

## EVALUATION LIST – 03/11/17

More than 2800 publications annually in English and at least 12 other languages.. Currently 10 meta-analyses; 7 systematic reviews; 325 relevant outcome studies including 143 randomised controlled trials showing benefit from solution-focused approaches with 92 showing benefit over existing treatments. Of 100 comparison studies, 71 favour sft. Effectiveness data are also available from over 9000 cases with a success rate exceeding 60%; requiring an average of 3 – 6.5 sessions of therapy time.

Approved by US Federal Government: [www.samhsa.gov](http://www.samhsa.gov); SAMHSA - The National Registry of Evidence-based Programs and Practices (NREPP); State of Washington; State of Oregon [www.oregon.gov/DHS](http://www.oregon.gov/DHS); State of Texas is examining evidence. Minnesota, Michigan and California have organisations using SF. Finland has an MSc in SFT (awarded in England) and Singapore has an approved accreditation programme. Canada has a registration body for practitioners and therapists. Sweden, Poland, Germany and Austria recognise it within their systemic practice qualification. Wales (UK) includes it in their primary mental health programme.

## META-ANALYSES

Carr A, Hartnett D, Brosnan E, Sharry J (2016) Parents Plus systemic, solution-focused parent training programs: Description, review of the evidence-base, and meta-analysis. *Family Process*. Parents Plus (PP) programs are systemic, solution-focused, group-based interventions designed as both prevention interventions and as treatment programs for families with child-focused problems. 6-9 group sess with 8-12 participants. Group sess 2 hours; programs span 2-3 months. 17 studies: 919 parents engaged in PP training and 440 were in waiting list control (WLC) or treatment as usual (TAU) control groups. 6 RCT, 6 non-randomized controlled trials, 5 uncontrolled single group outcome studies. Dropout rates before post-treatment assessment ranged from 2-33%. Meta-analysis of 10 controlled studies: effect size 0.58. Pooled effect sizes: child behavior problems: PP clients better than approximately 73% of controls; goal attainment: PP clients better than 94% of controls; parental satisfaction: PP clients better than 80% of controls; parental stress: PP clients better than 70% of controls. 'In most studies follow-up assessments showed that gains were maintained a number of months later.' ([alan.carr@ucd.ie](mailto:alan.carr@ucd.ie))

Gong H, Hsu WS (2016) The effectiveness of solution-focused group therapy in ethnic Chinese school settings: a meta-analysis. *International Journal of Group Psychotherapy* 1-27. 24 studies of sf group therapy from Taiwan and China; meta-analysis. The overall effect size of SFGT's immediate and follow-up (2 wk – 6 mon) effects were 1.03 and 1.09 respectively. There were no significant correlations between publication year or group size in SFGT's immediate effect. The overall SFGT immediate effect size was large for all school levels, except for junior high school ( $d=.61$ ). The overall SFGT immediate effect size for internalizing behavior problems was 1.06, and for family and relationship problems it was .94. SF moves from traditional Confucian principles while saving 'face', normalises, is pragmatic, supports interdependence. The effectiveness of SFGT on junior high school needs further study. ([weisuh@ntnu.edu.tw](mailto:weisuh@ntnu.edu.tw)) (Chinese)

Gong H, Hsu WS (2015) A meta-analysis on the effectiveness of solution-focused brief therapy: evidences from mainland and Taiwan. *Studies of Psychology and Behaviors (CSSCI)* 13(6): 709-803. 33 studies, total 1147 participants. 33 studies from Taiwan and China:1147 subjects. Overall effect size 0.99; school 1.01; medical settings 0.94; mainland 1.03; Taiwan 0.92. Overall 1.07 at follow-up. No correlation with year of publication. Effective for different kinds of problems and improves clients ability to solve problems by themselves. ([weisuh@ntnu.edu.tw](mailto:weisuh@ntnu.edu.tw)) (Chinese)

Kim Dong Il, Lee Hye Eun, Park Eunji (2017) The Effect of Solution - Focused Group Counseling: Effect Size Analysis by Multilevel Meta - Analysis. *Research in Counseling* 18(1):157-179. Meta-analysis of studies of group counselling using SFBT from 2001-2016: 922 dissertations and 164 journal articles. 37 papers found: 114 effect sizes. Mainly emotional, social and behavioural

problems; overall effect size 1.223 (large effect). High school students did better than adults and more SFBT techniques led to better outcomes. Groups from six to 10 sessions or less than one hour per session were more effective. (Korean)

Kim JS (2008). Examining the effectiveness of solution-focused brief therapy: a meta-analysis. *Research on Social Work Practice* 18:107-116. 22 studies; many factors examined. Small effects in favour of sft; best for personal behaviour change, effect size estimate .26 (sig.  $p < .05$ ). Thus sft is equivalent to other therapies. (Dissertation: Examining the Effectiveness of Solution-focused Brief Therapy: A Meta-Analysis Using Random Effects Modeling. University of Michigan database. Up to 6.5 sessions required. Competence in sft requires >20 hours of training?) (johnny.kim@du.edu)

Kim JS, Franklin C, Zhang Y, Liu X, Qu Y, Chen H (2015). Solution-Focused Brief Therapy in China: A Meta-Analysis. *Journal of Ethnic & Cultural Diversity in Social Work*, 24(3):187-201. 113 studies: experimental / quasi-experimental design; Chinese language and publication; internalizing problems. 9 eligible studies; random effects meta-analysis: SFBT effective, effect sizes ranging from  $g = 0.49$  to  $3.22$ . Pooled effect size estimates strongly favor SFBT ( $g = 1.26$ ;  $P < 0.001$ ). Implications for the use of SFBT among ethnic minority populations are discussed. DOI:10.1080/15313204.2014.991983

Park Jung-im (2014) Meta-analysis of the effect of the solution-focused group counseling program for elementary school students. *Journal of the Korea Contents Association* 14(11): 476-485. Master's theses, doctoral dissertations, and journal articles published in Korea up to May 2014 were systematically reviewed. 20 studies were eligible for the inclusion criteria. The mean effect sizes and test for homogeneity of effect size (Q-statistic) were analyzed by using Comprehensive Meta-Analysis software 2.0. Main findings: average effect sizes for Solution Focused Group Counseling Program were ES 1.61 in self-esteem, ES 1.35 in school adjustment capacity, ES 1.07 in interpersonal relationship and ES 1.03 in self-efficacy. Moderating variables were focus on self-esteem and sessions of one hour. URL: <http://www.dbpia.co.kr/Article/3535871>.

Stams GJJ, Dekovic M, Buist K, de Vries L (2006) Effectiviteit van oplossingsgerichte korte therapie: een meta-analyse (Efficacy of solution focused brief therapy: a meta-analysis). *Gedragstherapie* 39(2):81-95. (Dutch; abstract in English). 21 studies; many factors examined. Small to medium effect size 0.37; better than no treatment; as good as other treatments. Best results for personal behaviour change, adults, residential / group settings. Recent studies show strongest effects. Shorter than other therapies; respects client autonomy. (G.J.J.M.Stams@uva.nl) (Short version of Stams 2006 and Kim 2008 in Franklin C, Trepper T, Gingerich WJ, McCollum E. (eds) *Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice*. Oxford University Press: New York 2011.)

Suitt KG, Franklin C, Kim J (2016) Solution-Focused Brief Therapy With Latinos: A Systematic Review. *Journal of Ethnic & Cultural Diversity in Social Work* 25(1):50-67. Reviews all the published and non-published outcome studies that were randomized controlled trials (RCTs) or quasi-experimental designs on solution-focused brief therapy (SFBT) conducted with Latinos within the United States and Latin America. Data search: 2277 papers; 44 studies met criteria for full-text review; 6 studies (398 individuals) met criteria for this systematic review. Two studies in adult behavioural health, 3 in children and adolescents in school, 1 study with couples. In all studies there were positive outcomes on the effects of SFBT on standardized measures and participant goals. DOI: 10.1080/15313204.2015.1131651 (kgonzale@uc.cl)

Zhang Anao, Franklin C, Currin-McCulloch J, Park S, Kim J (2017) The effectiveness of strength-based, solution-focused brief therapy in medical settings: a systematic review and meta-analysis of randomized controlled trials. *J Behav Med*. Search 5 databases, 4 journals, 3 websites and reference lists for SFBT in any healthcare setting that primarily focuses on patients' physical wellbeing for psychosocial, behavioural and functional outcomes: final sample 9 studies. Combining outcomes indicated an overall significant effect of SFBT for health-related psychosocial outcomes ( $d = 0.34$ ,  $p < .05$ .) and a nearly significant outcome for health-related

behavioral outcomes ( $d = 0.28$ ,  $p = .06$ ), but not for functional health outcomes. DOI 10.1007/s10865-017-9888-1 (zhanganao@utexas.edu)

## SYSTEMATIC REVIEWS

Bond C, Woods K, Humphrey N, Symes W, Green L (2013) The effectiveness of solution focused brief therapy with children and families: a systematic and critical evaluation of the literature from 1990–2010. *Journal of Child Psychology and Psychiatry* doi: 10.1111/jcpp.12058.

38 studies included: 9 applied SFBT to internalizing child behaviour problems, 3 applied SFBT to both internalizing and externalizing child behaviour problems, 15 applied the approach to externalizing child behaviour problems and 9 evaluated the application of SFBT in relation to a range of other issues. Provides tentative support for the use of SFBT; particularly effective as an early intervention when presenting problems are not severe. (Caroline.Bond@manchester.ac.uk)

Corcoran J, Pillai V (2007) A review of the research on solution-focused therapy. *British Journal of Social Work* 10:1-9. 10 quasi-experimental studies, all in English: included on the basis of: statistics / design / follow-up / numbers. Only 2 follow-up studies. Moderate or high effect size in 4 studies. Are qualified workers better than students? (jcorcora@vcu.edu)

Franklin C, Zhang Anao, Froerer A, Johnson S (2016) Solution Focused Brief Therapy: A Systematic Review and Meta-Summary of Process Research. *Journal of Marital and Family Therapy*. Systematic review of the process research on solution-focused brief therapy (SFBT). Searches: published and unpublished studies in English across 5 databases, 5 major journals, 2 book chapters and 4 websites to locate studies that investigate why and how SFBT works. 33 studies that used various research methods were located and included for further analysis using a meta-summary approach. The findings supported the significance of the co-construction process within SFBT and the effects of specific types of SFBT techniques. The most empirical support was found for the strength-oriented techniques in comparison to the other techniques and for the co-construction of meaning. Current studies require replications with larger samples and experimental designs that study SFBT process in relationship to outcomes. (CFranklin@mail.utexas.edu) DOI: 10.1111/jmft.12193

Gingerich WJ, Eisengart S (2000) Solution focused brief therapy: a review of the outcome research. *Family Process* 39:477-498. Fifteen outcome studies: 5 strong, 4 moderately strong, 6 weak. (Updated version: [www.gingerich.net](http://www.gingerich.net)). (wallace.gingerich@case.edu)

Gingerich WJ, Peterson LT (2013) Effectiveness of Solution-Focused Brief Therapy: A Systematic Qualitative Review of Controlled Outcome Studies. *Research on Social Work Practice* 23(3): 266-283. All available controlled outcome studies of SFBT: 43 studies were abstracted: 32 (74%) of the studies reported significant positive benefit from SFBT; 10 (23%) reported positive trends. The strongest evidence of effectiveness came in the treatment of depression in adults where four separate studies found SFBT to be comparable to well-established alternative treatments. Three studies examined length of treatment and all found SFBT used fewer sessions than alternative therapies. The studies reviewed provide strong evidence that SFBT is an effective treatment for a wide variety of behavioral and psychological outcomes and it may be briefer and therefore less costly than alternative approaches. (<http://rsw.sagepub.com/content/early/2013/01/22/1049731512470859>) DOI: 10.1177/1049731512470859

Kim JS, Franklin C (2009) Solution-focused brief therapy in schools: A review of the outcome literature. *Children and Youth Services Review* 31(4): 464-470. An extension of Kim (2008) examining 7 studies of sft in school settings. This review suggest that sft may be effectively applied with at-risk students in a school setting, specifically helping to reduce the intensity of negative feelings and to manage conduct problems and externalizing behavioral problems. Age ranges for applications in schools appeared flexible, from 5th graders to older children and adolescents.

Lovelock H, Matthews R, Murphy K (2011) Evidence-based psychological interventions in the treatment of mental disorders: a literature review. *Australian Psychological Association* <http://>

[www.psychology.org.au/Assets/Files/Evidence-Based-Psychological-Interventions.pdf](http://www.psychology.org.au/Assets/Files/Evidence-Based-Psychological-Interventions.pdf). SFBT shows Level II effectiveness for depression, anxiety and substance misuse.

#### PUBLISHED FOLLOW-UP STUDIES (325):

#### RANDOMISED CONTROLLED STUDIES (143)

Abbasi A, Mohammadi M, Zaharakar K, Davarniya R, Babaeigarmkhani M. (2017) Effectiveness of Solution- Focused Brief Therapy (SFBT) on Reducing Depression and Increasing Marital Satisfaction in Married Women. *Iran Journal of Nursing*, 30(105):34-46. Random: 15 exp 6 sess sf groups / 15 controls no therapy. Significant improvement at follow-up. URL: <http://ijn.iums.ac.ir/article-1-2420-en.html> (Persian)

Amiri E, Karshky IH, Asghari M (2014) The effectiveness of a solution based on a public health advisory single parent high school boys. *Journal of Psychological Methods and Models* 15(4): 37-58. 30 first year boys; random 15 exp 7 group sess; 15 controls no intervention. Significant increase in general health; no effect on social withdrawal. (Persian) (amirieb@chmail.ir)

Asadi Hasanvand A, Sodani M, Abbaspour Z (2017) The effectiveness of solution – focused group therapy on improve the children quality of life. *J Urmia Nurs Midwifery Fac.* 15 (6):449-459. Random: 15 exp: 7 sf groups / 15 no intervention. Significant improvement in exp at 1 mon follow-up. URL: <http://unmf.umsu.ac.ir/article-1-3115-en.html> (sodani\_m@scu.ac.ir) (Persian)

Ahramian A, Ahmadi A, Shamseddinilory S, Yousefi S, Abdolahi S, Soudani M, Ghazi G (2014) The effectiveness of group training of solution-focused approach on marriage adjustment of couples that call on Bushehr family counseling centers. *Terapevticheskii Arkhiv* 86(1s). Couples; randomised; 22 exp sf groups / 22 controls. Exp significant improvement in marital adjustment. (Persian)

Asadolahi J, Kimiayee SA, Mashhadi A (2015) Comparison and Effectiveness of Stress Reduction Methods based on Mindfulness and Solution-focused Therapy on Reducing Aggression and Marital Conflicts in couples with addict spouses. Poster presentation, 9<sup>th</sup> International Congress of Addiction Sciences 2015-09-09. 15 couples; husband drug addict. Random: 2 exp groups sf + mindfulness 8 sess / 1 control group no intervention. Significant reduction in aggression and marital conflicts at post-test. (Persian)

Ateş B (2016). Effect of Solution Focused Group Counseling for High School Students in Order to Struggle with School Burnout. *Journal of Education and Training Studies* 4(4), 27-34. Random; volunteers; 15 exp 6 sess sft / 15 controls no intervention. Significant improvement ( $P<0.01$ ) on School Burnout Scale regardless of gender. doi:10.11114/jets.v4i4.1254 (Turkish)

Ateş B, Gençdoğan B (2017) Analyzing the effects of solution focused group psychological counseling upon university students' coping with social phobia. *Inonu University Journal of the Faculty of Education*, 18(1): 188-203. University students: random: 16 exp sf group counseling / 16 no intervention. Significant reduction in social phobia scores in exp group independently of time and social maturation. DOI: 10.17679/inuefd.306513

Attari Y, Mohammadi K, Mehrabizadeh Honarmand M (2009) A study of solution–focused training in group counseling on increasing marital adjustment. *Journal of Psychological Achievements (Journal of Education & Psychology)* 4(1): 51-66. 30 couples randomly selected from 43 attending. 15 exp sft; 15 controls no intervention. Improved marital adjustment in exp group. (Persian)

Azra T, Ahmadi A, Vahideh U (2014) The Comparison of Cognitive-Behavioral Counseling and Solution-Oriented Counseling on Women's Sexual Satisfaction in Isfahan. *Journal of Women and Society* 19(5): 67-83. Random; 45 women divided into 2 exp group: 6 sess sf; and control group: 8 sess CBT. Post test both improved women's sexual satisfaction ( $p<0.01$ ) but CBT was more effective. (Persian) (Fatehizade@gmail.com)

Baldry E, Bratel J, Dunsire M, Durrant M (2005) Keeping Children with a Disability Safely in their Families. *Practice: Social Work in Action* 17(3):143-156. 55 care-givers from 40 families in crisis; family-centred intervention programmes (Australia). Objective measures: empowerment, emotional support, parent-child involvement, abuse potential, family functioning, symptom reduction, hope, happiness and worker-client alliance; also qualitative interviews. Significant improvement in abuse potential and emotional support at 6 mon and 12 mon ( $P < 0.001$ ). Symptom reduction and emotional support predicted 86% of variance at 12 mon. Helpful: wholly attentive listening, support, increased parent control/empowerment, validation and maintaining a strengths focus; programmes being family-focused, having 24 hours/phone availability, being home-based, with small case-loads, financial support and a consistency of worker. DOI: 10.1080/09503150500285099 (e.baldry@unsw.edu.au)

Bagajan KQ, Khanahmadi O, Chaharborj ZM, Chenaparchi M (2016) The Impact of Solution-Focused Brief Therapy on the Improvement of the Psychological Wellbeing of Family Supervisor Women. *International Journal of Social, Behavioral, Educational, Economic, Business and Industrial Engineering* 10 (1). Random: 15 exp 5 sf sess / 15 controls no intervention. Significant increase in wellbeing for exp at post-test. (kawehghaderi@gmail.com) (Persian)

Bakhsipour, B, Aryan SK, Karami A, Farrokhi N (2011) The effectiveness of solution-focused therapy on reducing behavioral problems of the elementary and brief therapy and high school students at Sari. *Counseling Research And Development* 10(37):7-24. Pre-test and post-test on 16 elementary and 16 high school students, City of Sari; randomly selected; assigned in 2 exp and 2 control groups. Children received 8 x 1 hr wkly sessions; adolescents 8 x 1.5 hr wkly sessions. Results indicate that the solution-focused therapy method was effective in reducing the behavioral problems (externalizing) of children and adolescents. (Persian)

Baygul Ş, Raşit A V C (2016) Çözüm Odaklı Kısa Süreli Aile Danışmanlığı Kuramına Dayalı Olarak Geliştirilen Evlilik Programının Çiftlerin Evlilik Uyumlarını Artırmadaki Etkisi/The Effects of Marital Program Developed in Accordance with Solution Focused Brief Family Counseling. *Mustafa Kemal Üniversitesi Sosyal Bilimler Enstitüsü Dergisi* 13(36). 8 exp 6 sess sf groups / 8 couples as control. Significant improvement in exp at 1 mon follow-up. (Turkish)

Beauchemin JD (2016) Examining the Effectiveness of a Short-Term Solution-Focused Wellness Group Intervention on Perceived Stress and Wellness among College Students. (Doctoral dissertation, The Ohio State University).

Random: 25 exp 7 wkly sf groups / 22 controls interpersonal process (IPT) support groups. Significantly less stress and more wellness at post test; not maintained at 6 wk follow-up. [http://rave.ohiolink.edu/etdc/view?acc\\_num=osu1441647678](http://rave.ohiolink.edu/etdc/view?acc_num=osu1441647678)

Boyer BE, Geurts HM, Prins PJM, Van der Oord S (2014) Two novel CBTs for adolescents with ADHD: the value of planning skills. *European Child & Adolescent Psychiatry* 24(9):1075-1090. 159 adolescents (12-17 yrs) with ADHD; random; planning skills training or SFT; motivational interviewing elements in both. 3 mon follow-up: parent-rated ADHD, planning problems and executive functioning, neuropsychological measures of planning, comorbid symptoms, general functioning and teacher measures. Significant improvement; large effect sizes on all domains. Marginally significant differences were found in favor of the planning-focused treatment: parents and therapists evaluated this treatment more positively than SFT. DOI:10.1007/s00787-014-0661-5. (saskia.vanderoord@ppw.kuleuven.be)

Boyer BE, Geurts HM, Prins PJ, Van der Oord S (2015). One-year follow-up of two novel CBTs for adolescents with ADHD. *European Child & Adolescent Psychiatry*, 1-5. 1 yr follow-up of Boyer et al 2014: 25.9 % of adolescents showed normalized functioning; no difference between groups. So focusing on planning skills is not necessary for improvement or more prolonged planning-focused treatment is needed. doi:10.1007/s00787-015-0776-3

Boyer, B. E. (2016). Assessment and treatment of planning skills in adolescents with ADHD (Thesis; University of Amsterdam). Random; 159 adolescents with ADHD; Plan My Life vs SFBT.

