

Scoping Review of the Evidence on Solution-Focused Group Counseling for Improving Psychological Well-Being among Inmates

Himmatul Aliyah¹, Abdul Muhid²

^{1,2}Psikologi, Universitas Islam Negeri Sunan Ampel Surabaya
e-mail: ¹himm0406ya@gmail.com, ²abdulmuhid@uinsa.ac.id

Article	Submission	Accepted	Published
History:	Juny 23 th , 2025	Oct 5 th , 2026	Oct 20 th , 2026

Abstract. A focused evidence map of solution-focused group counseling (SFGC) for inmates' psychological well-being remains limited, with relevant evidence fragmented across direct intervention and contextual studies. This scoping review mapped five eligible publications identified through a March 11, 2025 search of Google Scholar, ScienceDirect, and Frontiers, supplemented by reference-list checking. The publications represented four underlying participant datasets because Sucipto et al. (2020, 2021) analyzed the same 14-inmate cohort. Two publications directly evaluated SFGC/SFBT, whereas three provided contextual evidence on psychological well-being and related Ryff dimensions. Designs were heterogeneous, comprising two quasi-experimental publications, one cross-sectional study, and two qualitative studies, with evidence concentrated in Indonesia. Recurring themes included self-regulation, self-acceptance, social relationships, family support, and future-oriented resources, but findings were not uniformly positive. The evidence map indicates that SFGC is potentially relevant to correctional counseling, while direct causal evidence remains preliminary and requires independent replication, larger samples, and stronger comparison conditions.

Keywords: inmates; psychological well-being; scoping review; solution-focused group counseling

A. INTRODUCTION

Psychological well-being (PWB) is relevant to correctional rehabilitation because it reflects positive functioning across self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. Inmates may experience restrictions on autonomy, social isolation, stigma, disrupted family relationships, and other institutional pressures that can challenge these dimensions and increase psychological vulnerability (Fazel et al., 2016; Beaudry et al., 2021). Evidence on interventions targeting Ryff-type PWB also indicates that well-being is multidimensional and that different dimensions may respond differently to intervention (Van Agteren et al., 2016; van Dierendonck & Lam, 2023).

For guidance and counseling services, these conditions create a need for feasible interventions that strengthen inmates' psychological and interpersonal resources. Solution-Focused Group Counseling (SFGC) combines solution-focused principles with group processes by emphasizing strengths, preferred futures, achievable goals, exceptions, and small steps toward change. The group format may also provide mutual support, universality, interpersonal learning, and cohesion.

Primary prison-based evidence remains fragmented. Sucipto et al. (2020) reported increased PWB after solution-focused group counseling among 14 inmates in Pekalongan, while Sucipto et al. (2021) analyzed the same cohort through a self-regulation pathway. Other prison-based solution-focused studies have focused on outcomes such as relapse risk or goal setting rather than PWB (Yokotani & Tamura, 2015; Ariyanti et al., 2020). Conversely, studies of PWB among inmates have highlighted family cohesion, social support, positive interaction, spirituality, self-acceptance, and recovery motivation without directly testing SFGC (Ghazanfari et al., 2023; Maharani & Fitri, 2024; Putri & Rahmasari, 2021). These findings suggest a potentially relevant network of psychological and social processes but do not provide a single, coherent estimate of SFGC effects.

Previous reviews have synthesized SFBT across broader populations and outcomes, including process research, solution-focused research published in 2022, and meta-analytic evidence (Franklin et al., 2017; Žak et al., 2023; Vermeulen-Oskam et al., 2024). Their broad scope, however, does not specifically map the correctional evidence linking SFGC, PWB, inmate characteristics, intervention characteristics, and research designs. The present scoping review therefore aims to map the extent and characteristics of publications concerning SFGC and PWB among inmates, distinguish direct intervention evidence from contextual evidence, identify recurring outcome patterns and research gaps, and clarify implications for guidance and counseling practice in correctional institutions (Žak and Pękala, 2025).

