



Findings of the Dependable Strengths Project

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A series of studies were conducted during the late 1980s and the 1990s by faculty and doctoral students connected with the DS Project at the University of Washington.

Dr. James McMurrer's 1989 doctoral dissertation reports that the Dependable Strengths Articulation Process enhanced adolescent self-esteem, as measured by the Piers-Harris Children's Self-Concept Scale. Dr. McMurrer also found that the DSAP intervention resulted in significant increases in all but one of the scales measured by the Adjective Check List (ACL) when pre and post scores were obtained on 30 participants.

Dr. Eric Densen's 1992 doctoral dissertation reports that students who participated in treatment programs which used the Dependable Strengths Articulation Process, showed significant post-treatment gains and improvement relative to the control group. The primary gain was in psychological well-being.

Dr. Jerald Forster conducted several studies of DSAP participants who completed the Adjective Check List (ACL) prior and after DSAP workshops. He compared the ACL changes of one group of 30 participants with those of a control group who did not participate in DSAP workshops.

The results of Dr. Forster's study showed that DSAP participants had significant changes in five scales that demonstrated more positive self-descriptions. They reported more favorable self-descriptions, showing higher Self-confidence, Achievement, and Adult descriptions, all of which point to more Positive Self Constructions. This research was published in a peer-reviewed journal: Forster, J. R. (1991), "Facilitating Positive Changes in Self-Constructions," *International Journal of Personal Construct Psychology*, 4: 281-292, 1991.

Abstracts of the three studies described are available online at the CDS Research Archive (<http://www.dependablestrengths.com/archive>).

For a copy of Dr. Forester's 1991 study, please write to the Center for Dependable Strengths. One copy per written request will be provided free-of-charge. Please include a self-addressed stamped envelope.