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### **EFFICACY OF ATTITUDES AND INTERVENTIONS OF SOCIAL WORK PROFESSIONALS: A REVIEW**

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# **Efficacy of Attitudes and Interventions of Social Work Professionals: A Review**

Joan Albert RIERA ADROVER<sup>1</sup>, Tatiana CASADO<sup>2</sup>,  
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## **Abstract**

Social work is a practice-based profession and academic discipline that promotes social change. According to the academic literature, the relationship elements between the professional and the client explain 45 percent of the change that occurs in a socio-relational intervention. The study objective is to measure the effectiveness of attitudes and interventions that social workers implement during the helping relationship. A review that synthesized scientific evidence was carried out. The results distinguished between attitudes and interventions. On the one hand, they highlighted the relevance of the therapeutic alliance for attitude development. On the other hand, they pointed out the importance of motivational interviewing as well as “cognitive-behavioral” and “Solution-Focused Brief Therapy” theoretical models for intervention development. Conclusions highlighted attitudes and interventions implemented in social work which are typical of Solution-Focused Brief Therapy and strengths-centered approach. In addition, emphasized the particular value of therapeutic alliance and motivational interviewing.

*Keywords:* social work, theoretical models, efficacy, attitude, intervention.

## **Introduction**

Social work is a practice-based profession and academic discipline that promotes social change, according to the definition of social work adopted by the General Assembly of the International Federation of Social Work (IFSW), which was held in Melbourne (Australia) in July 2014.

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Several authors have suggested a common-factors perspective that illustrates outcome variance in therapy. Among these, Michael Lambert (1986) identified a set of factors accounting for client improvement to be found in all therapies. According to Lambert, the elements of the relationship between the professional and the client explain 45% of the change that occurs throughout a helping relationship: common factors account for 30%, whereas model-specific factors and techniques account for 15% of the variance. The remaining 55% is attributable to client variables: factors outside of therapy explain 40%, and belief in change (expectancy) explains 15% of the outcome variance.

Concerning the elements of the relationship between the professional and the client, social work practice requires attitudes and interventions consistent with the values of the profession. Such attitudes and interventions should be workable in a variety of situations and multiple contexts, supported by extensive research, and in line with the person-centered model (Boone *et al.*, 2015).

This implies adopting a person-centered approach (Rogers, 2003), which will be later classified as the third wave of the helping relationship (O'Hanlon & Bertolino, 2014). This is consistent with the Global Social Work Statement of Ethical Principles, adopted by the General Assembly of the International Federation of Social Workers and at the General Assembly of International Association of Schools of Social Work in July 2018, in Dublin (Ireland).

Given the importance of the theoretical model that frames social work practice and guides the understanding of the observed phenomena, interventions, and client-therapist relationships, the problem arises in the little scientific evidence supporting the efficacy of the aforementioned attitudes and interventions. This has triggered the following research question: Has the scientific community investigated the effectiveness of the attitudes and interventions of social work professionals?

The usefulness of a review lies in its ability to evaluate the quality and method of the articles published in the area of social work; it contributes to synthesizing scientific evidence; in addition, it allows decision-making on the attitudes and interventions that must be taken into consideration in professional practice.

## **Material and method**

The research design followed the protocol of Manchado *et al.* (2009) and the guidelines of the PRISMA Statement (Urrútia & Bonfill, 2010):

*1. Inclusion criteria:* (a) Research period: 2013/2022; (b) Language: Results were not refined according to language; (c) Others: Results were not refined by funding agencies or countries; (d) Type of documents included: The results were

refined by type of document (articles); research area (Social Work); and research domain (Social Sciences).

2. *Information sources*: EBSCOhost (*Social Work Abstracts*), *Scopus* and *Web of Science* were the selected sources of information, with the date of the last search being January 12, 2022.

