

Research on the Solution-Focused Approach in 2022: A Scoping Review, Andreea M Žak, Rytis Pakrošnis, Evgeniya Kuminskaya,

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Table S1. Summary of selected characteristics of the reviewed articles published in 2022

Author(s)	Publication characteristics	Sample characteristics	Methodology	Intervention characteristics	Main findings
(A/P Mahendran & Joo Siang, 2022)	<b>Language:</b> Malay <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 12	<b>Country:</b> Malaysia <b>Setting:</b> Educational <b>N=</b> 33 <b>Age group:</b> Adolescents <b>% female:</b> 67%	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Mixed (quasi-experiment and observation of video-sessions and transcript analysis) <b>Measurement:</b> Positive-focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group, hybrid <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> +* on self-esteem in the SFP group, no change in the control group <b>Between-group:</b> +* on self-esteem <b>Process:</b> Not applicable
(Aivalioti et al., 2023)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR = 0.41 h5 = 17	<b>Country:</b> Greece <b>Setting:</b> Medical/health care <b>N=</b> 30 <b>Age group:</b> Adults <b>% female:</b> 40	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experiment <b>Measurement:</b> Mixed positive-and-problem-focused <b>Control group:</b> TAU	<b>Format:</b> NR <b>Nr. of sessions:</b> 5 <b>Modality:</b> Combined with TAU	<b>Within-group:</b> +* in family environment and psychiatric symptoms in the SFP group, no change in the control group. <b>Between-group:</b> Not explored <b>Process:</b> Not applicable
(Akbaş & Yiğitoğlu, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 2.3 SJR = 0.65 h5 = 41	<b>Country:</b> Turkey <b>Setting:</b> Educational <b>N=</b> 48 <b>Age group:</b> Adolescents <b>% female:</b> NA	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Problem-focused <b>Control group:</b> NA	<b>Format:</b> NA <b>Nr. of sessions:</b> 7 <b>Modality:</b> NA	<b>Within-group:</b> Not explored <b>Between-group:</b> +* for SFP on anger management and violent behavior <b>Process:</b> Not applicable
(Akgül-Gündoğdu & Selçuk-Tosun, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 2.4 SJR = 0.57 h5 = 45	<b>Country:</b> Turkey <b>Setting:</b> Educational <b>N=</b> 128 <b>Age group:</b> Adolescents <b>% female:</b> 36	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Problem-focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 6 <b>Modality:</b> Pure	<b>Within-group:</b> +* on internet addiction, nutrition-exercise attitudes and behavior <b>Between-group:</b> +* on internet addiction, nutrition-exercise attitudes and behavior <b>Process:</b> Not applicable
(Akinyemi & Aremu, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI	<b>Country:</b> Nigeria <b>Setting:</b> Medical/health care	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment	<b>Format:</b> NR <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> +* on distress <b>Between-group:</b> +* vs placebo on distress

	SJR: NI h5: NI	<b>N</b> = 40 <b>Age group:</b> Adults <b>% female:</b> NR	<b>Measurement:</b> Problem-focused <b>Control group:</b> Active (placebo - conversations on health)		<b>Process:</b> Not applicable
(Bagheriniya et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Medical/health care <b>N</b> = 60 <b>Age group:</b> Adults <b>% female:</b> 28	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> quasi-experiment <b>Measurement:</b> Positive-focused <b>Control group:</b> Mixed passive (waiting list) and active (other approach, i.e., emotion-focused therapy)	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> Not explored <b>Between-group:</b> +* on spiritual health for both the SFP and emotion-oriented therapy vs. waiting list. ∅ on spiritual health between treatment groups. <b>Process:</b> Not applicable
(Beauchemin et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Educational <b>N</b> = 27 <b>Age group:</b> Adults <b>% female:</b> 78	<b>Type:</b> Outcome research <b>Methodology:</b> Mixed methods <b>Design:</b> pre-test post-test and qualitative semi-structured interviews (thematic analysis) <b>Measurement:</b> Mixed positive-and-problem-focused <b>Control group:</b> Active (general intervention)	<b>Format:</b> Group, online <b>Nr. of sessions:</b> 6 <b>Modality:</b> Combined with wellness themes	<b>Within-group:</b> +* on well-being, mental health, and perceived wellness in both the SFP and comparison groups. Thematic analysis revealed increased awareness of needs related to wellness, benefit of peer support, and understanding of wellness as a multidimensional construct. <b>Between-group:</b> +* on well-being ( $\eta_p^2 = .521$ ) and perceived wellness ( $\eta_p^2 = .105$ ). <b>Process:</b> Not applicable
(Bruehlman, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Educational <b>N</b> = 146 (consisting in 73 dyads of parent and young adult) <b>Age group:</b> Adults <b>% female:</b> 86	<b>Type:</b> Outcome research <b>Methodology:</b> Mixed method <b>Design:</b> cross-sectional and thematic analysis <b>Measurement:</b> Mixed solution-and-positive focused <b>Control group:</b> None	<b>Format:</b> Solution-focused activity <b>Nr. of sessions:</b> not applicable <b>Modality:</b> Pure	<b>Within-group:</b> Thematic analysis indicated five themes following the solution-focused activity referring to open and honest communication, quality time/togetherness, Laughter as a form of being connected, and No judgement/Assumptions as what the dyad want to do differently. <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Bustan et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI	<b>Country:</b> Indonesia <b>Setting:</b> NR <b>N</b> = 7 <b>Age group:</b> Adults	<b>Type:</b> Outcome research <b>Methodology:</b> Mixed methods <b>Design:</b> Experiment and descriptive case studies	<b>Format:</b> NR <b>Nr. of sessions:</b> 3 <b>Modality:</b> Pure	<b>Within-group:</b> + on distress <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable

