

WEBVTT

NOTE duration:"00:02:36.9250000"

NOTE recognizability:0.859

NOTE language:en-us

NOTE Confidence: 0.85878736

00:00:00.000 --> 00:00:03.186 Hi everyone, my name is Emily Weiss and today

NOTE Confidence: 0.85878736

00:00:03.186 --> 00:00:05.954 I'm presenting a poster on a psychotherapy

NOTE Confidence: 0.85878736

00:00:05.954 --> 00:00:09.537 group that I Co created and Co facilitated.

NOTE Confidence: 0.85878736

00:00:09.540 --> 00:00:11.084 This group blends DBT,

NOTE Confidence: 0.85878736

00:00:11.084 --> 00:00:12.648 mindfulness skills, and Taekwondo.

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00:00:12.648 --> 00:00:15.406 Taekwondo is a Korean martial art that

NOTE Confidence: 0.85878736

00:00:15.406 --> 00:00:18.167 emphasizes mind body connections and has

NOTE Confidence: 0.85878736

00:00:18.167 --> 00:00:20.472 positive effects on psychological well-being.

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00:00:20.480 --> 00:00:22.736 In part one of this project,

NOTE Confidence: 0.85878736

00:00:22.740 --> 00:00:25.468 we ran six groups in total on an

NOTE Confidence: 0.85878736

00:00:25.468 --> 00:00:27.249 adult psychiatric inpatient unit.

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00:00:27.250 --> 00:00:29.125 Each group consisted of a

NOTE Confidence: 0.85878736

00:00:29.125 --> 00:00:30.255 different mindfulness, skill,

NOTE Confidence: 0.85878736

00:00:30.255 --> 00:00:31.380 instruction, dynamic stretching,
NOTE Confidence: 0.85878736

00:00:31.380 --> 00:00:32.505 and basic Taekwondo,
NOTE Confidence: 0.85878736

00:00:32.510 --> 00:00:35.430 hand and foot movements.
NOTE Confidence: 0.85878736

00:00:35.430 --> 00:00:37.386 In a sample of 19 adults,
NOTE Confidence: 0.85878736

00:00:37.390 --> 00:00:39.994 we looked at the effects of group
NOTE Confidence: 0.85878736

00:00:39.994 --> 00:00:42.355 participation on patients moods and explored
NOTE Confidence: 0.85878736

00:00:42.355 --> 00:00:45.092 patients experiences of being in the group.
NOTE Confidence: 0.85878736

00:00:45.100 --> 00:00:47.260 We found that patients reported
NOTE Confidence: 0.85878736

00:00:47.260 --> 00:00:48.988 significant decreases in anxiety
NOTE Confidence: 0.85878736

00:00:48.988 --> 00:00:51.158 after participating in the group.
NOTE Confidence: 0.85878736

00:00:51.160 --> 00:00:53.758 They also tended to report increases
NOTE Confidence: 0.85878736

00:00:53.758 --> 00:00:55.490 in relaxation and happiness.
NOTE Confidence: 0.85878736

00:00:55.490 --> 00:00:57.222 These differences were only
NOTE Confidence: 0.85878736

00:00:57.222 --> 00:00:58.088 marginally significant.
NOTE Confidence: 0.85878736

00:00:58.090 --> 00:00:58.523 However,
NOTE Confidence: 0.85878736

00:00:58.523 --> 00:01:00.688 the effect sizes were medium,

NOTE Confidence: 0.85878736

00:01:00.690 --> 00:01:04.026 so these differences may have reached

NOTE Confidence: 0.85878736

00:01:04.026 --> 00:01:06.950 significance with a larger sample.

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00:01:06.950 --> 00:01:08.650 The qualitative feedback demonstrated that

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00:01:08.650 --> 00:01:10.990 the group was well received by patients.

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00:01:10.990 --> 00:01:12.910 All patients identified at least one

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00:01:12.910 --> 00:01:15.378 part of the group they found helpful.

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00:01:15.380 --> 00:01:17.396 Many found the entire group helpful,

NOTE Confidence: 0.85878736

00:01:17.400 --> 00:01:20.040 and many reported that they wouldn't

NOTE Confidence: 0.85878736

00:01:20.040 --> 00:01:23.320 want to change any part of the group.