3. *Search strategy*: The Boolean operators AND, OR, as well as the use of parentheses, asterisks and double quotes enabled a greater degree of accuracy in identifying articles that contain information concerning the research question. The search strategy provided a suitable collection of articles: *Efficacy AND (Attitude OR Intervention\*) AND "Social Work\*"*

4. *Selection and classification of articles*: The first filter consisted of cataloging the articles as relevant or not relevant after reading the title and abstract. The second filter was based on the assessment of the degree of adjustment of the articles to the research question, as well as the degree of evidence.

5. *Study variables*: Bibliometric variables (*Table 1*); variables to evaluate article content, which were determined by the research question and the objective of the review; and variables to evaluate the degree of evidence, defined the study variables.

*Table 1. Bibliometric variables*

Data base	Year	Journal	Type of publication	Authors	Agency	Country	Language
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*Source: Adapted from Manchado et al. (2009)*

6. *Data extraction*: Data extraction included a critical reading of the element under study, as well as the method, the results, the discussion and the conclusions of the articles. The articles selected for the present research were independently reviewed by two authors. If necessary, the third author took the final decision in the inclusion or not of an article.

## Results

### *Included articles*

The articles included in this review are detailed in *Table 2*.

*Table 2.* Bibliometric variables

Data base	Year	Journal	Type of publication	Authors	Agency	Country	Language
Web of Science and Scopus	2021	European Journal of Social Work	Randomized controlled trial	<sup>1</sup> Heidenreich, <sup>1</sup> Gebrande, <sup>1</sup> Renz, <sup>2</sup> Noyon, <sup>3</sup> Zinnocker, & <sup>3</sup> Hautzinger.	<sup>1</sup> Univ Appl Sci Esslingen <sup>2</sup> Univ Appl Sci Mannheim <sup>3</sup> Univ Tübingen	Germany	English
Web of Science and Scopus	2021	Journal of Social Work	Pilot study	<sup>1</sup> Yu, <sup>2</sup> Liu, & <sup>1</sup> Bu.	<sup>1</sup> City Univ Hong Kong <sup>2</sup> Int Social Serv, Hong Kong	China	English
Web of Science and Scopus	2021	Research on Social Work Practice	Pilot study	Zhang.	Univ Michigan Michigan Med Adolescent & Young Adult Oncol Progr	United States	English
Web of Science	2020	Journal of Family Social Work	Case study	Chakawa, Frye, & Travis.	Auburn Univ	United States	English

Web of Science and Scopus	2018	Health & Social Work	Pilot study. Randomized controlled trial	<sup>1</sup> Li, <sup>2</sup> Solomon, <sup>3</sup> Zhang, <sup>3</sup> Franklin, <sup>1</sup> Ji, & <sup>1</sup> Chen.	<sup>1</sup> Shanghai Child. Med Ctr <sup>2</sup> Univ Penn <sup>3</sup> Univ Texas	<sup>1</sup> China <sup>2,3</sup> United States	English
Web of Science and Scopus	2018	Journal of Evidence-Informed Social Work	Mixed method: Degree of achievement and descriptive methodology	Roseborough, Bottorff, Dankey, Downing, Hoffman, Karson, Lemon, Wilcek, & Yahnke.	St Catherine Univ Univ St Thomas	United States	English
Web of Science	2017	Research on Social Work Practice	Inductive analysis	Walker-Williams & Fouche.	North West Univ	South Africa	English
Web of Science and Scopus	2016	Research on Social Work Practice	Systematic review	Mowbray & Quinn.	Univ Georgia	United States	English
Web of Science	2016	Prevention Science	Cohort study	Izzo, Smith, Holden, Norton, Nunno, & Sellers.	Cornell Univ	United States	English
Web of Science	2015	Social Work	Systematic review	<sup>1</sup> Gaston, <sup>2</sup> Gutierrez, & <sup>1</sup> Nisanci.	<sup>1</sup> Univ Illinois <sup>2</sup> Community Counseling Ctr Chicago	United States	English

