

Experience of an on-line course about ABA in new psychotherapies

Luis Valero-Aguayo

Department of Personality, Assessment and Psychological Treatment
University of Malaga, Spain

Email: lvalero@uma.es

Abstract

We present the experience and results of a course completely on-line through Moodle software in the University of Malaga (Spain) during four years. The course was about ABA in new psychotherapies of third generation (ACT, FAP, and Activation). It was over 20 hours (2 European University Credits). The topics were: experimental basis and fundamental of new homework activities. Also the development of learning processes was cumulative, so the student did not read a lesson if he/she had not completed the lesson before. The course was learning programmed with different texts, videos, questions, exercises and articles to read.

The participants were a total of 100 students (55% from University of Malaga, and 45% from other cities or professionals in clinical settings). The amount of students and their origins were similar during four years. The results showed a good improvement of students, with a high academic chart (A in all cases), and good satisfaction from professor and students in the final valuation questionnaire. psychotherapies, characteristics and application of ACT, management of FAP, application of BA in depression; and the efficacy of psychotherapies.

Participants

- ✓ 100 students in total
- ✓ 66% female, 33% male
- ✓ 55% students from UMA
- ✓ 45% students from other universities
- ✓ Undergraduates from advances courses
- ✓ Clinical graduates with clinical practice

Educative procedures

- ✓ Introduction with powerpoints
- ✓ Short lessons (with final questions)
- ✓ Lectures of articles
- ✓ Lectures of clinical cases
- ✓ Short videos as illustrations

Modules

- 1 - Introduction to Thirty Generation Therapies
- 2 - Characteristics and applications of Acceptance and Commitment Therapy
- 3 - Management of Functional Analytic Psychotherapy
- 4 - Applications of Behavioral Activation
- 5 - Studies of results and efficacy

