

Choice Theory (CT)/Reality Therapy (RT) efficiency research and scientific support

The explanation of scientific validity of Reality Therapy approach can be found in the book: Znanstvena utemeljenost RT, (Scientific Argument for Reality Therapy), Leon Lojk, 2001.
<http://opak.crolib.hr/cgi-bin/wero.cgi?q=410508135108>

Many articles covering effectiveness and empirical testing of Choice Theory application can be found in **International Journal of Choice Theory and Reality Therapy**:
<http://www.ctrjournal.com/>

On efficiency and scientific support

There are **82 doctoral dissertations** written on reality therapy identified between 1970 and 1990 (Franklin, M, (1993); Eighty-two Reality therapy doctoral dissertations written between 1970. and 1990, Journal of Reality Therapy, 11(2), 76-82). Of course, this number has eventually been redoubled.

In the book 'Reality Therapy for the 21st Century' author Robert E. Wubbolding (2000) claims that principles of Choice Theory and RT are **multicultural and applicable in many areas. He presents research studies in relation to** health, human needs, addiction, drug abuse in prison, juvenile offenders recidivism, domestic violence, corrections, humour, depression, arthritis, self concept, self-esteem, locus of control, minority groups, deaf population, management, organizational behaviour, quality education, self-concept, at-risk students, etc.

There is an article with review on efficiency: "Choice Theory and Reality Therapy: Perceptions of Efficacy", Mary E. Watson and Caley B. Arzamarski, 2011. Available at:
<http://www.ctrjournal.com/file.php/1/AllJournals/IJCTRT%20XXXI%20no1.pdf>

The International Journal of Reality Therapy, Vol.17 No1, has published Reality Therapy: A Meta-Analysis". This study examined quantitatively the effectiveness of RT across 21 empirical studies. The authors, Lisa Radke, Marty Sapp, Walter C. Farrell concluded that although the study used also inexperienced therapists and some brief treatments RT has an average effect size within the medium range.

In the new journal The International Journal of Choice Theory (Vol.1 2006) is published article "A Meta-Analysis of Reality Therapy and Choice Theory Group Programs for Self-Esteem and Locus of Control in Korea" by Rose Inza Kim and MiGu Hwang. This study comprises 43 studies conducted in Korea between 1986 and 2006 on Reality Therapy and Choice Theory group programs in terms of their effects on participants' self-esteem and locus of control. Comparing the counterpart control group with the groups under study the latter scored 23% higher of 'self-esteem' and 28% higher on 'locus of control'.

You can read more about scientific validity of Reality therapy approach in the <following text> (link to the answers to 15 questions by Leon Lojk)

CT/RT and addiction:

Substance abuse treatment with adolescent African American males: Reality therapy with an Afrocentric approach, Moore, Sharon E., 2001.
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Drug Rehabilitation from a Choice Theory Perspective, Olli Nikoskelainen, 2012.
http://publications.theseus.fi/bitstream/handle/10024/42125/Nikoskelainen_Olli.pdf

Who Is in Charge of Your Recovery? The Effectiveness of Reality Therapy for Female **Drug Offenders in Taiwan**, Fang Mei Law, Gwo Jen Guo, 2013.
<http://dx.doi.org/10.1177/0306624X12474976>

The Iowa therapeutic community model of **chemical dependency treatment**, Ryan J. Hulbert, 1992
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The effect of a R/T group counseling program on the **Internet addiction** level and self-esteem of Internet addiction university students, Kim, Jong-Un, 2008
<http://psycnet.apa.org/psycinfo/2008-05320-002>

Assessing the Efficacy of a Choice Theory - Based **Alcohol Harm Reduction** Intervention on College Students, Bradley Smith, Shannon R. Kenney, Ashley E. Sessoms, Joseph Labrie, 2011
<http://www.crrjournal.com/file.php/1/AllJournals/IJCTRT%20XXX%20no2.pdf>

Disorders from DSM-IV and effects of CT/RT:

The Effects of an RT Program Applied to **Mental Health Clients**, International Journal of Choice Theory and Reality Therapy, Vol.20 No2
<http://www.crrjournal.com/>

Choice theory and Reality Therapy Application: Counselling Students with **Psychosomatic Disorders**, Asja Palinić Cvitanović, Leon Lojk, Marija Radonić, Matija Čale Mratović, Đurđica Kolarec, 2002.
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Reality therapy with **rape victims**, Margaret J. McArthur, 1990
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A Study on Counselling Program for **Decrease of Aggression** through RT, International Journal of Choice Theory and Reality Therapy, Vol.20 No2
<http://www.crrjournal.com/>

The **reticent speaker**: etiology and treatment, Gerald M. Phillips, Nancy J. Metzger, 1973.
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Using Reality Therapy to Reduce **PTSD-Related Symptoms**, Prenzlau, Sheryl, 2006.
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Effectiveness of reality therapy program for **schizophrenic patients**, Jeongsook Kim, 2005.
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CT/RT in working with groups:

Reality therapy training efficiency in helping participants to better their relationships and improve their psychological wellbeing, Leon Lojk, Danko Butorac, Marija Posavec, Tvrtko Maras, Valentina Kranželić, Ankica Baković, 2018.
https://www.wglasserinternational.org/wp-content/uploads/bsk-pdf-manager/IJCTRT_Spring2018_232.pdf

Reality therapy groups: Its effect on the stress reactions and coping strategies of **female nurses in the critical care units**, Wang, Wei-Hsiu; Ting, Yuan-Yu, 2012.
<http://psycnet.apa.org/psycinfo/2012-11407-003>

Group Counseling Efficiency based on Choice Theory on **Prisoners' Responsibility Increase**, Shahram Vaziria, Farah Lotfi Kashani, Zara Jamshidifar, Yashar Vaziri, Mehdi Jafari, 2013.
<https://www.sciencedirect.com/science/article/pii/S1877042814022538?via%3Dihub>

The Efficiency of Reality Therapy Instruction upon the Rate of Life's Qualification and **Marital Conflicts of Addicted Spouses**, Maryam Tadayon, Alireza Mohammadi Arya, Hamidreza Lotfi, 2013.
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The effects of a choice theory and reality therapy **parenting program** on children's behavior, Petra, Jeff Robert, 2001.

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The Development and Effects of a Reality Therapy **Parent group Counseling** Program, Young-Soon Kim, 2001

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