Web of Science	2015	Journal of Social Work Practice	Case study	Karpetis, G.	Flinders Univ S Australia	Australia	English
Web of Science and Scopus	2015	Journal of Human Behavior in the Social Environment	Report	<sup>1</sup> Boone, <sup>2</sup> Mundy, <sup>3</sup> Stahl, & <sup>4</sup> Genrich	<sup>1</sup> Cent Arkansas Vet Healthcare <sup>2</sup> Sound Behav <sup>3</sup> Univ Georgia <sup>4</sup> Midsouth Hlth	United States	English
Web of Science	2013	Social Work in Public Health	Report	<sup>1</sup> Velasquez, <sup>1</sup> von Sternberg, & <sup>2</sup> Parrish.	<sup>1</sup> Univ Texas <sup>2</sup> Univ Houston	United States	English

Sources: Manchado et al. (2009)

### Excluded articles

Table 3 shows the excluded articles. The exclusion responds to different causes: not relevant; degree of adjustment to the study question; and degree of evidence.

Table 3. Bibliometric variables

Data base	Year	Journal	Type of publication	Authors	Agency	Country	Language
Web of Science	2022	Research on Social Work Practice	Mixed method: self-report measurements and interviews	Sadowski, Goff, & Sawyer.	Federat Univ Australia	Australia	English

Web of Science	2021	Aotearoa New Zealand Social Work	Descriptive methodology	Ali, Staniforth, & Adamson.	Univ Auckland	New Zealand	English
Web of Science	2021	Journal of Social Work	Inductive analysis	Gerassi & Esbensen.	Univ Wisconsin	United States	English
Web of Science	2021	Research on Social Work Practice	Regression analysis	<sup>1</sup> Huang, <sup>2</sup> Lin, <sup>1</sup> Luo, & <sup>1</sup> Liu.	<sup>1</sup> South China Normal Univ <sup>2</sup> Jinan Univ	China	English
Web of Science	2020	Clinical Social Work Journal	Report	<sup>1</sup> Wakefield, <sup>2</sup> Baer, & <sup>1,3</sup> Conrad.	<sup>1</sup> NYU <sup>2</sup> Rutgers State <sup>3</sup> Katholieke Univ Leuven	United States	English
Scopus	2020	Research on Social Work Practice	Mixed method. Pilot study	<sup>1</sup> Trabold, <sup>2</sup> Swogger, <sup>2</sup> McMahon, <sup>2</sup> Cerulli, & <sup>2</sup> Poleshuck.	<sup>1</sup> Rochester Inst Technology <sup>2</sup> Univ Rochester	United States	English
Scopus	2019	Research on Social Work Practice	Systematic review	<sup>1</sup> Ladis, <sup>1</sup> Macgowan, <sup>1</sup> Thomlison, <sup>1</sup> Fava, <sup>1</sup> Huang, <sup>1</sup> Trucco, & <sup>2</sup> Martínez.	<sup>1</sup> Florida Int Univ <sup>2</sup> Univ New Mexico	United States	English



Web of Science and Scopus	2018	Social Work-Maatskaplike Werk	Report	Kagee.	Stellenbosch Univ	South Africa	English
Web of Science and Scopus	2018	International Social Work	Descriptive analysis	Tartakovsky.	Tel Aviv Univ	Israel	English
Web of Science	2017	Journal of Human Behavior in the Social Environment	Report	<sup>1</sup> Perry-Mitchell & <sup>2</sup> Davis-Maye.	<sup>1</sup> Alabama A&M Univ <sup>2</sup> Alabama State Univ	United States	English
Web of Science and Scopus	2016	Journal of Evidence-Informed Social Work	Transversal study	Abrefa-Gyan.	Norfolk State Univ	United States	English
Web of Science	2016	BMC Nephrology	Mixed Method: Randomized Controlled Trial and Focus Group	Van der Borg, Schipper, & Abma.	Vrije Univ Amsterdam	Netherlands	English
Web of Science	2015	Journal of Evidence-Informed Social Work	Systematic review	<sup>1</sup> Scurlock-Evans & <sup>2</sup> Upton.	<sup>1</sup> Univ Worcester <sup>2</sup> Univ Canberra	<sup>1</sup> England <sup>2</sup> Australia	English