	h5 = 11	<b>% female:</b> 100	<b>Measurement:</b> Problem-focused <b>Control group:</b> None		
(Cahyanti et al., 2022)	<b>Language:</b> Indonesian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Indonesia <b>Setting:</b> NA <b>N=</b> 3 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Positive-focused <b>Control group:</b> None	<b>Format:</b> NA <b>Nr. of sessions:</b> 4 <b>Modality:</b> Combined with understanding the problem, exploring the dynamics of the crisis experienced	<b>Within-group:</b> + on self-competence and worthiness <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Christiansen, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Educational <b>N=</b> 3 <b>Age group:</b> Mixed <b>% female:</b> 0	<b>Type:</b> Outcome research <b>Methodology:</b> Qualitative <b>Design:</b> Case study <b>Measurement:</b> Not applicable <b>Control group:</b> None	<b>Format:</b> Individual <b>Nr. of sessions:</b> NR <b>Modality:</b> Combined with REBT, CBT, reality therapy, dialectical behavior therapy, psychoeducation	<b>Within-group:</b> + on emotional, behavioral, cognitive functioning <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Erdoğan & Demir, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 2.1 SJR = 0.54 h5 = 32	<b>Country:</b> Turkey <b>Setting:</b> NA <b>N=</b> 39 <b>Age group:</b> NA <b>% female:</b> NA	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Mixed positive-and-problem focused <b>Control group:</b> NA	<b>Format:</b> Group <b>Nr. of sessions:</b> NA <b>Modality:</b> Combined with psychoeducation	<b>Within-group:</b> +* on internalized stigma of mental illness and self-esteem <b>Between-group:</b> +* on recovery assessment <b>Process:</b> Not applicable
(Fiana et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 11	<b>Country:</b> Indonesia <b>Setting:</b> Counselling service <b>N=</b> 7 <b>Age group:</b> Adolescents <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Problem-focused <b>Control group:</b> None	<b>Format:</b> Group <b>Nr. of sessions:</b> 6 <b>Modality:</b> Pure	<b>Within-group:</b> +* on social anxiety <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Firth & Tripathi, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> UK <b>Setting:</b> Medical/health care <b>N=</b> 1 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Process-outcome research <b>Methodology:</b> Mixed (quantitative and qualitative) <b>Design:</b> Case study	<b>Format:</b> Individual <b>Nr. of sessions:</b> 10 <b>Modality:</b> Pure	<b>Within-group:</b> + on mood and anxiety; 10-point scale <b>Between-group:</b> Not applicable <b>Process:</b> Useful elements identified were best hopes and exploring what's working.