B. THEORETICAL FOUNDATION

Psychological Well-Being

Ryff's model defines PWB through six dimensions: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (van Dierendonck & Lam, 2023). In this review, these dimensions provide an interpretive framework for grouping outcomes such as self-regulation, social relationships, self-acceptance, adaptation to the institutional environment, and future-oriented goals. Explicitly reported Ryff-related dimensions were also used to organize contextual evidence when a publication did not directly test SFGC.

Solution-Focused Group Counseling

SFGC applies solution-focused principles within a group counseling process. Its practice emphasizes strengths and resources, preferred futures, exceptions, scaling, collaborative goals, and small steps toward change (Franklin et al., 2017; Jerome et al., 2023). In a group setting, these processes may be reinforced through hope, mutual support, universality, interpersonal learning, and cohesion (Yalom & Leszcz, 2020). Thus, SFBT is treated here as the solution-focused theoretical underpinning of SFGC, while SFGC itself remains the intervention construct examined in the review. This distinction is important because group-level processes and nonspecific counseling effects may contribute to observed change alongside solution-focused techniques.

C. RESEARCH METHODS

Study Design and Rationale

A scoping review design was selected because the literature relevant to the review question is heterogeneous in study design, evidence type, population characteristics, outcomes, and publication format. Current scoping-review guidance recommends this approach when the purpose is to identify and map the

extent, nature, characteristics, and gaps of a body of evidence rather than estimate one pooled effect (Tricco et al., 2018; Peters et al., 2020). The present review therefore charts both direct intervention publications and contextual publications without treating them as equivalent tests of SFGC effectiveness.

Review Framework and Stages

The review was operationalized through five stages consistent with contemporary scoping-review guidance: (1) identifying the research question; (2) identifying relevant evidence; (3) selecting publications against predefined eligibility criteria; (4) charting the data; and (5) collating, summarizing, and reporting the results (Tricco et al., 2018; Peters et al., 2020). The reporting structure was informed by PRISMA-ScR (Tricco et al., 2018). The process began with a focused question on the extent and characteristics of evidence concerning SFGC and PWB among inmates, followed by database searching and reference-list checking, title/abstract and full-text screening, structured charting, and narrative synthesis.

Search Strategy

The literature search was conducted from 2015 through March 11, 2025, in Google Scholar, ScienceDirect, and the Frontiers publisher platform, supplemented by manual reference-list checking. Because separate record-level counts from reference-list checking were not archived, this supplementary route is shown as an additional identification pathway without a separate numerical count: ("solution-focused group counseling" OR "solution-focused brief therapy" OR SFGC OR SFBT) AND ("psychological well-being" OR "psychological wellbeing" OR "well-being") AND (inmates OR prisoners OR "correctional institution"). OR was used to capture synonymous or closely related terms, while AND combined the intervention, outcome, and population concepts. The search was restricted to publications from 2015–2025, in English or Indonesian, with accessible full text. Searches were conducted through the general search interfaces available in each source. Database-specific field syntax and filter screenshots were not archived, so

exact title/abstract/keyword restrictions cannot be reconstructed reliably and are reported as a limitation rather than invented.

Eligibility and PCC Framework

Two evidence streams were used. Direct evidence comprised publications involving inmates that implemented and evaluated SFGC or SFBT-based group counseling and reported PWB or an explicit Ryff-related dimension. Contextual evidence comprised publications examining PWB or an explicit Ryff dimension among inmates without directly implementing SFGC; these studies were included to characterize correctional psychological conditions relevant to counseling practice but were not treated as evidence of SFGC effectiveness. Publications were eligible when they fell within 2015–2025, were available in English or Indonesian, and had accessible full text. Studies involving non-inmate populations, non-PWB outcomes, non-correctional settings, inaccessible full texts, publications outside the date range, and non-empirical reports were excluded.

The PCC framework was operationalized to define the scope of the evidence mapped in this review. Population refers to the scientific publications and underlying primary empirical studies concerning inmates in correctional settings, which constituted the evidence sources reviewed rather than participants recruited by the present review. The characteristics of the inmate populations represented in these studies, including participant characteristics and sample size, were subsequently charted as study characteristics. Concept refers to solution-focused group counseling (SFGC) or solution-focused brief therapy (SFBT) and psychological well-being (PWB), including explicitly reported Ryff-related dimensions. Context refers to correctional institutions, including prisons and comparable detention settings.

