

2021

## The Validation of Solution Building Inventory in the Turkish Population

Ümüt Arslan  
umutarslanizmir@gmail.com

Sinan Okur  
okursinan8@gmail.com

Sara Smock Jordan  
sarasmockjordan@gmail.com

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### Recommended Citation

Arslan, Ümüt; Okur, Sinan; and Smock Jordan, Sara (2021) "The Validation of Solution Building Inventory in the Turkish Population," *Translated Abstracts*: Vol. 1 : Iss. 1 , Article 6.

Available at: <https://digitalscholarship.unlv.edu/journalsfpta/vol1/iss1/6>

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**ARTICLE****The Validation of Solution Building Inventory in the Turkish Population**

Ümüt Arslan

Guidance and Psychological Counseling Department, İzmir Democracy University, İzmir, Turkey

Sinan Okur

Department of Educational Sciences, National Defense University Air Force Academy, İstanbul, Turkey

Sara Smock Jordan

Professor and Program Director of CFT, University of Nevada, Las Vegas

**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”（SFCPM）——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。

Ümüt Arslan

Email: [umutarslanizmir@gmail.com](mailto:umutarslanizmir@gmail.com) & [umut.arslan@idu.edu.tr](mailto:umut.arslan@idu.edu.tr)

Sinan Okur

Email: [okursinan8@gmail.com](mailto:okursinan8@gmail.com)

Sara Smock Jordan

Email: [sarasmockjordan@gmail.com](mailto:sarasmockjordan@gmail.com)

Recommended citation:

Arslan, Ü., Okur, Sinan., & Jordan, S. S. (2021). The validation of Solution Building Inventory in the Turkish population. *Journal of Solution Focused Practices*, 5(1).Full-text English article available at: <https://digitalscholarship.unlv.edu/journalsfp/vol5/iss1/2/>