At 1 yr follow-up both were effective; 26% reached 'normalized' functioning.  
<http://hdl.handle.net/11245/1.523769>

Braunstein K, Grant AM (2016) Approaching solutions or avoiding problems? The differential effects of approach and avoidance goals with solution-focused and problem-focused coaching questions. *Coaching: An International Journal of Theory, Research and Practice*, 1-17. Random: allocating 140 university students in a 2 × 2 (coaching question: SF vs. PF) (goal type: approach vs. avoidance) study. SF questions led to a greater increase in positive affect, self-efficacy and goal progress and a greater decrease in negative affect than PF questions. Contrary to expectations, no differences between approach and avoidance goals on any outcomes. <http://dx.doi.org/10.1080/17521882.2016.1186705>

Choesujin, Johyeonchun (2015). Solution - Focused Therapy Program literary effects on self-concept and hopes the promotion of junior high school students. *Literature for Therapeutic Research*, 5(1):43-66. [www.newnonmun.com/article=192302](http://www.newnonmun.com/article=192302) Middle school: random: 12 exp 10 x literature therapy groups; 12 controls no intervention. Self-concept and hope improved at 5 wk follow-up in exp group. (Korean)

Cockburn JT, Thomas FN, Cockburn OJ (1997) Solution-focused therapy and psychosocial adjustment to orthopedic rehabilitation in a work hardening program. *Journal of Occupational Rehabilitation* 7:97-106. 25 exp: 6 sft sess vs 23 controls: standard rehabilitation. 68% exp at work within 7 days at 60-day follow-up vs 4% controls. (f.thomas@tcu.edu)

Creswell C, Violato M, Fairbanks H, White E, Parkinson M, Abitabile G, Leidi, A. and Cooper, P. (2017) A randomised controlled trial of Brief Guided Parent-delivered Cognitive Behaviour Therapy and Solution Focused Brief Therapy for the treatment of child anxiety disorders: clinical outcome and cost-effectiveness. *The Lancet Psychiatry*. ISSN 22150366 (In Press). Randomised: 68 exp Guided Parent-Delivered Cognitive Behavior Therapy (GPD-CBT) / 68 SFBT. Significant reductions in anxiety and depression in both groups at 6 mon follow-up. GPD-CBT cost less to deliver.

Daki J, Savage RS (2010) Solution-Focused Brief Therapy: Impacts on Academic and Emotional Difficulties. *Journal of Education Research* 103: 309-326. 7 exp received 5 sf groups; 7 controls: academic support only. Significantly larger effect size on 26/38 measures in exp; only 10/38 in controls.

Dastbaz A, Younesi SJ, Moradi O, Ebrahimi M (2014) The Effect of "Solution-Focused" Group Counseling on Adjustment and Self-Efficacy of High School Male Students in Shahrar City. *Knowledge & Research in Applied Psychology* 15(1) (Continuous No. 55): 90-98. Male high school in Tehran; Random; 30 students; exp 8x90 min sess / controls no intervention. SF group counseling increased overall adjustment and self- efficacy (P<0.01). Emotional factors: no significant difference. [http://journals.khuisf.ac.ir/jsr-p/browse.php?a\\_code=A-10-914-1&slc\\_lang=en&sid=1](http://journals.khuisf.ac.ir/jsr-p/browse.php?a_code=A-10-914-1&slc_lang=en&sid=1) (Persian)

Davrnaya R, Zahrakar K (2015) The effectiveness of short-term solution-focused therapy to reduce stress on marital stress. *Journal of Ilam University of Medical Sciences of the twenty-second, attachments*, 9 Shahrivar 93(18). 20 women referred to mental health service with marital problems in Bojnoord, Iran; randomly allocated to test and control groups; Stockholm-Tehran Marital Stress Scale (STMSS) before and 1 mon after 6 group sessions. short-term, solution-focused therapy, marital stress in women significantly reduce the amount of data .ast meaning as in (F = 25/721, P <0.001) and tracking (F = 23/545, P < 0.001) (Persian) (rezadavarniya@yahoo.com)

Dengai Ying (2016) Application of solution-focused approach in improving the lifestyle of elderly patients with type 2 diabetes. *Nursing Administration* 16(9). Random: 107 exp sf health education / 107 conventional health education. Diabetes knowledge, self-management, lifestyle,

catering management, sports management, blood glucose monitoring, foot care all higher in exp (P <0.01). (Chinese)

Eka DA, Nurhayati E (2015). KONSELING SINGKAT BERFOKUS SOLUSI UNTUK MENINGKATKAN ORIENTASI MASA DEPAN PADA BIDANG PENDIDIKAN. HUMANITAS (Jurnal Psikologi Indonesia), 12(1), 1-11. To improve the future of education orients in adolescents: 7th and 8th grades. Random: 10 exp 6 sf sess in 2 wks / 10 controls no intervention. Post-test significant improvement in attitude. (Indonesian)

Fanaei Z, Gorji Y, Reza Abedi M (2014) The Effect of Solution-Focused Group Counseling on Internal Motivation of Students of Islamic Azad University of Khomeini Shahr 2012-2014. International Journal of Basic Sciences & Applied Research. 3 (SP): 207-211. Available online: <http://www.isicenter.org>. Randomised: 12 exp: 7 sess group sf / 12 controls usual counseling. Intrinsic motivation of sf group increased (P<0.01). (Persian) (Zohreh.Fanaei@iaukhsh.ac.ir)

Farhady, M., Ahrmian, A., Nooralizadeh, M. and Sudani, M (2014) The Effectiveness of Group Training of Solution-focused Approach in Happiness of Couples. J. Life Sci. Biomed 4(5):395-400. Iran: 230 couples; 92 scored less than 40-42 in Revised Oxford Happiness Inventory; randomly divided 22 exp / 22 controls. 7 group sess over 2 months; controls no intervention. 1 mon follow-up. Sig improvement in exp group. Appears that SF was used in a directive fashion. (Persian) (Farhady.a@gm)

Froeschle JG, Smith RL, Ricard R (2007) The Efficacy of a Systematic Substance Abuse Program for Adolescent Females. Professional School Counseling 10:498-505. 32 exp / 33 controls; pre-test post-test design. 16 wkly sft group / action learning / mentoring. Drug use, attitudes to use, knowledge of drugs, home and school behaviour all improved significantly. (jefroeschle@msn.com)

Fuyan Yu, Liu Liyu, Li Yuemeng, Wang Jinlan (2017) Nonalcoholic fatty liver patients focus on the model of health education. Journal of Nursing Science 32(7). Random: 75 patients sf programme / 75 controls usual health education. At 3 mon, significant differences in diet, exercise and health education (P <0.05, P <0.01), Doi:10.3870/j.issn.1001-4152.2017.07.081 (Chinese)

Gitipasand Z, Arian Kh, Karami Abou Alfazl (2008) The effect of group counseling using solution-focused therapy procedure on reduction of mother-daughter conflicts. Counseling research and development 7(27): 63-80. 24 of 36 student volunteers randomised to 12 exp: 8 sf groups / 12 control no intervention. Mother-daughter conflicts decreased in exp group. (Persian)

Golmohamadi M, Kimiyae SA (2015) The Effectiveness of Group Counseling Based on Solution-Therapy Focused on Academic Motivation among High School Student with Under Achievement. Research in Education 1(2):55-62. Male students, underachieving; randomised; 15 exp 8 sess sf groups; 15 controls no intervention. Effective in increasing academic motivation. (Persian)

Grant AM, Curtayne L, Burton G (2009) Executive coaching enhances goal attainment, resilience and workplace well-being: a randomised controlled study. J Positive Psychology, 4(5): 396-407. Training workshop for 41 executives; Group 1 (20): cbt/sf coaching at once; Group 2 (21): 10 week wait before coaching. Enhanced goal attainment, resilience and workplace well-being; reduced depression and stress once each group had completed the programme. (anthonyg@psych.usyd.edu.au)

Grant AM (2012) Making Positive Change: A Randomized Study Comparing Solution-Focused vs. Problem-Focused Coaching Questions. *J Systemic Therapies* 31(2): 21-35. Random: real problem and set a goal. Measures: positive and negative affect, self-efficacy, goal attainment. 108 participants: problem-focused coaching questions; 117 participants: solution-focused questions including future-oriented question; then second set of measures. Both effective in enhancing goal approach; solution-focused group significantly greater increases in goal approach, positive affect, decreased negative affect, and increased self-efficacy; and generated significantly more action steps to help them reach their goal. Although real-life coaching conversations are not solely solution-focused or solely problem-focused, agents of change should aim for a solution-focused theme.

Green LS, Grant AM, Rynsaardt J (2007) Evidence-based life coaching for senior high school students: building hardiness and hope.' *International Coaching Psychology Review*, 2: 24-32. Randomised: 25 exp; 10 individual coaching sessions over 28 wks/ 24 controls; no intervention. Students; ' no significant disability; volunteered for program. Exp: standard measures: improve on hope, hardiness, depression but not stress or anxiety.

Green LS, Norrish JM, Vella-Brodrick DA, Grant AM (2013) Enhancing well-being and goal striving in senior high school students: Comparing evidence-based coaching and positive psychology interventions. *InstituteofCoaching.org* (Melbourne, Australia) 1 Dec 2013. 73 senior students (male and female) from two selective high schools, Sydney, Australia randomly assigned for ten weeks. 25 cognitive-behavioural, solution focused coaching; 25 Positive Psychology intervention; 24 controls. PPI led to increases in mental well-being, CB-SF coaching increased academic goal striving; no effects were maintained at 9 mon follow-up.

Habibi M, Ghaderi K, Abedini S, Jamshidnejad N (2016). The effectiveness of solution-focused brief therapy on reducing depression in women. *International Journal of Educational and Psychological Researches* (online). Random: 15 exp 8 wkly sf groups / 15 controls no intervention. Depression significantly less in exp at post-test. (Persian)

Harris MB, Franklin C (2009) Helping Adolescent Mothers to Achieve in School: An Evaluation of the Taking Charge Group Intervention. *Children and Schools* 31(1): 27-34. Randomised, 33 exp / 40 comparison. Taking Charge group programme added to usual school. Significant post-test improvement in attendance, grades, social problem-solving and coping. Less drop out: 3%/ 20%. (Two smaller studies (n=46, n=23) replicate these findings). (CFranklin@mail.utexas.edu)

Ho Hung, Wu Jingjing, Zhang Xiaoyi, Zhang Jing, Liuyun Yun (2014) Effect of Solution Focused Approach Model on Metabolic Parameters of Patients with T2DM. *Chinese General Practice* 35. Type 2 diabetes: randomised: 60 exp SFT; 60 controls usual education. 6 mon follow-up: body mass index (BMI), blood pressure (BP), glycosylated hemoglobin (HbA1c), fasting plasma glucose (FBG), 2 h postprandial glucose (2 hPBG), total cholesterol (TC), Triglyceride (TG), high density lipoprotein (HDL), low density lipoprotein (LDL), incidence rate of hypoglycemia. After intervention, TC and LDL between the two group had no statistical significance ( $P > 0.05$ ); BMI, SBP, DBP, HbA1c, FBG, 2 hPBG, TG and the incidence rate of hypoglycemia in exp were lower than control group; HDL was higher ( $P < 0.05$ ). doi:10.3969 / j.issn.1007-9572.2014.35.014 (Chinese)

Hossieni Tayyebah, Amiri Majd Mojtaba, Ghamari Mohammad (2013) The effectiveness of solution-focused group counseling in enhancing marital intimacy of married women. *Family Health* 1(4):53-63. Married female teachers; random 12 exp: 8 sf group sess / 12 controls: no intervention. Intimacy measure; overall marital intimacy and in intimacy dimensions improved at post-treatment. (Persian)

Hosseinpour N, Jadidi M, Mirzaian B, Hoseiny H (2015). The Efficiency of Solution-Focused Brief Therapy on Adjustment Problems of Female Students in Amol, Iran. *International Journal of School Health*, 3(1). Random; 15 exp 5 sess / 15 controls no intervention. Increased adjustment of the students ( $P < 0.0006$ ), as well as increasing 3 subscales of adjustment questionnaire comprising home adjustment ( $P < 0.0006$ ); health adjustment ( $P < 0.0006$ ); and social adjustment ( $P < 0.0003$ ); no effect on affective adjustment ( $P < 0.081$ ). (Persian) DOI: 10.17795/intjsh-27002

Hsu WS, Chen YF, Sun STM, Wu CY, Cheng HC (2009) A study of working alliance, counselor's effectiveness, and client's satisfaction of solution-focused real-time webcounseling on Taiwanese college students. *Bulletin of Southern Taiwan University* 34 (2), 57-70. Real-time webcounseling designed by Information Management of National Chi Nan University, Taiwan. 3 counselors trained. Randomised: 8 students sf; 10 students non-sf; 1-6 weekly sess. Pre-post measures: better scores for alliance and effectiveness after 1<sup>st</sup> sess for sf. Exp group significantly higher scores for counselor effectiveness and client satisfaction, not alliance. (weisuhstu@ntnu.edu.tw)

Huang Ying Miao, Li Li-xia, Lin Xin-yuan (2016) Application of solution-focused approach in home follow-up management of lumbar disc herniation patients after operation. *Nursing Practice and Research* 13(15). Random; 84 patients who underwent lumbar discectomy: exp group sft / control group routine management. 6 mon follow-up: exp higher self-care, functional status and quality of life scores ( $P < 0.05$ ). (Chinese) doi:10.3969 / j.issn.1672-9676.2016.15.002

Iman Seyyed Moharrami, Bahramali Ghanbari, Hashem Abad, Mohammad Javad Asghari, Ebrahim Abad (2014) The Effect of Solution-Focused Group Counseling on Family Function and Marital Satisfaction. *Biannual Journal of Applied Counseling* 5 (1):23-40. Random: married women referred for counseling: 10 exp 8 sess sf groups / 10 controls no intervention. Significant improvement in family function and marital satisfaction in exp. (iman\_moharrami@yahoo.com) (Persian)

Jalali F, Hashemi S, Kimiaei S, Hasani A, Jalali M (2017) The effectiveness of solution-focused brief couple therapy on marital satisfaction among married prisoners and their wives. *International Journal of Offender Therapy and Comparative Criminology*, 0306624X17733662. Random: 25 couples exp SFBCT / 50 no intervention. Significant improvement in marital satisfaction at posttest for exp. <https://doi.org/10.1177/0306624X17733662>

Javanmini L, Kimiaee SA, Abadi BAGH (2013) The Study of Solution-Focused Group Counseling in Decreasing Depression among Teenage Girls. *International Journal of Psychological Studies* 5:1. All teenage girls in Sahneh, Iran: 20 girls chosen by stratified random sampling and then randomly assigned to exp and control groups. BDI before and after 8 sessions group counseling vs 'irrelevant' skills teaching; again 1 mon after. Reduction in BDI score significant 0.01 at follow-up. doi:10.5539/ijps.v5n1p105 (Persian) (alma\_javan@yahoo.com)

Jiwon, Gimhyeongmo (2015) The Effects of Solution-focused Group Art Therapy on School Life Adjustment of the Maladjusted Adolescents. *Journal of the Korea Contents Association* 15(5): 661-673. Randomised 20 students with difficulties to adapt to middle school. Exp 10: 12 sess sf group art therapy / control 10 no intervention. Improved adaptation at post-test. (Korean) (www.dbpia.co.kr/Article/3679218)

Joker H, Ghaderi Z. (2015). Effectiveness of a solution-based counseling on students self-perception. *Educational Research and Reviews*, 10(15), 2141-2145. High school students; random; 15 exp 30 sess group counseling / 15 controls no input. Self-perception questionnaire 1 mon after: increased self-perception and self-esteem. DOI: 10.5897/ERR2015.2332 (Persian)

Jonas B, Leuschner F, Tossman P (2016) Efficacy of an Internet-based Intervention for burnout: A randomized controlled trial in the German Working Population. *Anxiety, Stress, & Coping* 1-27. Random; individuals with symptoms of burnout: 18 exp internet-based sf/cbt / 18 wait-list controls. Burnout and dep/anxiety/stress at 3 mon: significant differences in favor of the intervention group in depression ( $d=0.66$ ), cynicism ( $d=0.87$ ) and personal accomplishment ( $d=0.75$ ). Need to repeat with larger samples. <http://dx.doi.org/10.1080/10615806.2016.1233324>

Jyrä K, Knekt P, Lindfors O (2016) The impact of psychotherapy treatments of different length and type on health behaviour during a five-year follow-up. *Psychotherapy Research* 33(7): 1-13. 367 patients monitored for health behaviour (alcohol consumption, body mass index), serum cholesterol (total and HDL), smoking and exercise) for 5 yrs. Effectiveness of sft, short-term psychodynamic psychotherapy, long-term psychodynamic psychotherapy (LPP) examined in randomized clinical trial, while LPP and non-randomized psychoanalysis (PA) group were compared in a naturalistic design. At follow-up, improvement was seen with regard to alcohol consumption, serum HDL cholesterol, and smoking in the LPP and PA groups. No notable differences in health behaviour between the two groups were found. During the last two years of the follow-up, changes towards higher alcohol consumption and higher total serum cholesterol levels were observed in the short-term therapy groups. <http://dx.doi.org/10.1080/10503307.2015.1112928>

Karami K, Nazari AN, Zahrakar K (2012) The effects of group solution-focused counseling on reducing parent-child conflict in adolescents. *Biannual Journal of Applied Counselling* 3(1): 77-92. 180 students; 30 selected as one SD above mean on Conflict Tactics Scale. Random 15 exp: 8 x 90 min group sess; 15 controls. Post-test significant reduction in physical and verbal aggression and reasoning ability. (Persian) (karamikhabat22@yahoo.com)

Keyvan Zahedi Kasrineh, Fatehizadeh M, Fatemeh Bahrami, Jazayeri (2017) The impact of parenting skills training to solution-focused approach to behavioral problems in preschool children. *Behavioral Sciences Research* 14(3):348-355. Random; 16 families exp 6 sess sf groups / 16 no training. Significant improvement in all areas of behaviour at post-test. <http://rbs.mui.ac.ir/index.php/jrbs/article/view/1594> (Persian)

Khadivi E, Namani E (2016). Effectiveness of short-term solution-focused group training in couple burnout among the spouses of people freed from addiction. *Health Sciences* 5(9S):262-267. Selected sample of 30 women with husbands freed from addiction randomised to 15 exp 8 wkly group sft / 15 no intervention. Significant reduction ( $P < 0.001$ ) in couple burnout in exp.

Kim JS, Brook J, Akin BA (2016). Solution-Focused Brief Therapy With Substance-Using Individuals A Randomized Controlled Trial Study. *Research on Social Work Practice*. Parents at outpatient clinic for substance abuse and trauma-related problems. Random; 31 exp SFBT / 33 controls other evidence-based treatments. Both groups decreased on Addiction Severity Index and the Trauma Symptom Checklist-40. Between group effect sizes were not significant. doi:10.1177/1049731516650517 (johnny.kim@du.edu)

King, Z, Reza A (2014) The effectiveness of training solution-focused approach to increasing the level of social adjustment of adolescent identity crisis. *Journal of Women and Society* 17.5 (2014): 21-40. Random; 20 exp sf training / 20 controls no training. 'Significant improvement' in social adjustment at post-test. (Persian) (aoji62@yahoo.com)

Knekt P, Lindfors O (2004) A randomized trial of the effect of four forms of psychotherapy on depressive and anxiety disorders: design, methods and results on the effectiveness of short-term psychodynamic psychotherapy and solution-focused therapy during a one-year follow-up. *Studies in social security and health*, no. 77. The Social Insurance Institution, Helsinki, Finland. Randomised comparison study; 93 sft / 98 short-term psychotherapy; problems >1 yr. Sft 43% (mood), 26% (anxiety) recovery at 7 mon maintained at 12 mon; short-term 43%, 35%; no significant difference between therapies but sft faster for depression; short-term better for 'personality disorder'. Avg sft 10 sess over 7.5 mon; short-term 15 sess over 5.7 mon. No figures for partial recovery; no apparent social class difference. ([www.kela.fi/research](http://www.kela.fi/research))

Knekt P, Lindfors O, Härkänen T, Välikoski M, Virtala E, Laaksonen MA et al. (2008). Randomized trial on the effectiveness of long-and short-term psychodynamic psychotherapy and solution-focused therapy on psychiatric symptoms during a 3-year follow-up. *Psychological Medicine*, 38, 689-703. 326 psychiatric outpatients with mood or anxiety disorders randomly assigned to sft (10 sessions over 7.5 months), short-tem psychodynamic therapy (18.5 sessions over 5.7 months) or

long-term psychodynamic therapy (232 sessions over 31,3 months). All three treatments were effective, but auxiliary treatments frequent. At 3-year follow-up, effect sizes for sf 0.81-.87 for depression and .60-.80 for anxiety symptoms. Short-term psychodynamic produced greater depression and anxiety reduction than long-term during first year; sf more depression reduction than long-term during first year. At 3 years, the improvements of both brief therapies still persisted; long-term psychodynamic patients (undergoing continuing therapy) kept improving and outperformed the brief therapies on anxiety, not on depression.

Knekt P, Lindfors O, Virtala E, Härkänen T, Sares-Jäske L, Laaksonen MA (2012) The effectiveness of short- and long-term psychotherapy during a 7-year follow-up. *European Psychiatry* 27, Supplement 1,1-x. 326 cases; long (7 yr) follow-up. A reduction in psychiatric symptoms and improvement in work ability and functional capacity was noted in all treatment groups. Short-term therapies more effective than long-term during the first year, whereas long-term therapy more effective after 3 yr follow-up. No notable differences in symptoms or working ability were observed between groups during the last 4 years of follow-up. A total of 80% of the patients in short-term groups and 60% in long-term group used auxiliary treatment. Psychoanalysis was the most effective at 5-year follow-up. Cost-efficiency analysis including social and unemployment costs showed that long-term therapy cost three times as much.

