

A Comparison of Cognitive Restructuring and Cognitive Defusion for Resisting Aggression against Significant Others by University Students

Introduction: Therapeutic approaches for perpetrators of intimate partner violence (IPV) have been implemented in many countries through treatment programs based on cognitive behavioral therapy (CBT). However, the minimal effectiveness of such programs in reducing recidivism has been pointed out as a problem (Babcock et al., 2004). Therefore, a program based on Acceptance and Commitment Therapy (ACT), a new generation of CBT, has been developed and found to be highly effective compared to traditional CBT (Zarling et al., 2015). The difference in the effectiveness of the two programs is attributed to differences in their approaches to cognitive aspects, such as automatic thinking, which is a factor in the maintenance of IPV. Unfortunately, no empirical research has been conducted to date. Hence, in this study, cognitive defusion (CD), as a technique of ACT, was compared with cognitive restructuring (CR) as a CBT technique for university students struggling with IPV to clarify the effectiveness of the two approaches in terms of cognitive aspects.

Methods: The study participants were 12 university students (three males and nine females) assigned to five CD and seven CR groups. They were asked to watch a guidance video (10 minutes) and an exercise video (30 minutes) on the intervention method and complete homework for seven days. Participants were asked to respond to a self-administered questionnaire addressing violence, cognitive fusion, and emotional control before watching the video (pre) and after the seven days of homework (post). This study was conducted after obtaining approval (2022-009-2) from the Research Ethics Review Committee of the Kitasato University School of Medicine and Health Sciences.

Results: A two-way analysis of variance (two-way ANOVA) was conducted with violence, cognitive fusion, and emotional control as dependent variables; Groups (CR group, CD group) \times Time (pre, post) were independent variables. The results showed that the interaction was significant ($p < .05$) in the frequency of verbal aggression and violence, and the value for the CD group post intervention was significantly lower than that for the CR group. The main effects of time were also significant in terms of verbal aggression, difficulty in recognizing feelings, degree of cognitive fusion, and anger arousal (all $p < .05$), and post intervention scores, when compared to pre intervention scores, indicated improvement (all $p < .05$).

Discussion: The frequency of violence in the CD group was lower than that in the CR group post intervention, confirming that ACT was more effective than CBT as an approach for the cognitive aspect. On the other hand, because no difference was observed between the two groups in cognitive changes, there is room for further study regarding the hypothesis that a decrease in the frequency of verbal abuse and violence is a result of cognitive changes by CD.

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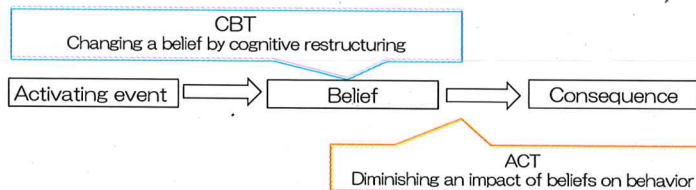
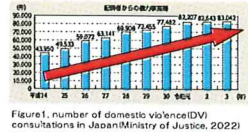
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Introduction

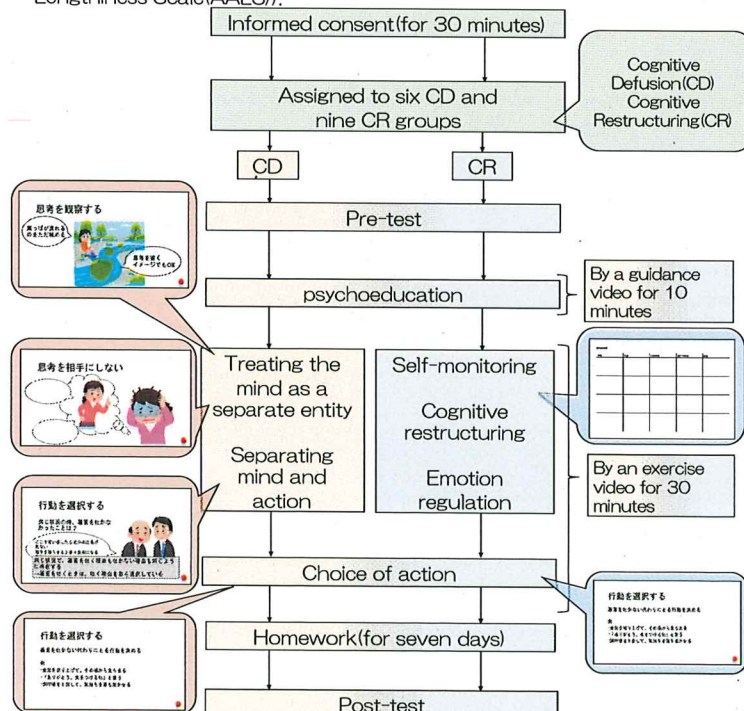
- In Japan, the number of consultations on domestic violence (DV) and intimate partner violence (IPV) is increasing every year.
- A Therapeutic approaches for perpetrators of IPV have been implemented in many countries through treatment programs based on cognitive behavioral therapy (CBT).
- A treatment program for IPV based on CBT, but its small effect on recidivism has been noted as a problem (Babcock et al., 2004).
- A program based on Acceptance and Commitment Therapy (ACT), a new generation of CBT, has been developed and found to be highly effective compared to traditional CBT (Zarling et al., 2015).
- The difference in the effectiveness of the two programs is attributed to differences in their approaches to cognitive aspects, such as automatic thinking, which is a factor in the maintenance of IPV. Unfortunately, no empirical research has been conducted to date.



