



The effectiveness of solution-focused therapy on emotional, cognitive, motivational and biological symptoms of major depressive disorder in men and women

Seyyed Hossein. Alavi ¹

Mehdi. Ghasemi Motlagh *²

Behrang. Esmaeili Shad ³

Abolfazl. Bakhshipour ⁴

1. PhD Student, Department of Psychology, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran.
2. Assistant Professor, Department of Psychology, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran.
3. Department of educational sciences, bojnourd branch, Islamic Azad University, bojnourd, Iran.
4. Assistant Professor, Department of Psychology, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran.

Email: avestaps@yahoo.com | Received: 25.08.2022 | Acceptance: 27.02.2022

Journal of Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 3, No. 3, Pp: 25-27
Fall 2022

Original research article

How to Cite This Article:

Alavi, H A., Ghasemi Motlagh, M., Esmaeili Shad, B., & Bakhshipour, A. (2022). The effectiveness of solution-focused therapy on emotional, cognitive, motivational and biological symptoms of major depressive disorder in men and women, *aftj*, 3(3): 25-27



© 2022 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The aim of this study was to determine the effectiveness of strategic solution-oriented therapy on emotional, cognitive, motivational and biological symptoms of major depressive disorder. **Methods:** The present study was applied in terms of research purpose. The quasi-experimental research design was pretest-posttest with control group and quarterly follow-up. The statistical population of the study included all men and women who referred to Bojnourd Beautiful Mental Counseling and Psychology Center in 2019-20, who referred to psychiatrists, psychologists and mental health specialists and the center specialists diagnosed them with major depressive disorder. The sample of this study includes 30 people from the mentioned community who were selected using purposive sampling method and using simple randomization method in two groups of solution-focused therapy (n= 15) based on Quick (2008) protocol and control group (n=15) were assigned. Data were obtained using a Depression Inventory (researcher-made). In the descriptive statistics section, mean and standard deviation and in the inferential statistics section, the analysis of variance with repeated measures was used. **Results:** The results showed that strategic solution-oriented therapy reduces the symptoms of emotional (F=41.16, P<0.001), cognitive (F=12.87, P<0.001), motivational (F=4.93, P=0.035) and biological (F=29.85, P<0.001) disorders. Major depression was effective. **Conclusion:** It can be concluded that strategic solution-oriented therapy is effective on emotional, cognitive, motivational and biological symptoms of major depressive disorder and can be used to improve the problems of people with major depression. **Keywords:** *solution-focused therapy, emotion, cognition, motivation, depression.*

References

- Akpatsa, E., & Segovia, A. M. (2018). Efficacy of Solution-Focused Therapy on Depression: A Case Study. *International Journal of Humanities and Social Science*, 10: 68-75.
- Albert, P. R. (2015). Why is depression more prevalent in women? *Journal of psychiatry & neuroscience: JPN*, 40(4), 219.
- Aminnasab, A., Mohammadi, S., Zareinezhad, M., Chatrouz, T., Mirghafari, S. B., & Rahmani, S. (2018). Effectiveness of Solution-Focused Brief Therapy (SFBT) on Depression and Perceived Stress in Patients with Breast Cancer. *Tanaffos*, 17(4), 272.
- Azizi, A., & Ghamemi, S. (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. *Counseling Culture and Psychotherapy*, 8(29), 207-236 (Persian)
- Bianchi, R., Schonfeld, I. S., & Laurent, E. (2015). Burnout–depression overlap: A review. *Clinical psychology review*, 36, 28-41.
- Franklin, C., Streeter, C. L., Webb, L., & Guz, S. (2018). *Solution Focused Brief Therapy in Alternative Schools: Ensuring Student Success and Preventing Dropout*. Routledge.
- Franklin, C., Zhang, A., Froerer, A., & Johnson, S. (2017). Solution focused brief therapy: A systematic review and meta-summary of process research. *Journal of marital and family therapy*, 43(1), 16-30.
- Gong, H., & Hsu, W. (2017). The effectiveness of solution-focused group therapy in ethnic Chinese school settings: A meta-analysis. *International Journal of Group Psychotherapy*, 67(3), 383-409.
- Greenberg, L. S. (2016). Emotion-focused therapy: An overview. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 4(33).
- 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*, 2(4), 244.
- Hodes, G. E., Kana, V., Menard, C., Merad, M., & Russo, S. J. (2015). Neuroimmune mechanisms of depression. *Nature neuroscience*, 18(10), 1386-1393.
- Javid, N., Ahmadi, A., Mirzaei, M., & Atghaei, M. (2019). Effectiveness of Solution-Focused Group Counseling on the Mental Health of Midwifery Students. *Revista Brasileira de Ginecologia e Obstetrícia/RBGO Gynecology and Obstetrics*, 41(08), 500-507.
- Jenkins, C., & Germaine, C. (2018). Solution-oriented learning to build resilience in mental health nursing students and recently qualified nurses. *Mental Health Practice*, 21(7).
- Karimi, F., Jamali, S., & Khorani Karimi, T. (2014). Effectiveness of laughter therapy and solution-oriented therapy in a group way. *Behavioral science research*, 3 (41): 465-472 (Persian)
- Kim, J. S., & Franklin, C. (2015). Understanding emotional change in solution-focused brief therapy: Facilitating positive emotions. *Best Practices in Mental Health*, 11(1), 25-41.
- Kim, J. S., Brook, J., & Akin, B. A. (2018). Solution-focused brief therapy with substance-using individuals: A randomized controlled trial study. *Research on Social Work Practice*, 28(4), 452-462.

- Kim, J. S., 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.
- Kim, J., Kelly, M., & Franklin, C. (2017). *Solution-focused brief therapy in schools: A 360-degree view of the research and practice principles*. Oxford University Press.
- Oraki, M., Mahdizadeh, A., & Dortaj, A. (2018). Comparing the effectiveness of emotion regulation- focused cognitive-behavior therapy and acceptance and commitment therapy on reducing the backache symptoms and depression and increasing life satisfaction in women suffering from chronic backache with commorbid major depressive disorder. *Quarterly journal of health psychology, 7*(26), 25-43 (Persian)
- Quick, E. K. (2008). *Doing what works in brief therapy: A strategic solution focused approach*. Academic Press.
- Reddy, P. D., Thirumoorthy, A., Vijayalakshmi, P., & Hamza, M. A. (2015). Effectiveness of solution-focused brief therapy for an adolescent girl with moderate depression. *Indian Journal of Psychological Medicine, 37*(1), 87-89.
- Segal, Z. V., Williams, M., & Teasdale, J. (2018). *Mindfulness-based cognitive therapy for depression*. Guilford Publications.
- Smith, C., Armour, M., Lee, M. S., Wang, L., & Hay, P. (2018). Acupuncture for depression (intervention review). *Cochrane Database of Systematic Reviews*.
- Smith, S., & Macduff, C. (2017). A thematic analysis of the experience of UK mental health nurses who have trained in Solution Focused Brief Therapy. *Journal of psychiatric and mental health nursing, 24*(2-3), 105-113.
- Wichowicz, H. M., Puchalska, L., Rybak-Korneluk, A. M., Gąsecki, D., & Wiśniewska, A. (2017). Application of Solution-Focused Brief Therapy (SFBT) in individuals after stroke. *Brain injury, 31*(11), 1507-1512.