Knekt P, Heinonen E, Harkapaa K, Jarvikoski A, Virtala E, Rissanen J, Lindfors O, Helsinki Psychotherapy Study Group (2015) Randomized trial on the effectiveness of long- and short-term psychotherapy on psychosocial functioning and quality of life during a 5-year follow-up. *Psychiatry Research* 229(1-2):381–388. 326 outpatients with mood or anxiety disorder: randomized to SFT, short-term psychodynamic psychotherapy (SPP) or long-term psychodynamic psychotherapy (LPP); 5 yr follow-up from the start of treatment. Short-term therapies improved psychosocial functioning and quality of life more than LPP during the first year; optimism and perceived competence did not differ between therapies. Later sense of coherence and perceived competence showed significantly more improvement in LPP than in short-term therapies. No direct differences between SFT and SPP were noted.

Knekt P, Virtala E, Härkänen T, Vaarama M, Lehtonen J, Lindfors O (2016). The outcome of short- and long-term psychotherapy 10 years after start of treatment. *Psychological Medicine*, 1-14. Helsinki Psychotherapy Study: 326 randomly assigned to long-term psychodynamic psychotherapy (LPP), short-term psychodynamic psychotherapy (SPP) or solution-focused therapy (SFT) and were followed for 10 years. Outcome measures: psychiatric symptoms, work ability, personality and social functioning, need for treatment, remission. 74% free from psychiatric symptoms. LPP showed greater reductions in symptoms, greater improvement in work ability and higher remission rates. A similar difference in symptoms and work ability was observed in comparison with SFT after adjustment for violations of treatment standards. No notable differences in effectiveness between SFT and SPP were observed. The prevalence of auxiliary treatment was relatively high, 47% in SFT, 58% in SPP and 33% in LPP, and, accordingly, the remission rates for general symptoms were 55, 45 and 62%, respectively. DOI: <http://dx.doi.org/10.1017/S0033291715002718>

Knekt P, Lindfors O, Keinänen M, Heinonen E, Virtala E, Härkänen T (2016) The prediction of the level of personality organization on reduction of psychiatric symptoms and improvement of work ability in short versus longterm psychotherapies during a 5year follow-up. *Psychology and Psychotherapy: Theory, Research and Practice*. Cohort study: 326 outpatients with mood or anxiety disorder; allocated randomly to long-term (LPP) and short-term (SPP) psychodynamic psychotherapy, and solution-focused therapy (SFT). Level of Personality Organisation (LPO) was assessed by interview into neuroses and higher level borderline. Outcome was assessed at 5-year follow-up. For patients receiving SPP, improvement in work ability, symptom reduction, and the remission rate were more in neuroses than in higher level borderline patients. LPP and SFT showed no notable differences in effectiveness in the two LPO groups. In neuroses improvement was more considerable in the short-term therapy groups during the first year of follow-up, and in higher level borderline patients LPP was more effective after 3 years of follow-up. The remission rate, defined as both symptom reduction and lack of auxiliary treatment, was higher in LPP than in SPP for both the LPO groups considered. DOI: 10.1111/papt.12115

Knekt P, Lindfors O, Maljanen T (2017) The effectiveness of three psychotherapies of different type and length in the treatment of patients suffering from anxiety disorder. *European Psychiatry* 41, S777. 50 outpatients with anxiety disorder; randomly assigned to long-term psychodynamic psychotherapy (LPP), short-term psychodynamic psychotherapy (SPP), and solution-focused therapy (SFT) and were followed for 5 years. The outcome measures were psychiatric symptoms, working ability, need for psychiatric treatment, remission, and cost-effectiveness. No differences in year 1. During the following 3 years, LPP and SFT more effectively reduced symptoms, improved work ability, and elevated the remission rate than SPP. No significant differences between LPP and SFT were seen. At the end of the follow-up, the use of auxiliary treatment was lowest in the SFT group whereas remission rates or changes in psychiatric symptom or work ability did not differ between the groups. The average total direct costs were about three times higher in the LPP group than in the short-term therapy groups. Resource-oriented SFT may be a cost-effective option in this selected patient group, while unconsidered allocation of patients to LPP does not appear to be cost-effective. DOI: <http://dx.doi.org/10.1016/j.eurpsy.2017.01.1472>

Ko M-J, Yu S-J, Kim Y-G (2003). The effects of solution-focused group counseling on the stress response and coping strategies in the delinquent juveniles. *Taehan Kanho Hakhoe Chi (Journal of Korean Academy of Nursing; Korean)*, 33(3), 440-450. 15-18 yr olds on probation. Random, 30 exp 6 sess weekly / 30 control no treat. Better problem coping in exp. (Korean) (Yusook@catholic.ac.kr)

Kokkvoll A, Grimsgaard S, Odegaard R, Flaegstad T, Njolstad I. Single versus multiple-family intervention in childhood overweight—Finnmark Activity School: a randomised trial. *Arch Dis Child* 97 overweight children aged 6–12 yrs with body mass index (BMI)  $\geq 27.5$ . Randomised to multiple-family intervention (MUFI) or single-family intervention (SIFI); SF in both interventions. MUFI: 3-day inpatient, follow-up visits, organised physical activity x2 weekly and a 4-day family camp. SIFI: individual counselling and follow-up by nurse. Interim analysis after 12 months showed no between-group difference in terms of BMI or BMI SDS. The MUFI group had a significant decrease in waist circumference compared to the SIFI group. doi:10.1136/archdischild-2012-303571

Kramer J, Conijn B, Oijevaar P, Riper H (2014) Effectiveness of a Web-Based Solution-Focused Brief Chat Treatment for Depressed Adolescents and Young Adults: Randomized Controlled Trial. *J Medical Internet Research* 16(5):e141. Random; 263 aged 12-22 yrs; depressive symptoms; 131 exp Web-based sft PratenOnline / 132 waitlist controls. Center for Epidemiologic Studies Depression Scale (CES-D) at 9 wks, 4.5 mon, 7.5 mon. Exp significant improvement in symptoms at 9 wks and in depression at 4.5 mon: 28.2% vs 11.4%,  $p < .001$ . Exp further improvement at 7.5 mon; controls not contacted. doi:10.2196/jmir.3261 (jkramer@trimbos.nl)

Li Xiaoli, Luo Hong (2016) The effect of exception / miracle questions in nursing on affects, confidence and actual solving problems. *Chinese Journal of Practical Nursing* 32(1). 102 nurses; block randomization: focus group exceptions ; focus group miracle; traditional psychotherapy questions. Significant improvement in self-confidence ( $P < 0.01$ ) in all groups after 1 wk; mood changes most in exception group and then miracle group (64.5 / 42.3 / 37.0, all  $P < 0.05$ ). (Chinese) Doi:10.3760/cma.j.issn.1672-7088.2016.01.017

Li Yuee, Zhou Jinfang, Deng Yunshan, Wu Yaofan, Liang Lin (2015) Application of solution-focused approach in the psychological intervention of chronic prostatitis patients. *Chinese Journal of Human Sexuality* (3). Random; 54 exp sf nursing / education; 54 controls TAU. SF-36 and HAD scales; significant improvement in scores and quality of life at 6 mon follow-up. doi:10.3969/j.issn.1672-1993.2015.03.038 (Chinese)

Li Yu-mei, Huang Ying, Zhang Gui-fen, Gu Fen, Hou Li-li (2017) Effect of Solution-focused Supervision in Health Education for Patients with Severe Pulmonary Diseases. *Journal of Nursing* 23:24. Random: 50 exp 6 sf sess for patient and family / 48 TAU. Significant reduction

in anxiety, depression and self-care skills at post-test ( $P < 0.05$ ). Doi:10.16460/j.issn1008-9969.2016.24.051 (Chinese)

Liang Guang-mei, Pei Jin-fei, Bao Wen-qing (2014) Effectiveness Study of Solution Focused Mode on the Rehabilitation among Young and Middle-aged Patients with First-episode Schizophrenia. Hospital Management Forum 11. Random: 40 exp sf health education / 40 controls routine follow-up care. Scores of all scales of treatment group significantly decreased on discharge and 6 mon later ( $p < 0.05$ ). (Chinese)

Lindfors O, Knekt P, Heinonen E, Harkanen T, Virtala E, Helsinki Psychotherapy Study Group (2014) The effectiveness of short- and long-term psychotherapy on personality functioning during a 5-year follow-up. Journal of Affective Disorders. Random; 326 patients: SFT ( $n=97$ ) / short-term psychodynamic ( $n=101$ ) / long-term (avg 3 yr) psychodynamic (LPP;  $n=128$ ). Personality functioning improved in all therapy groups at 5 yr follow-up. Both short-term therapies fared better during first year of follow-up. SFT showed more early reduction of interpersonal problems. LPP outperformed SFT at the end of follow-up after adjustment for auxiliary treatment. No differences were noted between the short-term therapies at any point. Auxiliary treatment was used relatively widely which limits generalization to exclusive use of short- or long-term therapy. DOI: <http://dx.doi.org/10.1016/j.jad.2014.10.039> (olavi.lindfors@thl.fi)

Lindforss L, Magnusson D (1997) Solution-focused therapy in prison. Contemporary Family Therapy 19:89-104. 2 randomised studies: (1) Pilot study 14/21 (66%) exp. and 19/21 (90%) controls reoffended at 20 mon. (2) 30 exp; 29 controls; 16 mon follow-up. 18 (60%) reoffend in exp., 25 (86%) in control; more drug offences and more total offences in controls. Avg 5 sess; 2.7 million Swedish crowns saved by reduced reoffending. (lindforss@chello.se; dan.magnusson@brottsforebygganderadet.se)

Liu Fen, Deng Aihui, Wang Huirong et al (2014) Application of solution-focused approach in mental nursing of pregnant women with ante-natal anxiety. Chinese Nursing Research 28: 5A: 1572-1575. Pregnancy with high anxiety scores: randomised: 40 exp: sf approach / 40 controls: TAU. Significantly less anxiety ( $P < 0.01$ ) pre-post and in comparison with controls. Improvements ( $P < 0.01$ ) in mode of delivery, Apgar score, pain, bleeding and lactation for exp. (Chinese)

Ma Jianmin (2015) Focus-solving model used in patients with chronic health. Education Management Journal of Clinical Nursing 4. Chronic hepatitis B; random: 50 exp sf health education / 50 controls routine education. Knowledge significantly increased post-test; liver function improved. Doi: 10.3969 / j.issn.1671-8933.2015.04.017 (Chinese)

Mache S, Vitzthum K, Klapp BF, Groneberg DA (2015) Evaluation of a Multicomponent Psychosocial Skill Training Program for Junior Physicians in Their First Year at Work: A Pilot Study. Family Medicine 47(9):693-698. 82 German junior physicians; random; 41 exp resilience / CBT / sf counseling; 41 no intervention. 3 mon follow-up: significant improvement on measures of resilience, self-efficacy, optimism and perceived stress. Job satisfaction did not change.

Mache S, Baresi L, Bernburg M, Vitzthum K, Groneberg D (2016) Being prepared to work in Gynecology Medicine: evaluation of an intervention to promote junior gynecologists professionalism, mental health and job satisfaction. Arch Gynecol Obstet. Coping skills training for junior gynecologists: random: 38 exp sf/cbt 12 sess / 40 controls. Exp significant decrease in perceived job stress and emotional exhaustion and more job satisfaction maintained at 6 mon follow-up. Satisfaction with the training also reported. (s.mache@uke.de) doi:10.1007/s00404-016-4223-6

Mache S, Bernburg M, Baresi L, Groneberg DA (2016). Evaluation of self-care skills training and solution-focused counselling for health professionals in psychiatric medicine: a pilot study. International Journal of Psychiatry in Clinical Practice 1-6. 72 psychiatrists in psychiatric clinic; random; 36 exp self-care skills training with solution-focused counselling / 36 controls. At 6 mon follow-up exp significant reduction in perceived job stress ( $p = 0.01$ ), improvements in job satisfaction ( $p = 0.02$ ), resilience ( $p = 0.02$ ) and self-efficacy ( $p = 0.04$ ); improved quality of

physician–patient relationship (e.g. support, conflict management;  $p < 0.05$ ). (s.mache@uke.de)  
<http://dx.doi.org/10.1080/13651501.2016.1207085>

Maljanen T, Knekt P, Lindfors O, Virtala E, Tillman P, Härkänen T, & Helsinki Psychotherapy Study Group (2015) The cost-effectiveness of short-term and long-term psychotherapy in the treatment of depressive and anxiety disorders during a 5-year follow-up. *Journal of Affective Disorders*. Outpatients suffering from mood or anxiety disorder; randomized to SFT, short-term psychodynamic psychotherapy or long-term psychodynamic psychotherapy (LPP). 8 measures including direct and indirect costs; statistically significant improvements were observed in all groups at follow-up. At first recovery faster in short-term therapy groups but the effectiveness of the LPP was somewhat greater than short-term therapies. The direct costs were much higher so long-term therapy can hardly be regarded as cost-effective compared to short-term therapies. doi:10.1016/j.jad.2015.09.065 326 (timo.maljanen@kela.fi)

Maqami R, Bagajan KQ, Yousefi MM, Moradi S (2016) The Effectiveness of Solution-Focused Group Therapy on Improving Depressed Mothers of Child Abuser Families. *International Journal of Social, Behavioral, Educational, Economic, Business and Industrial Engineering*, 10(1): 291-295. 22 depressed mothers of abused children: random: 11 exp sf 5 sess / 11 controls no intervention. Significantly less depressed in exp group at 1 mon follow-up. (m.m.yousefi.67@gmail.com) (Persian)

Mao Yu-jie (2013) Application of solution focused approach in psychological intervention for underage girls undergoing abortion. *Chinese Journal of Modern Nursing* 19:28. Pregnant underage girls randomly divided: 60 exp (SF) / 60 controls (conventional nursing). Significant difference in SCL-90 scores for exp at 4 wks. doi : 10.3760/cma.j.issn.1674-2907.2013.28.015

McGarry J, McNicholas F, Buckley H, Kelly BD, Atkin L, Ross N (2008) The clinical effectiveness of a brief consultation and advisory approach compared to treatment as usual in Child and Adolescent Mental Health Services. *Clin Child Psychol Psychiatry* 13(3):365-376. Randomised: 30 children 3-session brief consultation; 30 treatment as usual. Exp group sustained improvement at 6 mon and less dissatisfaction with wait times.

Monemiyan G, Khoshkonesh A, Poorebrahim T (2016) Effectiveness of solution- focused brief therapy on the reduction of couple burnout and optimizing the quality of marital relationship in married women. *Feyz Journal of Kashan University of Medical Sciences* 20. Random: 15 exp 8 wkly sess sf groups / 15 no intervention. Significant ( $P < 0.05$ ) reduction in burnout scores and improvement of quality of relationship in exp. <http://feyz.kaums.ac.ir/article-1-3029-en.html> (Persian) (gita1392@gmail.com)

Nameni Ebrahim, Shafi Abadi Abdollah, Delavar Ali, Ahmadi Khodabakhsh (2014) The effectiveness of combination of structural and Solution-focused family therapy in treatment of the substance abuse and the family function improvement. *Journal of Sabzevar University of Medical Sciences* 21(1): 155-163. Tehran: randomised study: 30 families: 15 exp, 15 control. Combined structural and sft; 80% use reduced at post test ( $p < 0.0001$ ); 66% reduced use at 6 mon ( $p < 0.0001$ ).

Nameni E, Baqaei N, Pardakhti F (2016) Effectiveness of Short-Term Solution-Focused Group Training on Sense of Psychological Coherence among Female Adolescents. *Asian Social Science*, 12(9), 90. 30 female adolescents with behavioural problems: random: 15 exp 8 wkly sf sess / 15 controls no training. 2 mon follow-up: significant improvement on Sense of Coherence in exp ( $P < 0.05$ )

Nedim Bal P, Kaya C (2017) Sinif Öğrencilerinin Okul Tükenmişliği Ile Baş Etmede Çözüm Odakli Grupla Psikolojik Danışmanın Etkisi (The Effect Of Solution Focused Group Counseling Program On Dealing With School Exhaustion Of 6th Grade Students). Uluslararası Sosyal Araştırmalar Dergisi (The Journal of International Social Research) 51:10. [www.sosyalarastirmalar.com](http://www.sosyalarastirmalar.com) Issn: 1307-9581 Male students with school exhaustion: random: 8 exp sf 8 wkly groups / 8 controls no treatment. Significant decrease in school exhaustion but not family exhaustion. Doi: <http://dx.doi.org/10.17719/jisr.2017.1813>. (Turkish)

Neipp M-C, Beyebach M, Nunez RM, Martinez-Gonzalez M-C (2015) The effect of solution-focused versus problem-focused questions: a replication. Journal of Marital and Family Therapy. doi: 10.1111/jmft.12140 Replicates Grant 2012. Random: real problem and set a goal. Measures: positive and negative affect, self-efficacy, goal attainment. 102 problem-focused coaching questions / 102 solution-focused questions including the Miracle Question. Problem-focused questions no impact on either positive or negative affect, solution-focused questions reduced negative effect significantly. Self-efficacy and goal approach significantly better in sf group. (neipp@goumh.umh.es)

Neipp M, Nuñez RN, Martínez-González M, Beyebach M (2016). Questions as intervention: differences between solution-focused and problem-focused questions. European Health Psychologist 18(S):968. 107 nursing students of Spanish university described a real-life problem that they wanted to solve: randomly assigned to solution-focused or problem-focused questions. SF questions produced significant increases in self-efficacy ( $P=.001$ ), action steps ( $P=.001$ ) and significant decrease in negative affect ( $P=.046$ ). SF could be effective in the conversations with the patients to facilitate their illness adaptation.

Ngammoh P, Inang P, Koolnaphadol P (2017). Theory of the short-term exit approach to self-sufficiency of undergraduate students in the Faculty of Education, Journal of Education Naresuan University 19(1): 90-102. Random: students below 25th percentile for self-reliance: 8 exp 8 sf groups / 8 controls no intervention. Significant improvement ( $P<0.05$ ) in exp at 2 wk follow-up. (Thai)

Nystuen P, Hagen KB (2006) Solution-focused intervention for sick-listed employees with psychological problems or muscle skeletal pain: a randomised controlled trial. BMC Public Health 6:69-77. Long-term sickness: 53 exp / 50 controls; 8 sess; 1 yr follow-up. No significant difference in return to work; mental health scores significantly improved. Authors question sample size and chosen measures. (pal@psykologbistand.no; kare.hagen@diakonsyk.no)

Palmer L, Pichot T, Kunovskaya I (2016) Promoting Savings at Tax Time through a Video-Based Solution-Focused Brief Coaching Intervention. Journal of Financial Therapy 7(1):2. Pilot study: impact of video-based sf brief coaching intervention delivered in conjunction with income tax preparation services at a Volunteer Income Tax Assistance location ( $n = 212$ ). Individuals receiving tax preparation assistance were randomly assigned to one of four treatment groups: 1) control group 2) video-based solution-focused brief coaching 3) discount card incentive 4) both the video-based solution-focused brief coaching and the discount card incentive. Video-based sf brief coaching intervention increased both the frequency and amount of self-reported savings at tax time. Also financial therapy based interventions may be scalable through the use of technology. <http://dx.doi.org/10.4148/1944-9771.1103>

Pennapha Napa (2015) The consultant theory emphasizes short-term solution to reflect their inner thoughts of employees. Burapha University Journal Online 25(3). Random: 9 workers 6 sf groups / 9 controls. Significantly more self-reflection in exp group at follow-up ( $P<0.05$ ). (Thai)

Pennapha Gul Napa (2016) Developing emotional stability of adolescents from single-parent families. The advisory group theory focuses on short-term solution. (Thesis) Journal Uttaradit Rajabhat University 11(1): 101-114. Random: junior high school students with low emotional stability. 8 exp sf group / 8 controls no intervention. Significant improvement in exp post-test and 3 wk follow-up ( $P<0.05$ ). (Thai)

Priebe S, Kelley L, Omer S, Golden E, Walsh S, Khanom H, Kingdon D, Rutterford C, McCrone P, McCabe R. (2015) The effectiveness of a patient-centred assessment with a solution focused approach (DIALOG+) for patients with psychosis - a pragmatic cluster-randomised controlled trial in community care. *Psychotherapy and Psychosomatics*. DIALOG+: computer-mediated intervention:structured assessment of patients' concerns combined with solution-focused approach. Cluster-randomised controlled trial: 49 community clinicians / 179 patients randomised to use DIALOG+ once per month for six months or active control. Subjective quality of life (SQOL) and secondary outcomes assessed after 3/6/12 months by blinded assessors. Implementation of DIALOG+ was variable with avg 1.8 sessions (SD=1.6) in first 3 mon and 1.1 (SD=1.2) in next 3 mon. Patients in the DIALOG+ arm had better SQOL at three, six, and 12 months ( $p=0.035, 0.058, 0.014$ , respectively; Cohen's  $d=0.29-0.34$ ). Significantly fewer unmet needs at 3 and 6 mon; fewer general psychopathological symptoms at all time-points; better objective social outcomes at 12 months, with no significant differences on other outcomes. Overall care costs lower in the intervention group. [http://eprints.soton.ac.uk/376631/1/EPOS revised 27.03.2015.docx](http://eprints.soton.ac.uk/376631/1/EPOS_revised_27.03.2015.docx)

Ramezandadeh,Soraya (2016) Effect of short-term solutions based on aggression in children and adolescents. *Psychological Studies* 12(3): 141-159. Two schools: random: 32 high-aggression pupils: 16 exp sft / 16 controls no intervention. Significant decrease in aggression scores at post-test in exp group. DOI: 10.22051/psy.2016.2601 (Persian)