In this study, we report cognitive fusion, as a technique of ACT, was compared with cognitive restructuring as a CBT technique for university students struggling with IPV to clarify the effectiveness of the two approaches in terms of cognitive aspects.

Method

- **Participants** • The data of 15 university students (mean age = 21.20±2.37 years)
- **Scale** • Participants were asked to respond to a self-administered questionnaire **addressing violence** (the number of violence last week, Buss-Perry Aggression Questionnaire (BAQ)), **cognitive fusion** (Japanese Version of the Acceptance and Action Questionnaire-II (AAQ-II)), **Cognitive Fusion Questionnaire (CFQ)** and **emotional control** (Japanese version of Difficulties in Emotional Regulation Scale (J-DERS)), and the Anger Arousal and Lengthiness Scale (AALS).



This study was conducted after obtaining approval (2022-009-2) from the Research Ethics Review Committee of the Kitasato University School of Medicine and Health Sciences.

Result

- A two-way analysis of variance (two-way ANOVA) was conducted with violence, cognitive fusion, and emotional control as dependent variables; Groups (CR group, CD group) × Time (pre, post) were independent variables.
- The results showed that the interaction was significant ($p < .05$) in the frequency of verbal aggression and violence and CFQ score, the value for the CD group post intervention was significantly lower than that for the CR
- A simple main effect analysis of frequency showed that CD significantly decreased from pre to post.
- A simple main effect analysis of CFQ score showed no significant difference from pre to post for both CD and CR.
- The main effects of time were also significant in terms of BAQ total score, short temper, J-DERS total score and impulse control difficulties (all $p < .05$), and post intervention scores indicated improvement when compared to pre intervention scores (all $p < .05$).



Table 1 Demographics and Baseline Characteristics of Participants

	CD Group (n=6)	CR Group (n=9)	CD vs CR
Gender	Male	Male	
	10001687N	2002222N	
Age	Female	Female	
	5000333N	7000777N	
Frequency	20871125	2150571	p=0.44
Target	283037	244083	p=0.55
	10001687N	2002222N	
Partner	2003333N	2002222N	
Sibling	10001687N	000000N	
Close friend	10001687N	1001111N	
Other	10001687N	4004444N	
BAQ	56170368	62441022	p=0.15
Physical aggression	10501180	1500575	p=0.07
Short temper	12673141	1476376	p=0.30
Hostility	1833390	1800560	p=0.90
Verbal aggression	1467372	1467353	p=0.10
J-DERS	4167812	46561022	p=0.36
Lack of emotional awareness	1083579	1000387	p=0.78
Nonacceptance of emotional responses	1083227	1255347	p=0.30
Unlimited access to emotion	750287	1200392	p=0.03
Impulse Control Difficulties	1250050	1200082	p=0.19
AALS	3483823	3776575	p=0.58
Anger arousal	1683527	1676575	p=0.54
Anger persistence	1800540	1900476	p=0.77
AAQ-II	23001218	25671020	p=0.09
CFQ	2933930	27111109	p=0.09

Table 2 Effects on Procrastination
** $p < .01$ * $p < .05$ † $p < .10$
Note. d=Cohen's d value.