Screening, Charting, and Synthesis

The first author conducted the title, abstract, and full-text screening independently, while the second author provided methodological supervision.

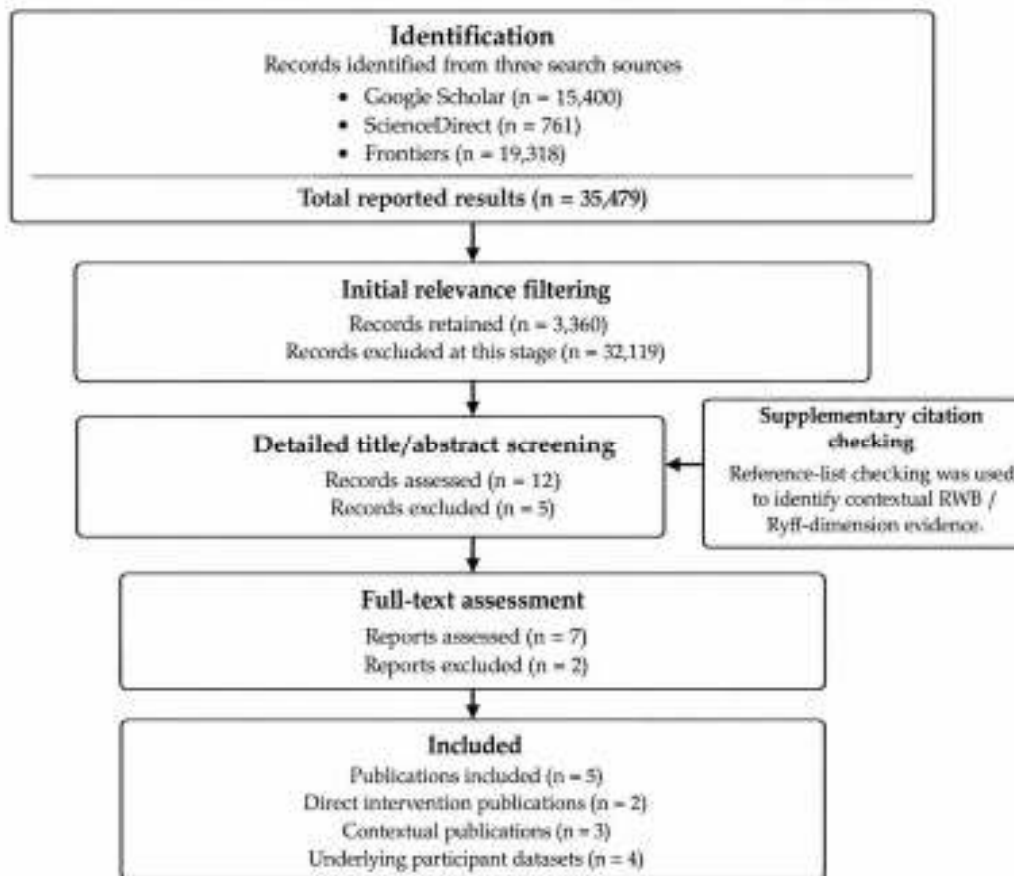
Because screening was conducted by one reviewer, no inter-rater disagreement procedure was applicable; this is acknowledged as a limitation because independent screening can reduce selection bias. Data were charted for publication source, year, country of study, participant characteristics, sample size, design, evidence stream, intervention characteristics, outcome focus, measurement or qualitative procedures, and key findings. Synthesis was narrative and thematic, emphasizing study characteristics, intervention characteristics, mapped outcomes, methodological limitations, and cross-study patterns.