Ramezani S, Khosravi A, Motaghi Z, Hamidzadeh A, Mousavi SA (2016). The effect of cognitive-behavioural and solution-focused counselling on prevention of postpartum depression in nulliparous pregnant women. *Journal of Reproductive and Infant Psychology*, 1-11. Randomised: 85 nulliparous pregnant women at 30–35 weeks: 25 4 sess CBT / 25 3 sess sft / 35 controls routine care. Post-partum 5-15 days: Significantly less post-natal depression scores in both treatment groups. <http://dx.doi.org/10.1080/02646838.2016.1266470> (Persian)

Redžep, L, Beersma B, Theeboom T (2014) The Implications of Self-Kindness for the Effectiveness of Coaching: Self-Compassion Moderates the Impact of Solution- vs. Problem-Focused Coaching Questions on Action Planning. Uni Amsterdam masterthesis: <http://www.innovatiefinwerk.nl/search/node/redzep> 118 students (83 females, 112 Dutch); mean age 21.44 yrs. Randomly assigned to 2 (coaching questions focus: solution- vs. problem-focus) X 2 (self-compassion: low vs. high; students told to adopt one or other by researcher) factorial design. Only 72.8% achieved low self-compassion:results based on 86 students. Problem-focus and high self-compassion interact helpfully; solution-focus worked for all. (ljerka.redzep@student.uva.nl)

Richmond CJ, Jordan SS, Bischof GH, Sauer, EM (2014). Effects of Solution-Focused Versus Problem-Focused Intake Questions on Pre-treatment Change. *Journal of Systemic Therapies*: Vol. 33, No. 1, pp. 33-47. Two randomized studies: Study 1, clients completed either a standard written intake form with problem-focused questions or an SFBT Short Intake Form. Clients answering the solution-focused questions described significantly more solutions and significantly fewer problems than the comparison group. Study 2: SFBT intake interview with a DSM-based diagnostic intake interview. Clients in the SFBT intake interview improved significantly on the Outcome Questionnaire (OQ) before their first therapy session, whereas those in the diagnostic intake did not. Both studies demonstrated that intake procedures are not neutral and that strength-based questions have advantages, even leading to pre-treatment change. doi: 10.1521/jsyt.2014.33.1.33 (christopherrichmond@ferris.edu)

Saffarpour S, Farahbakhsh, Kyoumars, Shafiabadi, Abdollah, Pashasharifi, Hasan (2013) A comparison between the effectiveness of solution-focused brief therapy and the quadripartite

model of social competence and a fusion model of these two methods on increasing social adjustment of female students residing in Tehran dormitories. *Journal of Applied Social Psychology* 60 patients, randomised to 3 exp and 1 control groups. All 3 treatment methods were effective; no significant differences were observed between solution-focused and quadripartite model; combination model exhibited superior efficacy. (See also *Counseling Research And Development* 2011: 10(37):25-44) DOI: 10.1111/j.1559-1816.2013.01036.x (Persian)

Schade, N., Torres, P. & Beyebach, M. (2011). Cost-efficiency of a brief family intervention for somatoform patients in primary care. *Families, Systems, & Health*, 29(3): 197-205. 256 somatoform patients from 7 Family Health Centers in Chile randomized to control (TAU) or exp (Brief Family Intervention, mainly sf). All staff of exp at least 40 hours of training in sf, MRI & externalization. BFI patients higher on consumer satisfaction than controls. BFI reduction in total health costs, cost of medication, of medical visits and of complementary medical analysis at termination and 1-year follow-up (all  $p < .005$ ). Effect size of total cost reduction  $d = .80$ . Average 3 sessions.

Shakarami, Mohammad, Reza Davarniya, Kianoush Zaharakar, Rezvaneh Talaeian (2015). Effectiveness of brief solution-focused group couple therapy on improving marital quality in women. *Razi Journal of Medical Sciences* 22 (131):1-13. 30 women visiting Hamyaran Salamat Ravan (mental health helpers) Institute in Bojnourd city in 2013 randomised to exp (7 x 90 min group sess) / controls no intervention. Significant improvement in scores for exp at post-test and 4 wk follow-up. (Persian)

Shen Hou-mei (2014) Focusing on solving model in the application of psychological nursing in patients with vertigo syndrome. *Journal of Anhui Health Vocational & Technical College* 5. Randomised: 50 exp solution-focus / 50 controls routine care. Depression and anxiety scores significantly better in sf group clients ( $P < 0.05$ ). (Chinese)

Shih-Hsiu Su, Su Shi (2015) The Effects of Solution-Focused Group Counseling on Junior high school male Students of anger. Randomised; 8 exp: 8 sess SF group counselling and 4 wk follow-up sess; 8 control no input. Immediate decrease in anger and further improvement at follow-up. (Chinese) (<http://dspace.lib.ntnu.edu.tw/handle/77345300/49975>)

Shirashiani A, Namani, E. (2017) Effectiveness of the Combination of Solution-Focused Therapy and Narrative Therapy in Marital Adjustment among Incompatible Iranian Women. *Open Journal of Psychiatry*, 7, 79-89. Random selection from all 1500 incompatible women referred in May 2016. 12 exp 8 group sess mixing SF and narrative topics / 12 controls no intervention. The findings demonstrated that this combination of solution-focused therapy and narrative therapy is significantly effective in marital adjustment of incompatible women ( $P < 0.05$ ). <https://doi.org/10.4236/ojpsych.2017.7200> (a.namani@hsu.ac.ir)

Shin S-K (2009) Effects of a Solution-Focused Program on the Reduction of Aggressiveness and the Improvement of Social Readjustment for Korean Youth Probationers. *Journal of Social Service Research* 35( 3): 274 – 284. Randomised: adolescents on probation: 20 exp 6 weekly group sessions / 20 control; indiv sess as requested. Reduced aggression and increased social adjustment in exp at end of programme. (Korean) (skshin2000@hotmail.com)

Smock SA, Trepper TS, Wetchler JL, McCollum EE, Ray R, Pierce K (2008) Solution-focused group therapy for level 1 substance abusers. *Journal of Marital and Family Therapy* 34(1):107–120. Randomised: 27 exp: 6 wkly groups / 29 control: 6 wkly Hazelden program groups. 19 exp / 19 control completed; significant improvement in depression and symptom distress; dependence scores unchanged. No follow-up. (Sara.smock@ttu.edu)

Sodani Mansour, Shafiabady Abdollah, Etemadi Ahmad, Delavar Ali (2009) Comparison of individual and conjoint solution-focused therapy for reducing family conflict in couples referred to Ahvaz counsel centers for problem disclosure. *Quarterly Educational Psychology* 5(14):39-54. Randomised: 33 couples treated of 150 with marital problems. Some had individual therapy in groups, others had conjoint therapy. Pre-post measures and comparison with controls. Equal

benefit for both methods; sexual relationship improved more in individuals, finance in conjoint. (Persian)

Spence GB, Grant AM (2007) Professional and peer life coaching and the enhancement of goal striving and well-being: An exploratory study. *Journal of Positive Psychology*, 2(3): 185–194. Volunteers: randomised to coaching: 21 by professionals, 22 by peers, 20 controls. Peer coaches had 1 day of training. Measures at end of 10 weeks: better attendance and more progress towards goals in professional group. (anthonyg@psych.usyd.edu.au; gordons@psych.usyd.edu.au)

Sun Yunxia, Wu Lin, Guo Xiangrong (2015) Application effects of solution focused approach on psychological nursing in patients with MRI examination *Chinese Journal of Modern Nursing* 26. MRI subjects with claustrophobia; random; 64 exp 5 sess sf counseling / 64 TAU. Patients and caregivers report less anxiety / depression / dyspnea 26.5% exp vs 37.5% / sweating 46.8% vs 64.1%: P <0.05. doi: 10.3760 / cma.j.issn.1674-2907.2015.26.005 (Chinese)

Tao Xiaohong, Shi Weidong (2014) Application of Solution-focused Approach Intervention on T2DM Patients with Depression. *Journal of Modern Medicine & Health* (19). Random; patients with type 2 diabetes and depression; exp 90: TAU + sft / control 90: TAU. 5 metabolic indexes before and after 6 mon: both groups are significantly lower (P<0.05); self-care better except smoking. Exp depression scores (53.23±3.79) significantly lower than controls (59.04±4.48) (P<0.05). Doi:10.3969/j.issn.1009-5519.2014.19.007 (Chinese)

Theeboom T, Beersma B, Van Vianen AEM (2015) The differential effects of solution-focused and problem-focused coaching questions on the affect, attentional control and cognitive flexibility of undergraduate students experiencing study-related stress. *Journal of Positive Psychology*, Random 31 exp sf questions about preferred future / 30 controls problem-focused questions; higher positive affect, lower negative affect in exp; no effect on attentional control. Repeat 28 exp / 26 controls: same results for affect. More cognitive flexibility in exp; apparently not mediated by positive affect. DOI: 10.1080/17439760.2015.111712661 (t.theeboom@uva.nl)

Thorslund KW (2007) Solution-focused group therapy for patients on long-term sick leave: a comparative outcome study. *Journal of Family Psychotherapy* 18(3):11-24. Randomised 15 exp / 15 control; 1-5 mon sick. 8 sess; increased return to work (60%(9) vs 13%(2)) and psychological health improved at 3 mon follow-up. (karin.wallgren@losningsfokus.se)

Vahide U, Fatehizadeh M, Ahmadi A, Trust A (2017). Rahhlmadar impact of counseling on sexual satisfaction and performance of women in the family. *Science and Research in Applied Psychology, Islamic Azad University, Isfahan*, 17(3):73-80. Random: women 20-40 years, married at least one year and been to high school. 15 exp group sft 6 sess / 15 controls no intervention. Significant improvement in sexual satisfaction and performance in the family in exp group. (Persian)

Valve P, Lehtinen-Jacks S, Eriksson T, Lehtinen M, Lindfors P, Saha M-T, Rimpelä A, Anglé S. (2013) LINDA – a solution-focused low-intensity intervention aimed at improving health behaviors of young females: a cluster-randomized controlled trial. *BMC Public Health* 13:1044 doi: 10.1186/1471-2458-13-1044 3059 subjects (in HPV vaccine programme); 1537 received also sf lifestyle intervention 3-5 times. 37% exp improved on activity, sleep and diet at 2.5 yr vs 31% controls. Counselling sounds quite directive. (paivi.valve@uta.fi)

Vogelaar L, van't Spijker A, Vogelaar T, van Busschbach JJ, Visser MS, Kuipers EJ, van der Woude CJ (2011) Solution focused therapy: A promising new tool in the management of fatigue in Crohn's disease patients: Psychological interventions for the management of fatigue in Crohn's disease. *J Crohn's and Colitis*. doi:10.1016/j.crohns.2011.06.001 29 patients; quiescent Crohn's disease; high fatigue score; 72% female; mean 31 yrs. Randomized to Problem Solving Therapy (PST), Solution Focused Therapy (SFT) or to controls (treatment as usual, TAU). SFT group improved on fatigue scale 85.7% of patients; PST group 60%; TAU group 45.5%. Medical costs

lower in 57.1% SFT; TAU 45.5%; PST group 20%. Drop out rate highest in PST (44%; SFT 12.5%; TAU 8.3%).

Vogelaar L, van't Spijker A, Timman R, van Tilburg AJP, Bac D, Vogelaar T, Kuipers EJ, van Busschbach JJV, van der Woude CJ (2013) Fatigue management in patients with IBD: a randomised controlled trial. *Gut*: doi:10.1136/gutjnl-2013-305191. Randomised: 98 patients; sft or CAU for 3 mon. 39% improved on fatigue and QoL vs 18% but both groups similar at 9 mon follow-up. (l.vogelaar@erasmusmc.nl)

Wake M, Baur LA, Gerner B, Gibbons K, Gold L, Gunn J, Levickis P, McCallum Z, Naughton G, Sanci L, Ukoumunne OC (2009) Outcomes and costs of primary care surveillance and intervention for overweight or obese children: the LEAP 2 randomised controlled trial. *British Medical Journal* 339: 1132. Overweight children in primary care: randomised: 139 offered 4 sessions health education; 112 controls. Mean attendance 2.7 sessions. No significant change or difference in BMI, activity or nutrition at 12 months follow-up. (melissa.wake@rch.org.au)

Wang Rui, Li Xiaomin, Du Yufeng, Feng Jindong (2016) The effect of Solution Focused Nursing on the self-efficacy of burned patients. *International Journal of Nursing* 35(15). Random: 28 sessions nursing care / 28 controls routine care. At post-test exp had higher self-efficacy scores ( $P < 0.01$ ) and controls had lower scores ( $P < 0.01$ ). (Chinese)  
doi : 10.3760/cma.j.issn.1673-4351.2016.15.008

Wang Shan, Xu Jin-zhi, Zhang Jin-feng (2015) Effects of solution-focused approach in the rehabilitation training of patients with lung cancer. *Chinese Journal of General Practice* 13(10). Random: 40 exp rehab exercises; sft / 40 controls rehab exercises. Quality of life and health status significantly better ( $P < 0.05$ ) in exp at 3 months. (Chinese)

Wang Ze-min, Long Sen, Zhou Jing, Wang Yu-wen, Chen Zhi-yu (2014) Study on the effect of the Medication Guide for Patients with Schizophrenia. *Hospital Management Forum* 8. 100 patients with schizophrenia; randomised: 50 exp / 50 controls. Both received medication guidance; exp also sft approach. Compliance, curative effect and drug treatment-related knowledge of exp group significantly higher ( $P < 0.05$ ). (Chinese)

Wichowicz HM, Puchalska L, Rybak-Korneluk AM, Gąsecki D, Wiśniewska A (2017). Application of Solution-Focused Brief Therapy (SFBT) in individuals after stroke. *Brain Injury*, 1-6. 62 patients, aged  $54.0 \pm 9.6$  years; random: 10 sessions / controls no therapy. Depression and anxiety drops in the SFBT group (from 5.0 to 2.0 and 8.0 to 4.0 respectively;  $P < .001$ ); control group remains unchanged. Reduction of destructive attitudes, increase in constructive attitudes and increased self-efficacy (from 79.0 to 96.0) was observed after therapy but not in controls group. <http://dx.doi.org/10.1080/02699052.2017.1341997>

Wilmshurst LA (2002) Treatment programs for youth with emotional and behavioural disorders: an outcome study of two alternate approaches. *Mental Health Services Research* 4:85-96. Randomised controlled study: 12 weeks; 27 clients 5 days/week residential, sft, family contact 26 hours; 38 non-residential programme, cbt, family contact 48 hours. 1 year follow-up: Behaviour improved in both groups; ADHD behaviours better in 63% of cbt, 22% of sft; group scores better for anxiety, depression with cbt. Author suggests residential care is detrimental.

Wiyono, B. D. (2015). Keefektifan solution-focused brief group counseling untuk meningkatkan motivasi berprestasi siswa sekolah menengah kejuruan. (Effectiveness-focused brief solution group counseling for improving student achievement motivation vocational high school) *Jurnal Konseling Indonesia*, 1(1). 5 exp 4 sessions / 5 controls no input. Significantly enhanced achievement motivation. (Indonesian)

Wu Chen-Hui, Lo Ming Hua (2015) The effects of the solution-focused group counseling for relational aggression bullied students on self-esteem and social skills. National Taichung University of Education Institutional Repository Item 987654321/455. Bullied students; random 5 exp sft groups 10 sessions / 5 controls no input. Significant improvement in social skills and work; no change in self-esteem. <http://ntcuir.ntcu.edu.tw/handle/987654321/455> (Chinese)

Wu Li-ying, Xie Mei-lian, Liu Pei-zhen (2015) Effect of Solution Focused Approach Model On Negative Emotions and Quality of Life of Patients with Radical Hysterectomy. Medical Innovation of China 31 doi : 10.3969/j.issn.1674-4985.2015.31.026 Cervical cancer post-op: random: 45 exp sf health education / 41 controls TAU. After 15 days: anxiety, depression, physical function, nursing satisfaction all significantly improved ((P <0.05). No improvement in social function. (Chinese)

Wu Tong, Yue Lili (2016) Paroxetine combined with focus to address the short-term treatment of social anxiety in patients with clinical efficacy. Practical Journal of Cardiovascular and Pulmonary Diseases 24(B04): 69-69. Social anxiety disorder: random; 13 exp sf + paroxetine / 13 controls psychological support + paroxetine. Significant improvement (P>0.05) over 1 yr follow-up. (Chinese)

Yang Jun-En, Qiao Ai-Xin, Han Jing, Zhang Hong-Xin, Liu Xiao-Ping (2013) Observation on the effect of solution focused theory on improving sleep quality of ACS patients with clinical pathway. Chinese Journal of Practical Nursing 29(29) doi : 10.3760/cma.j.issn.1672-7088.2013.29.014 Random allocation: exp 49 / control 51. Sleep quality assessed with the Athens Insomnia Scale (ASI); sf intervention. At 4 wks 7/8 items significantly improved (not daytime expressed emotion). (Chinese)

Yang JW, Kim HM (2015). The Effects of Solution-focused Group Art Therapy on School Life Adjustment of the Maladjusted Adolescents. The Journal of the Korea Contents Association, 15(5), 661-673. DOI :10.5392/JKCA.2015.15.05.661. Random: 10 exp 12 sess sf art groups / 10 controls no treatment. Significant improvement in school life adaptation competency for exp. (Korean) (yjwoee@hanmail.net)

Yung Million, Wang Zhihong, Hu Yarong, Yi Jun (2016) Solution-focused clinical research sertraline treatment of depression after stroke therapy combined with short-term homes. Chinese Journal of Rehabilitation, (4), 249-251. Random; 38 exp SFBT + sertraline / 40 controls sertraline and TAU. 8 wk follow-up mood / quality of life / stroke symptoms improved (P<0.01) in both groups;significantly more (P<0.05) in exp. (lyyy\_wzh@153.com) doi:10.3870/zgkf.2016.04.003 (Chinese)

Zahedi-Kasrineh K, Fatehizade M, Bahrami F, Jazayeri RS. (2016) The Effectiveness of Solution-Focused Parental Skills on Behavioral Problems of Preschool Children. J Res Behav Sci 2016; 14(3): 348-55. Random; 16 couples exp 6 sess sf training / 16 couples no intervention. Post-test exp significant improvement in behavioral problems, anxiety, depression, somatization, social problems, thought problems, attention problems, rule-breaking behaviors, aggressive behaviors, and other problems.

Zhai Y, Zhu Y (2016). Study of effect on solution-focused approach in improving the negative emotion of surgical patients in department of vascular surgery. Pak. J. Pharm. Sci, 29(2), 719-722. Random: 60 exp sf groups / 60 controls TAU. Significant (P <0.05) on all measures for exp at 2 wk follow-up. (yanyanzhuwf@sina.com) (English)

Zhang Fang, Lu Xueqin, Zhang Jizhou (2016) Application of Solution-focused Approach in Health Education for Patients with Upper Gastrointestinal Bleeding. *People's Liberation Army Nursing* 33(15). Random: 35 exp sf health education / 35 controls routine health education. Anxiety and depression less; self-mastery significantly better (all  $P > 0.05$ ). (Chinese)  
doi: 10.3969/j.issn.1008-9993.2016.15.019

Zhang Fang, Zhang Chunling, Yang Linlin, Zhang Hong (2017) Effect of solution focused approach on negative emotion and stress response in patients with uterine fibroids receiving MRI examination. *Biomedical Research* 2017; Special Issue: Patients with uterine fibroids: random: 42 exp health education and SF / 42 controls health education. Compliance, satisfaction increased ( $P < 0.05$ ); BP, heart rate, anxiety and depression scores reduced ( $P < 0.05$ ). (Chinese)

Zhang Hang, Jin Ruifen, Wu Chunming, Cao Jialin (2014) Application of solution-focused approach in the health education management in patients with nonalcoholic steatohepatitis. *Chinese Journal of Modern Nursing* 12. Randomised: 30 exp: sf health education / 30 controls: TAU. Significant differences ( $P < 0.05$ ): Knowledge: exp 90% / control 33.3%; satisfaction 93.3% / 83.3%; quality of life higher in exp ( $238.31 \pm 24.68$ ) /  $201.53 \pm 21.59$ ; compliance 86.6% / 66.7%. .  
Doi:10.3760/cma.j.issn.1674-2907.2014.12.009 (Chinese)

Zhang H-Y, Wu W-E, Wen W-J, Zheng Y-M (2010) Application of solution focused approach in schizophrenia patients of convalescent period. *Medical Journal of Chinese People's Health* 18: 2410-2412. 120 schizophrenia patients; randomised; observation group 31 male, 27 female; 5-step sf health education approach; controls 34 male, 22 female; routine health education. Pre and post evaluation by medical reply and social support. Significantly more social support and coping with illness in observation group ( $p > 0.05$ ). (Chinese)

Zhang Lingling, Weisu Xia, Gao Yongping (2016) Focus solving model application results in lung cancer patients before surgery: Psychological Intervention. *Chinese Journal of Modern Nursing* 22 (1). Random: 46 exp sf / 46 controls TAU on day before surgery. Anxiety / depression scores similar before surgery; day after SDS scores were ( $45.85 \pm 7.49$ ), ( $49.03 \pm 7.46$ ) points, respectively, lower than the control group ( $50.62 \pm 8.01$ ), ( $54.36 \pm 6.72$ ) minutes; significance  $P < 0.05$ . doi:10.3760 / cma.j.issn.1674-2907.2016.01.019