(Froerer et al., 2023)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 1.3 SJR = 0.36 h5 = 21	<b>Country:</b> USA <b>Setting:</b> Private practice <b>N=</b> 6 <b>Age group:</b> Mixed (5 adults, 1 adolescent) <b>% female:</b> 67	<b>Measurement:</b> Solution-focused <b>Control group:</b> Not applicable <b>Type:</b> Process research <b>Methodology:</b> Qualitative <b>Design:</b> microanalysis <b>Measurement:</b> Not applicable <b>Control group:</b> Not applicable	<b>Format:</b> Individual <b>Nr. of sessions:</b> NR <b>Modality:</b> Pure	<b>Within-group:</b> Not applicable <b>Between-group:</b> Not applicable <b>Process:</b> * higher rates of overall (50.3% vs. 20.6%) and conditional (81% vs. 24.3%) presupposition; *more use of relationship-oriented presuppositional questions (62.1% vs. 29.1%), and *less action-orientated language in presuppositional questions (8.8% vs. 24.3%) by SFBT 2.0 vs. 1.0 therapists; ∅ in type of presupposition used across the session, i.e., both therapists use more directing than redirecting or continuous types.
(Garba & Tanko, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Nigeria <b>Setting:</b> Educational <b>N=</b> 18 <b>Age group:</b> Adults <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experimental <b>Measurement:</b> Problem-focused <b>Control group:</b> Passive (no intervention)	<b>Format:</b> Individual <b>Nr. of sessions:</b> NR <b>Modality:</b> Pure	<b>Within-group:</b> +* on procrastination <b>Between-group:</b> NR <b>Process:</b> Not applicable
(Ghari Saadati et al., 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Outpatient community counseling clinic <b>N=</b> 90 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Positive-focused <b>Control group:</b> Mixed passive (no treatment) and active (other approach: compassion-focused therapy)	<b>Format:</b> Couple <b>Nr. of sessions:</b> 6 <b>Modality:</b> Pure	<b>Within-group:</b> Not explored <b>Between-group:</b> +* on interpersonal communication vs. no treatment for both intervention groups; -* on interpersonal communication vs. compassion-focused therapy <b>Process:</b> Not applicable
(Ghorbani et al., 2022a)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> University counseling center <b>N=</b> 60 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experimental <b>Measurement:</b> Mixed positive-and-problem focused	<b>Format:</b> Couple group therapy <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> Not explored. <b>Between-group:</b> +* on marital conflicts, sexual intimacy and marital harmony and disharmony vs. no treatment; -* on all aspects vs. behavioral couple therapy

			<b>Control group:</b> Mixed passive (no treatment) and active (other approach: behavioral couple therapy)		<b>Process:</b> Not applicable
(Ghorbani et al., 2022b)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 33	<b>Country:</b> Iran <b>Setting:</b> University counseling center <b>N=</b> 60 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Positive-focused <b>Control group:</b> Mixed (no intervention and behavioral couple therapy)	<b>Format:</b> Couple group therapy <b>Nr. of sessions:</b> 8 <b>Modality:</b> Combined with psychoeducation	<b>Within-group:</b> Not reported <b>Between-group:</b> +* vs passive control on marital relationship and ∅ vs active control <b>Process:</b> Not applicable
(Gilley, 2022a)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Medical/health care <b>N=</b> 1 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Case study <b>Measurement:</b> Problem-focused <b>Control group:</b> Not applicable	<b>Format:</b> Individual <b>Nr. of sessions:</b> NR <b>Modality:</b> Combined with psychoeducation	<b>Within-group:</b> + on addiction issues, health and functioning <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Gilley, 2022b)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Outpatient community private foundation <b>N=</b> 1 <b>Age group:</b> Adult <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Qualitative <b>Design:</b> Observational retrospective case-study <b>Measurement:</b> Problem-focused <b>Control group:</b> None	<b>Format:</b> Individual <b>Nr. of sessions:</b> NR <b>Modality:</b> Combined with psychoeducation	<b>Within-group:</b> + self-management skills for substance addiction <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Hamdi et al., 2022)	<b>Language:</b> Indonesian <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 7	<b>Country:</b> Indonesia <b>Setting:</b> Workplace (Local Government Institutions) <b>N=</b> 12 <b>Age group:</b> Adults <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Positive-focused <b>Control group:</b> None	<b>Format:</b> Group <b>Nr. of sessions:</b> NR <b>Modality:</b> NR	<b>Within-group:</b> +* on understanding of the main tasks and functions of changing government regulations. <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Hashemi Saraj et al., 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Outpatient clinical <b>N=</b> 45 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Problem-focused	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> Not explored <b>Between-group:</b> +* on turbulence tolerance and uncertainty intolerance vs. no treatment; ∅ on turbulence tolerance and uncertainty intolerance vs. schema therapy <b>Process:</b> Not applicable

