

Acceptance and Commitment in the Workplace: Feasibility Trial for Australian Healthcare Workers

ACTRN12625001330437

Status RECRUITING
Sponsor La Trobe University
Enrollment 65 participants

Plain Language Summary

Healthcare workers are among the most at-risk groups for burnout — the emotional exhaustion, cynicism, and reduced sense of effectiveness that comes from caring for others under relentless pressure. Burnout doesn't just affect the worker; it can reduce the quality of care patients receive. Acceptance and Commitment Therapy (ACT) is a psychological approach that helps people build flexibility, purpose, and resilience even in difficult environments.

The 'ACT in the Workplace' program is a group training for healthcare workers, consisting of four two-hour sessions over four weeks. This feasibility trial is testing whether Australian healthcare workers find the program acceptable and practical, and whether it shows early signs of reducing burnout and improving wellbeing, psychological flexibility, and sleep quality.

You may be eligible if you are a healthcare worker aged 18–64, employed at a participating healthcare service, and already enrolled (or planning to enrol) in the ACT in the Workplace program offered at your workplace. There are no exclusion criteria beyond these basics. Participation involves completing three short questionnaires over the course of three months.

Key Eligibility Criteria

Inclusion (3)

- Employed at a participating healthcare service
- Adult (aged 18-64)
- Enrolled in 'ACT in the Workplace' program

Exclusion (1)

- None

Locations (1 total)

VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625001330437>

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