

# Best Evidence Summaries of Topics in Mental Healthcare

**BEST in MH** *clinical question-answering service*

## Question

How effective is Acceptance and Commitment Therapy (ACT) for insomnia?

## Clarification of question using *PICO* structure

*Patients:* People with Insomnia  
*Intervention:* Acceptance and commitment therapy or mindfulness and acceptance therapy  
*Comparator:* Any Intervention  
*Outcome:* All Patient Outcomes

**Clinical and research implications**

No relevant systematic reviews or randomised controlled trials could be found for this question.

**What does the evidence say?*****Number of included studies/reviews (number of participants)***

N/A

***Main findings***

N/A

***Authors conclusions***

N/A

***Reliability of conclusions/Strength of evidence***

N/A

**What do guidelines say?**

Neither National Institute for Health and Care Excellence (NICE) nor Scottish Intercollegiate Guidelines Network (SIGN) guidelines comment on Acceptance Commitment Therapy for insomnia

**Date question confirmed:** 19/10/15

**Date searches conducted:** 09/11/15

**Date answer completed:** 11/11/15

## Search details

Source	Search Strategy	Number of hits	Relevant evidence identified
<b>Guidelines</b>			
NICE	Acceptance-Commitment Therapy	5	0
SIGN	Acceptance-Commitment Therapy	9	0
<b>Systematic Reviews<sup>0</sup></b>			
MEDLINE	<ol style="list-style-type: none"> <li>1 exp "Sleep Initiation and Maintenance Disorders"/ 9944</li> <li>2 INSOMNIA.ab,ti. 13908</li> <li>3 SLEEP DISORDER.ab,ti. 2115</li> <li>4 exp Sleep/ or exp Sleep Disorders/ 112372</li> <li>5 "wakeful*".ab,ti. 9648</li> <li>6 "sleepless*".ab,ti. 678</li> <li>7 "dyssomn*".ab,ti. 92</li> <li>8 1 or 2 or 3 or 4 or 5 or 6 or 7 121453</li> <li>9 ACT.ab,ti. 205870</li> <li>10 Acceptance.ab,ti. 49752</li> <li>11 commitment.ab,ti. 29892</li> <li>12 10 and 11 694</li> <li>13 mindfulness.ab,ti. 2679</li> <li>14 10 and 13 297</li> </ol>	23	0

	15	exp "Acceptance and Commitment Therapy"/	75		
	16	9 or 12 or 14 or 15	206537		
	17	8 and 16	763		
	18 - 37 Systematic Review filters applied				
	38	limit 37 to yr="2010 -Current"	437452		
	39	17 and 38	23		
EMBASE	1	exp "Sleep Initiation and Maintenance Disorders"/	49211	89	0
	2	INSOMNIA.ab,ti.	23094		
	3	SLEEP DISORDER.ab,ti.	3694		
	4	exp Sleep/ or exp Sleep Disorders/	243777		
	5	"wakeful*".ab,ti.	13146		
	6	"sleepless*".ab,ti.	1015		
	7	"dyssomn*".ab,ti.	135		
	8	1 or 2 or 3 or 4 or 5 or 6 or 7	250136		
	9	ACT.ab,ti.	243898		
	10	Acceptance.ab,ti.	64317		
	11	commitment.ab,ti.	35447		
	12	10 and 11	969		
	13	mindfulness.ab,ti.	3790		

	14	10 and 13	492		
	15	exp "Acceptance and Commitment Therapy"/	459		
	16	9 or 12 or 14 or 15	244888		
	17	8 and 16	1986		
	18 - 37	Systematic Review Filter applied			
	38	limit 37 to yr="2010 -Current"	314207		
	39	17 and 38	89		
PsycINFO/CINAHL	1	exp "Sleep Initiation and Maintenance Disorders"/	0	17	1
	2	INSOMNIA.ab,ti.	7633		
	3	SLEEP DISORDER.ab,ti.	996		
	4	exp Sleep/ or exp Sleep Disorders/	23740		
	5	"wakeful*".ab,ti.	3629		
	6	"sleepless*".ab,ti.	297		
	7	"dyssomn*".ab,ti.	64		
	8	1 or 2 or 3 or 4 or 5 or 6 or 7	28582		
	9	ACT.ab,ti.	47033		
	10	Acceptance.ab,ti.	29486		
	11	commitment.ab,ti.	31730		
	12	10 and 11	1618		

13	mindfulness.ab,ti.	6092		
14	10 and 13	1017		
15	exp "Acceptance and Commitment Therapy"/	951		
16	9 or 12 or 14 or 15	48585		
17	8 and 16	248		
18	(Cochrane\$ or review or overview or (review adj2 literature) or (synthes\$ adj3 (literature\$ or research or studies or data))).ti.	107551		
19	(meta analysis or literature review or systematic review).md.	111733		
20	(pooled analys\$ or ((data adj2 pool\$) and studies) or ((hand or manual\$ or database\$ or computer\$ or electronic\$) adj2 search\$) or ((electronic\$ or bibliographic\$) adj2 (database\$ or data base\$))).ab,ti.	9145		
21	exp Meta Analysis/	3482		
22	18 or 19 or 20 or 21	192933		
23	(comment reply or editorial or letter or review book or review media).dt.	226220		
24	(electronic collection or dissertation abstract or encyclopedia).pt.	300154		
25	(rat or rats or mouse or mice or hamster or hamsters or animal or animals or dog or dogs or cat or cats or bovine or sheep).ab,sh,ti.	204935		
26	23 or 24 or 25	691782		
27	22 not 26	120877		
28	limit 27 to yr="2010 -Current"	49540		
29	17 and 28	17		