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(Himmelberger et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Outpatient community counseling clinic <b>N=</b> 2 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Control group:</b> Mixed passive (waiting list) and active (other approach: schema therapy) <b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Case study <b>Measurement:</b> Mixed <b>Control group:</b> Not applicable	<b>Format:</b> Individual <b>Nr. of sessions:</b> 7 <b>Modality:</b> Pure	<b>Within-group:</b> +* on psychopathology symptoms and hope <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Hsu et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Taiwan <b>Setting:</b> Community <b>N=</b> 6 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Process-outcome research <b>Methodology:</b> Mixed <b>Design:</b> pre-test post-test and interview <b>Measurement:</b> Positive focused <b>Control group:</b> Absent	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> +* on overall post-breakup adjustment and pleasure, flow, and hope both at post-test and follow-up; +* on optimism and personal growth only at follow-up; Ø on forgiveness and gratefulness; Ø between post-test and follow-up on the above mentioned aspects; + on perceived adjustment abilities and confidence in abilities to adjust at post-test and follow-up. <b>Between-group:</b> Not applicable <b>Process:</b> 3 main themes of perceived effect of the solution-focused group: Warm, safe, and trustworthy atmosphere; Group support, learning and universality of feelings; and Benefits of the group design and activates.
(Johnson et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 14	<b>Country:</b> USA <b>Setting:</b> Medical/health care <b>N=</b> 53 <b>Age group:</b> Mixed <b>% female:</b> 62	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental (practice-based evidence approach) <b>Measurement:</b> Mixed <b>Control group:</b> Active (CBT; Client-centered; spiritual interventions)	<b>Format:</b> Individual <b>Nr. of sessions:</b> 3 <b>Modality:</b> Pure	<b>Within-group:</b> +* on spiritual distress and clinical adaptation <b>Between-group:</b> +* vs spiritual interventions and client-centered; Ø to CBT <b>Process:</b> Not applicable

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(Kaya & Guler, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 2.3; SJR = 0.72 h5 = 43	<b>Country:</b> Turkey <b>Setting:</b> Medical/health care <b>N=</b> 119 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Problem-focused <b>Control group:</b> Mixed (NA & childbirth preparation training)	<b>Format:</b> online <b>Nr. of sessions:</b> NA <b>Modality:</b> combined (SF psychoeducation)	<b>Within-group:</b> + on fear of childbirth and self-efficacy in both the SFP and control groups. Full info NA. <b>Between-group:</b> NR in the abstract. Full info NA. <b>Process:</b> Not applicable
(Keshavarz Afshar et al., 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF = 5.0 SJR = 2.16 h5 = 52	<b>Country:</b> Iran <b>Setting:</b> Educational <b>N=</b> 30 <b>Age group:</b> Adolescents <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Problem-focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Combined with work on resistance	<b>Within-group:</b> Not examined. <b>Between-group:</b> +* on social anxiety, performance anxiety, and state anxiety vs. no treatment, $\eta = .74, .73, .69$ <b>Process:</b> Not applicable.
(Khosravi et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Community counseling center <b>N=</b> 30 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Mixed positive-and-problem-focused <b>Control group:</b> type NR	<b>Format:</b> Group couple therapy <b>Nr. of sessions:</b> 7 <b>Modality:</b> Combined with psychoeducation, reframing, not blaming	<b>Within-group:</b> Not explored. <b>Between-group:</b> + on marital compatibility vs. control group. <b>Process:</b> Not applicable.
(J. Kim et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Social care <b>N=</b> 92 <b>Age group:</b> Adults <b>% female:</b> 0	<b>Type:</b> Process-outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Mixed solution-and-positive focused <b>Control group:</b> TAU	<b>Format:</b> Group, online and hybrid <b>Nr. of sessions:</b> 15 <b>Modality:</b> combined with TAU (fatherhood curriculum) applied either online only or hybrid	<b>Within-group:</b> +* on in fathers' parenting attitude when SFP was applied in online format ( $g = 0.61$ ), yet $\emptyset$ SFP was applied in hybrid format ( $g = 0.32$ ). <b>Between-group:</b> -*on solution-building skills ( $g = -0.58$ ) and father's involvement in caregiving activities ( $g = -0.54$ ), and - on father involvement in cognitive activities vs. SFP applied in hybrid format; $\emptyset$ vs. SFP applied online; $\emptyset$ on parenting attitude. <b>Process:</b> +* on solution-building skills when SFP was applied in online vs. hybrid format; $\emptyset$ on father's

