ACTV (Achieving Change Through Values-Based Behavior) — Acceptance and Commitment Therapy Programme for Court-Mandated Domestic-Violence Offenders, Iowa

Gender Equality · Good practice · United States of America

Quality score: 59/100

Evidence strength: Moderate

Summary

Iowa State's acceptance-and-commitment-therapy programme for men convicted of domestic assault; a 338-man randomised trial showed non-significant 1-year gains, a 5-year follow-up of 3,474 men showed fewer violent charges than Duluth/CBT.

Key dimensions

Dimension	Score
Transferability / replicability	1/3
Impact on gender equality	1/1
Effectiveness	1/1
Efficiency	0/1
Evaluated outcomes	1/1
Sustainability	0/1
Achievement / evidence	1/1
Gender-mainstreaming embedding	0/1
Curator validation	1/1

Evaluated by C-NAPSE

Data sources

C-NAPSE web research — accessed 2026-10-31

Iowa State University (Zarling lab) — accessed 2026-10-31

Iowa State project page: RCT of Duluth and ACTV — accessed 2026-10-31

Zarling et al. 2020 (Contextual Behavioral Science) — accessed 2026-10-31

Zarling et al. 2020 DOI — accessed 2026-10-31

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