Web of Science	2014	Social Work	Report	Rubin.	Univ Houston	United States	English
Web of Science y Scopus	2013	Journal of Social Work Education	Uncontrolled trial	McMahon, Postmus, Warrenner, Plummer, & Schwartz.	Rutgers State Univ	United States	English
Web of Science	2013	Social Work in Public Health	Report	<sup>1,2</sup> Campbell, <sup>1,2</sup> Tross, & <sup>3</sup> Calsyn.	<sup>1</sup> Columbia Univ <sup>2</sup> St Lukes Roosevelt Hosp <sup>3</sup> Univ Washington	United States	English

Source: Manchado et al. (2009)

### Not relevant

The reading of the title, abstract and keywords of the identified articles established that 338 items were not relevant to the present review. The main reason was that those articles were oriented towards the *self-efficacy* of social work professionals. However, other reasons were also given, such as the *need for other professions to understand the efficacy of social work* or *studies carried out with students*.

### Degree of adjustment to the study question

The following investigations were not adequate to answer the research question.

Sadowski et al. (2022) enhanced the discussion about interventions in social work practice. However, their study focused on comparing the *Circle of Security-Parenting* (COS-P) intervention in group and individual mode.

Ali et al. (2021) collected information on the efficacy of suicide prevention interventions; among them, they highlighted exercise; physical health; mindfulness; medication use; and spirituality. It is excluded because it does not focus on attitudes or interventions that are based on any specific theoretical models.

Gerassi & Esbensen (2021) examined whether social workers who meet people at risk of sex trafficking use motivational interviewing. However, their results did

not confirm the effectiveness of motivational interviewing, since the study relies on expert opinion.

Huang *et al.* (2021) analyzed the effectiveness of numerous social work services -educational activities; volunteering; hobbies; tutorships; and psychological counseling - in resilient circumstances involving migrant minors. It is excluded from this review because it does not fully develop the type of interventions implemented, and consequently, the effectiveness of such interventions cannot be evidenced.

Ladis *et al.* (2019) ranked parent-focused preventive intervention programs that have proved effective in preventing early substance use and other problem behaviors in youth. Nevertheless, this study is excluded as it does not set out the range of specific attitudes and/or techniques that social work professionals can put into practice.

Tartakovsky (2016) reported on the preferences of 697 social work professionals in relation to different therapies (psychodynamic, cognitive-behavioral, client-centered, ecosystem). However, it does not refer to the effectiveness of specific attitudes or interventions, which led to its exclusion.

Abrefa (2016) determined no differences in the preferences of social workers towards evidence-based practice according to their geographical region. It does not focus on the effectiveness of the interventions carried out by these professionals.

Van der Borg *et al.* (2016) examined the effectiveness of counseling (4-6 sessions) of social workers to dialysis patients to reduce fatigue. However, their study did not specify the attitudes and interventions that professionals put into practice in order to enable such counseling.

Scurlock-Evans & Upton (2015) conducted a systematic review on the use and challenges of evidence-based practice in social work. However, they refer exclusively to the procedure to be followed, but do not detail results on its implementation.

Rubin (2014) stated that the practice of social work must take into consideration the recommendations that come from the field of research and presented a theoretical reflection on this topic. The fact that it does not take practical account of specific interventions and attitudes makes this study irrelevant for the present review.

McMahon *et al.* (2013) presented the results of a course on gender violence aimed at social work students. This study intended to find out the impact of this training on attitudes, beliefs, and the effectiveness of students. As it does not analyze specific interventions, it is excluded from the present review.