Instruments

- ✓ Moodle software
- ✓ Virtual Campus of UMA
- ✓ Discussions groups, Emails

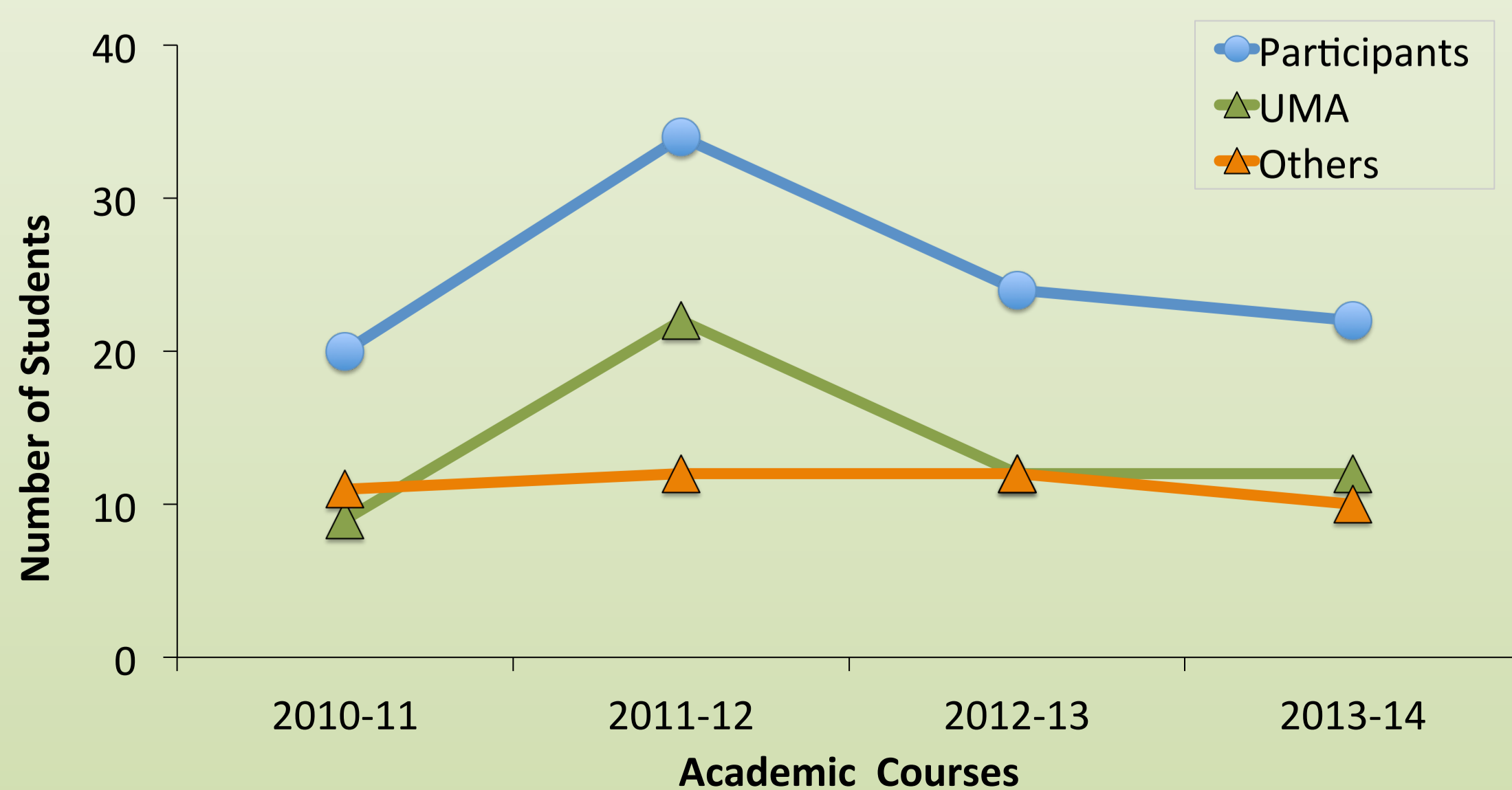
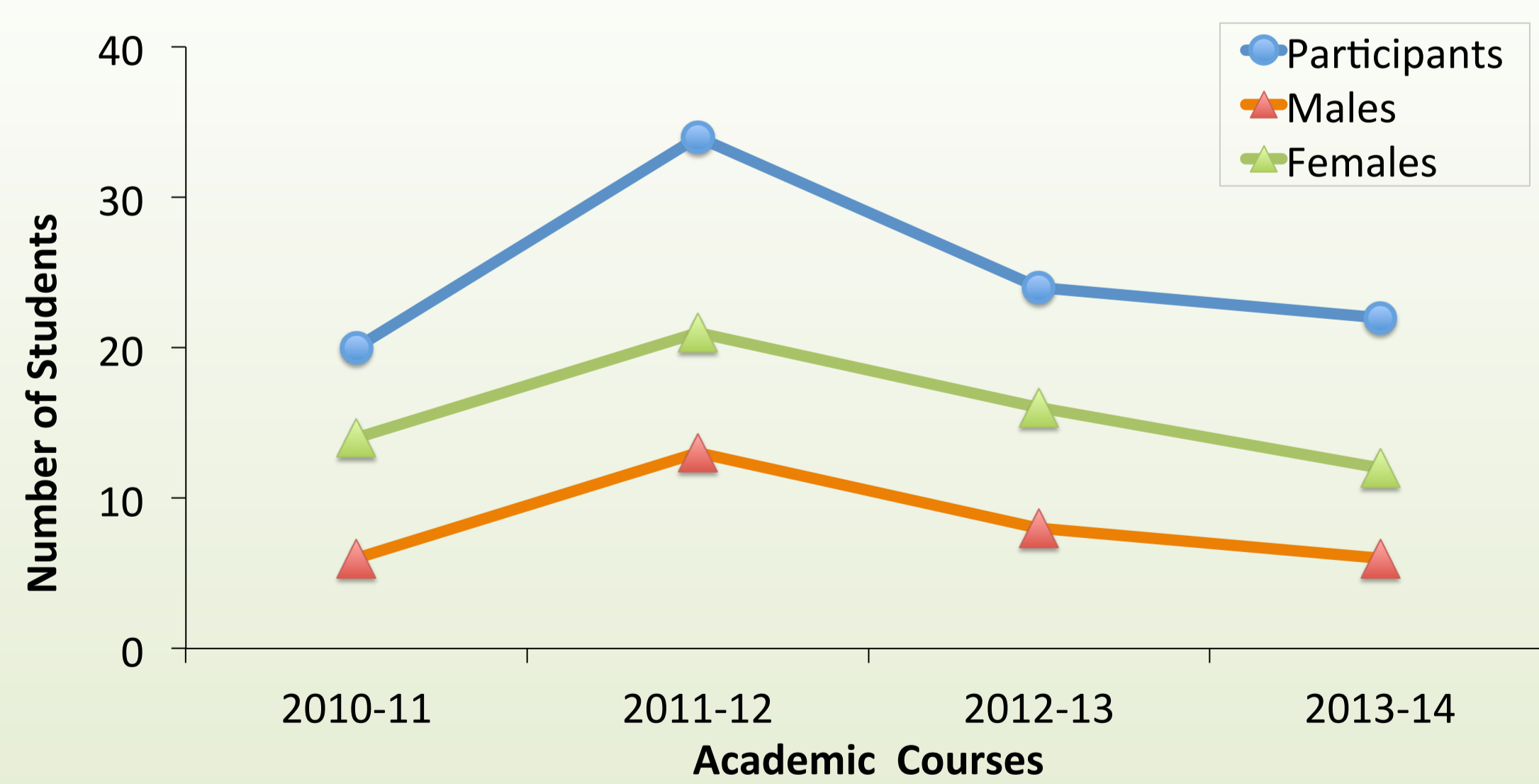


