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The efficacy of impulsive lifestyle counselling for patients with antisocial behavior on impulsivity. A replicated single case study**Manda van der Veen**

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Background: Antisocial behavior brings significant burden and costs for society. The impulsive lifestyle counseling (ILC) is a brief psychoeducational program targeting antisocial behavior. While research has focused on the program's effects on substance use and dropout rates, its impact on impulsivity remains unclear.

Methods: This study evaluated the effect of ILC on seven patients with antisocial behavior, using a replicated single case study design. Patients were monitored during a baseline period of treatment as usual (TAU) and while receiving the ILC

program.

Results: Visual analyses revealed both reductions and increases in self-reported impulsivity on an individual level, with no significant group effects. Improvements and declines in wellbeing and therapeutic alliance were also observed at the individual level.

Conclusions: The study shows varying results that partially support the efficacy of the ILC program for patients with antisocial behavior.

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