Campbell *et al.* (2013) highlighted the role of social workers in preventing HIV transmission. However, they did not measure the effectiveness of a specific intervention.

### *Degree of evidence*

Regardless of the method they used, the following investigations did not ensure scientific rigor, that is, the degree of evidence resulting from the type of publication (see *Table 2*).

Wakefeld *et al.* (2020) presented a theoretical work in which they argued that it is scientifically indefensible to assume the universal validity of a single psychotherapeutic theoretical framework.

According to Trabold *et al.* (2020), intimate partner violence is a public health crisis. The study implemented motivational interviewing with six obstetrics and gynecology patients. Preliminary results showed improvement in quality of life; trauma symptoms; and self-efficacy.

Kagee (2018) examined some interventions in order to improve psychosocial problems associated with conflict and war, without focusing on attitudes and interventions of social workers.

Perry & Davis (2017) reviewed evidence-based programs to prevent HIV in Africa. This study pointed out some common interventions integrated within the program strategy. However, it did not offer a specific analysis of the attitudes and interventions implemented by the professionals who led such programs.

### *Flow chart*

The selection process for the inclusion of articles was presented in the flow chart (Figure 1). In it, 1) the initially identified articles were classified; 2) the articles that proved relevant after reading the title and abstract; 3) the articles that were selected after reading the full text; and 4) the articles that were finally included in the review after analyzing their evidence.

### *Data extraction analysis*

The data extraction scrutiny considered both bibliometric and critical analysis of the articles that were included in the review.

### *Bibliometric analysis*

The bibliometric analysis offered information about the authors, year, agency, and type of study (*Table 2*). *Web of Science* was the database that collected the largest number of selected articles, with a total of 13. The most prolific years of publication were 2015 and 2021, while in the years 2014 and 2019 no article included in this review was published. The journal that showed a greater degree of interest in the matter was *Research on Social Work Practice*, with three publications on the subject. The type of publication showed a great dispersion, including two randomized controlled trials, two case studies, as well as reports and systematic reviews. All articles are by different authors or research teams,

although the University of Texas supported the authorship of two selected articles. All the articles are published in English, and the United States occupies the first position, with 9 articles included.

