



## Scientific evidence base for transactional analysis in the year 2010

### Annex 2 – the Psychotherapy List: References to research on Transactional Analysis psychotherapy effects 1963-2010

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60 of the 88 references found in this list were found to be unique studies of treatment effects of TA psychotherapy. They are marked \*.

Arnold, T.J., Simpson, R.L. (1975). The effects of a TA group on emotionally disturbed school-age boys. *Transactional Analysis Journal* 5, 238- 241.

Comment: School study, no significant effects after 6 weeks. 0\*

Bader, E. (1976). *Redecisions in family therapy: A study of change in an intensive family therapy workshop*. Ph.D. dissertation, California School of Professional Psychology.

Comment: CT-design. See also Bader (1982). +\*

Bader, E. (1982). Redecisions in family therapy: A study of change in an intensive family therapy workshop. *Transactional Analysis Journal* 12, 27-38.

Comment: CT-design. TA with rededecision techniques found effective. 2

Baker, R.L. (1984). *Evaluating treatment changes that occur during psychotherapy as measured by the T-JTA (effectiveness, treatment)*. Ph.D. dissertation, United States International University.

Comment: CT-design, Groups of TA/Gestalt and behavior modification both tested sign. better than control groups after 12 sessions in private outpatient psychotherapy +\*

Beckstrand, P.E. (1973). TA as a means of teaching writing in high school. *Transactional Analysis Journal* 3, 161-163.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. CT-design. Sign. change in locus of control but not in writing skills. School study, not therapy. +\*

Bekauouche, A. (1974). *A study of the effectiveness of transactional analysis and transactional analysis modified on juvenile delinquents*. Ph.D. Dissertation, The American University.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. No information about results. ?

Bledsoe, S.E., G.N.K. (2006). Treating depression during pregnancy and the postpartum: A preliminary meta-analysis. *Research on Social Work Practice* 16 (2), 109-120.

Comment: Meta-analysis, TA effective as a group therapy, not as good as CBT or medication, but better than IPTtherapy (Khalil). In Khalil's(2007) master list of 19. +\*

Boholst, F.A. (2003). Effects of transactional analysis group therapy on ego states and ego state perception. *Transactional Analysis Journal* 33, 254-261.

Comment: CT-design. Unclear if it is TA-therapy by a qualified TA-therapist. 5 day student workshop on TA gave more FC, A and NP. Probably E, not P. In Khalil's(2007) master list of 19. +\*

Brown, T.A. (1973). *Change of self-concept with an intact group by a transactional analysis approach*. Ph.D. Dissertation, Southern Illinois University.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. TC-design. 8 months TA group therapy for hospital sisters, post measure one year after finish. Sign. differences in self esteem and self satisfaction in experimental group. +\*

Chance, G.R. (1981). *The effects of group psychotherapy on the self-actualization of male inmates in a federal penitentiary*. Ph.D. dissertation, University of Missouri.

Comments: RCT-design. 12 weeks of Rational Behavior Therapy, Psychodrama, TA, discussion or testing only. Self-actualization or behavior did not change in any group. 0\*

Childs-Gowell, E. (1977). A study of schizophrenics in transactional analysis treatment report of ethnographic research. *International Journal of Nursing Studies* 14 (4), 215-221.

Comment: One year TA community treatment for 12 schizophrenics. Significant results for lower depression and schizophrenia. In Khalil's(2007) master list of 19. +\*

Collins, J.H. (1985). *The assessment of pre-posttest changes in selected personality variables among incarcerated felons participating in a therapeutic community at a maximum security federal penitentiary*. Ed.D dissertation, The George Washington University.

Comments: Focus in TC program was TA, sample population 58 federal prisoners involved in the Askelepiion Therapeutic Community for a minimum of 12 months. TA effective, significant changes in self concept as measured by variables from MMPI and CPI. +\*

Craig, R.J., Olson, R.E. (1988). Changes in functional ego states following treatment for drug abuse. *Transactional Analysis Journal* 18, 68-72.

Comments: 68 heroin addicts tested with Adjective Checklist (ACL) prepost 18 days of hospital based treatment (not TA-oriented). Ego state changes from AC to A could be verified, and ACL can be used to measure ego state changes. NA

De Vincentis, M.D. (1974). *The relative effectiveness of transactional analysis and human relations training on modifying interpersonal orientations*. Ph.D. Dissertation, Mississippi State University.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. No information on results. ?