Zhang Xi-xia, Zhang Lan-feng, Liu Min-jie (2013) Effect of solution-focused approach combined with auricular acupressure on relieving the anxiety and pain of patients with postmenopausal cervical cancer during afterloading brachytherapy. *Chinese Journal of Modern Nursing* 34. Random, 60 exp: sf approach nursing and auricular acupressure; 60 controls conventional nursing. Self-rating anxiety less  $p < 0.05$ ; pain less  $p < 0.005$ , satisfaction greater  $p < 0.05$  in exp. Doi: 10.3760/cma.j.issn.1674-2907.2013.34.014 (Chinese)

Zhang Ze Lun (2016) The effect of Solution-Focused Brief Coaching Intervention on the self-efficacy and solution-focused thinking of teachers (Thesis). Study 1: random: 106 exp sf coaching / 101 controls: problem-solving explored the different effects of two types coaching question. Exp more effective self-efficacy ( $P = 0.006$ ); degree of achievement of objectives ( $P = 0.030$ ); reduce negative emotions ( $P = 0.046$ ). Study 2: random; 20 exp 2 sf sess / 20 controls general interviews. Significant improvement in general self-efficacy ( $P < 0.001$ ); sf thinking ( $P < 0.001$ ). (Chinese) <http://ir.psych.ac.cn/handle/311026/19862>

Zhao Mingming, Ren Lei, Jiang Wei Lian, Li Ning, Yan Leilei, Hao Lina (2015) Focus solving model for young breast cancer patients after effects of anxiety and depression. *Modern Preventive Medicine* 03. 150 young breast cancer patients; randomised; 75 exp sf model; 75 controls general health education. Anxiety Rating Scale (SAS), Self-Rating Depression Scale (SDS); significant difference in exp ( $P < 0.05$ ) but continued negative emotions needing support. (Chinese)

Zheng Li-wei, Li Xin-ming, Wang Hui-jun (2013) Application and effect of solution focused approach on patients with GDM during pregnancy follow-up. *Chinese Journal of Modern Nursing*

19(14). 180 patients with GDM who chose hospital delivery; 90 exp / 90 control. There was no statistically significant difference of caesarean section rate between two groups ( $x^2 = 1.283$ ,  $P > 0.05$ ). The incidence rate of perinatal complication were all significantly lower than controls. doi : 10.3760/cma.j.issn.1674-2907.2013.14.009 (Chinese)

Zhou Li-li, Ji Tian-rong, Liu Feng, Bu Zhi-hua, Liu Li, Yang Xiao-yun (2013) Effect of nursing intervention based on solution-focused approach on self-management ability of patients with maintenance hemodialysis. Chinese Journal of Modern Nursing 34. Randomised: 60 exp (SF nursing) / 60 controls (routine nursing). 6 mon follow-up: knowledge of disease and self-management significantly improved in exp group. Doi:10.3760/cma.j.issn.1674-2907.2013.34.004 (Chinese)

Zhou Yuzhen, Zhang Xiaoyan (2016) Application of solution focused approach in improvement of hope level in epileptic patients. Chinese Journal of Practical Nursing 26. Random: 42 exp sf nursing care / 41 controls usual care. Significant reduction in anxiety and depression scores in exp at post-test ( $P < 0.01$ ). doi:10.3760/cma.j.issn.1672-7088.2016.26.006 (Chinese)

### COMPARISON STUDIES (100)

Agbakwuru C, Kennedy G (2017). Effects of Solution-Focused Brief Therapy on Preferred Choice of Tertiary Education among Senior Secondary School Students in Rivers State, Nigeria. International Journal of Innovative Social & Science Education Research 5(1):39-47. 119 students with limited motivation for tertiary education were selected; 57 exp from 2 schools received SFBT (no details) / 62 from 2 schools no treatment. Significant difference between groups at post-test. Recommended that SFBT should be included in counsellor education training programmes. (chikweagba@yahoo.com)

Alifitah S (2016). Pengaruh solution focused brief counselling (sfbc) dalam mencegah burnout syndrome pada mahasiswa keperawatan semester akhir (effect solution brief counselling (sfbc) prevent burnout syndrome in nursing students at the end of the semester). Wiraraja Medika 6(2). Random: nursing students: 20 exp sft groups / 20 controls no intervention. Significant reduction ( $P < 0.05$ ) in stress scores for exp at post-test. (Indonesian)

Ali Lutfi Abdullah Mo'tamedi (2016). Examine the effects of short-circuit-term solution to increasing resilience in at-risk adolescent boys in a military town. Military Psychology, 7 (25), 37-49. 15 exp 6 sf sess (twice wkly) / 15 controls no intervention. Significant increase in resilience scores in exp group. (Persian)

Amiri H, Sharme MS, Zarchi AK, Bahari F, Binesh A (2013) Effectiveness of Solution-Focused Communication Training (SFCT) in Nurses' Communication Skills. Iranian Journal of Military Medicine 14 (4): 279- 286. 71 nurses from medical-surgical departments of Tehran hospital. 8 hour workshop; pre-test; post-test two months after. 3 questionnaires completed (participant, head nurse, colleagues). Mean difference statistically significant [ $P = 0/001$ ]; also between mean scores of 4 subscales of nurses' communication skills. (amirizh@yahoo.com)

Anderson L, Vostanis P, O'Reilly M (2005) 3 yr follow-up of a family support service cohort of children with behavioural problems and their parents. Child: Care, Health and Development 31(4):469-477. One of three groups had sft. Improvement not sustained or new problems arose by 3 yrs for all groups.

Antle BF, Barbee AP, Christensen DN, Martin MH (2008) Solution-based casework in child welfare: preliminary evaluation research. Journal of Public Health Child Welfare 2(2): 197- 227. Study 1: fully trained workers, 27 cases; minimal trained, 21 cases. Better compliance, less legal action, fewer removals in trained group. Study 2: 51 cases from fully trained, 49 minimal. Better compliance and goal achievement in both urban and rural areas.

Antle BF, Barbee AP, Christensen DN, Sullivan DJ (2009) The prevention of child maltreatment recidivism through the Solution-Based Casework model of child welfare practice. Children and

Youth Services Review 31 (12): 1346-1351. 6 mon follow-up: 39 SBC workers, 339 cases; 38 TAU workers, 421 cases. Significantly less recidivism for SBC: 350.69 cases vs 538.00.

Antle BF, Christensen DN, van Zyl MA, Barbee AP (2012) The impact of the Solution Based Casework Practice Model on federal outcomes in public child welfare. *Child Abuse and Neglect*. 4559 child welfare cases were reviewed through a CQI case review process. High levels of fidelity to the model demonstrated significantly better outcomes in the areas of child safety, permanency and well-being and exceeded federal standards. Components of Solution-Based Casework were significant predictors of these federal outcomes and accounted for variance in these outcomes better than any other casework process factors. <http://dx.doi.org/10.1016/j.chiabu.2011.10.009>

Arslan N, Ahmet AKIN (2016). Çözüm Odaklı Kısa Süreli Grupla Psikolojik Danışmanın Lise Öğrencilerinin Akran Zorbalığına Etkisi (Solution Focused Brief Counseling Group Peer Bullying Impact of High School Students). *Sakarya University Journal of Education* 6(1):72-84. 12 exp (6 male): 6 sess SFGT / 12 controls (6 male) no treatment. 2 mon follow-up: significant reduction in bullying.

Ateş B (2016). The Effect of Solution-focused Brief Group Counseling upon the Perceived Social Competences of Teenagers. *Journal of Education and Training Studies*, 4(7):28-36. Non-random: selected for low social competence scores. 8 exp sf 6 sess / 8 non-effective treatment / 8 controls no treatment. Significant improvement in exp maintained at 3 mon follow-up; other groups no change. (Turkish) (Bunyaminates81@gmail.com)

Azizi I, Ghasemi (2017). Comparison the Effectiveness of Solution-Focused Therapy, Cognitive-Behavior Therapy and Acceptance and Commitment Therapy on Depression and Quality of Life in Divorced Women. *Culture Counseling and Psychotherapy* 8 (29): 207-236. 48 divorced women with depression; 9 sess groups; CBT, ACT, sft: 12 exp in each group; 12 controls no treatment. Significant improvement in exp post-test ( $P<0.001$ ); CBT the most effective. (Persian)

Bao Y, Zhu F (2017). Intervention experiment research on college students' interpersonal relationship by solution-focused group counseling. *International Conference on Service Systems and Service Management (ICSSSM)* p 1-4. Self-select students: comprehensive diagnosis scale of interpersonal relationship; 18 exp sf group counseling / 18 no intervention. Post-test significant improvement in exp ( $P<0.01$ ) on scale; no change in controls.

Barcons C, Cunillera O, Miquel V, Ardèvol I, Beyebach M (2016). Effectiveness of Brief Systemic Therapy versus Cognitive Behavioral Therapy in routine clinical practice. *Psicothema*, 28(3), 298-303. 419 referred to Adult Ambulatory Mental Health Service: 212 were allocated to Cognitive-Behavioral Therapy (CBT); 207 to Brief Systemic Therapy (BST). Not random: catchment based. Psychiatric diagnoses equivalent. Follow-up assessments of patients' status took place between one and three years later; avg 1 yr. 8% still in treatment, 52% therapeutically discharged, 38% dropped out, 2% had been referred to other services. Both therapy models were found to be equivalent in their percentage of therapeutic discharges, drop-outs, relapses and in the use of other mental health services during the follow-up period. Although both treatments were cost-efficient, BST was not briefer than CBT. (cbarcons@hospitalbenitomenni.org) (Spanish) doi:10.7334/psicothema2015.309

Barlow A, Banks AP (2014) Using emotional intelligence in coaching high-performance athletes: a randomised controlled trial. *Coaching: An International Journal of Theory, Research and Practice* DOI: 10.1080/17521882.2014.939679 High-performance netball players: 10 exp; 10 controls; Bar-On EQ-i emotional intelligence profiles. Coaching significantly improved self-efficacy and anxiety which link directly to EQ-I scales but not team identification which does not link directly; no change in the control group. So sf coaching is effective if there is direct link between a particular component of emotional intelligence and a particular outcome. (a.banks@surrey.ac.uk)

Bostandzhiev VI, Bozhkova E (2011) A comparative study in a Mental Health Day Center 2002-2005 (Macdonald AJ, *Solution Focused Therapy: Theory, Research and Practice*. Sage

Publications: London 2011). 96 subjects : 41 exp / 55 controls. Group 1 (n=14; anxiety disorders, depression): solution-focused therapy without drug therapy. Groups 2, 3 and 4 included schizophrenia, bipolar disorders and anxiety disorders. Group 2 (n=8): medication without psychotherapy; Group 3 (n=27): solution-focused therapy and medication; Group 4 (n=47): syncretic group therapy (discussion of problems; avg 30 sess) and medication. 31 patients (32.3%) diagnosed as schizophrenia. Avg 2.6 sess; range 1-7. Group 1: 78.5% improved; Group 2: 25%; Group 3: 63%; Group 4: 19%. 15% of Group 4 showed deterioration but none of the others. Thus 65.8% improved when solution-focused therapy was included vs 20% without. Improvement measured by OQ45, GAF and client's scaling. Rapid change in daily functioning for all diagnostic categories, ranging from coping with chores and family to full recovery. (See also Bozhkova E (2011) Psychology - Theory and Practice 3: 85-95 (Bulgarian; abstract in English). (mail@bozhkova.info)

Candelaria Martínez M, García Cedillo I, Estrada Aranda BD (2016) Adherence to nutritional therapy: Intervention based on motivational interviewing and brief solution-focused therapy/ Adherencia al tratamiento nutricional: intervención basada en entrevista motivacional y terapia breve centrada en soluciones. Revista Mexicana de Trastornos Alimentarios/Mexican Journal of Eating Disorders, 7(1), 32-39. 16 overweight or obese women: 10 exp 6 monthly sess motivational interviewing/sft / 6 controls. Increased adherence to diet and exercise in exp (P<0.04). (mcandelariamtz@gmail.com) (Mex. Spanish) <http://dx.doi.org/10.1016/j.rmta.2016.02.002> 2007-1523

Carrera M, Cabero A, González S, Rodríguez N, García C, Hernández L, Manjón J (2015), Solution-focused group therapy for common mental health problems: Outcome assessment in routine clinical practice. Psychology and Psychotherapy: Theory, Research, Practice. doi: 10.1111/papt.12085 132 mental health users 7 sess sf group therapy / 132 matched controls: usual care. Mean post-SFGT levels significantly lower than pre-SFGT levels on each self-report measure. At 24 mon SFGT showed a significantly higher percentage of discharges and fewer clients returning for help than with UC.

Cepukiene V, Pakrošnis R (2011) The outcome of Solution-Focused Brief Therapy among foster care adolescents: The changes of behavior and perceived somatic and cognitive difficulties. Children and Youth Services Review 33(6):791–797. 7 foster care homes in Lithuania. Treatment (mean age 14.6) and control groups similar; 46 adolescents each. Maximum of 5 sessions. Evaluation at 6 weeks: Standardized Interview for the Evaluation of Adolescents' Problems. 31% of treatment group significant behavior change; 29% change in somatic and cognitive difficulties. (<http://dx.doi.org/10.1016/j.childyouth.2010.11.027>). (v.cepukiene@smf.vdu.lt; r.pakrošnis@smf.vdu.lt)

Chung SA, Yang S (2004) The effects of solution-focused group counseling program for the families with schizophrenic patients. Taehan Kanho Hakhoe Chi (Journal of the Korean Academy of Nursing) 34:1155-63. 48 schizophrenic patients and 56 families; 24 patients and 28 families each in exp and control gps. 8 group sess for exp; significant reduction in family burden and expressed emotion vs controls. (Korean)

Connell MA (2014) Modifying Academic Performance Using Online Grade Book Review During Solution-Focused Brief Therapy. Walden University Dissertation 3631272. Three groups of at-risk students: Group 1 SFBT only (18); Group 2 (20) SFBT and Online Grade Book Review (JumpRope); Group 3 (22) JumpRope alone. Results suggested statistical significance of including gradebook review within SFBT resulted in improved academic performance. Corcoran JA (2006) A comparison group study of solution-focused therapy versus "treatment-as-usual" for behavior problems in children. Journal of Social Service Research 33:69-81. 239 children; 83 sft vs 156 'treatment as usual'. Better treatment engagement with sft but no outcome differences. (jcorcoran@vcu.edu)

Dai, Hsiao-yun (2015) Study of reducing central pain syndrome for patients with spinal cord injury by using solution-focused brief therapy and multiple techniques. National Taipei University Nursing and Health Sciences Institutional Repository Item 987654321/3905. 7 exp: SFT steps

used; pain scores / 7 controls TAU. Exp: positive relationship, praise and homework not found useful. Pain scores significantly reduced in exp. <http://140.131.94.7/handle/987654321/3905> (Chinese)

Dorche KP, Kimiaei S A, Ghahramanzadeh M (2017). Evaluating the Effect of Solution-Focused Group Counseling on Improving Quality of Marital Relationships in Childless Couples. *International Journal of Psychological Studies* 9(1), 81. 7 couples exp: group wkly sf sess / 7 control couples no therapy. Significant relationship improvement in exp at post-test. (kimiaee@um.ac.ir) DOI: <http://dx.doi.org/10.5539/ijps.v9n1p81>

Eakes G, Walsh S, Markowski M, Cain H, Swanson M (1997) Family-centred brief solution-focused therapy with chronic schizophrenia: a pilot study. *Journal of Family Therapy* 19:145-158. Experimental and control groups: 5 clients and families each. Reflecting team also used. Exp: Family Environment Scale showed significant increase in expressiveness, active-recreational orientation and decrease in incongruence. Controls: moral-religious emphasis increased.

Followed (?), Eun Young Choi (2014) The impact solution-focused group art therapy on the social problem-solving skills of young people. *Art Therapy Research* 21.3 (2014): 479-498. [www.newnonmun.com/article=63971](http://www.newnonmun.com/article=63971) Adolescents with poor social competence: 11 exp: 12 sess sf group art therapy; 11 controls no intervention. Social competence improved in exp group at end of study. (Korean)

Forrester D, Copello A, Waissbein C, Pokhrel S (2008) Evaluation of an intensive family preservation service for families affected by parental substance misuse. *Child Abuse Review* 17(6): 410 – 426. Intensive Family Preservation Service: motivational interviewing / sft for 279 children; TAU for 89. Evaluation 3.5 yrs later: 40% of each group been in care but less time and cost saving for intervention group. (Donald.Forrester@beds.ac.uk)

Franklin C, Moore K, Hopson L (2008) Effectiveness of Solution-Focused Brief Therapy in a School Setting. *Children and Schools* 30(1):15-26. 30 exp (School A); 5-7 groups; 29 control (School B); 1 mon follow-up (43). Teachers: externalised and internalised behaviours significantly improved, students externalised behaviours significantly improved.

Franklin C, Streeter CL, Kim JS, Tripodi SJ (2007) The Effectiveness of a Solution-Focused, Public Alternative School for Dropout Prevention and Retrieval. *Children and Schools* 29(3): 133-144. 46 exp / 39 comparison. Significantly more credits earned and more credits per time spent for exp with lower attendance rates. 81% graduation rate for exp / 90% for comparison after correcting for difference in policies. (cfranklin@mail.utexas.edu)

Gostautas A, Cepukienė V, Pakrošnis R, Fleming JS (2005) The outcome of solution-focused brief therapy for adolescents in foster care and health institutions. *Baltic Journal of Psychology* 6:5-14. 81 exp (44 foster / 37 health care) / 52 comparison; test battery 1-4 wk after 2-5 sess (avg 3.42). Grouped data: significant difference all measures for exp group; therapists rated 82% much improved. Scaling in keeping with standard instruments. (a.gostautas@smf.vdu.lt)

Grant AM, Green LS, Rynsaardt J (2010) Developmental Coaching for High School Teachers: Executive Coaching Goes to School. *Consulting Psychology Journal: Practice and Research* 62:151-168. 23 exp / 21 controls; 10 week programme. Improved goal attainment, resilience and wellbeing at end of programme. (anthonyg@psych.usyd.edu.au)

Indriūnienė V (2017) Effectiveness of Solution-Focused Brief Counselling in Dealing with Problems with Physical Education among Senior Students. *Croatian Journal of Education: Hrvatski časopis za odgoj i obrazovanje*, 19(2), 399-417. Self-selected: 92 exp sf counselling / 100 controls no therapy. 66.3% of participants reported medium or major progress in dealing with a severe problem related to physical activity (P = .001). Physical education teachers observed positive changes in the students' behaviour during classes (Communication problems

P< .001; Insufficient involvement in PE classes:P< .001). DOI: 10.15516/cje.v19i2.2053 (Croatian)

Jankauskaitė K (2016) Įsprendimus sutelktos internetinės savipagalbos programos galimybės skatinti moterų sveiką gyvenseną. (Potential Benefits of the Unguided Internet-based Solution-focused Self-help Program for Promoting Women Healthy Lifestyle) (Doctoral dissertation, Vytautas Magnus University). Self-selected: 25 completed online sft programme / 34 routine health advice. Physical activity, alcohol and other drugs abstinence and coping with stress improved in exp. (Lithuanian)

Javad Espadalli, Seyed Ali Kimayee, Seyyed Mohammad Mehdi Farhadi (2017). The effectiveness of group therapy in interacting analysis on the reduction of aggression of couples with addicted spouse. *Research in Clinical Psychology and Consultation*, 6 (2), 5-15. 20 exp 8 sess sf groups / 20 controls no therapy. Aggression significantly reduced in exp at post-test. DOI: 10.22067 / ijap.v6i2.48868 (Persian)

Jiao Yinghua (2014) Application of solution focused approach in psychological intervention by oncology nurses. *Chinese Community Doctors* 35. Oncology nurses: 25 exp sf training / 25 controls usual training. Scores significantly reduced in intervention group. In observation group, 13 cases were markedly effective; 10 cases effective; efficiency 92%. In the control group, 8 cases were markedly effective and 10 cases effective; efficiency 72% (difference P<0.05). doi: 10.3969 / j.issn.1007-614x.2014.35.93 (Chinese)

Kang Jie, Wang Yun, Sun Hong (2014) Effect of solution focused approach on negative emotion and cancer-related fatigue for patients with cancer chemotherapy. *China Medical Herald* 35. 39 exp sf nursing / 39 routine nursing. Negative emotions less in exp (P<0.05); increase in fatigue for controls. (Chinese)

Koob JJ, Love SM (2010) The implementation of solution-focused therapy to increase foster care placement stability. *Children and Youth Services Review* 32(10):1346-1350. 31 adolescents with multiple placements: CBT in year 1, sft in year 2. Number of disruptions in sft year decreased from mean 6.29 (SD 3.6) to mean 1.45 (SD 0.68), p <.001.

Kvarme LG, Helseth S, Sørnum R, Luth-Hansen V, Haugland S, Natvig GK (2010) The effect of a solution-focused approach to improve self-efficacy in socially withdrawn school children: A non-randomized controlled trial. *International Journal of Nursing Studies*, doi:10.1016/j.ijnurstu.2010.05.001 Exp girls 55 / boys 36; controls girls 44 / boys 20. SF group programme: increase in self-efficacy on standard measures at post-test for girls and at 3 mon follow-up for boys and girls (slight improvement for controls also at 3 mon). (lisbeth.kvarme@diakonova.no)

LaFountain RM, Garner NE (1996) Solution-focused counselling groups: the results are in. *Journal for Specialists in Group Work* 21:128-143. Exp: 27 sft counsellors, 176 students; control 30 non-sft counsellors, 135 students. Exp better on 3 of 8 measures including 81% goal achievement (controls no report). Less depersonalisation and more personal accomplishment in sft counsellors at 1 yr.

