

Preditor	Estimativas	Intervalo de Confiança a 95%		Erro-padrão	Z	p	Rácio das Chances	Intervalo de Confiança a 95%	
		Lim. Inferior	Superior					Lim. Inferior	Superior
Intercepto	6.85368	1.22321	12.48414	2.87274	2.3858	0.017	947.358	3.398	264115.471
ehad_depressao_escore	−0.00618	−0.16477	0.15241	0.08092	−0.0764	0.939	0.994	0.848	1.165
ehad_ansiedade_escore	0.20918	0.00984	0.40852	0.10171	2.0567	0.040	1.233	1.010	1.505
aaq_score	−0.10082	−0.19114	−0.01050	0.04608	−2.1879	0.029	0.904	0.826	0.990
dbas_score	−0.01432	−0.03371	0.00507	0.00989	−1.4472	0.148	0.986	0.967	1.005
spaq_score	−0.04451	−0.11189	0.02287	0.03438	−1.2947	0.195	0.956	0.894	1.023
neuroticismo_escore_t	−0.00704	−0.05567	0.04159	0.02481	−0.2838	0.777	0.993	0.946	1.042
extroversao_escore_t	−0.00700	−0.05001	0.03602	0.02195	−0.3188	0.750	0.993	0.951	1.037
abertura_escore_t	−0.00598	−0.04873	0.03677	0.02181	−0.2742	0.784	0.994	0.952	1.037
amabilidade_escore_t	−0.03140	−0.07647	0.01367	0.02300	−1.3654	0.172	0.969	0.926	1.014
conscienciosidade_escore_t	0.00327	−0.04645	0.05299	0.02537	0.1288	0.897	1.003	0.955	1.054
igi_escore	−0.10058	−0.21361	0.01245	0.05767	−1.7441	0.081	0.904	0.808	1.013
ebas_score	−0.02020	−0.10374	0.06335	0.04263	−0.4738	0.636	0.980	0.901	1.065

Nota. As estimativas representam o Log das Chances de "randomizacao = 2" vs. "randomizacao = 1"

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Coeficientes do modelo - randomizacao

Preditor	Estimativas	Intervalo de Confiança a 95%		Erro-padrão	Z	p	Rácio das Chances	Intervalo de Confiança a 95%	
		Lim. Inferior	Superior					Lim. Inferior	Superior
Intercepto	5.58455	0.8035	10.36557	2.43934	2.28937	0.022	266.281	2.233	31747.528
spaq_score	−0.05604	−0.1162	0.00413	0.03070	−1.82554	0.068	0.946	0.890	1.004
dbas_score	−0.02086	−0.0401	−0.00162	0.00982	−2.12540	0.034	0.979	0.961	0.998
aaq_score	−0.06338	−0.1351	0.00838	0.03661	−1.73112	0.083	0.939	0.874	1.008
ehad_depressao_escore	0.04991	−0.1001	0.19990	0.07653	0.65220	0.514	1.051	0.905	1.221
ehad_ansiedade_escore	0.09587	−0.0654	0.25715	0.08229	1.16506	0.244	1.101	0.937	1.293
igi_escore	−0.00144	−0.1025	0.09965	0.05158	−0.02789	0.978	0.999	0.903	1.105
neuroticismo_escore_t	−0.00725	−0.0498	0.03526	0.02169	−0.33436	0.738	0.993	0.951	1.036
extroversao_escore_t	−6.45e−5	−0.0380	0.03783	0.01933	−0.00333	0.997	1.000	0.963	1.039
abertura_escore_t	−0.00534	−0.0411	0.03045	0.01826	−0.29261	0.770	0.995	0.960	1.031
amabilidade_escore_t	−0.03658	−0.0753	0.00213	0.01975	−1.85192	0.064	0.964	0.927	1.002
conscienciosidade_escore_t	0.01090	−0.0298	0.05160	0.02077	0.52461	0.600	1.011	0.971	1.053

Nota. As estimativas representam o Log das Chances de "randomizacao = 2" vs. "randomizacao = 1"

follow

Coeficientes do modelo - randomizacao

Preditor	Estimativas	Intervalo de Confiança a 95%		Erro-padrão	Z	p	Rácio das Chances	Intervalo de Confiança a 95%	
		Lim. Inferior	Superior					Lim. Inferior	Superior
Intercepto	−6.85368	−12.48414	−1.22321	2.87274	−2.3858	0.017	0.00106	3.79e−6	0.294
ehad_depressao_escore	0.00618	−0.15241	0.16477	0.08092	0.0764	0.939	1.00620	0.859	1.179
ehad_ansiedade_escore	−0.20918	−0.40852	−0.00984	0.10171	−2.0567	0.040	0.81125	0.665	0.990
aaq_score	0.10082	0.01050	0.19114	0.04608	2.1879	0.029	1.10608	1.011	1.211
dbas_score	0.01432	−0.00507	0.03371	0.00989	1.4472	0.148	1.01442	0.995	1.034
spaq_score	0.04451	−0.02287	0.11189	0.03438	1.2947	0.195	1.04552	0.977	1.118
neuroticismo_escore_t	0.00704	−0.04159	0.05567	0.02481	0.2838	0.777	1.00707	0.959	1.057
extroversao_escore_t	0.00700	−0.03602	0.05001	0.02195	0.3188	0.750	1.00702	0.965	1.051
abertura_escore_t	0.00598	−0.03677	0.04873	0.02181	0.2742	0.784	1.00600	0.964	1.050
amabilidade_escore_t	0.03140	−0.01367	0.07647	0.02300	1.3654	0.172	1.03190	0.986	1.079
conscienciosidade_escore_t	−0.00327	−0.05299	0.04645	0.02537	−0.1288	0.897	0.99674	0.948	1.048
igi_escore	0.10058	−0.01245	0.21361	0.05767	1.7441	0.081	1.10581	0.988	1.238
ebas_score	0.02020	−0.06335	0.10374	0.04263	0.4738	0.636	1.02040	0.939	1.109

Nota. As estimativas representam o Log das Chances de "randomizacao = 1" vs. "randomizacao = 2"

Verificação de Pressupostos