Dumas, J.E., LaFreniere, P.J., Serketich, W.J. (1995). "Balance of power": A transactional analysis of control in mother-child dyads involving socially competent, aggressive, and anxious children. *Journal of Abnormal Psychology* 104 (1), 104-113.

Comments: RCT-design for study on aggressive children. Rated as one of the seven best TA-studies in Elbing, U. (2007). A search for transactional analysis studies according to Evidence Based Medicine (EBM) criteria, *EATA Newsletter* 90 (Oct.). Study not mentioned in Khalil (2007). Doubtful from abstract if it is a study of TA at all, seems to be a communication (transactional) study of mother-child relationships. NA

Elmore, C.B. (1976). *A study of the effects of a transactional analysis learning model in group counseling with couples experiencing marital maladjustments*. Ph.D. dissertation, University of South Carolina.

Comment: CT-design, 13 couples, 6 in TA and 7 in "eclectic" group marital counseling. No significant changes in self concept and some other variables. 0\*

Emerson, J. (1990). *Use of the transactional analysis ego state concept to measure client change in psychotherapy*. Ph.D. dissertation, Utah State University.

Comments: 56 therapy clients tested prepost with ACL and Brief Symptom Inventory (BSI). Predicted changes in most ego states occurred at significant levels. Study tests the ego state construct, not therapy effectiveness. +\*

Erskine, R.G., Maisenbacher, J. (1975). The effects of a TA class on socially maladjusted high school students.

*Transactional Analysis Journal* 5, 252-254.

Comment: 12 "worst problem" high school students participated in TA "personal growth" class one semester. Significant drop in discipline referrals and truancy, sign. Improvement of grade average. Study supports that TA can be used as an effective educational approach with socially maladjusted high school students. +\*

Falkowski, W., Ben-Tovim, D.I, Bland, J.M. (1980). The assessment of the ego states. *British Journal of Psychiatry* 137: 572-3.

Comment: Ego states were found to be highly significant phenomena when tested on 10 TA therapists. NA

Fanger, M. (1978). *A study of autonomy and client-subjects' expectations in a transactional analysis group therapy marathon*. Ed.D. dissertation, Boston University School of Education.

Comment: RCT design, 11 in experimental group and 17 in control. Changes were not significant. 0\*

Fargo, S.L. (1979). *Ego states and psychopathology*. Ph.D. dissertation, Georgia State University.

Comment: Study found a significant relationship between ego states and psychopathology. NA

Fetsch, R.J. (1979). *A Comparison of the psychological effects of running and transactional analysis stroking for the relief of reactive depression in adults*. Ph.D. dissertation, University of Wyoming.

Comment: RCT design, 8 in each group. Both treatments equally effective beyond 0.01 level in reducing depression, TA also increased NC and NP scores. +\*

Fetsch, R.J., Sprinkle, R.L. (1982). Stroking treatment effects on depressed males. *Transactional Analysis Journal* 12, 213-217.

Comment: See above. In Khalil's (2007) master list of 19. 2

Francisco, A. (1975). *Therapeutic alleviation of psychosomatic headaches through an integrative method of biofeedback and transactional analysis*.

Comments: RCT-design. Significant reduction of intensity and frequency of headaches in experimental group (those who received bio-feedback and TA training). +\*

Glick, I.D., Hargreaves, W.A., Raskin, M., Kutner, S.J. (1975). Short versus long hospitalization: A prospective controlled study. Results for schizophrenic inpatients. *American Journal of Psychiatry* 134, 385-390.

Comments: RCT-design. Rated as one of the seven best TA-studies in Elbing, U. (2007). A search for transactional analysis studies according to Evidence Based Medicine (EBM) criteria, *EATA Newsletter* 90 (Oct.). Not mentioned in Khalil (2007). A TA group once a week was (a small) part of both the long term and the short term treatment program, and there was no effort in the study to identify the effectiveness of the TA group. It was not the purpose of the study to evaluate TA, and the study is not relevant as a TA effectiveness study. NA

Goodstein, M. (1971). *A comparison of Gestalt and Transactional Analysis therapies in marathons*. Ph.D. dissertation, Illinois Institute of Technology.

Comment: RCT design. Results supported that treatment method produces differential results: Less anxiety for TA and higher creativity for Gestalt were some significant findings. +\*

Green, G. (1988). Analysis of research on the effectiveness of transactional analysis for improving marital relationships: Towards close encounters of the single kind. *Transactional Analysis Journal* 18, 238-248.

