

# Meaning Centered Psychotherapy Around the World: A Scoping Review

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## Background

- Meaning centered psychotherapy (MCP) is an empirically derived, manualized brief intervention used in the CL setting to treat existential distress in patients with advanced medical illness.<sup>1</sup>
- Based on logotherapy, MCP is offered as an adjunctive treatment with patients and caregivers in individual and group formats.<sup>2</sup>
- Session topics include defining MCP concepts; exploring identity; addressing 4 sources of meaning – historical, attitudinal, creative and experiential; transitional session.<sup>3</sup>
- Despite robust evidence to support its use, MCP is underutilized and not widely implemented.

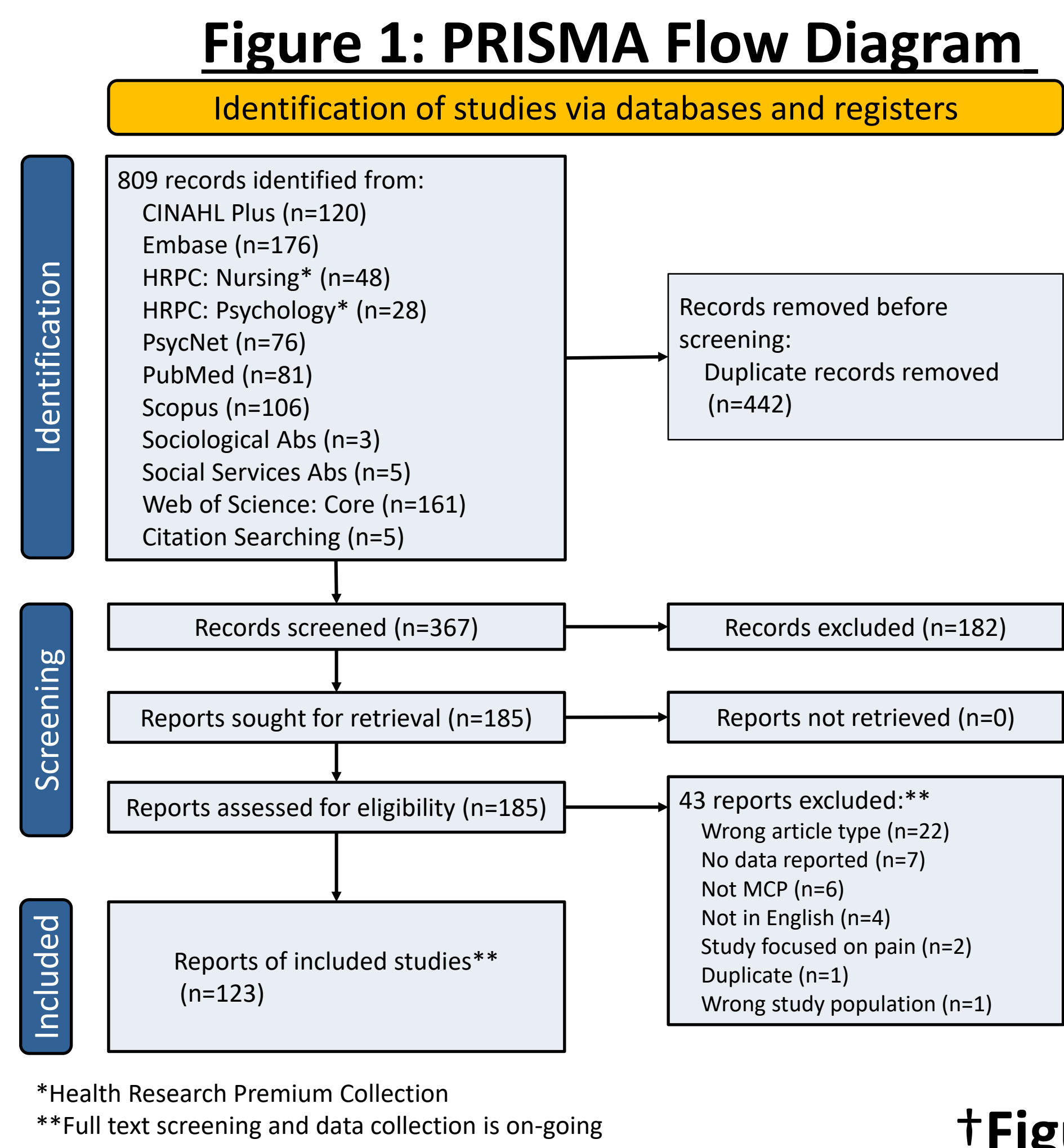
## Aim

To identify and characterize the literature on MCP's use globally with medically ill adult patients, specifically focusing on cultural adaptation, implementation processes and strategies

## Methods

- Joanna Briggs Institute scoping review methodology used. 10 databases searched & bibliographies scanned.
- **Screening:** 2 reviewers screened each record at 1) title/abstract and 2) full text levels and collected data using Covidence™. Disagreements resolved via discussion.
- **Inclusion criteria:** medically ill 18+yo pts w/psychosocial distress or caregivers; English articles published in any year
- **Exclusion criteria:** systematic reviews; physical pain is the focus of MCP
- **Data collection and analysis:** on-going, preliminary results are shared (Figure 1)