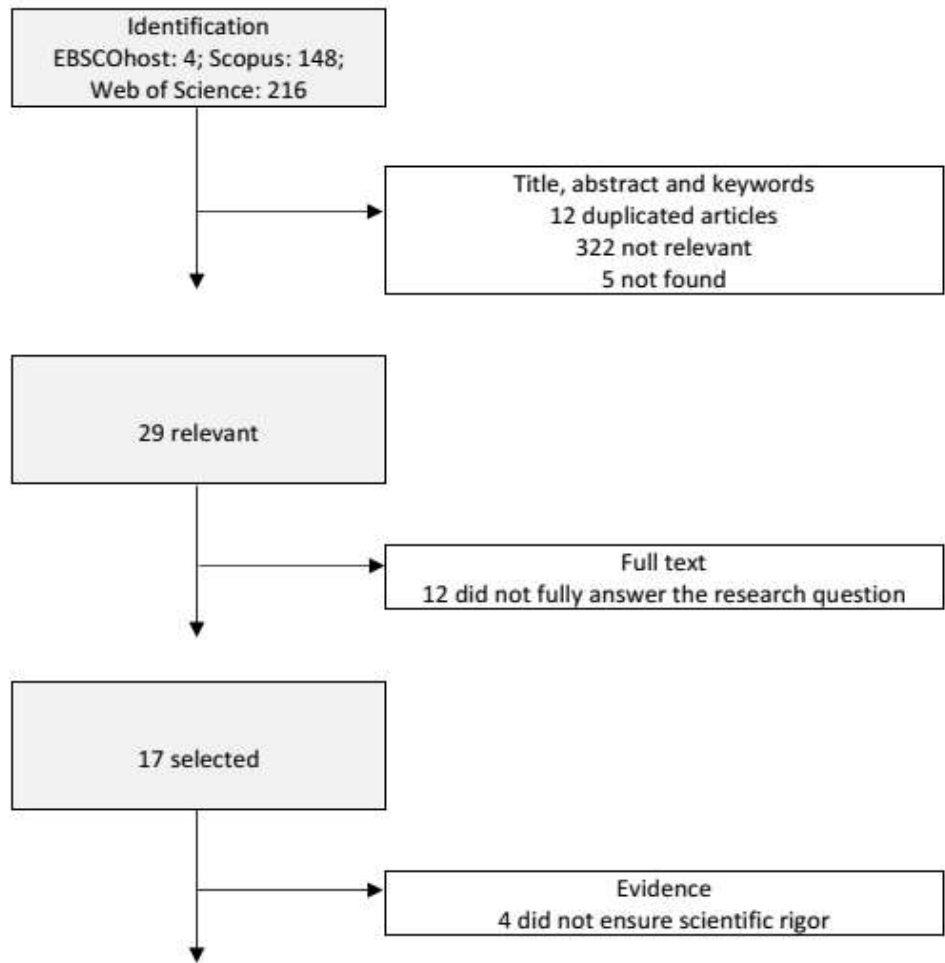


Figure 1. Flow chart

Source: Author's elaboration

*Critical analysis of the articles that were included in the review*

The critical analysis considered the following elements: authorship, thematic area, and degree of evidence (that is, bias control). The main results of each article included in the review are also examined, as well as their possible bias or limitations (see *Table 4*).

Table 4. Critical analysis of the articles included in the review

Authorship	Thematic area	Degree of evidence	Relevance for different actors	Main results
Heidenreich <i>et al.</i> (2021)	Mothers diagnosed with depression	Randomized controlled trial	The intervention of the clinical social workers included environmental analysis; problem analysis and goal planning; psychoeducation; motivational training; planning and supervision to deal with daily life situations; family support and social networks; crisis management; and closing meeting.	Results showed that additional clinical social work sessions were associated with improvements in psychosocial functioning; psychopathological symptoms; life satisfaction; and mothers' self-efficacy.
Yu <i>et al.</i> (2021)	Resilience and mental health in cross-border parents and children	Pilot study. Bias: no control group	The intervention had four sessions aimed at emotional understanding; emotional regulation strategies; positive emotional resources; and emotion management in order to strengthen family relationships.	Results revealed improvements in positive affect; resilience; and family harmony; and reduction in depressive symptoms
Zhang (2021)	Adolescents and adults diagnosed with cancer	Pilot study. Bias: no control group	Solution-Focused Brief Therapy intervention consisted of four sessions: 1) evaluation of pre-session change, future-oriented questions, and evaluation of the feasibility of the established goals; 2 and 3) evaluation of any changes since the last meeting. Includes coping questions, exception-seeking questions, the Miracle question, relational and scaling questions; 4) review of the progress and agreement on next steps.	Results showed improvements in depression, anxiety and hope.
Chakawa <i>et al.</i> (2020)	Parent-Child Interaction Therapy (PCIT)	Case study	PCIT is based on attachment theory; social learning theory; and operant conditioning.	Results evidenced that PCIT played a significant part in reducing behavior problems and reinforcing effective behavior management strategies for parents.
Li <i>et al.</i> (2018)	Distress of parents with children with congenital heart disease	Pilot study: Randomized Controlled Trial	The intervention consisted of four sessions: 1) solution-oriented language, asking about pre-session change; interest in their frame of reference; preferred future questions, and made goal-setting interventions; 2 and 3) scaling, coping, and exception-seeking questions; 4) reinforcing progress.	Results indicated decreasing distress and increasing hope in the treatment group.