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00:01:23.320 --> 00:01:23.803 Overall,

NOTE Confidence: 0.85878736

00:01:23.803 --> 00:01:25.735 this preliminary evidence suggests

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00:01:25.735 --> 00:01:28.764 that Taekwondo is a feasible solution

NOTE Confidence: 0.85878736

00:01:28.764 --> 00:01:30.940 for increasing physical activity

NOTE Confidence: 0.85878736

00:01:30.940 --> 00:01:33.116 on psychiatric inpatient units.

NOTE Confidence: 0.85878736

00:01:33.120 --> 00:01:35.442 The next part of this project

NOTE Confidence: 0.85878736

00:01:35.442 --> 00:01:37.462 examines a similar Taekwondo and
NOTE Confidence: 0.85878736

00:01:37.462 --> 00:01:39.862 mindfulness group in a sample of
NOTE Confidence: 0.85878736

00:01:39.862 --> 00:01:42.673 adult patients enrolled in an 8 week
NOTE Confidence: 0.85878736

00:01:42.673 --> 00:01:44.209 DBT Intensive Outpatient program.
NOTE Confidence: 0.85878736

00:01:44.210 --> 00:01:46.052 This group takes place as part
NOTE Confidence: 0.85878736

00:01:46.052 --> 00:01:48.100 of the DBT IOP curriculum.
NOTE Confidence: 0.85878736

00:01:48.100 --> 00:01:50.940 The first half is a skill instruction group,
NOTE Confidence: 0.85878736

00:01:50.940 --> 00:01:53.285 focusing on one or two of the
NOTE Confidence: 0.85878736

00:01:53.285 --> 00:01:54.830 core DBT mindfulness skills.
NOTE Confidence: 0.85878736

00:01:54.830 --> 00:01:56.948 In the second-half of the group,
NOTE Confidence: 0.85878736

00:01:56.950 --> 00:01:58.900 we asked participants to reflect on
NOTE Confidence: 0.85878736

00:01:58.900 --> 00:02:01.453 how they can apply these skills during
NOTE Confidence: 0.85878736

00:02:01.453 --> 00:02:03.438 the movement practice and provide
NOTE Confidence: 0.85878736

00:02:03.438 --> 00:02:05.629 some prompts to help participants
NOTE Confidence: 0.85878736

00:02:05.629 --> 00:02:07.849 practice using the mindfulness skills.
NOTE Confidence: 0.85878736

00:02:07.850 --> 00:02:10.125 This is followed by stretching

NOTE Confidence: 0.85878736

00:02:10.125 --> 00:02:11.945 and the Taekwondo practice.

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00:02:11.950 --> 00:02:13.440 We are currently collecting quality

NOTE Confidence: 0.85878736

00:02:13.440 --> 00:02:15.362 assurance data and looking at whether

NOTE Confidence: 0.85878736

00:02:15.362 --> 00:02:16.870 group participation affects mood,

NOTE Confidence: 0.85878736

00:02:16.870 --> 00:02:19.166 both in the moment and over time.

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00:02:19.170 --> 00:02:20.930 We are also collecting qualitative

NOTE Confidence: 0.85878736

00:02:20.930 --> 00:02:22.338 feedback from patients about

NOTE Confidence: 0.85878736

00:02:22.338 --> 00:02:24.088 what they like about the group,

NOTE Confidence: 0.85878736

00:02:24.090 --> 00:02:26.058 what they don't like and how

NOTE Confidence: 0.85878736

00:02:26.058 --> 00:02:27.370 they would improve it.

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00:02:27.370 --> 00:02:27.942 And finally,

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00:02:27.942 --> 00:02:29.372 we are asking patients to

NOTE Confidence: 0.85878736

00:02:29.372 --> 00:02:31.448 rate the group in terms of

NOTE Confidence: 0.85878736

00:02:31.448 --> 00:02:32.609 effectiveness and satisfaction.

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00:02:32.610 --> 00:02:34.368 Thank you for visiting my poster

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00:02:34.368 --> 00:02:36.923 and I hope you enjoy the conference.