The original screening record reported 35,479 initial search results (Google Scholar 15,400; ScienceDirect 761; Frontiers 19,318), followed by 3,360 records retained after initial manual filtering, 12 retained for detailed title/abstract assessment, 7 full-text publications assessed, and 5 included. The 3,360 figure is not interpreted as a post-deduplication count because duplicate records were not separately logged. Five records were excluded after title and abstract screening due to population mismatch (non-inmate cohorts) or lack of specific psychological well-being measurements. During the full-text assessment of the remaining seven reports, two additional papers were excluded because they evaluated solution-focused interventions on general prison rehabilitation outcomes (such as goal-setting or relapse risk) rather than reporting explicit, validated Ryff-based psychological well-being dimensions, leaving a final total of five eligible publications.

Study Selection

Five publications met the eligibility criteria, representing four underlying datasets because the two Sucipto publications used the same 14-inmate cohort. The publications comprised two quasi-experimental, one cross-sectional, and two qualitative studies. Three underlying datasets were from Indonesia and one from Iran; Poland appeared only as a co-author affiliation in Sucipto et al. (2020), not as a study location.

Figure 1. PRISMA-ScR flow of the review. Counts are reported from the retained original screening record.



Note. Counts are reported from the original manual screening record. Duplicate records were not separately logged, so the 3,360 figure should not be interpreted as a post-deduplication count.

D. RESEARCH RESULTS

Study Characteristics

At the publication level, five sources were included; at the underlying cohort/dataset level, four distinct participant groups were represented, with the two Sucipto publications deriving from one intervention cohort.

Table 1. Characteristics of included publications

Publication	Study Country	Publication source/status	Design and sample	Evidence	Intervention / focus	Main finding
-------------	---------------	---------------------------	-------------------	----------	----------------------	--------------

Sucipto et al. (2020)	Indonesia	Psikohumaniora. Sinta 2 at publication (2020); Scopus indexing began in 2022; current Sinta 1.	Quasi-experimental repeated measures; n=14 low-PWB inmates, purposive non-random sampling; 7 experimental and 7 comparison-group participants.	Direct	SFBT group counselin g; 5 sessions × 100 min; 14-day follow-up.	PWB increased in both groups; change was greater in the experimental group, although both groups received intervention exposure.
Sucipto et al. (2021)	Indonesia	ASSEHR/ISET 2020 conference proceeding, not a journal; peer-reviewed proceedings series.	Quasi-experimental mediation analysis; same n=14 cohort as Sucipto et al. (2020).	Direct	SFGC; 5 sessions × 100 min; 2-week follow-up.	Path analysis showed that the intervention significantly improved self-regulation ($\beta = .826$, $p = .022$). However, the subsequent path from self-regulation to psychological well-being did not reach statistical significance ($\beta = .287$, $p = .055$).
Ghazanfari et al. (2023)	Iran	Frontiers in Psychiatry. Indexed in Scopus, Web of Science, PubMed, and PsycINFO.	Cross-sectional; simple random sampling; n=259 male inmates.	Contextual	PWB, family cohesion, purposeful life.	PWB correlated with family cohesion ($r = .46$, $p < .001$); purposeful life was not significant.
Maharani & Fitri (2024)	Indonesia	Psychospiritual. Current Sinta 5; peer-reviewed national journal.	Qualitative field study; purposive sampling; sample size NR in accessible report.	Contextual	PWB and supporting/inhibiting factors.	Social support, positive interaction, and spirituality supported PWB; personality, cultural, and facility barriers were reported.

Putri & Indonesia Rahmasari (2021)	Character: Jurnal Penelitian Psikologi. Peer-reviewed national psychology journal.	Qualitative case study; purposive sampling; n=3 young inmates.	Contex tual	PWB and efforts to achieve it.	Positive activities and social support supported self-acceptance and recovery motivation.
------------------------------------	--	--	-------------	--------------------------------	---

Note. The 2020 and 2021 Sucipto publications use the same intervention cohort; indexing/accreditation is reported descriptively and is not a proxy for methodological quality.

The two direct publications used the same seven-inmate intervention and comparison groups, with five sessions of approximately 100 minutes and a 14-day follow-up. Specific solution-focused techniques and facilitator-fidelity procedures were not reported sufficiently for full replication. Maharani and Fitri (2024) also did not report an exact sample size and is therefore marked NR.