(J. S. Kim et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 0.5 SJR: NI h5 = NI	<b>Country:</b> USA <b>Setting:</b> Social care <b>N=</b> 123 <b>Age group:</b> Adults <b>% female:</b> 77%	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Mixed positive-and-problem-focused <b>Control group:</b> Active (other approach: cognitive-behavioral therapy CBT alone or mixed with motivational interviewing )	<b>Format:</b> Individual and reading materials <b>Nr. of sessions:</b> 1 + manuals and books <b>Modality:</b> Pure	involvement by online vs. hybrid format. <b>Within-group:</b> +* on hope agency (.37), pathways (.35), positive emotions (.54); + on negative emotions (.19) <b>Between-group:</b> ∅ on hope and positive and negative emotions vs. other known treatment; significant more pronounce association between positive emotions and SFBT vs. CBT <b>Process:</b> Not applicable
(Koorankot et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 2.0 SJR = 0.73 h5 = 24	<b>Country:</b> India <b>Setting:</b> Outpatient medical care <b>N=</b> 60 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Process-outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Mixed positive-and-negative <b>Control group:</b> Mixed passive (waiting list) and active (problem-focused questions)	<b>Format:</b> Activity, exposure to solution-focused questions <b>Nr. of sessions:</b> NR <b>Modality:</b> Pure	<b>Within-group:</b> +* on symbol search and coding; +* on positive and negative affect only in the solution-focused questions group. <b>Between-group:</b> +* on symbol search vs. waiting list; <b>Process:</b> +* on coding vs. problem-focused question group.
(McDowell et al., 2023)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 1.5 SJR = 0.68 h5 = 23	<b>Country:</b> USA <b>Setting:</b> Medical/ health care <b>N=</b> 2 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Process-outcome research <b>Methodology:</b> Qualitative <b>Design:</b> Case study <b>Measurement:</b> Mixed solution-and-problem-focused <b>Control group:</b> Not applicable	<b>Format:</b> Couple/Family <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> + on family communication <b>Between-group:</b> Not applicable <b>Process:</b> Solution talk increased; Problem talk decreased
(Medina et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 3.3 SJR = 0.97 h5 = 75	<b>Country:</b> Spain <b>Setting:</b> Child protection service <b>N=</b> 468 <b>Age group:</b> Mixed <b>% female:</b> 87	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Mixed solution-and-problem-focused <b>Control group:</b> Active (TAU)	<b>Format:</b> Mixed individual and family <b>Nr. of sessions:</b> 14.48 <b>Modality:</b> Pure	<b>Within-group:</b> +* on mental health, wellbeing, goal attainment <b>Between-group:</b> +* on mental health, wellbeing, goal attainment, smaller number of sessions, smaller recidivism. ∅ on length of treatment <b>Process:</b> Not applicable
(Mohiti et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR = 0.29	<b>Country:</b> Iran <b>Setting:</b> Medical <b>N=</b> 110 <b>Age group:</b> Adults	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT	<b>Format:</b> Individual <b>Nr. of sessions:</b> 1 <b>Modality:</b> Pure	<b>Within-group:</b> Not explored <b>Between-group:</b> +* on anxiety and labor pain vs. TAU <b>Process:</b> Not applicable



	h5 = 13	<b>% female:</b> 100	<b>Measurement:</b> Problem-focused <b>Control group:</b> Active (TAU, i.e. heat water bags and aromatherapy)		
(Mulawarman et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Indonesia <b>Setting:</b> Educational (University) <b>N=</b> 11 <b>Age group:</b> Adults <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Mixed <b>Design:</b> Comparison (pre-to-post) <b>Measurement:</b> Problem focused <b>Control group:</b> None	<b>Format:</b> Individual <b>Nr. of sessions:</b> 4 <b>Modality:</b> Pure	<b>Within-group:</b> + on online gaming addiction; qualitative reports of positive changes (not specified) <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Nader Pilehroud et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> NGO counseling center <b>N=</b> 32 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Problem focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 7 <b>Modality:</b> Combined with CBT and psychoeducation	<b>Within-group:</b> +* on marital adjustment and irrational beliefs <b>Between-group:</b> +* on marital adjustment and irrational beliefs <b>Process:</b> Not applicable
(Najimi et al., 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 15	<b>Country:</b> Iran <b>Setting:</b> Educational <b>N=</b> 30 <b>Age group:</b> Adolescents <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Mixed positive-and- problem-focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure (miracle question, exceptions, scaling, homework,	<b>Within-group:</b> Not explored <b>Between-group:</b> +* on depression, stress, anxiety, and academic adjustment <b>Process:</b> Not applicable
(Naseriniya & Smkhani Akbarinejad, 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Educational <b>N=</b> 45 <b>Age group:</b> Adolescents <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Experimental <b>Measurement:</b> Positive-focused <b>Control group:</b> Mixed passive (no treatment) and active (mindfulness-based CBT)	<b>Format:</b> Group <b>Nr. of sessions:</b> 6 <b>Modality:</b> Pure	<b>Within-group:</b> +* on psychological well-being and sense of mental coherence <b>Between-group:</b> +* vs passive control and $\emptyset$ vs active control on psychological well-being and sense of mental coherence <b>Process:</b> Not applicable
(Oaikhena & Igbineweka, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI	<b>Country:</b> Nigeria <b>Setting:</b> Educational <b>N=</b> 72	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment	<b>Format:</b> Group <b>Nr. of sessions:</b> 12	<b>Within-group:</b> +* on social maladjustment <b>Between-group:</b> +* vs passive control on social maladjustment

