Presentation Abstract

Surname

Foschi

Name

Sara

Other Authors

José Manuel Martínez Rodríguez. Institute of Transactional Analysis and Integrative Psychotherapy of Valladolid. . ; Florenta Turlea. Valencia, Spain. Asociatia Romana de Analiza Tranzactionala ARAT https://arat.ro/; Jorge Martínez Fernández. Institute of Transactional Analysis and Integrative Psychotherapy of Valladolid. ; Verónica Aguado Rodríguez. Aukebi Psychological Centre, Bilbao. . ; Sabina Mateo León. Barcelona, Spain. . ; Blanca Fernández Rodríguez. Institute of Transactional Analysis and Integrative Psychotherapy of Valladolid. . ()

Field of Expertise

Psicoterapy

Name of National Association

APPHAT

Other Affiliation

ATA

Modality of Participation

in-person

Type of Presentation

Panel

Presentation Title

Title of the Presentation: Efficacy, Effectiveness and Efficiency of Transactional Analysis for the Improvement of Mental Health and the Treatment of Mental Disorders. A Systematic Review 1961-2024.

Abstract

Background and Objectives: The institutional demand for effective treatments has driven health systems to adhere to Evidence-Based Medicine criteria, motivating government initiatives to prioritise interventions with proven effectiveness. Florenta Turlea will open the presentation by introducing the systematic review of research conducted between 1961 and 2024 on the efficacy, effectiveness, and efficiency of Transactional Analysis (TA) in improving self-esteem, problem-solving, relationships, and in the treatment of mental disorders. Methodology: A systematic search was conducted across multiple databases including APA PsycInfo, PubMed, SciELO, and Science Direct, following the PRISMA protocol. Studies were classified by methodological design — randomised controlled trials and systematic single-case studies for efficacy, and naturalistic studies for effectiveness. Methodological quality was assessed using the Cochrane Risk of Bias Tool (RoB 2), JBI Critical Appraisal Checklists, and JBI tools for case reports and series. Results: Sara Foschi will present the findings. From an initial set of 1,197 articles, 6 efficacy studies and 101 effectiveness studies on TA across mental health dimensions were selected, alongside 26 efficacy, 30 effectiveness, and 4 efficiency studies on mental disorders. TA

demonstrates efficacy and effectiveness in improving emotional regulation, self-esteem, problem-solving, social adaptation, and relational patterns — changes largely associated with shifts in Ego States, transactional patterns, and script beliefs. Evidence spans mental disorders including mood, anxiety, stress, personality, and substance use disorders. No study reported deterioration or adverse effects. Conclusions: TA is positioned as an empirically supported, safe, and versatile psychotherapeutic approach effective across a wide spectrum of conditions and populations — including adolescents, caregivers, prisoners, and adults over 60 — contributing meaningfully to psychological well-being, emotional resilience, and relational quality.

Professional Picture

