

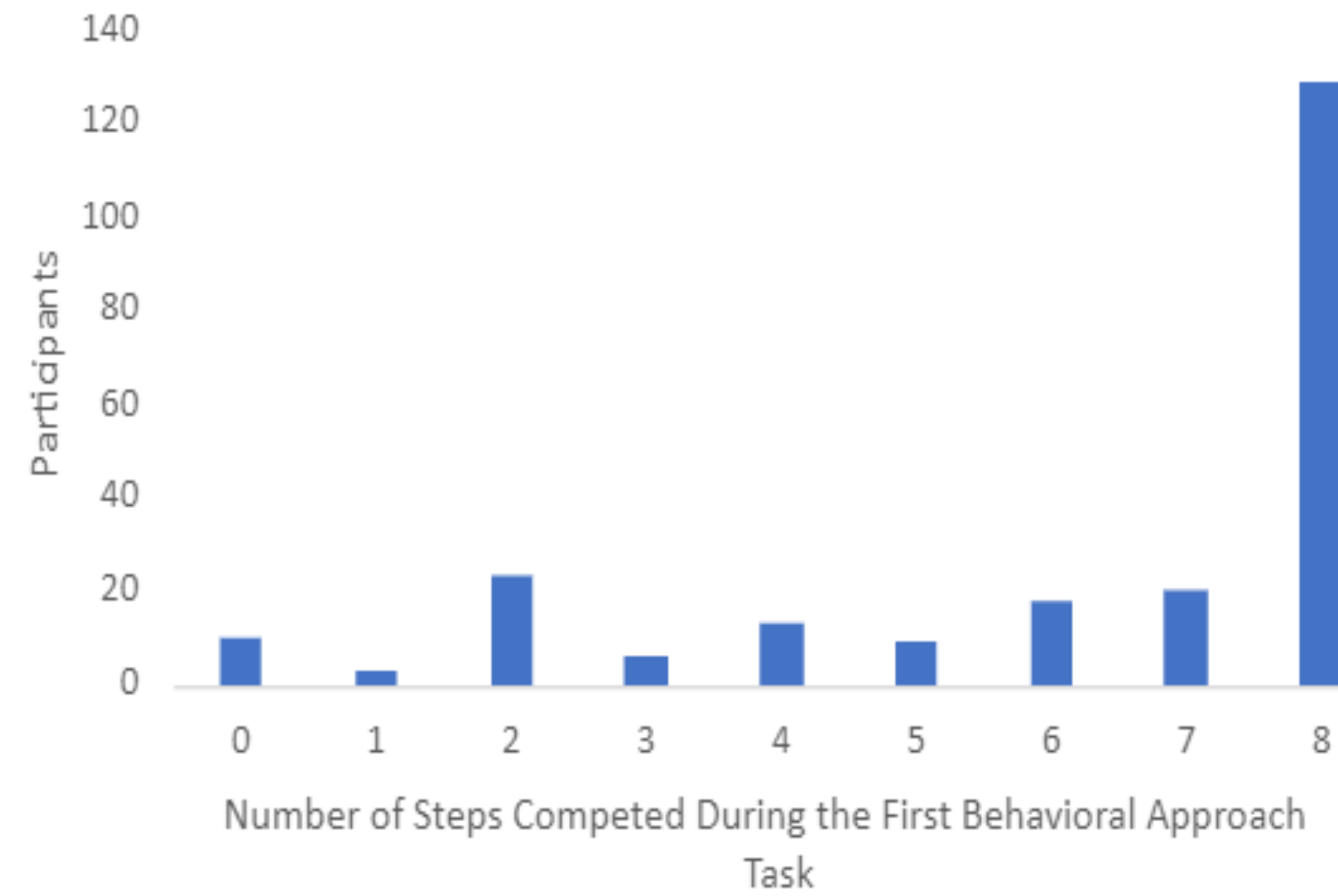
# The efficacy of a brief values intervention in a spider-related behavioral approach task

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Figure 2

Behavioral approach task frequencies



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## There was not a significant difference between the values, tickets, and control conditions on behavioral approach task discrepancy scores



