

## Comparison the Effectiveness of Integrated Transdiagnostic and Solution-Focused Intervention Methods on Suicidal Thoughts

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### Abstract

The present study was conducted with the aim of comparison the effectiveness of integrated Transdiagnostic and solution-Focused intervention methods on suicidal thoughts in Sexual Assault victims. This semi-experimental research was expanded with two experimental groups and one control group. Based on this, groups of 12 people were selected from among the female victims. At first, the participants were pre-tested, then both experimental groups were treated separately and the participants were treated individually. And after the end of the training, the post-test was conducted with an interval of one week. A month later, the follow-up test was completed by 3 groups. In order to collect information, Beck's suicidal ideation questionnaire was used. The results of variance analysis with repeated measurements showed that both methods are suitable. But the Transdiagnostic intervention method has a greater and more meaningful effect.

**Keywords:** *Integrated transdiagnostic method, solution-focused method, suicidal thoughts*

### Introduction

Sexual Assault is intentional sexual contact without the victim's consent (Dwyer, et al, 2018). which causes disturbance in mental health (Eisund, et al., 2018). Durkin, Deco, et al. (2022) showed in their research that there is a strong relationship between sexual assault and suicidal thoughts and attempts. This is why it is so important to conduct regular assessments of suicidal ideation, especially in potentially at-risk populations and in people who have recently experienced suicidal ideation. Because it can increase our ability to influence suicidal risk by enabling more effective intervention efforts during the suicidal process (Gilmore, et al., 2020). For this purpose, in this research, transdiagnostic and solution-oriented treatment methods were used to improve the psychological condition of sexually assaulted victims. Aguilera-Martin, et al. (2022). In their research, they evaluated the cost-effectiveness and usefulness of individual versus group meta-diagnostic psychological treatment for emotional disorders and concluded that both treatments were effective, but group treatment was more economical and less flexible. A solution-focused approach can also be particularly effective for clients who have experienced trauma (Kim, 2008; cited in Jones, et al., 2021).

For example, treatment of survivors of sexual trauma (Jones, et al., 2021). Therefore, the present study investigate the hypothesis that there is a significant difference between the effectiveness of integrative transdiagnostic intervention method and solution-focused method on reducing suicidal thoughts in raped victims.

## **Method**

The current research method was a semi-experimental method with two experimental groups and a control group, which was conducted using the pre-test, post-test and follow-up test design. Based on this, three groups (12 people in each group) were selected from among women who were victims of sexual assault referring to Ahvaz counseling centers. First, a pre-test was performed on all participants in controlled conditions. Then, experimental group 1, in the form of 10 individual sessions of 90 minutes, and experimental group 2, in the form of 7 individual sessions of 90 minutes received integrative metadiagnostic and solution-focused interventions, respectively. After the end of the training, the post-test was conducted with an interval of one week. And after one month of the post-test, the follow-up test was done. Descriptive statistics and analysis of variance with repeated measurements were used to analyze the research data

### **Tools.**

**Beck's Suicidal Thoughts Questionnaire** is a 19-item self-assessment questionnaire designed to reveal and measure the intensity of attitudes and planning to commit suicide, and it is set on a three-point scale from 0-2. Its reliability and inter-rater reliability coefficients are estimated at 0.89 and 0.83, respectively (Bacon, et al., 2019; cited by Maleki, 2017). Cronbach's alpha coefficient was 0.83 in the present study.

## **Results**

According to the findings of the Mbox, Kolmogorov Smirnov and Levin tests, the assumptions of variance analysis with repeated measurements are established. The results of investigating the effect of interventions on suicidal thoughts in all 3 groups showed that the effect of time factor ( $F=61.67$  and  $p=0.001$ ) and group factor ( $F=4.36$  and  $p=0.02$ ) were significant. Therefore, there is a significant difference at least between two times (pre-test, post-test or follow-up) and at least between two groups (Experimental group 1, Experimental group 2 and control group) (Table 1).

**Table 1: Results of repeated measurement analysis in three stages of measurement**

Variable	Source	SS	D.F.	MSS	F	P	Effect size	Statistical power
Suicidal Thoughts	Time	1395.5	1.61	865.38	61.67	0.001	0.65	1
	Group *Time	893.77	3.22	277.12	19.74	0.001	0.54	1
	Between groups	747.22	2	373.86	4.36	0.02	0.20	0.71

In Table 2, the Benferroni post hoc test comparison showed that the difference between the averages of all three groups is not significant in the pre-test stage, but in the post-test stage, the difference between the test group 1 and the control group and the test group 2 and the control group is significant, which means that It shows the effect of both integrative transdiagnostic and solution-oriented interventions on suicidal thoughts in sexually assaulted victims. on the other hand, in the follow-up phase, the difference between the experimental group 1 and the control group and the difference between the experimental group 1 and the experimental group 2 is significant and the difference between the experimental group 2 and the control group is insignificant, which shows the continuity and durability of the integrative Transdiagnostic intervention effect in the follow-up phase.

**Table 2: Benferoni's post hoc test results for comparing three groups**

Variable	group	Expt 1 and Expt 2		Expet 1 and cont		expet 2 and cont	
		difference in averages	standard error	difference in averages	standard error	difference in averages	standard error
Suicidal thoughts	Pre-test	1.58	2.58	3.33	2.58	1.57	2.58
	Post-test	4.08	2.37	10.5**	2.37	6.41*	2.37
	Follow-up	7.41*	2.39	12.16**	2.39	4.75	2.39

p<0.01 \*\* & p<0.05\*\*

## Discussion and Conclusion

The results showed that both treatments were effective in reducing the suicidal thoughts of sexually assaulted victims. Of course, the integrative transdiagnostic method was more effective and more meaningful than the solution-focused method. The integrative transdiagnostic approach makes it easy to identify and control thoughts that influence negative emotions. And in the solution-focused approach, instead of examining the traumatic and problematic aspects of the client, the patient is asked to think about the aspects and times in his life where this problem does not exist. Therefore, it can be said that these two treatments can reduce suicidal thoughts. Finally, considering that the present study was conducted on women victims of sexual assault, the generalization of the results to other people should be done with caution, and it is suggested that longer follow-up periods be used to make a definitive statement about the stability of the changes.

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## Conflicts of interest

Authors found no conflict of interests.



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