

Evidence Base for Problem-Solving Treatment

Selected References

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

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.

2. Areán P.A., et al., (2010). Problem-solving therapy and supportive therapy in older adults with major depression and executive dysfunction. *Am J Psychiatry*. 167(11): 1391-1398.

This study found that PST is effective in reducing depressive symptoms and 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.

3. 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.

A systematic review and meta-analysis of clinical trials examined PST for patients with depression and/or anxiety in primary care, and 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.

4. Gellis Z, et al. (2007). Problem-solving therapy for late-life depression in home care: a randomized field trial. *Am J Geriatr Psychiatry*. 15(11): 968-78.

A pilot randomized clinical trial compared the impact of home-delivered PST to usual care among older medically ill home care patients identified with severe depressive symptoms. Outcome data suggested that PST patients had significantly greater improvements in depression and quality of life than usual care patients.