### RESULTS

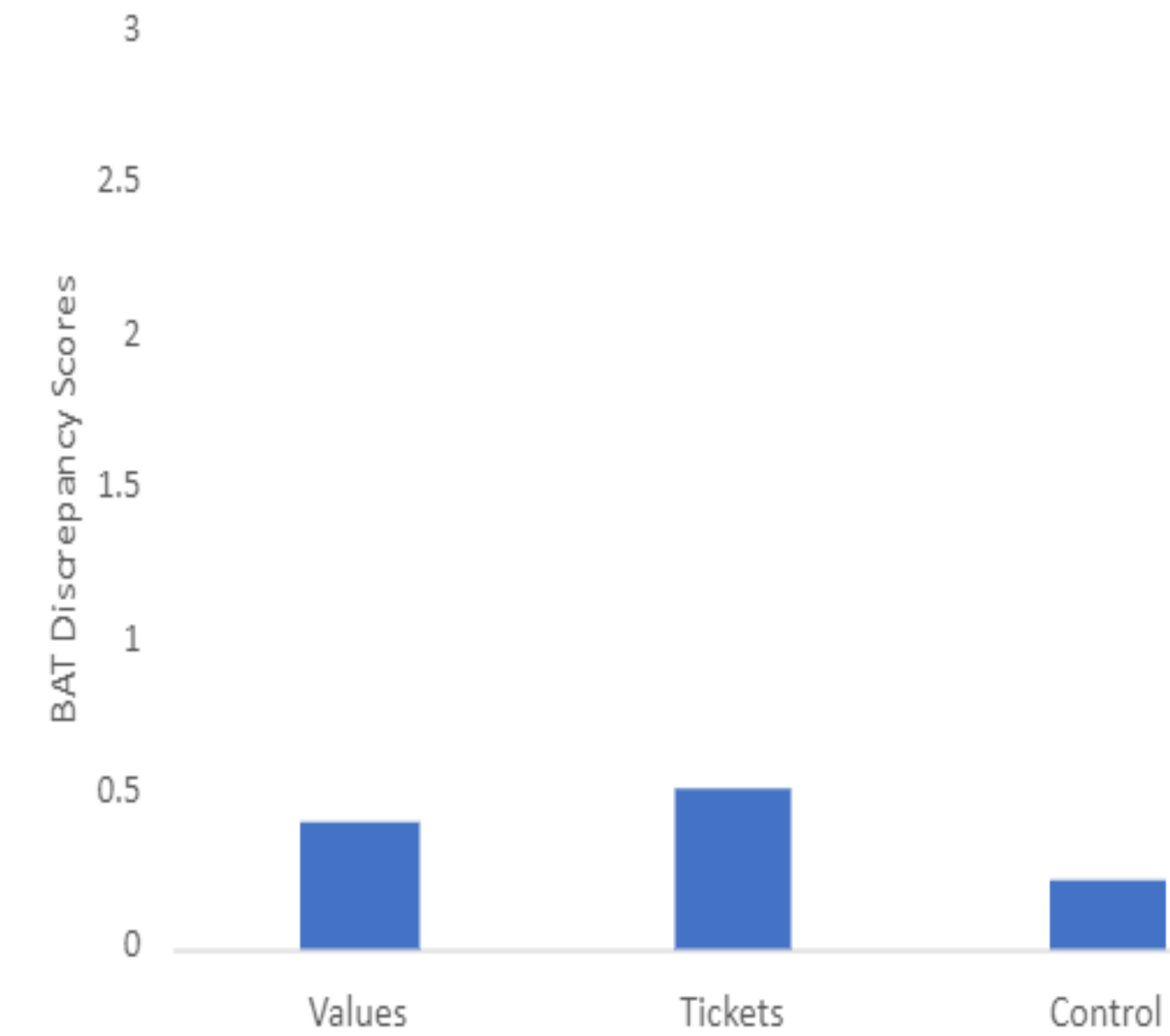
- We first ran a MANOVA to examine any baseline differences between conditions. The results showed there were no significant differences between conditions at baseline. See Table 1.
- We then ran a MANCOVA to examine differences between conditions on BAT discrepancy scores (i.e., BAT 2 – BAT 1) when controlling for fear of spiders. Results showed there were no significant differences between conditions. See Table 2.
- See Table 3 for steps completed during the first BAT (8 possible steps).

**Table 1**  
Means and standard deviations on baseline measures by condition

	Values <i>M (SD)</i>	Tickets <i>M (SD)</i>	Control <i>M (SD)</i>
First BAT	6.45(2.46)	6.26(2.40)	6.04(2.66)
Avoidance/Help Seeking	24.53(13.76)	22.05(10.62)	22.93(12.82)
Fear of Harm	27.10(13.67)	24.52(11.18)	27.39(14.60)
Psychological Flexibility	128.88(25.75)	125.17(24.26)	130.53(23.58)
Psychological Inflexibility	86.67(24.38)	85.27(24.30)	89.95(28.78)

Figure 1

Behavioral approach task discrepancy scores based on condition



### DISCUSSION

- There were no significant differences between conditions on behavioral approach task discrepancy scores.
- For the first BAT, 129 (56%) of participants completed all 8 steps, which meant that it was not possible for them to improve after the intervention. It could be that the intervention might be useful for participants who completed fewer than 8 steps during the first BAT.
- Future studies could analyze data only from participants who did not complete all steps in the first BAT.

### INTRODUCTION

- Values are defined as “freely chosen, verbally constructed consequences of ongoing, dynamic, evolving patterns of activity, which establish predominant reinforcers for that activity that are intrinsic in engagement in the valued behavioral pattern itself” (Wilson & DuFrene, 2009).
- Two studies have shown that a brief values intervention resulted in more steps completed during a contamination anxiety related behavioral approach task (BAT) (Flynn & Hebert, 2022; Hebert et al., 2021).
- The aim of the current study was to replicate Flynn and Hebert (2022) and Hebert et al. (2021) studies by using a different BAT.

### METHOD

- Participants**
- 231 undergraduates
- Procedure**
- Randomly assigned participants to one of three conditions: values, tickets, and control
  - Completed measures of fear of spiders in an online format
  - Completed a baseline spider-related behavioral approach task (BAT)
  - Middle Task
    - Values: wrote about a charity that mattered to them for five minutes. Were told that they would complete the BAT for a second time and would earn a ticket for each step they completed which would be entered into a drawing to win a donation to the charity they just wrote about
    - Tickets: sat in a room for five minutes. Were told they would complete the BAT a second time and earn a ticket for each step they completed
    - Control: sat in a room for six minutes. Were told they would complete the BAT a second time but were given no additional instructions
  - Completed the BAT a second time