

博士論文（要約）

Title: The effect of internet-based Acceptance and Commitment Therapy (iACT) on psychological well-being among working women with a pre-school child: a randomized controlled trial

（未就学児を育てる働く女性に対するインターネットアクセプタンス&コミットメントセラピーの心理的ウェルビーイング向上の効果：ランダム化比較試験）

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Abstract

INTRODUCTION: This randomized controlled trial (RCT) aims to examine the effectiveness of a newly developed fully automated Internet-based Acceptance and Commitment Therapy (iACT) programme, 'Happiness Mom', on improving psychological well-being (PWB) of working mothers.

METHODS: The target population of the RCT was employed mothers with at least one preschool child. The participants who fulfilled the eligibility criteria were randomly assigned to either an iACT intervention group or to a wait-list control group. The intervention programme contained eight modules based on ACT. The participants in the intervention group learned one module per week via web. Primary outcomes were measured in six dimensions of PWB, based on Ryff's theory, using self-administered questionnaires at baseline, post the intervention (3 month), and 6 months after the baseline. Secondary outcomes were followed: psychological distress, work engagement, job performance, positive feelings, global fear of COVID-19, euthymia, sick leave days, intention to leave, job satisfaction, life satisfaction, social support, perceived partner emotional support, perceived partner instrumental support, and parental burnout. A mixed model for repeated measures conditional growth model analysis with an unstructured covariance matrix was conducted using a group*time interaction as an indicator of intervention effect, which was set as the main pooled analysis. The primary analysis followed the intention to treat (ITT) principle.

RESULTS: A total of 841 eligible working mothers participated in this study. For the main pooled analysis, positive relationship with others was significantly improved in the intervention group (pooled effect 0.41 [95% CI 0.08 - 0.74], $t=2.44$, $p=0.015$), while the effect size, which was calculated by respondents at both baseline and on the 6-month follow-up, was small (Cohen's

$d=0.18$ [95% CI 0.019 - 0.35]). There was no significant effectiveness in autonomy, environmental mastery, personal growth, purpose in life, and self-acceptance. For the secondary outcomes, fear of COVID-19 and euthymia were significantly improved.

CONCLUSION: The study demonstrated that fully automated iACT programme was effective in improving PWB in working mothers. However, the effect was small and shown in the limited domain of PWB. Further improvement of the programme is required to achieve a greater effect size and impact on a wider range of PWB.

ETHICAL CONSIDERATIONS: The Research Ethics Review Board of Graduate School of Medicine, the University of Tokyo approved the study procedures (No. 2019134NI-(1)(2)).

TRIAL REGISTRATION: The study protocol was registered at the University Hospital Medical Information Network Clinical Trials Registry (UMIN000039918).