Figure 2.- Data of participants each academic course from 2011 to 2014

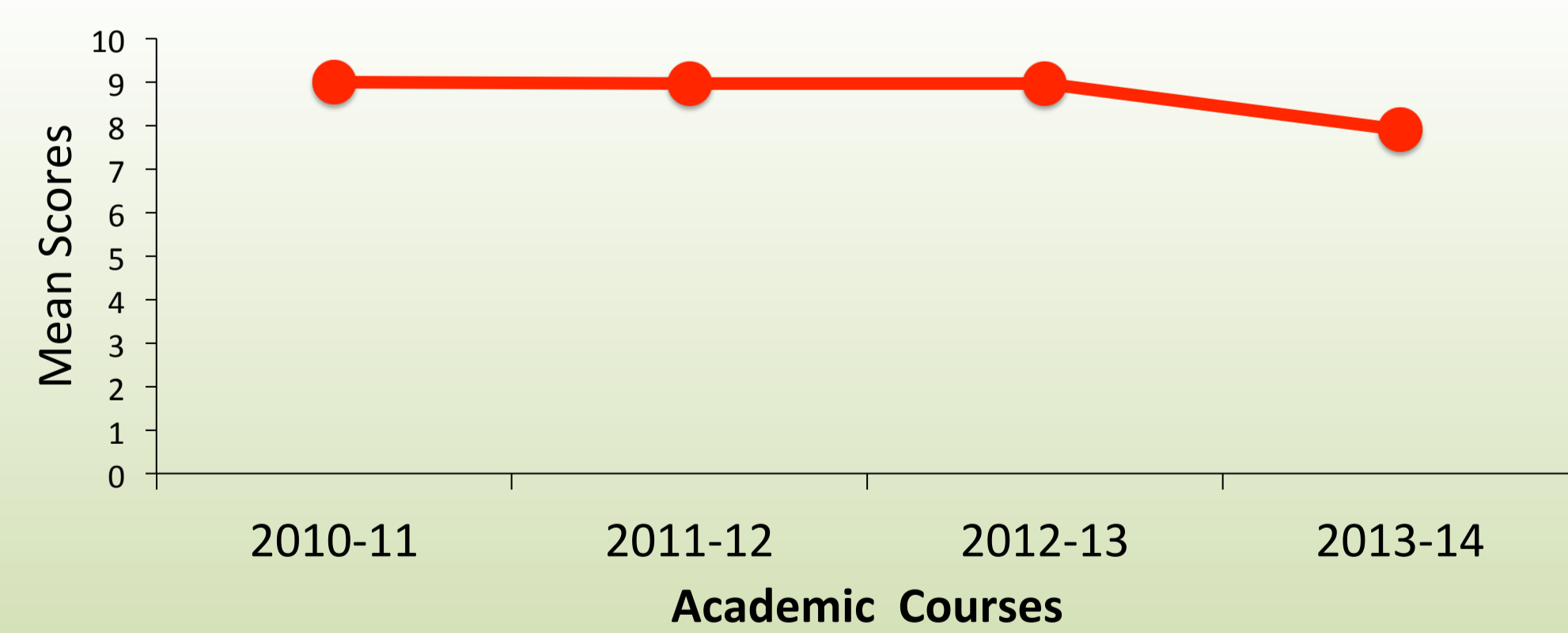


Figure 3.- Mean score obtained by students each course

General Results

- ✓ All topics and modules are learned by students
- ✓ All scores for tests are highest (A)
- ✓ Only 1 or 2 students dropout
- ✓ More female students than male
- ✓ More UMA students than other universities
- ✓ Great satisfaction from final valuation questionnaire