Lambert MJ, Okiishi JC, Finch AE, Johnson LD (1998) Outcome assessment: From conceptualization to implementation. *Professional Psychology: Research & Practice* 29:63-70. 22 cases from Johnson & Shaha (1996) compared with 45 at university public mental health center. Both methods achieved 46% recovered by objective criteria (OQ-45) ('Improved' cases not reported); sft by 3rd sess, center by 26th.

Lamprecht H, Laydon C, McQuillan C, Wiseman S, Williams L, Gash A, Reilly J (2007) Single-session solution-focused brief therapy and self-harm: a pilot study. *Journal of Psychiatric and Mental Health Nursing* 14:601-2. 40 first time self-harmers; 1 sess. 2 rpt (6.25%) in 1 yr follow-up vs 40/302 (13.2%) untreated. (Updates Wiseman S (2003) Brief intervention: reducing the repetition of deliberate self-harm. *Nursing Times* 99:34-36) (j.g.reilly@durham.ac.uk)

Lee, Hyun-Ju, Eom Myeongyong (2014) Depressed women target low-income seniors living alone, the positive psychological development and effective solution - focused integrated community programs. *Korea Social Welfare*, 66(3):101-131. Quasi-experimental nonequivalent comparison group design; exp group program based on positive psychology and sf 10 sess; controls reminiscence group program 10 sess; no intervention group TAU. Increased subjective wellbeing and less depression in exp only at 11 wk follow-up. (Korean) ([www.newnonmun.com/article=66209](http://www.newnonmun.com/article=66209))

Liang CY (2010) The Psychological-Guidance Effects of Solution-Focused Group Counseling on Elementary Students with Learning Disabilities. *Guidance and Counseling Institute* p182. Exp 8: 4 sf interviews; control 8: no interviews. Significant increase in self-empowerment and decrease in learning disturbances at follow-up (when?). (Chinese)

Li Jing, Yang Fangyu, Dian Huijuan (2016) A study on the influence of the solution focused approach on the job burnout of nursing interns. *Journal of Modern Nursing* 22(22). Nursing interns: 42 exp SF model taught / 40 controls usual teaching. Less burnout and better technical skills in exp post-test ( $P < 0.05$ ). (Chinese) doi: 10.3760/cma.j.issn.1674-2907.2016.22.035

Littrell JM, Malia JA, Vanderwood M (1995) Single-session brief counseling in a high school. *Journal of Counseling and Development* 73:451-458. 61 students; 19 problem focus and task, 20 problem focus only, 22 solution focus and task. 69% better at 6 wk follow-up in all groups but shorter sessions in sft. ([jlittrel@iastate.edu](mailto:jlittrel@iastate.edu))

Martínez MC, Cedillo IG, Aranda BDE (2016). Adherence to nutritional therapy: Intervention based on motivational interviewing and brief solution-focused therapy. *Revista Mexicana de Trastornos Alimentarios*. 10 exp motivational interviewing + sft + TAU/6 TAU. Better adherence to nutritional protocol by exp group. ([mcandelariamtz@gmail.com](mailto:mcandelariamtz@gmail.com)) doi:10.1016/j.rmta.2016.02.002

McAllister M, Zimmer-Gembeck M, Moyle W, Billett S (2008) Working effectively with clients who self-injure using a solution-focused approach. *International Emergency Nursing*, 16(4): 272-279. Nurses in two Australian emergency departments completed questionnaires before and after participating in SFN training focused on working with complex clients who self-harm. A comparison group of nurses also completed questionnaires. Results indicated some benefits of the intervention; there were improvements in participants' perception that nursing is strengths oriented and in nurses' satisfaction with their skills. There were no significant improvement in nurses' reports of their professional self-concept.

Mei-Kuei Huang, For-Wey Lung, Wei-Tsung Kao, Yao-Hua Lu (2016) The Effects on Combining Psycho-social-educational Program with Methadone Maintenance Therapy. *Daren University* 48: 33 – 51. 70 subjects; 5 groups of 14 members: methadone maintenance therapy only (M), M with health education information condition (ME), ME with solution-focused brief group therapy condition (MESFBGT), ME with SFB individual therapy condition (MESFBIT), and ME with SFB family therapy condition (MESFBFT). Significant differences at 6 mon in MESFBIT, MESFBGT, MESFBFT. It was also found that the family function in MESFBFT improved significantly after treatment. (Chinese) <http://www.airitilibrary.com/Publication/Index/P20101109004-201603-201606020008-2016060200>

Mirzavand A, Riahi M, Mirzavand A, Malekitabar M (2016). Effectiveness of Solution-Focused Therapy on Married Couples' Burnout. *Iran J Psychiatry Behav Sci. (In Press):e4983*. All couples referred to Shahryar city court for divorce in May 2014: 10 exp 8 sf sess / 10 controls no intervention. Reduced burnout scores at post-test. doi: 10.17795/ijpbs-4983. (Persian)

Mintoft B, Bellringer ME, Orme C (2005) Improved client outcome services project: an intervention with clients of problem gambling treatment. *ECOMMUNITY: International journal of mental health and addiction* 3:30-40. 23 unimproved clients compared with 62 who refused further treatment and with national statistics. First session motivational interviewing and cbt, then up to 16 wks sft and self-completion booklet about goals and exceptions. 11 completed programme; improvement on all measures; numbers too small for statistics. No data on number

of sessions or partial completers. (br.mintoft@auckland.ac.nz)

Najafi A, Rahnama F, Sabor F P (2016) Effectiveness of Solution Focused Therapy on Identity of High School Students. *Electronic J Biol* 12(4). Secondary school students living in Saleh Abad in 2015; convenience sampling: exp 20 6x60 min sf group sess / control 20. Identity Styles Inventory (1992). Improvement in identity scores in exp, especially normative scores. (Persian) (rahnamarahnama.500@yahoo.com)

Newsome WS (2004) Solution-Focused Brief Therapy Groupwork With At-Risk Junior High School Students: Enhancing the Bottom Line. *Research on Social Work Practice* 14(5):336–43. 26 exp / 26 controls; poor grades and attendance. Group programme for exp only; grades improved 1.58 pretest / 1.69 posttest. Controls 1.66 pretest / 1.48 posttest; significant difference. No change in attendance which had already improved. (Quoted as 'promising treatment' by Office of Juvenile Justice: <http://www.ojjdp.gov/mpg>)

Nowicka P, Haglund P, Pietrobelli A, Lissau I, Flodmark C-E (2008) Family Weight School treatment: 1-year results in obese adolescents. *International Journal of Pediatric Obesity* 3(3): 141-147. 65 exp: Family Weight School group; 23 no-treatment controls. 49 exp / 17 controls at 1 yr: significant weight loss in moderate obesity.

Pakrosnis R, Cepukiene V (2011) Outcomes of solution-focused brief therapy for adolescents in foster care and health care settings. 129 adolescents; 112 completed therapy (19% dropout); 91 controls. Maximum 5 sess; avg 3.11. Significant improvement at end of therapy for 77% foster care; 67% mental health care; 52% rehabilitation group. In Franklin C, Trepper T, Gingerich WJ, McCollum E. (eds) *Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice*. Oxford University Press: New York 2011. (CFranklin@mail.utexas.edu; trepper@calumet.purdue.edu)

Pakrosnis, R, Cepukiene V. (2014) Solution-focused self-help for improving university students' well-being. *Innovations in Education and Teaching International*: ahead-of-print 1-11. 173 undergraduate Lithuanian psychology students: solution-focused self-reflection 60; cognitive restructuring self-reflection 66; free observation 47. Subjective measures of well-being twice within a 12-day period. Both intervention groups did better on all applied measures. SFSR superior to CRSR in evaluation of usefulness and acceptability of the intervention. DOI: 10.1080/14703297.2014.930352 (rytpak@yahoo.com)

Panayotov P, Anichkina A, Strahilov B (2011) Solution-focused brief therapy and long-term medical treatment compliance / adherence with patients suffering from schizophrenia: a pilot naturalistic clinical observation. 51 pts; treatment as usual and sft. Own controls: compliance 244 days; increase to 827 days after therapy completed. 76% still taking meds at time of study. (plamenpan@mail.bg) In Franklin C, Trepper T, Gingerich WJ, McCollum E. (eds) *Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice*. Oxford University Press: New York 2011.

Perkins R (2006) The effectiveness of one session of therapy using a single-session therapy approach for children and adolescents with mental health problems. *Psychology and Psychotherapy: Theory, Research and Practice* 79:215-227. 78 exp single sess / 88 no treatment; follow-up 4 wks. Severity reduced 74.3% vs 42.5%; frequency of symptoms reduced 71.45% vs 48.3%. (ruthp@iimetro.com.au)

Permissions A, Palahang H. (2016). Evaluate the effectiveness of group problem-solving training on marital satisfaction and improve the quality of life in patients with substance dependence (opiate) in Shahrekord. *Journal of Shahrekord University of Medical Sciences*, 18 (2):132-142. 20 exp 8 sess sf groups / 20 no treatment. Marital satisfaction and quality of life significantly improved in exp at 1 mon follow-up. (Persian) (palahang2006@yahoo.com 132)

Pooler, T. (2015). Targeting the Mental Health Needs of Misdemeanor Defendants. New York. <http://www.courtinnovation.org/sites/default/files/documents/BCSMHI.pdf>. 2013: 1950 (23%) of 8,685 screened at Bronx Community Solutions had possible mental health needs. Group / sft individual intervention: less likely to be re-arrested (53% vs. 58%); significantly lower number of re-arrests (1.3 vs. 1.6) within 1 yr. At 2 yr individual session only sample consistently had fewer re-arrests on average than the mental health group only sample. [org.uk/globalassets/documents/research-reports/face-to-face-final-evaluation-report.pdf](http://www.org.uk/globalassets/documents/research-reports/face-to-face-final-evaluation-report.pdf)

Qi Wenwen, Liu Hongyan (2016). Focus-solving model intervention for anxiety, depression and quality of life in patients with bronchial asthma. *China Practical Medicine* 1:209-211. Random: 100 exp TAU + sf / 100 controls TAU. Exp significantly lower scores for anxiety and depression ( $P < 0.01$ ); also less discomfort, less response to inducing factors and less psychoreaction to asthma ( $P < 0.01$ ).

Rhee WK, Merbaum M, Strube MJ (2005) Efficacy of brief telephone psychotherapy with callers to a suicide hotline. *Suicide and Life-Threatening Behavior* 35:317-328. 55 callers completed study: sft 16, common factors therapy 17, wait list 24. Significant improvement on 10/14 measures for treated groups; no between-group differences. (mmerbaum@wustl.edu)

Roeden, J.M., Maaskant, M.A. & Curfs, L.M.G. (2012). Process and effects of Solution-Focused Brief Therapy with People with Intellectual Disabilities; a Controlled Study. *Journal of Intellectual Disability Research*. Controlled: 20 people with mild ID receiving SFBT and 18 people with MID receiving care as usual (CAU). 2 of the 20 clients quit SFBT prematurely. Most clients receiving SFBT (13 of 18 clients) showed clinically relevant progressions (more than 2 points on a 1 to 10 scale) towards their treatment goals after SFBT (13 of 18 clients) and at follow-up (14 of 18 clients). Directly after therapy, the SFBT group performed statistically significantly better than the CAU group on psychological functioning, social functioning, maladaptive behaviour, autonomy, and social optimism. At 6 wks follow-up improvements in psychological functioning, social functioning, and maladaptive behaviour were still statistically significant compared to CAU, with medium to large effect sizes. doi: 10.1111/jir.12038 (j.roeden@baalderborggroep.nl)

Roeden JM, Maaskant MA, Curfs LMG (2014). Effectiveness of Solution-focused Coaching of Staff of People With Intellectual Disabilities: A Controlled Study. *Journal of Systemic Therapies*: Vol. 33, No. 2, pp. 16-34. doi: 10.1521/jsyt.2014.33.2.16. 18 teams with support problem with ID client received sf coaching; 26 control teams received usual coaching as usual. Quality of staff-client relationships measured before / after coaching and 6 wk follow-up. Sf teams significantly improved on proactive thinking and quality of the relationship; both for individual staff members (45 - 59) and teams (18 - 26); progress towards team goal improved. The differences were sustained at follow-up. (j.roeden@baalderborggroep.nl)

Rothwell N (2005) How brief is solution focussed brief therapy? A comparative study. *Clinical Psychology and Psychotherapy* 12:402-405. Pseudo-randomization: 41 sft/119 cbt. Sft avg 2 sess, cbt avg 5 sess. No outcome difference on GAF. (Neil.rothwell@fvpc.scot.nhs.uk)

Salahian A, Palahang, H (2016) Examine the effectiveness of group problem solving on marital satisfaction and quality of life in Drug-dependent patients (opiates). *Journal of Shahrekord Uuniversity of Medical Sciences*, 18. Opiate users: 20 exp 8 sf group sess / 20 no therapy. Marital satisfaction and quality of life significantly improved in exp at 1 mon ( $P = 0.0001$ ) URL: <http://journal.skums.ac.ir/article-1-2276-fa.html> (Persian)

Sarı E, Günaydın N (2016) Effectiveness of solution-focused coping with depression training on depression symptoms. *Anatolian Journal of Psychiatry*, 17(5):369-375. Depressed students: exp 16 sf 7 sess / 16 placebo: communication skills group / 16 no intervention. 1 mon follow-up: exp significantly lower depression scores. (Turkish) doi: 10.5455/apd.208951

Sanai B, Davarniya R, Bakhtiari Said B, Shakarami M (2015) The Effectiveness of Solution-Focused Brief Therapy (SFBT) on Reducing Couple Burnout and Improvement of the Quality of Life of Married Women. *Armaghane-danesh* 20(5): 416-432. Married women attending center of

mental health helpers in Bojnourd, Iran. 15 exp: 7 wkly 2hr group sess / 15 controls no treatment. Couple burnout measurement (Pains 1996) and WHOQOL(1996) pre and post: marital burnout significantly reduced by 17.53% and quality of life improved by 19.86%; controls no change. (armaghanj.yums.ac.ir) (Persian)

Sari E, Yayci L (2013) The effect of the solution-focused decision-making training program on the vigilant decision-making of university students. *International Journal of Academic Research* 5(3): 159-166. 16 exp: sf decision-making training; 16 controls; 8 placebo. Significant improvement in exp at post-test; maintained 6 wks later.

Sarvi, Z., & Ghazi, M. (2016). Effectiveness of Group Counseling with Solution Focused (Brief) Therapy (SFBT) on Increasing Self- Efficacy of Fifth Grade Primary School Female Students. *Modern Applied Science* 10(12):1. From 88 fifth grade primary school female students, 16 individuals with lowest scores were selected. 8 exp 5 sf sess / 8 controls no intervention. Self-efficacy improved ( $p>0.01$ ). DOI: <http://dx.doi.org/10.5539/mas.v10n12p1>

Seagram BC (1997). The efficacy of solution focused therapy with young offenders. Unpublished doctoral dissertation, York University, New York, Ontario, Canada. 40 youths in custody, matched on psychosis, refusal of medications, violent offences. 4 introductory sess for all; 21 exp 10 SF sess / 19 controls no therapy. Significant improvement in concentration, problem-solving and self-confidence in exp. At 6 mon follow-up 20% exp and 42% controls had reoffended. <http://apt/resych.org/content/8/149>.

Seidel A, Hedley D (2008) The Use of Solution-Focused Brief Therapy With Older Adults in Mexico: A Preliminary Study. *American Journal of Family Therapy* 36(3): 242-252. 10 exp / 10 controls; 3 sess; various outcome measures. Significant improvement on OQ45 for treatment group. (anke\_seidel@hotmail.com)

Short E, Kinman G, Baker S (2010) Evaluating the impact of a peer coaching intervention on well-being amongst psychology undergraduate students. *International Coaching Psychology Review* 5(1): 27-35. 32 exp receive sf coaching training and 5 sess; 33 no coaching experience or teaching. Less increase in distress in exp; 23 (72%) exp reported intervention to be effective. (emma.short@beds.ac.uk)

Silver Star Jubilee, Sindongyun, Choejungjin (2015) Solution-focused group counseling effects on individual inner empowerment for youth. *Korean Journal of Solution-Focused Therapy (KJSFT)* 2 (1): 41-64. Exp: 14 volunteers 8 sess sf / 14 controls. Partial improvement for exp in intrapersonal empowerment and planning personal goals. (Korean)

Springer DW, Lynch C, Rubin A (2000) Effects of a solution-focused mutual aid group for Hispanic children of incarcerated parents. *Child and Adolescent Social Work* 17:431-442. 5 schoolchildren offered 6 session group using sft / interactional / mutual aid approaches vs 5 waiting list controls. Possibly significant increase in self-esteem in exp group.

Stith SM, Rosen KH, McCollum EE, Thomsen CJ (2004) Treating intimate partner violence within intact couple relationships: outcomes of multi-couple versus individual couple therapy. *Journal of Marital and Family Therapy* 30:305-318. 14/20 individual couples, 16/22 multi-group couples completed program, 9 couples comparison group; all mild-to-moderate violence. Follow-up (females contacted): 6 mon recidivism 43% individual, 25% multi-group, 67% comparison; 2 yr recidivism: 0%, 13% (one client), 50%. (Additional cases reported McCollum EE, Stith SM, Thomsen CJ (2011) Solution-focused brief therapy in the conjoint couples treatment of intimate partner violence. Reduced physical aggression in both sexes for 17/20 individual couples; reduced in males only for 27/29 multi-group couples. In Franklin C, Trepper T, Gingerich WJ, McCollum E. (eds) *Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice*. Oxford University Press: New York 2011.) (sstith@vt.edu)

Stoddart KP, McDonnell J, Temple V, Mustate A (2001) Is brief better? A modified brief solution-focused therapy approach for adults with a developmental delay. *Journal of Systemic Therapies*

20:24-41. 16/19 clients complete 8 sess; 6 mon follow-up. Therapy 118 days vs 372 days for long-term comparison group; client satisfaction similar. Better outcome if fewer problems, less developmental delay, real-life goals, self-referred. Clients often requested more sessions. (stoddart@aspergers.net)

Sundmann, P (1997) Solution-focused ideas in social work. *Journal of Family Therapy* 19:159-172. Exp: 9 social workers basic training in solution-focused ideas; 11 controls worked as usual. Session tapes and questionnaires were analysed at 6 mon: 382 clients; 199 (52%) replied. More positive statements, more goal focus and more shared views were found in the exp group. (peter.sundman@taitoba.fi)

Tan Qing-hong, Yan Jian-fen, Zhong Yun-lian, Li Si-zhen, Shi Na (2014) Prevention effect of solution-focused nursing on rebleeding in patients with cirrhosis and esophageal varices. *Hainan Medical Journal* (1). Patients with esophageal and gastric varices: 60 exp sf nursing / 60 routine nursing. Prevention of rebleeding and blood tests in exp group significantly better (P<0.05). Doi: 10.3969/j.issn.1003-6350.2015.01.0052 (Chinese)

Tang Ju-ping, Gu Li-hui, Sun Qing-ling (2013) Application of solution-focused model in the care of dermatitis patients. *Chinese Nursing Management* 11. Neurodermatitis patients: 46 exp (SF nursing) / 48 control (routine nursing). 3 wks follow-up: significant improvement in treatment effects and anxiety and depression. doi : 10.3969/j.issn.1672-1756.2013.011.031 (Chinese)

Triantafillou N (1997) A solution-focused approach to mental health supervision. *Journal of Systemic Therapies* 16:305-328. Supervision of residential staff. 5 adolescent clients: 66% less incidents, less medication use vs 7 controls: 10% less incidents, medication increased at 16 wks. (Republished with introduction: 2011 *InterAction* 3(1) 46-83)

Varadhila Peristiano S, Lester S, Asyanti S, M Si P. (2016) Increasing Social Support Parents Through the Solution Focused Therapy in Restoring Quality of Life of Children Schizophrenia (Doctoral dissertation, University of Muhammadiyah Surakarta). Families with child with schizophrenia: 6 exp group sf / 6 control couples. Significant improvement in social function in exp couples. (Indonesian)

Viner RM, Christie D, Taylor V, Hey S (2003) Motivational/solution-focused intervention improves HbA1c in adolescents with Type 1 diabetes: a pilot study. *Diabetic Medicine* 20(9):739-42. 77 approached: 21 exp, 20 controls; 2 group sess. Improvement in glycaemic index and Self-efficacy in Diabetes measures at 6 mon.; not sustained at 12 mon. (r.viner@ich.ucl.ac.uk)

Violeta Enea ID (2009) Motivational/solution-focused intervention for reducing school truancy among adolescents. *Jour Cognitive & Behavioural Therapies* 9(2):185-198. 19 exp / 19 controls age 16-17; 8 group counselling sessions MI / sft. 61% decrease in truancy for exp; no change for controls.