Dependent variables	CD Group			CR Group			Main effects Group	Main effects Time	Interaction
	pre	post	Cohen's d	pre	post	Cohen's d			
Frequency	283 (12.1)	167 (6.8)	0.76	244 (10.2)	232 (10.6)	-0.05	0.1765	0.5225	0.0059+
BAQ	5617 (395)	5000 (551)	0.81	6244 (402)	5911 (400)	0.23	0.1192	0.0076+	0.2693
Physical aggression	1050 (98)	987 (100)	0.31	1500 (97)	1300 (82)	0.00	0.0499+	0.5723	0.5723
Short temper	1267 (31)	1117 (16)	0.31	1476 (37)	1400 (27)	0.14	0.2560	0.0444+	0.4930
Hostility	1833 (39)	1567 (21)	0.60	1800 (56)	1711 (40)	0.13	0.8082	0.0687	0.3392
Verbal aggression	1467 (37)	1350 (43)	0.21	1467 (35)	1300 (33)	0.33	0.9018	0.0529	0.7131
J-DERS	4167 (31)	3450 (15)	0.75	4656 (10)	4244 (10)	0.28	0.1765	0.0397+	0.5465
Lack of emotional awareness	1083 (57)	983 (41)	0.14	1000 (39)	1087 (38)	-0.12	1.0000	0.8933	0.5091
Nonacceptance of emotional responses	1083 (27)	883 (34)	0.61	1255 (47)	1144 (37)	0.22	0.1760	0.1234	0.6456
Unlimited access to emotion	750 (28)	733 (18)	0.05	1200 (39)	1089 (45)	0.18	0.0544	0.4232	0.5516
Impulse Control Difficulties	1250 (50)	1200 (26)	0.19	1200 (82)	944 (29)	0.85	0.7859	0.0006+	0.3269
AALS	3483 (82)	3133 (75)	0.31	3776 (57)	3822 (11)	-0.03	0.3549	0.3295	0.2135
Anger arousal	1683 (52)	1483 (44)	0.32	1676 (37)	1811 (31)	0.08	0.3760	0.1263	0.4415
Anger persistence	1800 (54)	1650 (34)	0.17	1900 (21)	2011 (37)	-0.15	0.4840	0.8305	0.1663
AAQ-II	2300 (12)	2000 (7)	0.19	2567 (10)	2522 (8)	0.03	0.4807	0.3744	0.5069
CFQ	2933 (93)	1917 (11)	0.87	2711 (10)	1056	0.04	0.8280	0.0240+	0.0359+



Discussion

The frequency of violence in the CD group was lower than that in the CR group post intervention, confirming that ACT was more effective than CBT as an approach for the cognitive aspect.

- Although the interaction was significant, there was no significant difference in the simple main effect of CFQ scores, therefore future research is needed.
- On the other hand, because no difference was observed between the two groups in cognitive changes, there is room for further study regarding the hypothesis that a decrease in the frequency of verbal abuse and violence is a result of cognitive changes by CD.

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発表概要報告書

【大会概要】

2023年6月1日から2023年6月4日に開催された、10th World Congress of Cognitive and Behavioral Therapies(WCCBT)に参加した。韓国のソウルで対面開催された。2023年6月3日に、筆頭発表者として「A Comparison of Cognitive Restructuring and Cognitive Defusion for Resisting Aggression against Significant Others by University Students」をポスター発表した。

【発表内容の概要】

「A comparison of Cognitive Restructuring and Cognitive Defusion for Resisting Aggression against Significant Others by University Students」という演題で、大学生の重要な他者への暴言・暴力を対象に、Acceptance and Commitment Therapyと認知行動療法の認知面へのアプローチの効果の比較検討の発表を行った。認知的脱フュージョンの介入を行う群と認知再構成の介入を行う群を比較した結果、介入後1週間の暴言・暴力の頻度は、認知的脱フュージョンの介入を行う群のみ有意に減少した。

【体験記】

ポスター発表は、今回が初めての体験であり、国際会議で初発表という強く印象に残る体験となった。4時間30分の発表時間の中では、自分なりに視覚的にわかりやすいよう工夫したポスターが功を奏したのか、開催地であった韓国の学生をはじめとして、多くの研究者に声をかけられ、研究内容についての質問を受けた。英語が拙く、スマートフォンの翻訳機能を使いながらの受け答えとなったが、統制群の設定方法など今後につながる気づきを得る機会となった。

そのほか、Michelle CraskeやSteven Hayesの招待公演を聴き、適応的な側面へのアプローチの重要性を改めて学ぶ機会となった。特に不安症の患者は幸福感の感受性が健常者よりも低いという点に着目し、様々な方法を駆使したアプローチを行っていた点から、自分自身の今後の研究活動につながる多くの示唆を得ることができた。

初めて国際会議に参加し、自分の研究について発表することを通して、多くの研究者とコミュニケーションをとる機会となった。対面であったことから、単なる質疑応答にとどまらずお互いの活動状況や研究に抱く思いをざっくりと語り合えたことは貴重な体験であり、視野が広がる思いであった。これを機に国内外問わずさまざまな学会に積極的に参加していきたいという思いが強まり、今後さらに研究を行っていききたいと感じている。

(日本語 1200 字以内)

採用された方についてはウェブページ等で内容が公開される場合があります。