

## **Abstract**

**Background.** Acceptance and Commitment Therapy (ACT) is a valued-centered therapy that focuses on leading one to live a meaningful life instead of reducing symptoms of mental illness. The foci of ACT matches the complete definition of mental health that mental health is not just about removing mental illness but increasing positive functioning. ACT also meets the need of college students, who are a group of emerging adults. They are at the stage of identity exploration and in search of purpose of life.

**Purpose.** This study aimed at investigating the effectiveness of commitment and behavior change process of ACT in improving well-being of college students. The relationship of psychological flexibility, mindfulness and valued-living with well-being was also examined.

**Methods.** Forty participants were recruited to commitment and behavior change condition and waitlist control condition. Participants of commitment and behavior change condition were invited to join the 3-week valued-living mental health training. All participants were asked to complete a questionnaire at pre-training, post-training and one-month follow-up.

**Results:** Mindfulness was found to be significantly increased in commitment and behavior change condition. This increase was found to be significantly greater than that in waitlist control condition. Change in psychological flexibility, acting with awareness and non-judging were found to be significantly correlated with better psychological well-being in commitment and behavior change condition.

**Conclusions.** Mental health training based on commitment and behavior change process could increase mindfulness in college students. This relationship psychological flexibility, mindfulness and psychological well-being was consistent with previous findings about ACT.

*Keywords: ACT, valued-living, emerging adulthood, mental health promotion*