Intervention Characteristics and Mapped Outcomes

Table 2. Mapped outcomes and intervention-related evidence

Outcome/domain	Supporting publications	Evidence stream	Main pattern
Psychological well-being	Sucipto et al. (2020); Ghazanfari et al. (2023); Maharani & Fitri (2024); Putri & Rahmasari (2021)	Direct/ contextual	PWB was examined directly or contextually, but evidence was methodologically heterogeneous
Self-regulation	Sucipto et al. (2021)	Direct	The SFGC–self-regulation path was statistically significant, whereas the self-regulation–PWB path was not
Family cohesion and social support	Ghazanfari et al. (2023); Maharani & Fitri (2024); Putri & Rahmasari (2021)	Contextual	Social and family resources repeatedly emerged as relevant to psychological functioning
Self-acceptance and interpersonal functioning	Sucipto et al. (2020); Putri & Rahmasari (2021); Maharani & Fitri (2024)	Direct/ contextual	These domains were reported as relevant to positive psychological functioning
Purpose in life	Ghazanfari et al. (2023)	Contextual	No significant association with PWB was found

Three principal patterns emerged. First, the evidence was geographically concentrated in Indonesia, with one identified underlying dataset from Iran.

Second, direct intervention evidence rests on one small quasi-experimental cohort reported in two publications rather than on independent replication. Third, contextual evidence repeatedly highlights self-acceptance, social relationships, family support, self-regulation, and future-oriented resources as relevant to inmates' psychological functioning, but findings were not uniformly positive. The non-significant self-regulation-to-PWB pathway in Sucipto et al. (2021) and the non-significant purposeful-life association in Ghazanfari et al. (2023) illustrate why the evidence should be interpreted as a map of patterns and gaps rather than a pooled claim of SFGC effectiveness.

E. DISCUSSION

Cross-Study Synthesis

The direct evidence for SFGC is promising but narrow. The observed score increase within the comparison group in Sucipto et al. (2020) suggests a potential treatment diffusion or the influence of non-specific group therapy factors. Because the comparison group eventually received identical intervention exposure within the same isolated prison environment, the positive changes cannot be attributed solely to the unique mechanics of the solution-focused model. This overlapping improvement highlights the clear need for non-SFGC comparison conditions capable of separating specific solution-focused effects from generic group-counseling effects. Sucipto et al. (2020) reported a substantial increase in PWB scores across pre-test, post-test, and follow-up in the experimental group, while Sucipto et al. (2021) examined the same intervention through self-regulation as a proposed pathway. Because both publications used the same 14-inmate cohort and the same intervention schedule, their findings should be interpreted as complementary analyses of one experiment rather than two independent confirmations. This distinction changes the meaning of the evidence: the review identifies repeated analysis of one positive intervention experience, not replication across independent samples. Moreover, the 2020 comparison condition also

received an intervention, and both groups improved, limiting the extent to which the between-group difference can be attributed specifically to solution-focused procedures.

The SFGC findings also show an important variation between outcome pathways. The direct PWB pattern was favorable, yet the 2021 analysis found a significant SFGC-to-self-regulation pathway ($\beta = .826$, $p = .022$) while the self-regulation-to-PWB pathway was not statistically significant ($\beta = .287$, $p = .055$). Thus, self-regulation can be treated as a plausible process target of SFGC in this context, but not as a statistically established mediator of PWB in the present evidence base. The result also illustrates why synthesis should preserve non-significant findings rather than reduce the literature to a list of benefits. This statistical variance directly influences how the mechanics of SFGC should be interpreted. While the SFGC-to-self-regulation pathway was statistically significant direct path from self-regulation to global PWB scores demonstrates that psychological well-being in prison settings is shaped by multiple competing factors. Counselors cannot assume that improving self-regulation will automatically translate into higher self-acceptance or environmental mastery, which underscores the preliminary nature of these causal claims. This variation, along with the unreported sample size (marked as NR) in Maharani and Fitri (2024), highlights why the current evidence base should be treated as an initial map of clinical patterns rather than absolute proof of broad therapeutic effectiveness.