	h5: NI	<b>Age group:</b> adolescents <b>% female:</b> NR	<b>Measurement:</b> Problem-focused <b>Control group:</b> Passive (no treatment)	<b>Modality:</b> Combined with psychoeducation	<b>Process:</b> Not applicable
(Oktava et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 11	<b>Country:</b> Indonesia <b>Setting:</b> Educational <b>N=</b> 16 <b>Age group:</b> Adolescents <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Positive-focused <b>Control group:</b> Active (other approach, i.e., narrative therapy)	<b>Format:</b> Group <b>Nr. of sessions:</b> 3 <b>Modality:</b> Pure	<b>Within-group:</b> +* on academic resilience in both SFP and control group <b>Between-group:</b> ∅ on academic resilience <b>Process:</b> Not applicable
(Pavandi & Elmimanesh, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Educational (University) <b>N=</b> 32 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Mixed positive-and-problem focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Pure	<b>Within-group:</b> Not explored <b>Between-group:</b> +* on coronavirus anxiety and mental toughness vs. no treatment <b>Process:</b> Not applicable
(Pérez Lamadrid & Froerer, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Bolivia <b>Setting:</b> Social care <b>N=</b> 48 <b>Age group:</b> Adults <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experimental <b>Measurement:</b> Positive focused <b>Control group:</b> Active (TAU)	<b>Format:</b> Training video and group training <b>Nr. of sessions:</b> 1 <b>Modality:</b> Pure	<b>Within-group:</b> +* on resourcefulness, recognition of spirituality, and self-awareness only in the SFP group, not in the TAU group; + on inspired hope and increased consciousness in the SFP group. <b>Between-group:</b> in the TAU group ∅ on resourcefulness, recognition of spirituality, self-awareness, hope, and increased consciousness. <b>Process:</b> Not applicable
(Pujowati et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 11	<b>Country:</b> Indonesia <b>Setting:</b> Educational <b>N=</b> 16 <b>Age group:</b> Adolescents <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Mixed positive-and-problem-focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> NR <b>Modality:</b> Pure	<b>Within-group:</b> +* on optimism <b>Between-group:</b> +* vs passive control on optimism <b>Process:</b> Not applicable
(Rafie et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b>	<b>Country:</b> Iran <b>Setting:</b> Medical	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative	<b>Format:</b> NA <b>Nr. of sessions:</b> 6	<b>Within-group:</b> +* on stress, anxiety and diabetes management self-efficacy

	IF = 2.1 SJR = 0.43 h5 = 35	<b>N</b> = 56 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Design:</b> RCT <b>Measurement:</b> Mixed positive-and-problem focused <b>Control group:</b> Active (TAU)	<b>Modality:</b> NA	<b>Between-group:</b> in TAU group $\emptyset$ on stress and anxiety <b>Process:</b> Not applicable
(Sadeghi & Farahbakhsh, 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Educational <b>N</b> = 34 <b>Age group:</b> Adolescents <b>% female:</b> 100	<b>Type:</b> Outcome <b>Methodology:</b> Qualitative <b>Design:</b> Quasi-experiment <b>Measurement:</b> Positive-focused <b>Control group:</b> Passive (no-treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 6 <b>Modality:</b> Pure	<b>Within-group:</b> +* on academic buoyancy <b>Between-group:</b> +* vs passive control on academic buoyancy <b>Process:</b> Not applicable
(Sagar & Özabaci, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 18	<b>Country:</b> Turkey <b>Setting:</b> Educational (University) <b>N</b> = 39 <b>Age group:</b> Adults <b>% female:</b> 56	<b>Type:</b> Process-outcome research <b>Methodology:</b> Mixed quantitative and interview <b>Design:</b> Quasi-experiment <b>Measurement:</b> Problem focused <b>Control group:</b> Mixed passive (no treatment) and active (other intervention: guidance)	<b>Format:</b> Group <b>Nr. of sessions:</b> 6 <b>Modality:</b> Combined with various elements (e.g., time management, procrastination, problem-solving)	<b>Within-group:</b> Explored in relation to control groups. <b>Between-group:</b> +* on problem Internet use vs. no treatment; $\emptyset$ on problem Internet use vs. guidance. <b>Process:</b> 5 themes related to experienced process: Awareness, Ability to use the Internet healthily, Increased auto-control of Internet use, and Positive change.
(Şermet Kaya et al., 2023)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 1.9 SJR = 0.61 h5 = 34	<b>Country:</b> Turkey <b>Setting:</b> Educational <b>N</b> = 44 <b>Age group:</b> Adolescents <b>% female:</b> 59	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Problem-focused <b>Control group:</b> Passive (no-treatment)	<b>Format:</b> Individual <b>Nr. of sessions:</b> 9 <b>Modality:</b> Combined with psychoeducation	<b>Within-group:</b> +* on internet addiction, sleep quality; $\emptyset$ on school achievement <b>Between-group:</b> +* vs passive control on internet addiction, sleep quality; $\emptyset$ on school achievement <b>Process:</b> Not applicable
(Solms et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 3.8 SJR = 0.89 h5 = 169	<b>Country:</b> The Netherlands <b>Setting:</b> Coaching <b>N</b> = 183 <b>Age group:</b> Adults <b>% female:</b> 79	<b>Type:</b> Process-outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Mixed positive-and- problem-focused <b>Control group:</b> Various questions (problem-focused questioning vs. two groups of	<b>Format:</b> Online self-coaching exercise <b>Nr. of sessions:</b> not applicable <b>Modality:</b> Pure (selected element either miracle questions or exception question)	<b>Within-group:</b> Not explored. <b>Between-group:</b> Not applicable. <b>Process:</b> +* positive affect, negative affect, and goal orientation in both solution-focused conditions vs. problem-focused one; $\emptyset$ on self-efficacy, avoidance goal orientation, goal attainment, quality action planning. $\emptyset$ at 24-days follow-up on goal attainment and actual or reported