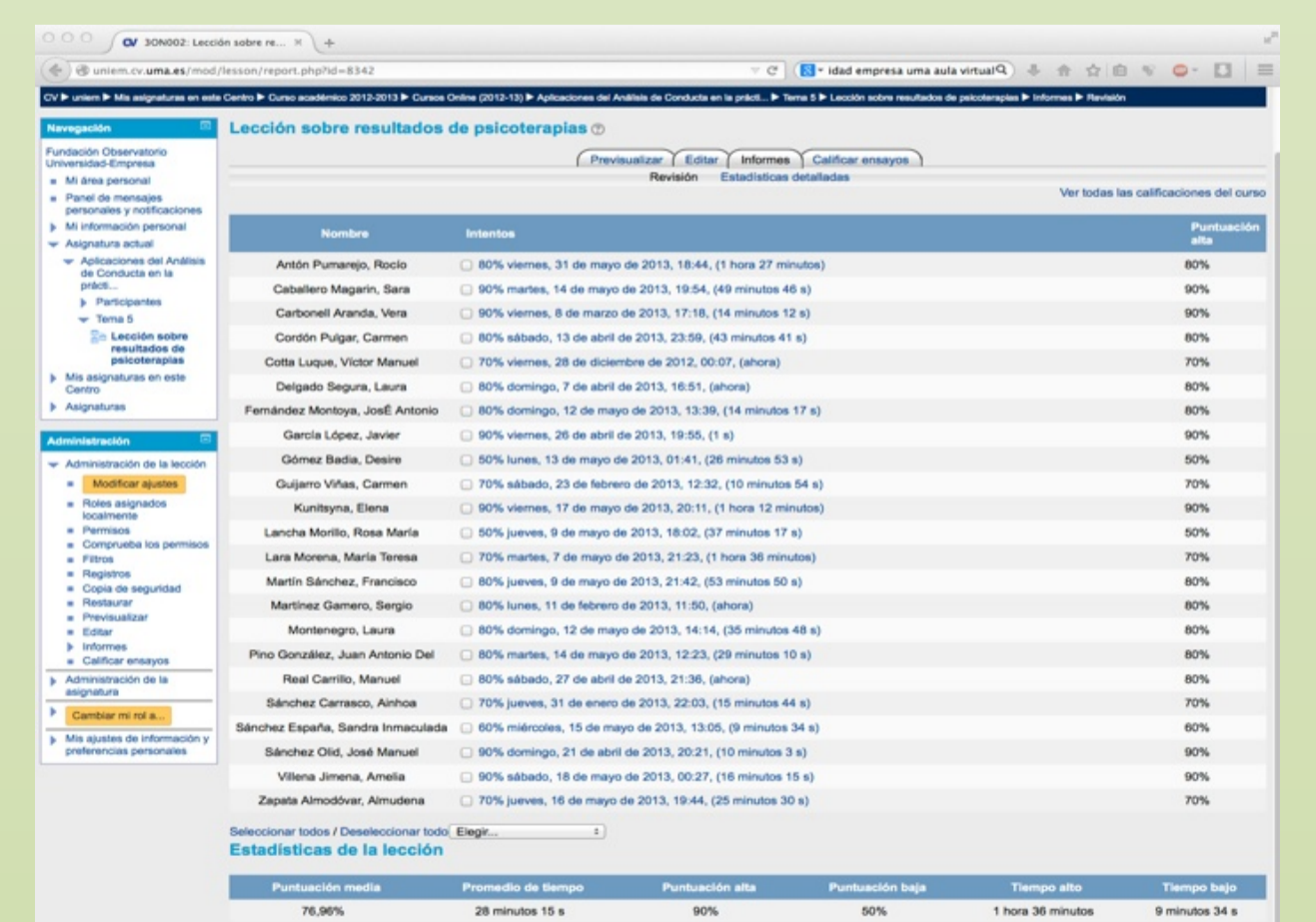
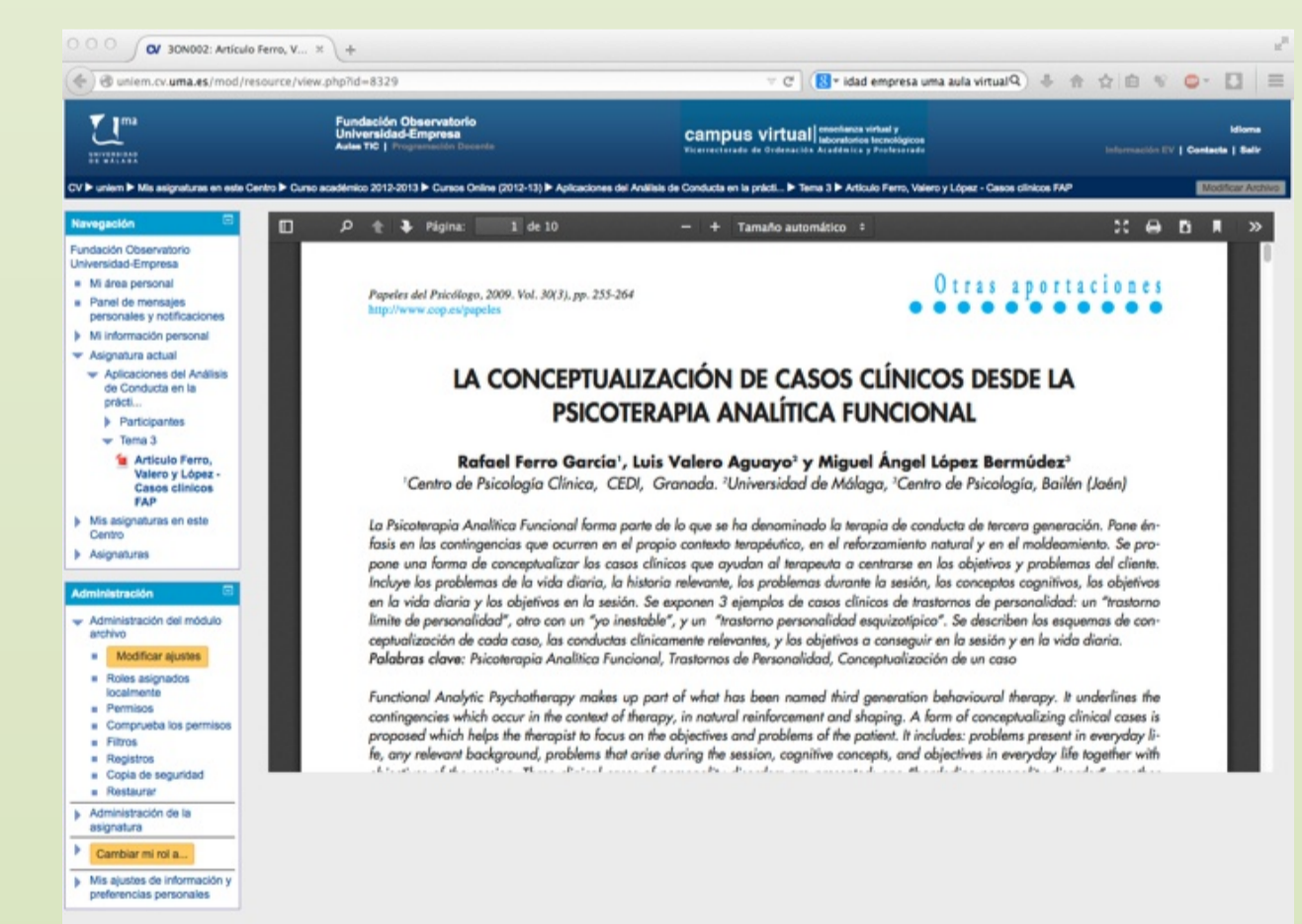