Comment: All quantitative studies on the effectiveness of TA for improving marriages were reviewed. "...it cannot be said that TA is effective or ineffective in producing positive changes in the relationships of married couples. The only possible conclusion is that the jury is still out, and the burden of proof is on the proponents of TA." In Khalil's (2007 master list of 19. 0\*

Grünewald-Zemsch, G. (2000). The "Small project": First results, first perspectives. *Transactional Analysis Journal* 30, 58-72.

Comment: Describes development of instruments to measure psychotherapy. A small pilot study (n=17) shows usefulness of instruments but no significant results. In Khalil's (2007 master list of 19. 0\*

Horwitz, A. (1982). The relationship between positive stroking and self-perceived symptoms of distress. *Transactional Analysis Journal* 12, 218-221.

Comment: 79 counseling clients in a study with "descriptive – correlational" design. Study confirmed significantly that positive stroke acquisition has inverse relationship with symptom distress. +\*

Intarakumnerd, T. (1976). *The effects of transactional analysis on the self-concept of Thai students who are enrolled in Mississippi universities*. Ph.D. dissertation, Mississippi State University.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. N=50, RCT design, 4 weeks of TA training (6 hours altogether). Some significant effects on self concept were found. +\*

Jennings, W.S., Kohlberg, L. (1983). Effects of a just community programme on the moral development of youthful offenders. *Journal of Moral Education* 12, 33-50.

Comments: Simple group comparison study. Rated as one of the seven best TA-studies in Elbing, U. (2007). A search for transactional analysis studies according to Evidence Based Medicine (EBM) criteria, *EATA Newsletter* 90 (Oct.) Study not mentioned in Khalil (2007). No mention of TA in abstract. ?

Jensen, S.M., B.M.S., Koepp, A.H. (1980). TA in brief psychotherapy with college students. *Adolescence* 15 (59), 683-689.

Comment: Study classified in Khalil (2007) as "school study" and excluded from review. Results of a survey of students treated with TA support that TA in brief psychotherapy with university students is an effective learning and therapeutic tool. +\*

Jesness, C.F. (1975). Comparative effectiveness of behavioral modification in transactional analysis programs for delinquents. *Journal of Consulting and Clinical Psychology* 43, 758-79.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. Simple group comparison study. Rated as one of the seven best TA-studies in Elbing, U. (2007). A search for transactional analysis studies according to Evidence Based Medicine (EBM) criteria, *EATA Newsletter* 90 (Oct.). Mentioned but excluded from review in Khalil (2007). Large study over four years of 983 juvenile delinquents sentenced to treatment at institutions. TA treatment program compared to behavior modification program. Both programs were significantly better than other similar programs. +\*

Johnsson, R., Stenlund, G. (2010). *The affective dimension of therapeutic alliance in transactional analysis group psychotherapy*. Lund University, Department of Psychology.

Comment: Part of doctoral dissertation. Shows importance of the affective component of the therapeutic alliance in TA group therapy. NA

Kahn, F. (1973). *Transactional analysis and gestalt therapy: A comparative study*. Ph.D. dissertation, California School of Professional Psychology.

Comment: TA and Gestalt were compared in literature and through questionnaires to practitioners. Both were found to be existential and process oriented incomplete systems. NA

Kapur, R., Miller, K. (1987). A comparison between therapeutic factors in TA and psychodynamic therapy groups. *Transactional Analysis Journal* 17, 294-300.

Comment: Study asked clients in TA groups and psychodynamic groups to identify helpful therapeutic factors. Both groups ranked self-understanding highest. TA was high on interpersonal learning and psychodynamic participants on universality and cohesiveness. NA

Knox, T. (1973). *The effect of transactional analysis groups on the internal-external locus of control*. Ph.D. dissertation, University of Arkansas.

Comment: One of nine TA-studies in meta analysis by Smith et al 1980. Excluded from Khalil (2007). Groups of students with different ways of learning TA (workshop, class) were compared with students that did not learn TA. Both TA group members and TA class members made significant changes from "externals" to "internals" (in charge of own feelings and destiny). +\*

Krauft, V.R. (1973). *Transactional analysis group interaction with sixth-grade behavioral problem boys*. Ed.D. dissertation, University of Arkansas.

Comment: I have no content information. ?

Kynaston, L.B. (1982). *The effect of centering techniques on self-esteem, openness to experience, an anxiety*. Ph.D. dissertation, The University of Arizona.

