

META-ANALYSIS STUDY: POSITIVE PSYCHOTHERAPY TO LOWER DEPRESSION LEVELS

Luh Ade Putri Andayani

Faculty of Psychology, University of Surabaya, East Java, Indonesia

Email: s154119007@student.ubaya.ac.id

Abstract

This study aims to determine the effectiveness of positive psychotherapy to reduce the level of depression by using a meta-analysis method through a literature review – 14 international research journals related to research variables. Based on the processing of M, SD, and N data, it was found that the effect size values obtained from random effects were 0.10 (95% CI = - 0.691597 to 0.89557, P = 0.08) and I2 (inconsistency) of 93.8% (95% CI = 91.6% to 95.1%) . This means that giving positive psychotherapy has a small and insignificant effect on reducing depression levels and there is publication bias.

Keywords: positive psychotherapy; depression meta analysis

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INTRODUCTION

Depression is a condition when the mood decreases and the reluctance to do activities or apathy can affect the thoughts, feelings, behavior, and well-being of individuals (N, 2017). This condition can cause individuals to commit suicide or premature death. The annual prevalence of major depression is 6.6% and the lifetime prevalence of depression is 16.2% (Miller, Dell’Osso, & Ketter, 2014). Worldwide, 804,000 people committed suicide in 2012, making depression the second leading cause of death for young adults (15-29 years) after traffic accidents (Organization, 2016). Individuals with major depression have a 40% greater chance of dying earlier than individuals in general (Organization, 2016). In Indonesia, according to Risesdas 2018 data, it is estimated that more than 12 million Indonesians aged over 15 years have experienced depression (Kemenkes, 2020).

Several studies have been conducted to reduce depression levels such as cognitive

behavioral therapy, self-help mindfulness-based cognitive therapy, regular exercise, qigong, and electroacupuncture (Jing-Ping Zhang, Yu-Fang Guo, Xia Zhang, Hui Li & Hung, n.d.). Most traditional therapies focus on depressive symptoms rather than individual strengths and weaknesses. There are still few interventions that focus on improving individual attitudes and conditions (Jing-Ping Zhang, Yu-Fang Guo, Xia Zhang, Hui Li & Hung, n.d.).

Positive psychotherapy (PPT) developed by Seligman, Rasyid & Parks helps individuals to regulate emotions and improve self-evaluation in various contexts by teaching individuals to be able to use both positive and negative sides (Rashid, 2015). PPT has been shown to be effective for improving individual psychological health (Jing-Ping Zhang, Yu-Fang Guo, Xia Zhang, Hui Li & Hung, n.d.). Research conducted by (Seligman, Rashid, & Parks, 2006), showed that PPT can reduce levels of depression. Similarly, research conducted by (Khanjani,

2017), states that positive psychotherapy is effective for reducing anxiety, stress, and depression. In addition, research conducted by (Firoozy & Ramezani Piyani, 2018), shows that positive psychotherapy significantly reduces depression and anxiety.

Psychotherapy not only solves the problem of clinical symptoms, but can also increase the positive psychological component of each individual. Teaching positive psychological techniques and skills can strengthen and enhance positive relationships with oneself, others, and the world (Mahmoudi & Khoshakhlagh, 2018). Psychotherapy guides individuals to focus on positive things in themselves and others and causes individuals to be able to take responsibility despite their own weaknesses and become more aware of themselves.

In the process of giving positive psychotherapy to individuals who are depressed, the positive things that are in them are emphasized while trying to focus on eliminating the negative emotions they feel (Mahmoudi & Khoshakhlagh, 2018). Individuals try to identify abilities, capacities, and positive dimensions that exist in themselves and others that ultimately make individuals improve attitudes towards other people such as family members and friends of the individual. This approach emphasizes abilities and talents, optimism on happiness, focuses more on positive things and emotions, and prevents negative emotions from entering oneself. This will increase the positive relationship which is one of the basics of a positive approach so that it has an effect on the mental health of a more positive individual (Mahmoudi & Khoshakhlagh, 2018).

Based on the results of the study, the researcher wanted to try to test the effectiveness of this intervention. The aim of this research is to increase statistical power.

METHOD

1. Meta-Analysis

Meta analysis is a quantitative technique that uses a specific measure

(eg effect size) to show the strength of the relationship between a study's variables that are included in the analysis. This technique emphasizes the results of multiple studies as opposed to the results of a single study (Shelby & Vaske, 2008).

2. Statistical Procedure

This study will look at the effectiveness of giving positive psychotherapy to reduce the level of depression through post-treatment results in the experimental group (EC) and control group (KK). Effect size is seen from the mean (M) and Standard Deviation (SD) and sample size (N) on the post-treatment results. The heterogeneity of the research is obtained from the value of I² with the greater the value produced, the greater the diversity of results, and vice versa.

Statistical analysis in this study looked at the value of effect size (Cohen d). The result is said to have a large effect size value when the result is above 0.8 (large effect size). If the effect size value obtained is above 0.5, it is said to be medium (medium effect size). Finally, the effect size result is said to have a small value when the result is below 0.2 (small effect size) (Sullivan & Feinn, 2012). This study was analyzed using the Stat Direct Trial Version. This paper refers to the meta-analysis guidelines for PRISMA 2009 and MARS 2012.