(Song, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 3.82 SJR = 0.40 h5 = 56	<b>Country:</b> China <b>Setting:</b> Medical <b>N=</b> 80 <b>Age group:</b> Adults <b>% female:</b> 69	<p>solution-focused questioning, i.e., miracle vs. success)</p> <b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Quasi-experimental <b>Measurement:</b> Mixed positive-and-problem focused <b>Control group:</b> Active (TAU)	<b>Format:</b> Group online <b>Nr. of sessions:</b> not applicable (online chat group) <b>Modality:</b> Combined with family involvement and TAU	<p>problem-solving actions; ∅ on self-efficacy between the two solution-focused conditions.</p> <b>Within-group:</b> + on anxiety and depression, self-care abilities, hope, and quality of life. <b>Between-group:</b> +* on anxiety and depression, self-care abilities, hope, and quality of life vs. TAU <b>Process:</b> Not applicable
(Takagi et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 3.7 SJR = 0.89 h5 = 212	<b>Country:</b> Taiwan <b>Setting:</b> Job recruitment online platform <b>N=</b> 94 <b>Age group:</b> Adults <b>% female:</b> 51	<b>Type:</b> Process-outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Mixed solution-and-positive focused <b>Control group:</b> Active (different combinations of solution-focused questions used in three groups: exception questions; exceptions and miracle questions; exceptions, miracle and time-machine questions)	<b>Format:</b> Exercise online <b>Nr. of sessions:</b> Not applicable <b>Modality:</b> Pure	<b>Within-group:</b> Not applicable <b>Between-group:</b> Not applicable <b>Process:</b> +* on solution-building, positivity, and ideal level of life in all three conditions; +* time-oriented attitudes increased with the combined use of all three solution-focused questions.
(Turns et al., 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 0.5 SJR: NI h5: NI	<b>Country:</b> USA <b>Setting:</b> Training clinic <b>N=</b> 10 <b>Age group:</b> Adults <b>% female:</b> 50	<b>Type:</b> Process research <b>Methodology:</b> Qualitative <b>Design:</b> Multiple case-study <b>Measurement:</b> Not applicable <b>Control group:</b> Not applicable	<b>Format:</b> Couple <b>Nr. of sessions:</b> 6 <b>Modality:</b> NR	<b>Within-group:</b> Not applicable <b>Between-group:</b> Not applicable <b>Process:</b> 6 themes related to the experience of receiving therapy: Therapy as a blessing, Positive experience with the therapist, Helpful conversations, Reactions to the miracle question, Clarifying the couple and co-parent identity, and Growth of the parent-child relationship.
(Wang et al., 2023)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 1.8	<b>Country:</b> China <b>Setting:</b> NA <b>N=</b> 290	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Cluster RCT	<b>Format:</b> Group <b>Nr. of sessions:</b> 12 <b>Modality:</b> NA	<b>Within-group:</b> +* on depressive symptoms in the SFP group, not in the control group, ∅ on cognitive