Roseborough <i>et al.</i> (2018)	What determines change and how it is maintained after psychotherapy	Mixed method: Degree of achievement and descriptive methodology	<p>The results of the study showed that therapeutic alliance; multidisciplinary approach; being heard, understood and accepted; and evaluating progress is linked to the success of the helping relationship.</p> <p>Change in the perception about oneself (for example, being more confident or self-sufficient); stability in different areas of life; internalization of therapeutic relationship; time effect and personal acceptance; examining the factors that trigger discomfort and making decisions about it; are ingredients that favor maintenance of desired change.</p>
Walker-Williams y Fouché (2017)	Women who suffered child sexual abuse	Inductive analysis	<p>Cultivate thoughts, feelings and behaviors in group intervention, to move towards growth, mastery and well-being. The strengths-based approach does not seek to reduce symptoms, but personal development through the situation that generates discomfort.</p> <p>The main benefits lie in the emotional awareness by which they can reconstruct post-traumatic narrative; post-traumatic identity; and group context, a contributor to the rethinking of personal identity.</p>
Mowbray y Quinn (2016)	Substance use	Systematic review	Treatment services that proved effective in tackling substance use. The results of their review highlighted the importance of motivational strategies implemented in primary care settings and health clinics.
Izzo <i>et al.</i> (2016)	Prevention of aggressive behavior in young people	Degree of evidence	<p><b>Relevance for different actors</b></p> <p>Children and Residential Experiences (CARE). The implementation of the program is based on (1) healthy adult-child relationship models; (2) traumatic history; (3) child's development; (4) family involvement; (5) competition; and (6) ecological model.</p> <p><b>Main results</b></p> <p>The results of the study suggested that participation in CARE significantly decreased aggressions towards staff; vandalism; and unauthorized absences.</p>
Gaston <i>et al.</i> (2015)	Treatment of African Americans with HIV	Systematic review	The authors highlighted the use of ancillary support services; adherence manuals and theory-based interventions, such as structural ecosystem therapy or cognitive-behavioral intervention for stress management.

Karpets (2015)	Parents of children with separation anxiety	Case study	The "environmental transference interpretation" is an effective intervention in clinical social work practice with parents of children with separation anxiety. The intervention consisted in dealing with the transference of the parents towards the professional figure.	The study showed the importance of empowering parents to identify the ways in which they (unconsciously) contribute to perpetuating the problem, as it reduces parental anxiety and children's separation anxiety.
Boone <i>et al.</i> (2015)	Program analysis	Report	The authors analyzed the degree of adjustment between social work and <i>Acceptance and Commitment Therapy</i> (ACT), a cognitive-behavioral program. The program interventions include working with metaphor; mindfulness; and exercises that enable connection with users' internal experiences, without trying to modify them. The authors noted the appropriateness of ACT as a brief intervention in social work practice.	
Velasquez <i>et al.</i> (2013)	Women at risk of alcohol consumption during pregnancy	Report	The authors discussed the efficacy of an integrated behavioral intervention, <i>CHOICES</i> . The intervention includes motivational interviewing and cognitive-behavioral strategies.	

Source: Author's elaboration



## Conclusions

The general problem of the present research lies in the scarce scientific evidence on the efficacy of the theoretical reference models through which social work professionals operate. The research question about whether the scientific community has investigated the effectiveness of the attitudes and interventions of social work professionals has been answered by synthesizing scientific evidence, as well as contemplating the quality and the method of the published articles in the area of social work.

As mentioned above, the elements of the relationship between the professional and the client account for 45% of the change (Lambert, 1985) that occurs in therapy. Therefore, the results of this review, supported by different authors, revolve around a range of attitudes and interventions capable of being applied in different areas and situations in everyday professional practice.

