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SOLUTION-FOCUSED GROUP THERAPY IN A RESIDENTIAL CARE SETTING:
AN OUTCOME STUDY CONDUCTED IN MALAYSIA (205 pp.)

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The purpose of this study was to examine the effect of solution-focused group therapy on substance abusers in a residential care setting conducted in Malaysia. In specific, the effect was assessed by measuring the treatment outcomes and psychological well-being of participants at pre- and post-treatment, and other factors including indication of abuse, period of sobriety, and psychological aspects that includes symptoms, life-functioning, self-harm, and general well-being were investigated in relation to treatment outcomes.

A total of 57 participants who received residential treatment at Cure and Care 1Malaysia Clinic met the participants' inclusion criteria; agreed to be participated in the study and completed pretest and posttest of the study. The participants were given a four-week treatment of solution-focused group therapy. The participants completed two instruments, the Outcome Questionnaire that measured treatment outcomes and the Clinical Outcome in Routine Evaluation that measured psychological well-being. Participants also provided responses about their substance abuse history including period of sobriety, types of substance, and treatment history.

The instruments data were analyzed using independent t-test, correlation analysis, and multiple linear regression. Independent t-test analyses indicated significant differences on treatment outcomes and psychological well-being of participants at post-treatment evaluation. Regression analyses indicated that period of sobriety and psychological aspects – namely symptoms, life-functioning, self-harm, and general well-being differentially predicted treatment outcomes. By examining variations in participants' period of sobriety and psychological aspects and how much they contribute to treatment outcomes, this study highlights these factors play some major role in treatment outcomes.

These results are discussed in detail herein. Implications of the findings along with the limitations of the study are presented. Recommendations of future research are also described.