Contextual studies broaden the interpretation of relevant correctional conditions. Ghazanfari et al. (2023) found a moderate positive association between family cohesion and PWB ($r = .46$, $p < .001$), while purposeful life was not significantly associated with PWB. Maharani and Fitri (2024) identified social support, positive interaction, and spirituality as supporting factors, with personality, cultural differences, and limited facilities as barriers. Putri and Rahmasari (2021) linked positive activities and social support with self-acceptance and recovery motivation. These findings do not demonstrate SFGC effects but

indicate that social and institutional conditions may support or constrain counseling outcomes.

Theoretical Integration

The mapped findings fit Ryff's multidimensional model unevenly but coherently. Self-acceptance in Putri and Rahmasari (2021) corresponds directly to one PWB dimension, while positive relationships and family cohesion in Ghazanfari et al. (2023) and Maharani and Fitri (2024) correspond to positive relations with others. Self-regulation in the Sucipto publications can be interpreted as relevant to autonomy and environmental mastery because inmates must regulate behavior and pursue goals within a highly structured environment. Future-oriented goals and renewed motivation are conceptually related to purpose in life, but the non-significant purposeful-life association in Ghazanfari et al. (2023) demonstrates that conceptual relevance does not guarantee a measurable statistical association.

SFGC is the central intervention construct in this review, while SFBT functions as its solution-focused theoretical underpinning. The solution-focused principles associated with de Shazer and Berg direct attention toward clients' resources, preferred futures, exceptions, scaling, collaborative goals, and small achievable steps; contemporary synthesis describes these principles as mechanisms for emphasizing agency and observable progress (Franklin et al., 2017; Jerome et al., 2023). Within a group counseling setting, these processes can be strengthened through shared experience, hope, mutual support, interpersonal learning, and cohesion (Yalom & Leszcz, 2020). The theoretical proposition is therefore that SFGC may influence PWB by combining solution-focused change processes with relational resources generated by the group.

At the same time, the available evidence cannot determine which component is responsible for change. The direct study did not provide an attention-only or equivalent non-SFGC group comparison, and the comparison condition

itself received intervention exposure. In addition, the proposed self-regulation pathway was not statistically confirmed. The most defensible interpretation is therefore a mechanism hypothesis: SFGC may create opportunities for inmates to notice strengths, formulate attainable goals, experience progress, and receive interpersonal support, which in turn could contribute to selected dimensions of PWB. This mechanism remains to be tested using designs that can separate solution-focused techniques from generic group counseling effects.

Critical Appraisal and Research Gaps

The methodological strength of the evidence is uneven. Direct SFGC evidence derives from one purposively selected cohort of 14 inmates reported in two publications; the quasi-experimental design provides temporal comparison but limited causal isolation because the comparison group also received intervention. No randomized controlled trial was identified. Ghazanfari et al. (2023) had the largest sample ($n = 259$) and used random sampling, but its cross-sectional design limits causal interpretation. The qualitative studies provide contextual depth but are setting-specific; Putri and Rahmasari (2021) included three inmates, whereas Maharani and Fitri (2024) did not report the exact sample size.

At the review level, screening and charting were conducted by one reviewer, original database exports were not archived, and duplicate records were not separately logged. Selection and retrieval bias therefore cannot be excluded. Publication-source prestige was recorded descriptively and was not treated as methodological quality. No formal risk-of-bias tool was applied; design, sampling, comparison conditions, outcome measurement, and reporting completeness were instead considered narratively, consistent with the mapping purpose of a scoping review.

Several research gaps follow directly from this pattern. First, independent replication is needed because direct evidence comes from one cohort and setting. Second, future studies should report SFGC protocols, facilitator

preparation, group composition, session fidelity, and participant engagement in sufficient detail. Third, comparison conditions should distinguish SFGC-specific effects from general group counseling effects. Fourth, research should include women, younger inmates, different offense groups, and diverse cultural settings, with longitudinal follow-up to assess whether PWB changes persist.

Implications for Guidance and Counseling Practice

For guidance and counseling practice, SFGC may be incorporated cautiously as one component of correctional rehabilitation rather than a replacement for broader mental health and reintegration services. Counselors should be competent in strengths identification, solution-focused questioning, scaling, preferred-future exploration, collaborative goal setting, and group facilitation, as well as confidentiality within institutional limits, psychological safety, referral, and coordination with rehabilitation personnel.

