Evidence Base for Problem-Solving Treatment (PST): Selected References

Problem Solving Therapy

Citation:

Renn B. N., Mosser B. A., & Raue, P. J. (2020). Problem-solving therapy. In Tampi, R., Yarns, B., Zdanys, K., & Tampi, D. (Eds.), *Psychotherapy in Later Life* (pp. 75-91). Cambridge, UK: Cambridge University Press.

Summary:

This book chapter provides a practical overview of Problem-Solving Therapy (PST) for late-life depression, an evidence-based psychotherapy for depression with particularly robust evidence for use with older adults. The theoretical framework of PST and a typical course of treatment is presented, illustrated by a case of an older depressed patient with cognitive impairment and complex biopsychosocial needs. Recent empirical findings and considerations for special populations are presented, along with resources for further training in PST.

Management of Depression in Adults: A Review

Citation:

Simon, G. E., Moise, N., & Mohr, D. C. (2024). Management of Depression in Adults: A Review. *JAMA.* 332(2):141-152.

Summary:

This review of randomized clinical trials concluded that first-line treatments for depression in adults include PST, as well as cognitive therapy, behavioral activation, interpersonal therapy, brief psychodynamic therapy, and mindfulness-based psychotherapy. All had at least medium-sized effects in symptom improvement over usual care without psychotherapy.

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Problem-solving therapy and supportive therapy in older adults with major depression and executive dysfunction

Citation:

Areán, P. A., Raue, P., Mackin, S. R., Kanellopoulos, D., McCulloch, C., & Alexopoulos, G. S. (2010). Problem-solving therapy and supportive therapy in older adults with major depression and executive dysfunction. *Am J Psychiatry*. 167(11): 1391-1398.

Summary:

This study found that PST is effective in reducing depressive symptoms as it led to treatment response and remission in a considerable number of older patients with major depression and executive dysfunction. These findings support PST as a treatment alternative in an older patient population likely to be resistant to pharmacotherapy.

The effectiveness of problem-solving therapy for primary care patients' depressive and/or anxiety disorders: a systematic review and meta-analysis.

Citation:

Zhang, A. A., Park, S., Sullivan, J. E., & Jing, S. (2018). The effectiveness of problem-solving therapy for primary care patients' depressive and/or anxiety disorders: a systematic review and meta-analysis. *J Am Board Fam Med*. 31(1):139-150.

Summary:

This systematic review and meta-analysis of clinical trials examined PST for patients with depression and/or anxiety in primary care. It found support for the effectiveness of PST for depression and/or anxiety. Results also indicated that physician-involved PST offers meaningful improvements for primary care patients' depression and/or anxiety.

Effectiveness of Case Management with Problem-Solving Therapy for Rural Older Adults with Depression.

Citation:

Hollister, B., Crabb, R., Kaplan, S., Brandner, M., & Areán, P. (2020). Effectiveness of Case Management with Problem-Solving Therapy for Rural Older Adults with Depression. *Am J Geriatr Psychiatry*. 30(10):1083-1092.

Summary:

This study examined PST combined with Case Management for older adults with depression and unmet needs across rural and urban settings. PST was as effective at reducing depression and disability among rural older adults as it was for urban older adults.

Effectiveness of Problem-Solving Therapy in Improving Patient Mental Health, Function, Quality of Life, and Mortality Post-Stroke: A Systematic Review.

Citation:

Le, H. T., Honma, K., Annaka, H., Sun, S., & Nomura, T. (2024). Effectiveness of Problem-Solving Therapy in Improving Patient Mental Health, Function, Quality of Life, and Mortality Post-Stroke: A Systematic Review. *Behavioral Sciences* (Basel). 14(6):446.

Summary:

This systematic review found that PST may improve mental health, quality of life, and mortality in patients with stroke.