Comments: TA was one of two control groups to centering experimental group. Significantly higher self-esteem in TA group than in centering group and in no-treatment control group. +\*

- Leamon, J.L. (1981). *Effects of two psychological experiential treatments on anxiety, self-concept, and locus of control*. Ph.D. dissertation, Memphis State University.  
 Comment: RCT-design, 54 college students in 3 groups, TA, desensitization/relaxation, placebo. Both treatment groups significantly better in reducing anxiety, shifting locus of control to internal, improving achievements. TA also significantly better in improving low self-esteem. +\*
- Lieberman, M.A., Yalom, I.D., Miles, M.B. (1973). *Encounter groups: First Facts*. New York: Basic Books.  
 Comment: Large study of 10 group therapy forms, n=210, in 7 groups. RCT-design, TA included with two groups, one of which was led by Bob Goulding and had best results while other TA group was the second worst group (personal inf. from Bob Goulding) +\*
- Masiak, M., Kopacz, G., Oles, P., Welcz, H. (1998). Assessing the egograms of neurotic inpatients during psychotherapy. *Transactional Analysis Journal* 28, 168-170.  
 Comment: After 10 weeks of TA therapy FC was significantly strengthened. +\*
- May, R.J., Tierney, D.E. (1976). Personality changes as a function of group transactional analysis. *Journal of College Student Personnel* 17 (6), 485-488.  
 Comment: N=16. "Inconclusive" results. In Kahlil's (2007) master list of 19. 0\*
- McClenaghan, J.C. (1976). *The effects of transactional analysis workshops on interpersonal relationship and communication behaviors*. Ph.D. Dissertation, University of Colorado, 1976.  
 Comment: One of nine TA-studies in meta analysis by Smith et al 1980. RCT-design. N=74. No significant results. 0\*
- McNeel, J.R. (1975). *A study of the effects of an intensive weekend group workshop*. Ph.D. dissertation, California School of Professional Psychology.  
 Comment: Study of marathon with Bob and Mary Goulding. See also McNeel (1982). +\*
- McNeel, J.R. (1982). Redecisions in Psychotherapy: A study of the effects of an intensive weekend group workshop. *Transactional Analysis Journal* 12, 10-26.  
 Comment: Found significant positive effects of the marathon after three months. N=15. In Kahlil's (2007) master list of 19. 2
- Noce, J.S., Noce, S.F., McClellan, A.T. (1981). The parenting function of therapeutic communities: Test of a model in an alcohol rehabilitation program. *Transactional Analysis Journal* 11, 236-240.  
 Comment: Explored the applicability of the Collective Parenting Function (CPF) Model to a TC for alcohol dependent clients. Was confirmed. NA
- Noriega Gayol, G. (1995). Self-reparenting with female delinquents in jail. *Transactional Analysis Journal* 25, 208-210.  
 Comment: n=28, one week workshop. No standard instruments, no controls. No measurements reported. Positive changes reported. +\*
- Noriega Gayol, G. (1997). Diagnosis and treatment of ego state boundary problems: Effects on self-esteem and quality of life. *Transactional Analysis Journal* 27, 236-240.  
 Comments: N=21, one week workshop by Mary Goulding and Muriel James. Instruments used but results not given in numbers. Significant positive short time changes claimed. In Kahlil's (2007) master list of 19. +\*
- Novey, T. (1999). The effectiveness of transactional analysis. *Transactional Analysis Journal* 29, 18-30.  
 Comment: Therapy results by transactional analysts were compare to results of psychiatrists, psychologists, social workers, marriage counselors and physicians in earlier large survey (n=248 for TA, 2900 for earlier study). Found significant better results for TA than other groups, and more than 6 months of therapy sign. better. In Kahlil's (2007) master list of 19. +\*
- Novey, T. (2002). Measuring the effectiveness of transactional analysis: An international study. *Transactional Analysis Journal* 32, 8-24.  
 Comment: Previous study replicated for TA's part with 27 international therapists and 932 clients of TA therapy. Results the same as in previous study. In Kahlil's (2007) master list of 19. +\*
- O'Brien, M.H., S.K.W., Beal, V.A. et al. (1982). Incorporating transactional analysis into a weight loss program. *Journal of the American Dietetic Association* 81 (4), 450-453.  
 Comment: "Unobtainable" study in Kahlil (2007). ?
- Ohlsson, T., Johnsson, R. (1994). *Korsaröd: Utvärdering 1994*. Malmö: Institutet för livsterapi.  
 Comments: Result of this project incorporated in Ohlsson (2001, 2002). TA rated as main treatment ingredient in TC for drug addicts with psychotic problems by both clients and staff. +\*
- Ohlsson, T. (2001). *TA i missbruksarbete – transaktionsanalytisk psykoterapi som behandlingsmetod för drogmisbrukare i miljöterapeutisk vård*. Ph.D. dissertation, Lund University.  
 Comments: Original work – see also Ohlsson (2002). +\*
- Ohlsson, T. (2002). Effects of transactional analysis psychotherapy in therapeutic community treatment of drug addicts. *Transactional Analysis Journal* 32, 153-177.  
 Comments: Simple group comparison study. Rated as one of the seven best TA-studies in Elbing, U. (2007). A search for transactional analysis studies according to Evidence Based Medicine (EBM) criteria, *EATA Newsletter* 90 (Oct.). 67 clients in TC with TA psychotherapy followed in all therapy over 20 months. Follow up average 2 years after. Significant results: >80 therapy sessions better, complete therapy process better, more competent therapists better. 2

