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## Solution-Focused Chronic Pain Self-Management Education: A Pilot Study

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## **Solution-Focused Chronic Pain Self-Management Education: A Pilot Study**

Jay E. Valusek

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### **Abstract**

現今，美國大約有三分之一的成年人患有慢性疼痛，因此之故，美國政府最近發佈了一項「全國疼痛策略」；在其中，特別提倡主動對病患提供自我管理技術的教育。為了評估「焦點解決慢性疼痛管理」(SFCEP)——一種基於以焦點解決短期治療(SFBT)的新型門診心理教育計畫——在科羅拉多州朗蒙特開展了一項預試研究，邀請了受試病患進行了五次自我報告評估。由於樣本量小(n = 12)，僅計算了從基本線到後續追蹤的百分比變化。受試病患在生活品質(41.4%)、疼痛自我效能(22%)、希望感(16%)、心理健康(9.3%)、以及與問題脫離(12.3%)等項，均有所改善。初步結果顯示，日後需要進行更為嚴謹的研究調查。於本研究中發現，比起「以問題為焦點」的模式，焦點解決模式提供病患更多個別化與賦能性的替代方案。儘管有著慢性疼痛，參與本研究的病患對於他們身體、思想和生活等方面，變得不再那麼關注什麼是錯誤的，而是轉為專注於何謂正確或有效之處。

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