Vostanis P, Anderson L, Window S (2006) Evaluation of a family support service: short-term outcome. *Clin Child Psychol Psychiatry* 11(4):513-528 Family support service A: 51 children; family support B (sf): 49. Matched controls: 40 children referred to CAMHS. Better reduction of HoNOSCA, SDQ and satisfaction scores in both FSS: sf faster. doi: 10.1177/1359104506067874

Walker L, Hayashi L (2009) Pono Kaulike: reducing violence with restorative justice and solution-focused approaches. *Federal Probation* 73(1). 4 year pilot programme: 59 eligible; 41 exp, of whom 38 evaluated; 21 controls. 10/38 (26%) reoffend; 12/21 (57%) controls; significant (t=2.17, p<0.05). 06/index.html (<http://www.uscourts.gov/viewer.aspx?doc=/uscourts/FederalCourts/PPS/Fedprob/2009->

Wang Hongmei, Shi Weimin, Qin Zhiqiang (2016) Application of solution focused approach in nursing of patients with advanced schistosomiasis. *Chinese Journal of Schistosomiasis Control* 28(3) 2013: 53 cases of advanced schistosomiasis random: exp SF nursing interventions / controls usual care. Results of the intervention group were self-care skills, compliance behavior

and patient satisfaction significantly better (  $P < 0.05$ ), less upper gastrointestinal bleeding (  $P < 0.05$ ), shorter length of stay (  $P < 0.05$ ). (Chinese) doi:10.16250 / j.32.1374.2016019

Wang, Szu-Hua, Wei, Li-min (2017) The Effects of Solution-Focused Group Counseling on Elementary School Students of Emotion Adjustment. National Taichung University of Education Institutional Repository. 10 students (6th grade) exp 10 sess sf group twice wkly / 10 controls no therapy. Improved function on several aspects of emotion in exp. <http://ntcuir.ntcu.edu.tw/handle/987654321/12125> (Chinese)

Wells A, Devonald M, Graham V, Molyneux R (2010) Can solution focused techniques help improve mental health and employment outcomes? *Journal of Occupational Psychology, Employment and Disability* 12(1): 3-15. 82 exp up to 6 sess; 64 completed / 82 controls no intervention. Improved mental health scores, self-esteem, expectation of ability to work on objective measures, scaling. 41 (64%) exp moved into work or work preparation; not significantly different from controls. (alyson.wells@jobcentreplus.gsi.gov.uk)

Wheeler J (1995) Believing in miracles: the implications and possibilities of using solution-focused therapy in a child mental health setting. *ACPP Reviews & Newsletter* 17:255-261. 3 mon follow-up of 34 (traced) sft referrals and 39 (traced) routine referrals: 23 (68%) vs 17 (44%) satisfied; other clinic resources used by 4 (12%) vs 12 (31%). (John@jwheeler.freeserve.co.uk)

Wiranti A (2016) Focused group counseling solution to enhance self regulated learning in student athlete in Sman 4 Surabaya (Doctoral dissertation, University of Airlangga). 12 student athletes sf group counseling / 12 no intervention. No change in self-regulated learning at post-test but exp had higher scores at pre-test. (Indonesian)

Xie Feina, Wang Yan, He Fengying, Shi Ming (2016) A solution-focused educational approach to patients after hepatectomy in crisis response capacity. *Chinese Journal of Modern Nursing* 22(16). Post-hepatectomy patients: 45 exp SF nursing / 45 controls. Crisis response capacity and emotional, cognitive and behavioral scores lower in exp (  $P < 0.05$ ). (Chinese) doi: 10.3760/cma.j.issn.1674-2907.2016.16.006

Xu Lian-fang, Chen Run-fang, Xiao Pei-duo, Huang Li-fang (2014) The effects of solution-focused approach in psychological intervention of sitting at early stage in post-operative elders with hip fracture. *Journal of Nursing Administration* 14(11). 206 elderly patients with hip fracture: alternate allocation 103 exp: sft / 103 controls bicycle exercise; both groups out of bed early. Fewer concerns, coping better in exp group (  $P < 0.01$ ;  $P < 0.05$ ). (Chinese)

Yang F-R, Zhu S-L, Luo W-F (2005). Comparative study of solution-focused brief therapy (SFBT) combined with paroxetine in the treatment of obsessive-compulsive disorder. *Chinese Mental Health Journal*, 19(4), 288-290. OCD: 30 exp / 30 controls. Paroxetine in standard dose; exp received 6-8 sft sess. 83.3% exp vs 60% controls improved on Y-BOCS at 2 wk follow-up. (Chinese; abstract in English)

Zhang Feifei (2016). Application of focus solution model in patient respiratory function training. Master's thesis, Zhengzhou University. 111 patients: nurses divide exp SF health education / controls routine health education. Post-intervention: tidal volume scores, cough pain scores, knowledge of condition all significantly improved  $P < 0.01$ . Doi:R473.6 (Chinese)

Zhang Wei, Yan Ting-ting, Du Ya-song, Liu Xiao-hong (2014) Brief Report: Effects of Solution-Focused Brief Therapy Group-Work on Promoting Post-traumatic Growth of Mothers Who Have a Child with ASD. *Journal of Autism and Developmental Disorders*. Quasi-experimental design: 18 mothers in 2 groups,  $n = 9$  in each: 6-session SFBT group therapy / 25 mothers control group: no treatment. Significant increase in Post-traumatic Growth Inventory levels at 6 mon follow-up. (Chinese)

Zhang Wei (2015) Thesis: Solution Focused Brief intervention group parents of autistic children after traumatic effect on the growth of research. Second Military Medical University

(cdmd.cnki.com.cn) Detailed analysis of views from 5 special rehabilitation institutions and 104 parents of children with autism. 45 parents of children with autism: 20 undergo 6x1 wk SFBT group intervention; controls 25 parents of children with autism. Rating scales before therapy and 6 mon after. Post-traumatic growth, "new possibilities" and "relations with others" scores statistically significant at 6 mon ( $P < 0.05$ ). (Chinese)

Zhang Xi-xia, Zhang Lan-feng, Liu Min-jie. (2013) Effect of solution-focused approach combined with auricular acupressure on anxiety and pain of patients with postmenopausal cervical cancer during and after loading brachytherapy. *Chinese Journal of Modern Nursing* 34. 60 exp (SF nursing; acupressure) / 60 controls (routine nursing); self-rating anxiety scale similar in both groups. One wk follow-up; significant reduction in anxiety and pain and improved satisfaction. doi : 10.3760/cma.j.issn.1674-2907.2013.34.014 (Chinese)

Zhao Zhengqing, Lai Jing (2016) Effects of solution-focused approach on self-management behavior of young and middle-aged patients with COPD. *Chinese Journal of Modern Nursing* 22(18). 76 cases aged <60 years; exp sf nursing / controls TAU. Self-care behavior, COPD assessment, dyspnea scores and pulmonary function test results better in exp. ( $P < 0.05$ ). (Chinese) doi : 10.3760/cma.j.issn.1674-2907.2016.18.015

Zhou Li-rui (2014) Effect analysis of applying solution-focused approach in health education for IVF-ET patients *China Practical Medical* 32. In vitro fertilization and embryo transplantation patients: 60 exp: 5xsf sess / 60 controls TAU. Hamilton anxiety scale (HAMA), Hamilton depression scale (HAMD) and social support rating scale (SSRS): after transplantation exp scores were significantly improved ( $P < 0.05$ ). (Chinese)

Zhou Yu-zhen Wang Ya-qin (2015) The effect of nursing intervention based on self-care model and solution focused approach on the abilities of daily living in patients after stroke. *Chinese Journal of Nursing Education* 12(9) 100 exp: sf and usual care / 98 controls usual care. Daily living skills and hope significantly higher ( $P < 0.05$ ) in exp after treatment package. doi:10.3761/j.issn.1672-9234.2015.09.014 (Chinese)

Zimmerman TS, Jacobsen RB, MacIntyre M, Watson C (1996) Solution-focused parenting groups: an empirical study. *Journal of Systemic Therapies* 15:12-25. 30 clients, 6 sess; 12 controls no treatment. Significant improvement on Parenting Skills Inventory; no change on Family Strengths Assessment. (lindsay@picasso.colostate.edu)

Zimmerman TS, Prest LA, Wetzel BE (1997) Solution-focused couples therapy groups: an empirical study. *Journal of Family Therapy* 19:125-144. 23 exp; 6 weekly groups / 13 no-treatment controls. Several relationship measures improved in exp group.

### NATURALISTIC STUDIES (82)

Archuleta KL, Burr EA, Bell Carlson M, Ingram J, Irwin Kruger L, Grable J, Ford M. (2015) Solution Focused Financial Therapy: A Brief Report of a Pilot Study. *Journal of Financial Therapy* 6(1):2. <http://dx.doi.org/10.4148/1944-9771.1081> Pilot study: solution-focused financial therapy client intervention approach. 8 college students: variety of financial issues related to budgeting, investing and debt repayment problems. 3 mon follow-up: psychological well-being and financial behaviors improved, financial distress decreased.

Belciug C, Franklin C, Bolton KW, Jordan C, Lehmann P (2016). Effects of Goal Commitment and Solution Building on the Completion Rates for a Juvenile Diversion Program. *Criminal Justice and Behavior* 43(7):923-936. Uses goal-setting theory to explore the effects of goal commitment ( $N=112$ ) and solution building (scores  $56.6 \pm 9.48$ ) on program completion ( $N=106$ ) in a sample of 159 violent first-time offenders. Solution building significantly increased program completion. doi: 10.1177/0093854815626753 (connie.belciug@utexas.edu)

Bell, R, Skinner C, Halbrook M (2011) Solution-Focused Guided Imagery as an Intervention for Golfers with the Yips. *Journal of Imagery Research in Sport and Physical Activity* 6(1):1-16. 4 experienced golfers; multiple-baseline across participant design; solution-focused guided imagery

(SFGI) for Type I yips. Data collected during actual 9-hole matches; 5 interventions. Follow-up 12-14 wks: effect maintained. Effects on other task-specific focal hand dystonias e.g., musicians, tennis players?

Bell R, Skinner C, Fisher L (2009) Decreasing Putting Yips in Accomplished Golfers via Solution-Focused Guided Imagery: A Single-Subject Research Design. *Journal of Applied Sport Psychology* 21(1): 1-14. 3 golfers; 5 sess treatment: sf guided imagery. 3 wk follow-up showed improvement. (robbell@bsu.edu)

Beyebach M, Rodriguez Sanchez M S, Arribas de Miguel J, Herrero de Vega M, Hernandez C, Rodriguez Morejon, A (2000) Outcome of solution-focused therapy at a university family therapy center. *Journal of Systemic Therapies* 19:116-128. 83 cases; telephone follow-up, most 1 yr +. 82% satisfied; better outcome for 'individual' problems than for 'relational'; more dropout for trainees; avg 4.7 sess. (mark.beyebach@upsa.es)

Bilge, A., & Engin, E. (2016). Effectiveness of the solution focused therapy which is based on interpersonal relationship theory: retrospective investigation. *Anatolian Journal of Psychiatry* 17(4), 261-269. 36 students with psychological issues: 5 sess individual SFBT (Peplau version). Mean scores for anxiety, depression and problem solving significantly improved post-therapy. (Turkish) doi:10.5455/apd.213725

Brown EA, Dillenburger K (2004) An evaluation of the effectiveness of intervention in families with children with behavioural problems within the context of a Sure Start programme. *Child Care in Practice* 10:63-67. 12 children; Parent Management Training and sft; detailed measures; one mon follow-up. 5 improved; 5 borderline change; 2 (1 fostered) improved untreated.

Burr W (1993) Evaluation der Anwendung lösungsorientierter Kurztherapie in einer kinder- und jugendpsychiatrischen Praxis (Evaluation of the use of brief therapy in a practice for children and adolescents). *Familiendynamik* 18:11-21. (German: abstract in English.) 55 cases; follow-up avg 9 mon. 34 replies; 26 (77%) improved. Avg 4 sess; new problems reported in 4 with improvement and 4 without. (wburr@t-online.de)

Cho, Hee-Ju (2016). The Effects of Resolution-Oriented Reading Therapy on Ego-resilience of Elementary School Students. *Area and Culture* 3(2):29-50. 254 students: 16 in bottom 10% for resilience. Sf reading programme effective in promoting elementary school students' ego-resilience. URL [Http://www.earticle.net/article.aspx?sn=306686](http://www.earticle.net/article.aspx?sn=306686) (Korean)

Conoley CW, Graham JM, Neu T, Craig MC, O'Pry A, Cardin SA, Brossart DF, Parker RI (2003) Solution-focused family therapy with three aggressive and oppositional-acting children: an N=1 empirical study. *Family Process* 42:361-374. Manual and objective measures; avg 4.6 sess; 3 mon follow-up. 3/3 satisfied with result. (collie-conoley@tamu.edu)

Cortes B, Ballesteros A, Collantes J, Aguilar ML (2016) What makes for good outcomes in solution-focused brief therapy? A follow-up study. *European Psychiatry* 33:S232-S233. 74 cases; telephone follow-up 6 – 39 mon (mean 15.6 mon) after termination. Goals reached 88%; complaint totally resolved 17% (26% when dropouts excluded); complaint partially resolved 76% (65% when dropouts excluded). 86% successful at termination; 67% at follow-up. No specific clinical or process variables associated with success. doi:10.1016/j.eurpsy.2016.01.580

Cruz J, Littrell JM (1998) Brief counseling with Hispanic American college students. *Journal of Multicultural Counseling and Development* 26:227-238. 16 students; 2 sess; follow-up 2 wk. 62.5% improved.

Darmody M, Adams B (2003): Outcome research on solution-focused brief therapy. *Journal of Primary Care Mental Health* 7:70-75. Goals, Coping Resources Inventory (CRI), client and therapist perception of session content. 20 cases; 3 mon follow-up. Overall change not significant; intrapersonal problems did better; clients saw conversation about past as more

important than did therapists. (Melissa@brieftherapy.ie)

DeJong P, Hopwood LE. Outcome research on treatment conducted at the Brief Family Therapy Center 1992-1993. In Miller SD, Hubble MA, Duncan BL (eds) (1996) *Handbook of Solution-Focused Brief Therapy*. Jossey-Bass: San Francisco (p272-298). 275 cases: age 50%<19, 93%<45; avg 2.9 sess; follow-up avg 8 mon; 136 contacted. 45% goal achieved, 32% some progress. Equal outcomes by age, gender, race, economic status. (Immediate post therapy measure of change in scaling scores for 141 collected: 25% significant progress; 49% moderate progress; 26% no progress. Berg IK, DeJong P (1996) *Solution-building Conversations: Co-Constructing a Sense of Competence with Clients*. *Families in Society*, 77:376-391) (djon@calvin.edu)

de Shazer S (1985) *Keys to Solutions in Brief Therapy*. Norton: New York. (p147-157). 6 mon follow-up of 28 cases after formula first session task. 23 (82%) improved; 11 solved other problems. Avg 5 sess.

de Shazer S (1991) *Putting Differences To Work*. Norton: New York. (p161-162). At 18 mon follow-up 86% reported success; 67% reported other improvements also. Avg 4.6 sess: >3 sess did better.

de Shazer S, Berg IK, Lipchik E, Nunnally E, Molnar A, Gingerich W, Weiner-Davis M (1986) Brief therapy: focused solution development. *Family Process* 25:207-222. Telephone follow-up of 25% of 1600 cases seen during a 5 year period; 72% improved; avg 6 sess.

de Shazer, S, Isebaert L (2003) The Bruges Model: a solution-focused approach to problem drinking. *Journal of Family Psychotherapy* 14:43-52. 4 yr telephone follow-up of 131 alcoholics after inpatient episode: 118 contactable, 9 dead. 100 (84%) abstinent (60) or successfully controlled their drinking (40). 4 yr telephone follow-up of 72 alcoholics after outpatient treatment: 59 (82%) contacted: abstinent (36) or successfully controlled (23). Only relevant variable was therapy; social class was not a factor. (luc.isebaert@YAHOO.COM).

Dumciene A, Rakauskienė V (2014) Encouragement of Physical Activity among Students by Employing Short-term Educational Counselling. *Procedia-Social and Behavioral Sciences* 116:1523-152. 92 students; after sf counseling, 44.6% previously facing physical activity issues achieved prominent changes, 21.7% achieved medium changes and 33.7% showed minor changes. Physical activity increased,  $p < 0.05$ . <http://dx.doi.org/10.1016/j.sbspro.2014.01.428>

Fadilah N, Setiawati D (2015). Application solution brief focused therapy (sfbt) to improve disclosure of self in Class VIII SMPN 1 Prambon. *Jurnal BK UNESA* 5(3). 5 junior high school; low self-disclosure; improved significantly post-test after sf counseling. (nurfadillah994@ymail.com) (Indonesian)

Fernandes P (2015) Evaluation of the Face to Face service. Using a solution-focused approach with children and young people in care or on the edge of care. NSPCC: 611 young people; up to 8 sess. 58% (355) young people had scores indicating distress; reduced to 15% (94) at end. 103 contacted at 3 mon: 82% (80) still improved. No differences in outcomes related to age or learning difficulty. <http://www.nspcc.org.uk/globalassets/documents/research-reports/face-to-face-final-evaluation-report.pdf>

Fernie L, Cubeddu D (2016). WOWW: a solution orientated approach to enhance classroom relationships and behaviour within a Primary three class. *Educational Psychology in Practice*, 1-12. Trainee educational psychologists; 24 children. WOWW 2 sess per week for 3 weeks. Children record scaling each week: improvement in good listening, working together. Class teacher: positive change in peer relationships, tolerance, ability to get on with peers, respect within the class, collaborative working, and teacher confidence. DOI: 10.1080/02667363.2016.1146574

Flores LV (2005) Terapia grupal centrada en soluciones con personas que han tenido intento de suicidio. *Revista de Psicología* 7: 32-41. 3 suicidal patients; 6 sf group sess. Significant improvement 6 mon after treatment. (lorena\_villanueva@yahoo.com) (Spanish)

Franklin C, Biever JL, Moore KC, Clemons D, Scamardo, M (2001) The effectiveness of solution-focused therapy with children in a school setting. *Research on Social Work Practice* 11:411-434. 19 cases with learning problems: 7 investigated. 1 mon follow-up (objective measures); avg 7 sess. Some improvement in all; 6 of 7 better.

Franklin C, Corcoran J, Nowicki J, Streeter CL (1997) Using client self-anchored scales to measure outcomes in solution-focused therapy. *Journal of Systemic Therapies* 16:246-265. Pilot study (3 cases) of this measure as a test of outcome.

George E, Iveson, C, Ratner H (1990) *Problem to Solution*. Brief Therapy Press: London. 6 mon telephone follow-up: 41 (66%) of 62 traced were satisfied. (brief3@aol.com)

Golby J, Wood P (2016) The Effects of Psychological Skills Training on Mental Toughness and Psychological Well-Being of Student-Athletes. *Psychology* 7:901-913. 16 student-athlete rowers; 4 sess 90 min sf groups. Results at 6 mon: mental toughness improved and also self-efficacy, self-esteem and positive affect. (p.j.wood@leedsbeckett.ac.uk) doi: 10.4236/psych.2016.76092

Grant AM, O'Connor SA (2010) The Differential Effects of Solution-focused and Problem-focused Coaching Questions: A Pilot Study with Implications for Practice. *Industrial and Commercial Training Journal* 42(2):102-111. 39 students had problem-focused coaching session with pre and post measures; then 35 of them had sf session with pre and post measures. More increase in goal approach and positive affect in sf group. (anthonyg@psych.usyd.edu.au)

Green LS, Oades LG, Grant AM (2006) Cognitive-behavioral, solution-focused life coaching: Enhancing goal striving, well-being, and hope. *Journal of Positive Psychology* 1:142-149. Self selected adults: 25 exp, 25 control; 16 hr training in self-coaching. 18 exp (no controls) follow-up at 30 wks: significant improvements in goal striving, wellbeing and hope. (suzygreen@optusnet.com.au)

Hanton P (2008) Measuring solution focused brief therapy in use with clients with moderate to severe depression using a 'bricolage' research methodology. *Solution Research*, 1(1): 16-24. Depression in adults: 10 cases. Beck Depression scores pre and post therapy; post therapy interview. 7 completed data: avg improvement in BDI score 55.12%. Relationship, future focus and compliments identified as most useful; break and feedback least useful. (paulhanton@blueyonder.co.uk)

He Hong, Huang Hui-wen, Zhang Jing, Zhang Xiao-yi (2013) Effect of solution focused approach on patients using insulin pen for self-injection. *Chinese Journal of Modern Nursing* 19(19). doi: 10.3760/cma.j.issn.1674-2907.2013.19.014 124 outpatients with type 2 diabetes at Nantong University clinic; random split exp. (SF) and control (education). After intervention skills of insulin injection improved in exp ( $P < 0.05$ ) and incidence of adverse reactions lower. Mastery in both groups was significantly better. (Chinese)

Hendrick S, Isebaert L, Dolan Y (2011) Solution-focused brief therapy in alcohol treatment. 2 studies and update of de Shazer S, Isebaert L 2003. de Stecker E: 30 subjects (60% male); median age 45; 60% live alone. Significant improvement at 1 yr: 11.93 units/day reduce to 7.76. Opperman T: 30 cases (60% male); 83% live alone. 19 (63.3%) improved: 168g/day reduce to 79; 11 in better physical health at 1 yr. In Franklin C, Trepper T, Gingerich WJ, McCollum E. (eds) *Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice*. Oxford University Press: New York 2011.

Hinchey MC (2015) The implementation of solution-focused brief therapy (sfbt) with at-risk youth in an alternative school environment. Theses and Dissertations--Educational, School, and Counseling Psychology. Paper 37. 6 at-risk youth in an alternative school setting; 6 sess sft. Significant and reliable behavioural change in 4. 6 wk follow-up: 4 contacted: 3 maintained the changes. [http://uknowledge.uky.edu/edp\\_etds/37](http://uknowledge.uky.edu/edp_etds/37).