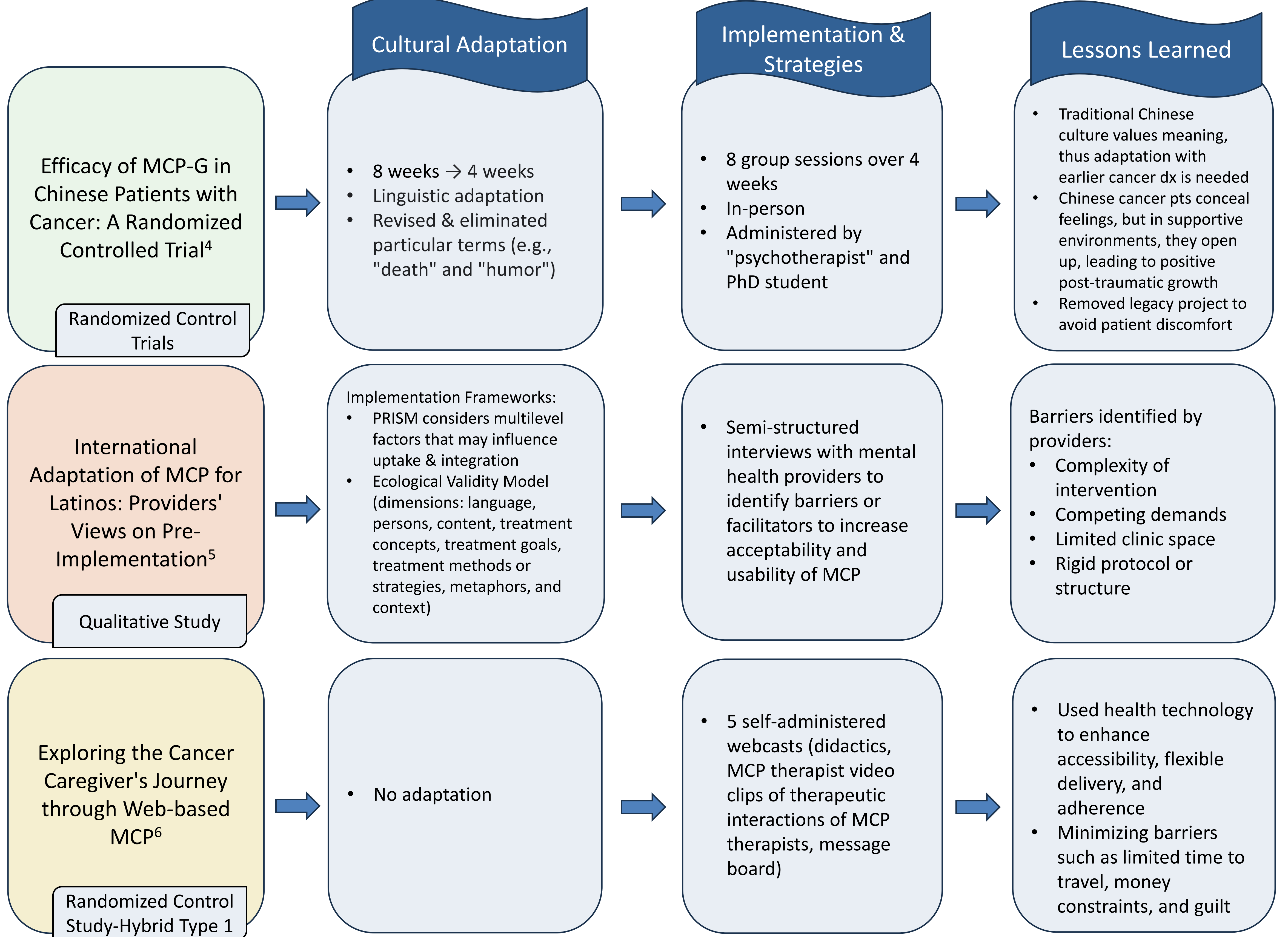
## Preliminary Results: Three Selected Articles Reflective of Larger Scoping Review†



## †Figure 2: Study Sites from Three Highlighted Articles



## †Figure 3: Key Findings from Three Highlighted Articles



## Discussion

- Previous studies have shown that mental health interventions (e.g., cognitive behavioral activation, interpersonal psychotherapy) can be effectively delivered using a task-sharing approach to improve reach and access globally, including within the US.<sup>7,8</sup>
- Increased access to MCP should take into consideration **cultural and linguistic adaptation, implementation processes and strategies** such as **core elements of the intervention adaptation** (minimal number of sessions, content), **mode delivery** (group versus individual sessions; use of technology); **use of task-sharing/shifting approach** (from more to less highly trained individuals<sup>9</sup>); and the **use of competency training and supervision models** (the WHO Enhancing Assessment of Common Therapeutic Factors/ENACT<sup>10,11</sup>) to support providers to effectively deliver MCP.
- Effectiveness-implementation hybrid study designs are needed to enhance MCP's reach, effectiveness, implementation, and sustainability.<sup>12</sup>

## References

1. Breitbart et al, 2010
2. Breitbart et al, 2012
3. Breitbart & Poppito, 2014
4. Wang et al, 2023
5. Costas-Muñiz et al, 2022
6. Applebaum et al, 2018
7. Rahman et al, 2008
8. Patel et al, 2011
9. Van Ginneken et al, 2013
10. World Health Organization, 2008
11. Kohrt et al, 2015
12. Curran et al, 2012

Scan for full references and supplementary resources

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