A practical program may begin with group safety and preferred outcomes, followed by strengths and exception identification, scaling and future-oriented questions, small action steps, and progress review. The direct evidence used five sessions of approximately 100 minutes with a 14-day follow-up, but incomplete reporting of techniques and facilitator procedures means this schedule should not be treated as a standard protocol. Family cohesion, social support, peer interaction, spirituality, institutional resources, and cultural factors should also be considered in implementation. Implementation should also include routine PWB monitoring, family-oriented support where appropriate, rehabilitation planning, and reintegration preparation.

F. CONCLUSION

This scoping review mapped five eligible publications representing four underlying participant datasets. The evidence was heterogeneous, comprising two quasi-experimental publications from one 14-inmate cohort, one cross-sectional

study, and two qualitative studies. Only the Sucipto publications directly evaluated SFGC/SFBT; the other three provided contextual evidence on PWB and related Ryff dimensions. Recurring themes included self-regulation, self-acceptance, social relationships, family support, and future-oriented resources, but findings were not uniformly positive. Thus, SFGC appears theoretically relevant and potentially feasible for correctional guidance and counseling, but current evidence does not establish general effectiveness.

Limitations include the small direct-evidence cohort, non-independent publications, intervention exposure in the comparison condition, single-reviewer screening, incomplete archival search records, incomplete intervention reporting, and absence of formal risk-of-bias scoring. Counselors may cautiously integrate SFGC into correctional rehabilitation through strengths identification, solution-focused questioning, collaborative goal setting, group facilitation, psychological-safety procedures, and routine PWB monitoring. Future studies should use larger and more diverse samples, transparent protocols, independent replication, appropriate comparison conditions, and longitudinal follow-up.

G. REFERENCE LIST

- Ariyanti, N. M. P., Hamidah, H., & Widiasavitri, P. N. (2020). Terapi singkat berfokus solusi untuk meningkatkan kemampuan penetapan tujuan pada narapidana yang menjelang bebas di lembaga pemasyarakatan. *Psycho Idea*, 18(1), 16–25. <https://doi.org/10.30595/psychoidea.v18i1.5919>
- Beaudry, G., Yu, R., Perry, A. E., & Fazel, S. (2021). Effectiveness of psychological interventions in prison to reduce recidivism: A systematic review and meta-analysis of randomised controlled trials. *The Lancet Psychiatry*, 8(9), 759–773.
- Fazel, S., Hayes, A. J., Bartellas, K., Clerici, M., & Trestman, R. (2016). Mental health of prisoners: Prevalence, adverse outcomes, and interventions. *The Lancet Psychiatry*, 3(9), 871–881.
- Franklin, C., Zhang, A., Froerer, A., & Johnson, S. (2017). Solution focused brief therapy: A systematic review and meta-summary of process research. *Journal of Marital and Family Therapy*, 43(1), 16–30. <https://doi.org/10.1111/jmft.12193>
- Ghazanfari, H., Miri, S., Taebi, M., & Farokhzadian, J. (2023). Psychological wellbeing, family cohesion, and purposeful life in male prisoners: A cross-