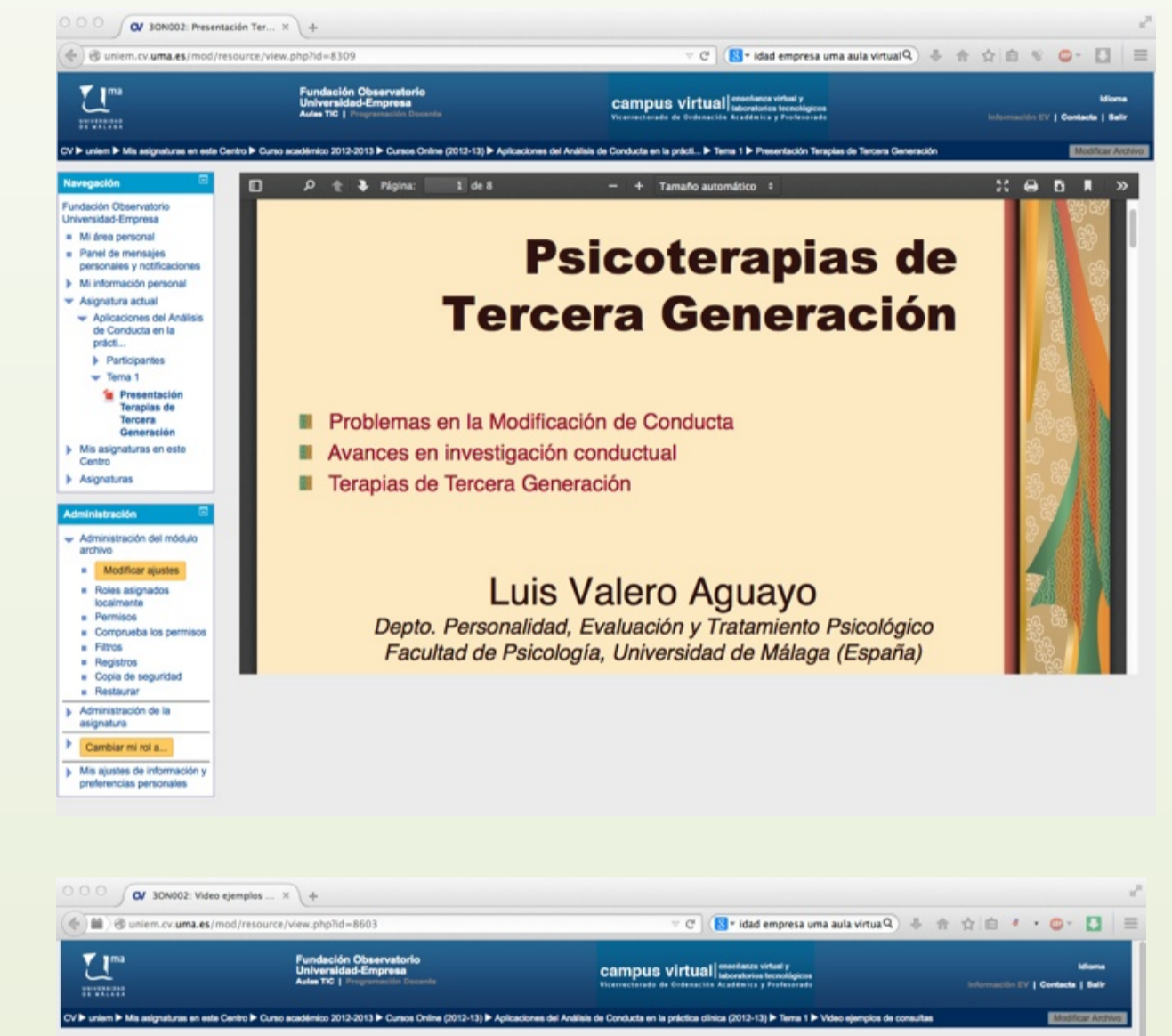
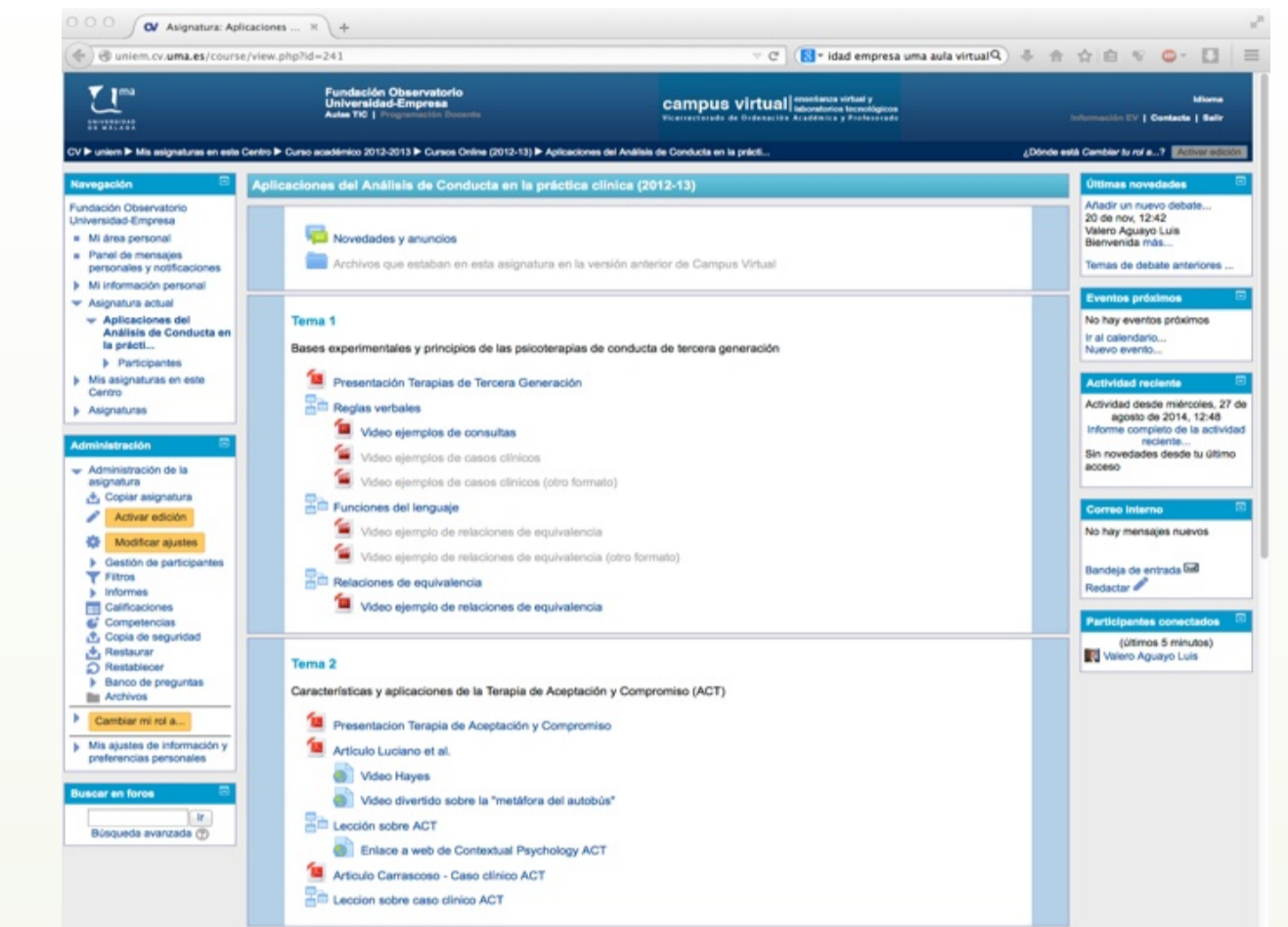


Figure 1.- Examples of screens from the course on-line, texts and videos.