3. Sources and Information Searching Past Research

The database sources used in the search for previous studies are Research Gate, NCBI and Springer Link. The keywords used are as follows: "Positive Psychotherapy", "Positive Psychotherapy for Depression" and "Positive Psychotherapy to Decrease Depression". The language used in writing the keywords is English and the selection of journals is limited to international journals that have been published. Furthermore, 14 main journals were collected that will

be used. The process of searching for journals in this study is listed in the following image.

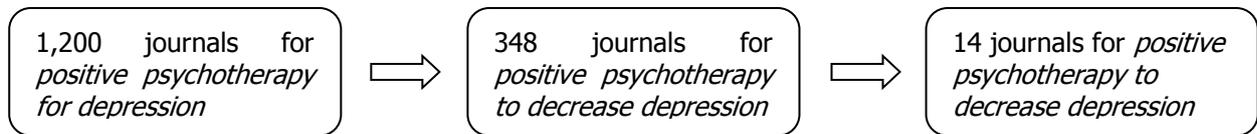


Figure 1
Journal search results flow

RESULTS AND DISCUSSION

Table 1
Previous Journal Collection

No	Researcher	Country	Measuring Instrumen	Effect Size		
				Research Subject	D	Approximate 95% CL
1	(Seligman et al., 2006)	Pennyslavania-Us. State	BDI-II	40	1,147915	0,235167
2	(Lü, Wang, & Liu, 2013)	China	PANAS (Chinese revised edition)	34	1,361083	3,070966
3	(Seyed Teymur Seyedi Asl et al., 2016)	Iran	BDI-II	36	0,122823	1,595104
4	(Heydari, Shirazi, & Sanagouyemoharer , 2018)	Iran	Sarason Test Anxiety Scale	60 but in the process the subject became 57 people.	-0,655273	0,38449
5	(S T S Asl et al., 2014)	Iran	BDI-II	36	-1,637161	-0,159099
6	(Zeykani & Nikmanesh, 2018)		Kidscreen-Quality of Life Measure	30	1,415938	3,275486
7	(Jing-Ping Zhang, Yu-Fang Guo, Xia Zhang, Hui Li & Hung, n.d.)	China	BDI-II	76	-3,050647	-1,856359
8	(Khayatan, Azkhosh, Bahmani, Azimian, & Dolatshahi, 2014)	Iran	BDI-II	30	-1,980667	-0,425233
9	(Dowlatabadi et al., 2016)	Iran	BDI-II	42	-1,829487	0,365059
10	(Amini, Namdari, & Kooshki, 2016)	Iran	Positive Psychotherapy	30	-0,028125	1,447606

Inventory						
11	(Falakflaki & Malekitabar, 2016)	Iran	Oxford Happiness Inventory	20	0,817353	2,918125
12	(Khanjani, 2017)	Iran	Depression, Anxiety and Stress Scale (DASS)	34	0,310894	1,842446
13	(Sorbi, Rahmanian, & Azizi, 2019)	Iran	General Well-being Questionnaire (GWB-18)	30 but at the end of the session only 25 patients remained.	0,447615	2,008016
14	(Firoozy & Ramezani Piyani, 2018)	Iran	BDI-II	38	-3,19913	1,540009

1. Meta-Analysis Results

The results obtained from the effectiveness of positive psychotherapy to reduce the level of depression based on the effect size of 0.10 (95% CI = -0.691597 to 0.89557, $P = 0.08$) and I² (inconsistency) of 93.8% (95 % CI = 91.6% to 95.1%). This means that giving positive psychotherapy has a small and insignificant effect on reducing depression levels and there is publication bias.

2. Discussion

Positive psychotherapy is a psychotherapy approach to build individual strengths and positive emotions, increase meaning from life to reduce individual psychopathology, and foster happiness (Magyar-Moe, Owens, & Conoley, 2015). Based on the results of the meta-analysis, the effect size value is small (small effect size) which is 0.10 (≤ 0.2). This means that positive psychotherapy has a small and insignificant effect on reducing depression levels. A study conducted by (Khanjani, 2017), stated that when PPT was combined with the Pennsylvania Resilience Program it would produce more effective results for reducing stress, anxiety, depression and increasing life

satisfaction, optimistic attitude, and psychological well-being (Khanjani, 2017).

There are differences in the measuring instruments used to measure depression, the type of depression, gender, and age may affect the results of this study. This is one of the weaknesses in this study. Therefore, in future meta-analytical studies with similar topics, it is hoped that this intervention will review and provide more specific limitations regarding the age, measuring instrument used, gender, and type of depression of each participant.

CONCLUSION

Previous studies have revealed that positive psychotherapy has a positive effectiveness for reducing depression. However, based on the results of the meta-analysis conducted by the researcher, it was found that the effect size is relatively small (small effect size) which is 0.10 (≤ 0.2). It is different with the results of the meta-analysis conducted by Kazdin and Bass (1989), showing a medium effect size. The inconsistency of these results can be due to several factors, first, positive psychotherapy will be much more effective when combined with other intervention techniques and

medications. In addition, there is doubt that the positive effects of psychotherapy are specific for individuals with depression. Increased positive emotions, engagement, and meaningful life is the basis for avoiding or fighting from the problems and tribulations experienced in life. There are differences in the measuring instruments used to measure depression, the type of depression, gender, and age may affect the results of this study. This is one of the weaknesses in this study. Therefore, in future meta-analytical studies with similar topics, it is hoped that this intervention will review and provide more specific limitations regarding the age, measuring instrument used, gender, and type of depression of each participant.

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