- sectional study. *Frontiers in Psychiatry*, 13, 1054149. <https://doi.org/10.3389/fpsy.2022.1054149>
- Jerome, L., McNamee, P., Abdel-Halim, N., Elliot, K., & Woods, J. (2023). Solution-focused approaches in adult mental health research: A conceptual literature review and narrative synthesis. *Frontiers in Psychiatry*, 14, 1068006. <https://doi.org/10.3389/fpsy.2023.1068006>
- Maharani, S., & Fitri, A. (2024). Kesejahteraan psikologis pada narapidana perempuan di Lapas IIA Jember. *Psychospiritual: Journal of Trends in Islamic Psychological Research*, 3(2), 137–150. <https://doi.org/10.35719/psychospiritual.v3i2.113>
- Peters, M. D. J., Marnie, C., Tricco, A. C., Pollock, D., Munn, Z., Alexander, L., McInerney, P., Godfrey, C. M., & Khalil, H. (2020). Updated methodological guidance for the conduct of scoping reviews. *JB I Evidence Synthesis*, 18(10), 2119–2126. <https://doi.org/10.11124/JBIES-20-00167>
- Putri, N. I., & Rahmasari, D. (2021). Upaya mencapai kesejahteraan psikologis pada narapidana kasus narkoba. *Character: Jurnal Penelitian Psikologi*, 8(4), 115–131. <https://doi.org/10.26740/cjpp.v8i4.41214>
- Sucipto, A., Purwanto, E., Japar, M., & Ilendo-Milewska, A. (2020). Improving the psychological well-being of prisoners through group counseling with solution-focused brief therapy (SFBT) approach. *Psikohumaniora: Jurnal Penelitian Psikologi*, 5(2), 155–168. <https://doi.org/10.21580/pjpp.v5i2.6036>
- Sucipto, A., Japar, M., & Purwanto, E. (2021). The effectiveness of solution-focused group counseling to improve psychological well-being of prisoners with self-regulation as its mediators. In *6th International Conference on Science, Education and Technology (ISET 2020)* (pp. 177–181). <https://doi.org/10.2991/assehr.k.211125.033>
- Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K. K., Colquhoun, H., Levac, D., Moher, D., Peters, M. D. J., Horsley, T., Weeks, L., Hempel, S., Akl, E. A., Chang, C., McGowan, J., Stewart, L., Hartling, L., Aldcroft, A., Wilson, M. G., Garritty, C., Lewin, S., Godfrey, C. M., Macdonald, M. T., Langlois, E. V., Soares-Weiser, K., Moriarty, J., Clifford, T., Tunçalp, Ö., & Straus, S. E. (2018). PRISMA extension for scoping reviews (PRISMA-ScR): Checklist and explanation. *Annals of Internal Medicine*, 169(7), 467–473. <https://doi.org/10.7326/M18-0850>
- Van Agteren, J., Iasiello, M., Lo, L., Bartholomaeus, J., Takarangi, M. K. T., & Kyrios, M. (2016). Can we increase psychological well-being? The effects of interventions on psychological well-being: A meta-analysis of randomized controlled trials. *PLOS ONE*, 11(6), e0158092. <https://doi.org/10.1371/journal.pone.0158092>
- van Dierendonck, D., & Lam, H. (2023). Interventions to enhance eudaemonic psychological well-being: A meta-analytic review with Ryff's Scales of Psychological Well-being. *Applied Psychology: Health and Well-Being*, 15(2), 594–610. <https://doi.org/10.1111/aphw.12398>

- Vermeulen-Oskam, E., Franklin, C., van't Hof, L. P. M., Stams, G. J. J. M., van Vugt, E. S., Assink, M., Veltman, E. J., Froerer, A. S., Staaks, J. P. C., & Zhang, A. (2024). The current evidence of solution-focused brief therapy: A meta-analysis of psychosocial outcomes and moderating factors. *Clinical Psychology Review*, 114, 102512. <https://doi.org/10.1016/j.cpr.2024.102512>
- Yalom, I. D., & Leszcz, M. (2020). The theory and practice of group psychotherapy (6th ed.). *Basic Books*.
- Yokotani, K., & Tamura, K. (2015). Solution-focused group therapy for drug users in Japanese prison: Nonrandomized study. *International Journal of Brief Therapy and Family Science*, 5(2), 42–61. https://doi.org/10.35783/ijbf.5.2_42
- Żak, A. M., & Pękala, K. (2025). Effectiveness of solution-focused brief therapy: An umbrella review of systematic reviews and meta-analyses. *Psychotherapy Research*, 35(7), 1043–1055. <https://doi.org/10.1080/10503307.2024.2406540>
- Żak, A. M., Pakrosnis, R., & Kuminskaya, E. (2023). Research on the solution-focused approach in 2022: A scoping review. *Journal of Solution Focused Practices*, 7(1). <https://doi.org/10.59874/001c.90976>