	SJR = 0.59 h5 = 34	<b>Age group:</b> Adults <b>% female:</b> NA	<b>Measurement:</b> Problem-focused <b>Control group:</b> NA		functioning in both the SFP and control groups. <b>Between-group:</b> Not explored <b>Process:</b> Not explored <b>Within-group:</b> + on self esteem <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Wardhani et al., 2022)	<b>Language:</b> Indonesian <b>Journal's metrics:</b> IF: NI SJR: NI h5 = 36	<b>Country:</b> Indonesia <b>Setting:</b> Educational <b>N=</b> 5 <b>Age group:</b> Adolescents <b>% female:</b> NR	<b>Type:</b> Outcome research <b>Methodology:</b> Mixed (quantitative and qualitative) <b>Design:</b> Counseling guidance action research <b>Measurement:</b> Positive-focused <b>Control group:</b> None	<b>Format:</b> Group <b>Nr. of sessions:</b> 2 <b>Modality:</b> Pure	
(Widodo & Nurjannah, 2022)	<b>Language:</b> Indonesian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Indonesia <b>Setting:</b> Medical/health care <b>N=</b> 2 <b>Age group:</b> Adults <b>% female:</b> 100	<b>Type:</b> Outcome research <b>Methodology:</b> Qualitative <b>Design:</b> Case study <b>Measurement:</b> Problem-focused <b>Control group:</b> Not applicable	<b>Format:</b> Individual <b>Nr. of sessions:</b> 3 <b>Modality:</b> Pure	<b>Within-group:</b> + on maternal anxiety <b>Between-group:</b> Not applicable <b>Process:</b> Not applicable
(Yildirim & Aylaz, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF = 2.3 SJR=0.72 h5=43	<b>Country:</b> Turkey <b>Setting:</b> Counselling (community life and sports center) <b>N=</b> 76 <b>Age group:</b> Adults <b>% female:</b> 78	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> RCT <b>Measurement:</b> Mixed positive-and-problem focused <b>Control group:</b> Passive (no treatment)	<b>Format:</b> Group <b>Nr. of sessions:</b> 8 <b>Modality:</b> Combined with psychoeducation	<b>Within-group:</b> +* on trait anxiety, mean weight, BDI, number of snacking, healthy lifestyle <b>Between-group:</b> in the control group +* only on healthy lifestyle scores and weekly hours of exercising. <b>Process:</b> Not applicable
(Zafarghandi et al., 2022)	<b>Language:</b> Persian <b>Journal's metrics:</b> IF: NI SJR: NI h5: NI	<b>Country:</b> Iran <b>Setting:</b> Educational <b>N=</b> 60 <b>Age group:</b> Adolescents <b>% female:</b> 0	<b>Type:</b> Outcome research <b>Methodology:</b> Quantitative <b>Design:</b> Pre-test post-test design with 3 months follow-up <b>Measurement:</b> Problem-focused <b>Control group:</b> Mixed passive (no treatment) and active (other known treatment, i.e., mindfulness-based therapy)	<b>Format:</b> Pure (goals, exceptions, miracle question, scaling) <b>Nr. of sessions:</b> 8 <b>Modality:</b> Group	<b>Within-group:</b> Not explored <b>Between-group:</b> -* on educational stress vs mindfulness and +* vs no treatment <b>Process:</b> Not applicable
(Žak, 2022)	<b>Language:</b> English <b>Journal's metrics:</b> IF: NI SJR: NI	<b>Country:</b> Poland <b>Setting:</b> Private practice <b>N=</b> 346	<b>Type:</b> Process research <b>Methodology:</b> Mixed <b>Design:</b> Thematic analysis <b>Measurement:</b> Positive focused	<b>Format:</b> Individual <b>Nr. of sessions:</b> range 1-29 <b>Modality:</b> Pure	<b>Within-group:</b> Not applicable. <b>Between-group:</b> Not applicable <b>Process:</b> Thematic analysis revealed 11 elements specific to the solution-

h5: NI	<b>Age group:</b> Adults <b>% female:</b> 74	<b>Control group:</b> Not applicable	focused approach to be perceived as helpful from clients' perspective, with the co-construction of Aim and Action perceived as the most helpful. The perceived helpfulness of specific elements varied significantly with the client's level of engagement.
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*Notes.* IF = Impact Factor from Journal Citation Reports by Clarivate based on 2022 data; SJR = SCImago Journal Rank indicator by Scopus based on 2022 data; h5 = index from Google Scholar based on 2018-2022 data; NI = not indexed; NA = information not available; NR = information not reported; + = positive outcomes associated to the SFP in within-group comparison or results in favor of the SFP group for between-group comparison; - = negative outcomes associated to the SFP in within-group comparison or results in favor of the control group for between-group comparison; Ø = no change in outcomes associated to the SFP in within-group comparison or no significant difference in results for between-group comparison; \* = results reached statistical significance level.