<i>Primary Studies</i>				
MEDLINE			40	0
	1 exp "Sleep Initiation and Maintenance Disorders"/	9944		
	2 INSOMNIA.ab,ti.	13908		
	3 SLEEP DISORDER.ab,ti.	2115		
	4 exp Sleep/ or exp Sleep Disorders/	112372		
	5 "wakeful*".ab,ti.	9648		
	6 "sleepless*".ab,ti.	678		
	7 "dyssomn*".ab,ti.	92		
	8 1 or 2 or 3 or 4 or 5 or 6 or 7	121453		
	9 ACT.ab,ti.	205870		
	10 Acceptance.ab,ti.	49752		
	11 commitment.ab,ti.	29892		
	12 10 and 11	694		
	13 mindfulness.ab,ti.	2679		
	14 10 and 13	297		
	15 exp "Acceptance and Commitment Therapy"/	75		
	16 9 or 12 or 14 or 15	206537		
	17 8 and 16	763		
	18 "randomized controlled trial".pt.	415668		
	19 (random\$ or placebo\$ or single blind\$ or double blind\$ or triple blind\$).ti,ab.	895264		

	20 (retraction of publication or retracted publication).pt.	8355		
	21 18 or 19 or 20	991050		
	22 (animals not humans).sh.	4044994		
	23 ((comment or editorial or meta-analysis or practice-guideline or review or letter or journal correspondence) not "randomized controlled trial").pt.	3598466		
	24 (random sampl\$ or random digit\$ or random effect\$ or random survey or random regression).ti,ab. not "randomized controlled trial".pt.	56297		
	25 21 not (22 or 23 or 24)	737499		
	26 17 and 25	40		
EMBASE	1 exp "Sleep Initiation and Maintenance Disorders"/	49211	99	0
	2 INSOMNIA.ab,ti.	23094		
	3 SLEEP DISORDER.ab,ti.	3694		
	4 exp Sleep/ or exp Sleep Disorders/	243777		
	5 "wakeful*".ab,ti.	13146		
	6 "sleepless*".ab,ti.	1015		
	7 "dyssomn*".ab,ti.	135		
	8 1 or 2 or 3 or 4 or 5 or 6 or 7	250136		
	9 ACT.ab,ti.	243898		
	10 Acceptance.ab,ti.	64317		
	11 commitment.ab,ti.	35447		



	12 10 and 11	969		
	13 mindfulness.ab,ti.	3790		
	14 10 and 13	492		
	15 exp "Acceptance and Commitment Therapy"/	459		
	16 9 or 12 or 14 or 15	244888		
	17 8 and 16	1986		
	18 (random\$ or placebo\$ or single blind\$ or double blind\$ or triple blind\$).ti,ab.	1149235		
	19 RETRACTED ARTICLE/	7850		
	20 18 or 19	1156899		
	21 (animal\$ not human\$).sh,hw.	3967079		
	22 (book or conference paper or editorial or letter or review).pt. not exp randomized controlled trial/ (random sampl\$ or random digit\$ or random effect\$ or random survey or random regression).ti,ab. not exp	4288163		
	23 randomized controlled trial/	67896		
	24 20 not (21 or 22 or 23)	889920		
	25 17 and 24	194		
	26 limit 25 to yr="2010 -Current"	99		
PsycINFO/CINAHL	1 exp "Sleep Initiation and Maintenance Disorders"/	0	14	0
	2 INSOMNIA.ab,ti.	7633		
	3 SLEEP DISORDER.ab,ti.	996		
	4 exp Sleep/ or exp Sleep Disorders/	23740		

5	"wakeful".ab,ti.	3629		
6	"sleepless".ab,ti.	297		
7	"dyssomn".ab,ti.	64		
8	1 or 2 or 3 or 4 or 5 or 6 or 7	28582		
9	ACT.ab,ti.	47033		
10	Acceptance.ab,ti.	29486		
11	commitment.ab,ti.	31730		
12	10 and 11	1618		
13	mindfulness.ab,ti.	6092		
14	10 and 13	1017		
15	exp "Acceptance and Commitment Therapy"/	951		
16	9 or 12 or 14 or 15	48585		
17	8 and 16	248		
18	(random\$ or placebo\$ or single blind\$ or double blind\$ or triple blind\$).ti,ab.	147538		
19	(animals not humans).sh.	3310		
20	exp Clinical Trials/	9124		
21	random*.mp.	131571		
22	20 not 21	3921		
23	18 not (19 or 22)	146975		
24	17 and 23	14		

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