Hsieh, Ko-Jou (2016) Solution-Focused Group Therapy for Pain Management in Patients with Spinal Cord Injury. National Taipei University of Nursing and Health Sciences Institutional Repository. 26 participants; 90 min pain management group weekly for 6 weeks. Changes after group therapy were measured, including pain intensity. Lower now-pain intensity and higher pain self-efficacy significantly; better post-traumatic growth. There were more pain-related improvements in female and elderly. (Chinese) <http://140.131.94.7/handle/987654321/4758>

Hsu W-S, Yu-Hsuan Yu (2017) The effects of a solution-focused supervisors' training program for school counselors. Chinese Journal of Guidance and Counseling 49:147-182. 15 high school counselors: 51 hrs sf supervision training. Kirkpatrick Four-Level question sets and feedback sheets before: significant improvement in all ( $P < 0.001$ ) at one mon follow-up. (shuepcyuh@gmail.com) (Chinese)

Hsu Wei-Su, Hsin-Jung Lin, So-Tyan Melody Sun, Hsuan-Jung Chen (2017) The Training Effects of Solution-Focused Brief Counseling on Telephone-Counseling Volunteers in Taiwan. Journal of Family Psychotherapy (online): 1-18. 14 hotline volunteers recruited from Taipei Lifeline received 24 hours of sf brief counseling training over 3 days. At 1 mon follow-up features reported helpful: rapid learning of sf counseling skills, basic knowledge of sf, enhanced confidence, positive influence on volunteers' personal life, effective ways to learn. Doi: 10.1080/08975353.2017.1297066

Jacobs RH, Becker SJ, Curry JF, Silva SG, Ginsburg GS, Henry DB, Reinecke MA (2014) Increasing positive outlook partially mediates the effect of empirically supported treatments on depression symptoms among adolescents. Journal of Cognitive Psychotherapy 1:3-19. 291 adolescents in Treatment for Adolescents with Depression Study (TADS). Change in 4 cognitive constructs (cognitive distortions, cognitive avoidance, positive outlook, and solution-focused thinking) mediated change in depression severity in a sample treated with CBT, fluoxetine or both. All 3 treatments were associated with change in the cognitive constructs; combination treatment produced the greatest change. Positive outlook was the construct most associated with changes over 36 wks. Doi: <http://dx.doi.org/10.1891/0889-8391.28.1.3>

Johnson LD, Shaha S (1996) Improving quality in psychotherapy. Psychotherapy 33:225-236. 38 cases, OQ-45 checklist (symptoms, relationships, social role). Improvement after avg. 4.77 sess. (ljohnson@INCONNECT.COM)

Koorankot J, Mukherjee T, Ashraf ZAA (2014) Solution-Focused brief therapy for depression in an Indian tribal community: a pilot study. International Journal of Solution-Focused Practices 2(1): 4-8. Part of larger continuing study: 9 patients: sft and SSRI antidepressant. 2 wk follow-up: 1 worse, 1 marginal, 7 significantly improved. 'Miracles' part of their culture but not during sleep. DOI 10.14335/ijfsp.v2i1.16 (jaseemc1t@gmail.com)

Kreier F, Genco SM, Boreel M, Langkemper MP, Nugteren IC, Rijnveld V, Thissen V, Deden S, Keessen M. (2013) An Individual, Community-Based Treatment for Obese Children and Their Families: The Solution-Focused Approach. Obesity Facts 6:424-432. 559 obese children, avg BMI z-score of  $2.76 \pm 0.54$  (12 mon study); 372 children avg BMI z-score of  $2.75 \pm 0.52$  (24 mon study). 291 children (52%) completed 12 mon treatment; 22 (4%) dismissed earlier due to a good response. After 12 mon, the children showed a significant decrease in BMI z-score. 24 mon: 103 children (28%) significant decrease in BMI z-score of 0.15. 50 children (13%) dismissed before 24 mon due to significant weight loss. Negative correlation of age and reduction in BMI z-score for younger than 6 yrs. DOI:10.1159/000355909 (f.kreier@olvg.nl)

Kvarme, LG, Aabo LS, Saeteren B (2013) "I feel I mean something to someone": solution-focused brief therapy support groups for bullied schoolchildren. *Educational Psychology in Practice: theory, research and practice in educational psychology* 29(4): 416-431. 19 schoolchildren, aged 12-13 years, 3 of whom were bullied. 6 interviews were conducted with the bullied children and 3 focus group interviews were held with the support groups. The bullied children reported that the bullying stopped after they received help from the support group and the improvements remained after three months. Their daily lives at school changed and they felt safer and happier and made friends. Members of the support groups reported that they were doing a meaningful job in helping the victims. doi:10.1080/02667363.2013.859569 (lisbeth.kvarme@diakonova.no)

Lee MY (1997) A study of solution-focused brief family therapy: outcomes and issues. *American Journal of Family Therapy* 25:3-17. 59 children; various problems; 6 mon telephone follow-up, independent raters. 64.9% improved (goal achieved 54.4%; part goal 10.5%) avg 5.5 sess. (lee.355@osu.edu)

Lee MY, Greene GJ, Uken A, Sebold J, Rheinsfeld J (1997) Solution-focused brief group treatment: a viable modality for domestic violence offenders? *Journal of Collaborative Therapies* IV:10-17. Sciotto study: 117 clients, 1993-1997; standard 6 sess completed by 88. 7% (6) reoffend by 1997. Plumas study: 1994-1996: 34 clients; avg 7 sess; 3% (1) reoffend by 1997. (pcmhs@psln.com) (uken@jps.net)

Lee MY, Greene GJ, Mentzer RA, Pinnell S, Niles D (2001) Solution-focused brief therapy and the treatment of depression: a pilot study. *Journal of Brief Therapy* 1:33-49. 10 clients, all had 6 sess. 9 improved on all measures at 6 mon.

Lee MY, Sebold J, Uken A (2003) Solution-focused treatment of domestic violence offenders. Oxford: New York. 90 treated (77 male); few dropouts from 8-sess programme. 48 (+22 partners) traced at 6 mon. Self-esteem and solution finding better; 16.7% cumulative recidivism over 6 yrs. Childhood abuse predicts recidivism.

Lee MY, Sebold J, Uken A (2007) Roles of self determined goals in predicting recidivism in domestic violence offenders. *Research on Social Work Practice* 17:30-41. 1996-2004: 127 seen, 88 traced (70 male); completion (7 of 8 sess) 92.8%. 10.3% recidivism. Agreed goals and specific goals predict more confidence and less recidivism. Brain injury predicts recidivism; child abuse not found to predict.

Li S, Armstrong MS, Chaim G, Kelly C, Shenfeld J (2007) Group and Individual Couple Treatment for Substance Abuse Clients: A Pilot Study. *American Journal of Family Therapy* 35:221-233. 27 couples: 20 complete: multiple couples group 13/15; individual couples group 7/12; no significant differences between group results. 80% (43) traced at 6 mon: 46% (20) 'a great deal better'; 49% (21) 'helped somewhat'. (selina.li@camh.net)

Macdonald AJ (1994) Brief therapy in adult psychiatry. *Journal of Family Therapy* 16:415-426. 41 cases; 1 yr follow-up. 29 (70%) improved; more success if >4 sess; longstanding problems did less well. Equal outcome for all social classes; avg 3.7 sess. (macdonald@solutionsdoc.co.uk)

Macdonald AJ (1997) Brief therapy in adult psychiatry: further outcomes. *Journal of Family Therapy* 19:213-222. 36 cases; 1 yr follow-up. 23 (64%) improved; other problems solved in 10 with good outcome and 2 in the other group. Longstanding problems did less well; equal outcome for all social classes; avg 3.3 sess.

Macdonald AJ (2005) Brief therapy in adult psychiatry: results from 15 years of practice. *Journal of Family Therapy* 27:65-75. Further 41 cases reported; 1 yr follow-up. 31 (76%) improved; avg 5.02 sess; 20% single sess. Combined total 118; 83 (70%) improved; avg 4.03 sess; 25% single sess. Fewer new problems in good outcome group. Longstanding problems predict less improvement; equal outcome for all social classes.

McGilton K, Irwin-Robertson H, Boscart V, Spanjevic L (2006) Communication enhancement: nurse and patient satisfaction outcomes in a complex nursing continuing care facility. *Journal of Advanced Nursing*, 54:35-44. 21 nurses, 16 patients; sft communication enhancement training; 10 wk follow-up. Nurses felt closer to patients and had higher job satisfaction (statistically significant). (mcgilton.kathy@torontorehab.on.ca)

Milner J, Jessop D (2003) Domestic violence: narrative and solutions. *Probation Journal* 50:127-141. 23 referrals; 20 cases (3 female) completed; individual or family work; 18 month follow-up. 19 (95%) not reoffend. Avg 5 sess. (judithmilner@tiscali.co.uk)

Milner J, Singleton T (2008) Domestic violence: solution-focused practice with men and women who are violent. *Journal of Family Therapy* 30:27-51. 68 referrals (16 female); avg 4.3 sess; 50 completed programme. Not reoffended according to multiple sources at minimum 3.5 yr follow-up = 73% good outcome.

Morrison JA, Olivos K, Dominguez G, Gomez D, Lena D (1993) The application of family systems approaches to school behaviour problems on a school-level discipline board: an outcome study. *Elementary School Guidance & Counselling* 27:258-272. 30 with school problems (6 special education); 1-7 sess. 23 improved but 7 relapsed.

Newsome WS (2005) The Impact of Solution-Focused Brief Therapy with At-Risk Junior High School Students. *Children & Schools* 87:83-91. 26 preteens; improved social skills after minimum 5 of 8 group sess at 6 wk follow-up. Classroom behaviour and homework completion had also improved. (snewsome@uic.edu)

Ng Bacon, Provident I (2014) Self-Directed Online Solution-Focused Coaching Used to Reduce Occupational Stress. *Journal of Alternative and Complementary Medicine*. May 2014, 20(5): A102-A103. 18 exp: 4 sess online therapy designed to help health care professionals investigate self-identified problems in their lives. 11 responders post-test: decreased occupational stress, emotional exhaustion, improvement of personal achievement, empathy, energy level, self-confidence and satisfaction in life ( $p < .05$ ). Significant improvement of self-perceived life situation,  $p = .02$ . doi:10.1089/acm.2014.5271.abstract.

Northcott S, Burns K, Simpson A, Hilari, K (2015) "Living with aphasia the best way I can": a feasibility study exploring solution focused brief therapy for people with aphasia. *Folia Phoniatica Logopedica*, Three men and two women with chronic aphasia took part; age range 40s to 70s. Improved mood GHQ from mean 4.8 to mean 2.00; improved communicative participation from mean 7.80 to mean 12.20. No change in social network / connectedness. <http://www.karger.com/Journal/Home/224177>

Perez Grande MD (1991) Evaluacion de resultados en terapia sistematica breve (Evaluation of results in brief systemic therapy). *Cuadernos de Terapia Familiar (Family Therapy Notebooks)* 18:93-110. 97 cases, 25% children; avg 5 sess. 71% better at end. 6-35 (avg 19) mon telephone follow-up: 81 traced. 13% relapse; 36% other problems better. More dropout if longstanding problem.

Perkins R, Scarlett G (2008) The effectiveness of single session therapy in child and adolescent mental health. Part 2: an 18-month follow-up study. *Psychology & Psychotherapy: Theory, Research & Practice* 81(2):143-56. Follow-up of 2006 cohort: 152 children, 91 traced. 60.5% 1 sess; 9.7% five or more. No increase in frequency or severity of symptoms after 18 mon.

Reinehr T, Kleber M, Lass N, Toschke AM (2010) Body mass index patterns over 5 y in obese children motivated to participate in a 1-y lifestyle intervention: age as a predictor of long-term success. *American Journal of Clinical Nutrition* 91:1165-1171. 663 obese children: 6 sessions sf plus nutrition / exercise programme ('Obeldicks'). Significant mean change in BMI at 5yr: 0.46; best effect in younger children. (Several similar studies by same team.) (t.reinehr@kinderklinik-datteln.de).

Roeden JM, Maaskant MA, Bannink FP, Curfs, LMG (2011) Solution-Focused Brief Therapy With People With Mild Intellectual Disabilities: A Case Series. *Journal of Policy and Practice in Intellectual Disabilities*, 8: 247–255. 10 cases with a mild intellectual disability. 6 wk follow-up: improved on quality of life, less maladaptive behavior, goal attainment according to subjects and carers. doi: 10.1111/j.1741-1130.2011.00317.x (j.roeden@baalderborgroep.nl)

Sabri, F. (2016) Solution-Focused group therapy in a residential care setting: an outcome study conducted in Malaysia. Doctoral dissertation, Kent State University. 57 post-withdrawal drug users; SF group therapy 4 sess over 4 wk. OQ/CORE pre/post: significant improvement in treatment outcomes ( $P < 0.001$ ) and psychological well-being ( $P < 0.001$ ). [https://etd.ohiolink.edu/etd.send\\_file?accession=kent1466589637&disposition=inline](https://etd.ohiolink.edu/etd.send_file?accession=kent1466589637&disposition=inline)

Sawitree Lakthong, Nujjaree N. Chaimongkol, Pornpat Hengudomsub (2017) Sustained recovery process by treatment groups focused on finding solutions in young Thai men who use narcotic substances, pilot study. *Journal of the Royal Thai Army Nurses* 18 (suppl.):315-325. 8 users: cannabis, amphetamine, ICE; 6 sess sf group. Significant improvement on Recovery Process Inventory at 4 wk follow-up. (Thai) (nujjaree@buu.ac.th)

Shennan G (2003) The early response project: a voluntary sector contribution to CAMHS. *Child And Adolescent Mental Health In Primary Care* 1:46-50. 558 referrals; 415 families seen. 1-21 sess, avg 2.7. Telephone follow-up at 6-9 mon: 40 of 72 parents contacted. 62.5% improved; 75% report improved coping ability; avg 2.7 sess. (guyshennan@sfpractice.co.uk)

Shennan G, Iveson C (2011) From Solution to Description: Practice and Research in Tandem. In Franklin C, Trepper T, Gingerich WJ, McCollum E (eds) *Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice*. Oxford University Press: New York 2011. 4 studies. 24 clients, 6 mon-1 yr follow-up: 23 (83%) better, 1 (3%) worse. 39 clients, avg 18 mon follow-up: 31 (80%) better, 2 (5%) worse. 57 clients, 2-3 yr follow-up: 24 (59.7%) improved, 2 (3.5%) worse. 25 clients, 8 mon-16 mon follow-up: 'best hopes' achieved by 14 (56%), little 7 (28%), not at all 4 (16%).

Simm R, Iddon J, Barker C (2013) A community pain service solution-focused pain management programme: delivery and preliminary outcome data. *British Journal of Pain* 7(4) 63 female/22 male; significantly better well-being at 12 mon follow-up but only 14 replies. doi: 10.1177/2049463713507910 (becky.simm@nhs.net)

Simm, R, Iddon J, Barker C (2014) A community pain service solution-focused pain management programme: delivery and preliminary outcome data. *British Journal of Pain* 8(1):49-56. doi: 10.1177/2049463713507910 2x1hr exercise / 3hr discussion in each of 8 wks. 63 females / 22 males who attended 75% of sessions found significant change at 10 wks for self-efficacy and function and improvements in mental well-being at 12 mon.

Simon JK, Nelson TS (2007) *Solution-Focused Brief Practice With Long-Term Clients In Mental Health Services 'I Am More Than My Label'*. Haworth Press: New York (p 135-6). 1997-8: 2 clinics, 1 psychodynamic, 1 sf. 781 cases vs 1673; 631 sessions vs 763 per therapist, so greater income from sf clinic. (jsimon14@hvc.rr.com)

Siwilai White Mok (2014) Results of the program to modify the view to focus on finding a solution for patients with schizophrenia who received drug psychoses. *Journal of Psychiatric Nursing and Mental Health* 25(3): 56-68 (Thailand). 14 non-compliant patients with schizophrenia: 5 x 1 hr program using sf reframing program. Improved self-confidence, compliance and activities of daily living.

Sommers-Flanagan J, Polanchek S, Zeleke WA, Hood MHE, Shaw SL (2014) Effectiveness of Solution-Focused Consultations on Parent Stress and Competence. *The Family Journal*. 45 parents; 2 sess consultation. Significant reductions in parenting stress and increased parenting self-efficacy. doi:10.1177/1066480714555696 (john.sf@mso.umt.edu)

Taylor WF (2013) Effects of SFBT group counseling on generalized anxiety disorder. (Thesis; Walden University) 30 clients; mean posttest score ( $M = 11.20$ ) significantly lower than the mean pretest score,  $p < 0.01$ .

Thanidawan Wanthaneeyakul, Pennapha Koolnaphadol (2016) The effect of individual solution focus brief therapy on emotion regulation of adolescent mothers. *Research Methodology & Cognitive Science* 13 (1):18-26. 13 mothers aged between 15-19 years old who attended family planning at Buddhasothorn Hospital, Chachoengsao. 8 sess sf groups: significantly higher emotional regulation ( $P < 0.05$ ) at post-test and 2 wk follow-up. (Thai) (tha\_ni55@hotmail.com)

Thompson R, Littrell JM (2000) Brief counseling for students with learning disabilities. *The School Counselor* 2:60-7. 12 students; 2 sess; follow-up 2 wk. 10 achieved 100% of goal.

Vaughn K, Young BC, Webster DC, Thomas MR. A continuum-of-care model for inpatient psychiatric treatment. In Miller SD, Hubble MA, Duncan BL (eds) (1996) *Handbook of Solution-Focused Brief Therapy*. Jossey-Bass: San Francisco (p99-127). 688 cases before sft model: avg stay 20.2 days; 675 cases after: avg stay 6.6 days.

Walker L, Greening R (2010) Huikahi Restorative Circles: a public health approach for reentry planning. *Federal Probation Journal* 74(1). 16/23 (70%) not reoffend at 2 yrs, while State 3 yr recidivism is 54.7%.

Wang, Hsueh-Lien (2016) Case Study of the Solution-Focused Brief Therapy applied to Non-Suicidal Self-Injury Adolescents : The Broaden-and-Build Theory of Positive Emotions Perspectives. National Taipei University of Nursing and Health Sciences Institutional Repository <http://140.131.94.7/handle/987654321/4754> 2 juveniles under reformatory education in one juvenile correctional facility: 12 SFBT sess each. More empowered and better emotional regulation including accepting their own emotions. (Chinese)

Wilson A, Hong H (2015) Acupuncture as a Viable Adjunct to Psychotherapy for Generalized Anxiety Disorder. *International Journal of Clinical Acupuncture* 24(4):231-235. 10 clients with generalised anxiety disorder: SFT and acupuncture for 6 wk. All remained improved at 6 wk follow-up.

Wiseman S (2003) Brief intervention: reducing the repetition of deliberate self-harm. *Nursing Times* 99: 34-36. First self-harm 40 clients; 1 sess. Up to 6 mon follow-up: 39 (97%) no repeat; 78% improved on self-scaling.

Young S (1998) The support group approach to bullying in schools. *Education Psychology in Practice*, 14(1): 32-39. 47/50 bullying stopped. 40 (80%) stopped at once; remainder stopped within 5 wk. None worse.

Young S, Holdorf G (2003) Using solution-focused brief therapy in referrals for bullying. *Education Psychology in Practice*, 19(4): 271-282. 92 cases (26 single session cases excluded from analysis); one quarter from primary schools. 85 (92%) successful; avg 3.4 sess.

Yu Jinmei, Lu Wanjun, Chen Aimei, Jiang Yan, Zhang Min, Zhong Boqin, Yan Qingyue, Huang Jin (2016) Application of solution-focused nursing approach in warfarin therapy for atrial fibrillation patients. *Clinical Psychosomatic Diseases* 22(4). 100 hospitalized patients with atrial fibrillation. After health education warfarin self-care knowledge, awareness of warfarin consent rate significantly higher ( $P < 0.05$ ), atrial fibrillation anticoagulation management scale awareness significantly higher ( $P < 0.01$ ), medication compliance, monitoring of international normalized ratio compliance, international normalized ratio compliance rate all significantly better than the control group ( $P < 0.01$ ). Bleeding complications and embolic events were significantly less than the control group ( $P < 0.05$  or  $0.01$ ). doi : 10.3969/j.issn.1672-187X.2016.04.056-0161-03 (Chinese)

Yuyunhyeong (2015) A Research on the Effects of Solution-focused Group Art Therapy on Improvement of Sibling Relationship and Well-being. *South Korea Art Psychotherapy*

Association Article XIV:29.11(1):147-176. [www.earticle.net/article.aspx?sn=244197](http://www.earticle.net/article.aspx?sn=244197) 6 siblings: 10 sess Group Art therapy. Positive effects on sibling relationship, Gentleness, Conflict, Relative status, Competition and the well-being of sibling children. (Korean)

Ziffer JM, Crawford E, Penney-Wietor J (2007) The Boomerang Bunch: A School-Based Multifamily Group Approach for Students and Their Families Recovering from Parental Separation and Divorce. *The Journal for Specialists in Group Work* 32:154-164. School counsellors: 5 parents; 8 sess. Groups for parents, older + younger children. All improved at 6 mon follow-up interview. (StrongToGoOn@aol.com)

#### OTHER RESOURCES

Franklin C, Trepper TS, Gingerich WJ, McCollum EE (eds) 'Solution-focused Brief Therapy: A Handbook of Evidence-Based Practice'. Oxford University Press: New York 2011.

Klingenstierna C (Sweden; [caroline@framtidsfokus.se](mailto:caroline@framtidsfokus.se)): randomised controlled study of sft groups for returning unemployed to work. Faster return to active list and less distress symptoms for persons (n=15+15) with more than 6 months of sick leave than control group. No significant differences between groups after 5 months follow-up (Unpublished).

Journal of Solution-Focused Brief Therapy: editor Michael Durrant  
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