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

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

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**Abstract**

如今，美国大约有三分之一的成年人患有慢性疼痛，因此之故，美国政府最近发布了一项“全国疼痛策略”；在其中，特别提倡主动对病患提供自我管理技术的教育。为了评估“焦点解决慢性疼痛管理”（SFCCPM）——一种基于以焦点解决短期治疗（SFBT）的新型门诊心理教育计划——在科罗拉多州朗蒙特开展了一项预试研究，邀请了受试病患进行了五次自我报告评估。由于样本量小（ $n = 12$ ），仅计算了从基本线到后续追踪的百分比变化。受试病患在生活质量（41.4%）、疼痛自我效能（22%）、希望感（16%）、心理健康（9.3%）、以及与问题脱离（12.3%）等项，均有所改善。初步结果显示，日后需要进行更为严谨的研究调查。于本研究中发现，比起“以问题为焦点”的模式，焦点解决模式提供病患更多个别化与赋能性的替代方案。尽管有着慢性疼痛，参与本研究的病患对于他们身体、思想和生活等方面，变得不再那么关注什么是错误的，而是转为专注于何谓正确或有效之处。

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