On the one hand, our results show those attitudes and interventions guided by the person-centered approach that would later be described as the third wave of the helping relationship, consistent with Global Social Work Statement of Ethical Principles:

1. The attitudes and interventions of Brief Solution-Focused Therapy; that is, four sessions where the professionals: use a solution-oriented language; assess pre-session change; make preferred future questions; show interest in their frame of reference; carry out interventions to set goals and assess their feasibility; evaluate the changes produced since the last meeting; use coping questions, exception-seeking questions, the Miracle question, and scaling questions; review and reinforce progress, and agree on next steps. Solution-Focused Brief Therapy has proved useful with adolescents and adults diagnosed with cancer and in tackling distress of parents with children with congenital heart disease.
2. Strengths-based attitudes and interventions. Professionals enable the cultivation of thoughts, feelings and behaviors, which promotes personal development in women who suffer child sexual abuse.

On the other hand, our results show those attitudes and interventions problem-focused interventions that include behavioral and cognitive models, as well as family therapy; that is, the models of the second wave of the helping relationship. Problem-focused models are centered on “disfunctional” behaviors. Moreover, they are not consistent with the person-centered models, such as:

1. Analysis of the problems and the contexts; psychoeducation; the planning and supervision of daily life situations; crisis management with mothers diagnosed with depression.
2. Emotional regulation strategies; positive emotional resources; and emotion management in order to strengthen resilience, mental health, and family relations of cross-border parents and children.

3. Implementation of the PCIT program, based on attachment theory; social learning theory; and operant conditioning.
4. Implementation of the CARE program for the prevention of aggressive behavior in young people, based on traumatic history; child development; family involvement; and ecological model.
5. Attitudes and interventions of structural ecosystems therapy and cognitive-behavioral intervention for stress management in African-Americans with HIV.
6. Interpretation of parents' transference towards the professional figure, especially in the case of children with separation anxiety.
7. Implementation of ACT, a cognitive-behavioral program, based on the use of metaphor; mindfulness; and exercises that enable connection with users' internal experiences.
8. Implementation of CHOICES with women at risk of alcohol consumption during pregnancy, an integrated behavioral intervention, which includes the use of cognitive-behavioral strategies.

Regardless of whether the aforementioned attitudes and interventions are guided by the person-centered or problem-centered approach, they share some common elements. Among them, the therapeutic alliance stands out, as well as the motivational interview.

Concerning the elements of the relationship between the professional and the client, social work practice requires attitudes and interventions consistent with the values of the profession, and in line with the person-centered approaches. However, the results obtained in the present review are more closely related to the theoretical models guided by the problem-centered approach than to the theoretical models guided by the person-centered approach. The theoretical model that has obtained the greatest support in terms of efficacy is the cognitive-behavioral, followed by Solution-Focused Brief Therapy, which is consistent with the values of the profession and is in line with this perspective.

Although it is true that the theoretical models belonging to the first and second waves have had prominence throughout recent history, the values of the profession require a greater presence of the attitudes and interventions of the theoretical models belonging to the third wave. This implies the adoption of a person-centered approach, consistent with the Global Social Work Statement of Ethical Principles.

Therefore, the conclusion of this review highlights the attitudes and interventions that have proven effective in the practice of social work and that are consistent with the Global Social Work Statement of Ethical Principles. These attitudes and interventions are typical of Solution-Focused Brief Therapy and the strengths-focused approach, but they also enhance the therapeutic alliance and the development of motivational interviewing.

The main limitations of this review lie in transferring results to other cultures as well as the methodological design. On the one hand, the study period (2013 to

2022) and the limitation to scientific articles may have hidden elements of interest for the research question. On the other hand, the bibliometric analysis has shown that 9 of the 13 articles included in the review were published in the United States. Thus, it may be interesting to reflect on whether the results obtained can be generalized to other cultures. For this reason, we suggest the replication of this study in different cultures, which will make it possible to ratify the results obtained.

Additionally, it is necessary to suggest the use of meta-analysis as a future line of research to generate more scientific evidence.

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