- Olson, R.P., Ganley, R., Devine, V.T., Dorsey, G.C. (1981). Long-term effects of behavioral versus insight-oriented therapy with inpatient alcoholics. *Journal of Consulting and Clinical Psychology*, 48, 866-877.  
Comments: Compares effects of TA with behavioral therapy and combined therapy. RCT-design. Rated as one of the seven best TA-studies in Elbing, U. (2007). A search for transactional analysis studies according to Evidence Based Medicine (EBM) criteria, *EATA Newsletter* 90 (Oct.). n=113, about 30 days of treatment. Behavior therapy significantly better than TA, but combined TA/behavior group best of all. No significant differences after 1 ½ years. Study written by behavior therapist in study. Abstinence was criterion. In Khalil's (2007) master list of 19. + (-)\*
- Payton, O.D., Morriss, R.L., Beale, A.V. (1979). Effects on TA instruction on empathy, self-esteem, control. *Transactional Analysis Journal* 9, 200-204.  
Comments: N=38. CT-design. 58 hours of TA course. Significant improvement in internal locus of control and empathic discrimination. In Khalil's (2007) master list of 19. +\*
- Peek, J.H. (1975). *The effect of transactional analysis upon the self concept of adjudicated delinquents*. Ph.D. dissertations, Georgia State University.  
Comments: RCT-design. N=48. TA did effect significant positive change in self concept. +\*
- Pichel, C.H. (1975). A ten-year follow-up study of 216 clients seen in marriage and family counseling. *Marriage and Family Counseling Quarterly*, 9 (4), 49-60.  
Comment: No information ?
- Prothero, J.C. (1978). TA with problem drivers. *Transactional Analysis Journal* 8, 173-175.  
Comment: n=358, RCT design. TA group had significantly better results than control group. In Khalil's (2007) master list of 19. +\*
- Rachelson, J.H. (1984). *Cognitive stress management based on transactional analysis*. Ph.D. dissertation, Georgia State University.  
Comment: Participation in 2½ hours groups produced no significant changes. 0\*
- Roth, R. (1977). A transactional analysis group in residential treatment of adolescents. *Child Welfare Journal* 56 (1), 776-786.  
Comment: Study excluded from Khalil (2007). ?
- Salole, R.M. (2001). Case formulations: Comparison of transactional analysis script analysis and the patient's plan diagnosis method. *Transactional Analysis Journal* 31, 114-121.  
Comment: n=8. Study found agreement between clinicians using TA and clinicians using psychoanalytic ideas in diagnosing. NA
- Schiff, J, Erb, J.L., Warner, K., Schiff, S., Kline, D., Bowman, D. (1977). Biochemical evidence of cure in schizophrenics. *Transactional Analysis Journal* 7, 178-182.  
Comment: n=24 . Biochemical changes in of tryptophan uptake significantly different in recovery of schizophrenia using TA treatment (Schiff). +\*
- Schiff, J.L. (1990). *A Programme for schizophrenia*. Upton-upon-Severn: The self publishing ass.  
Comment: n=86. Found drop in tryptophan uptake in schizophrenics treated at Cathexis Institute compare to Lafayette Clinic in Detroit. 2
- Schroeder, D.W. (1990). *The modification of achievement, behavior, locus-of-control, and self-esteem of behaviorally disturbed adolescents using a structured brief transactional analysis group*. Ph.D. dissertation, Brigham Young University.  
Comment: RCT-design. N=60. Both groups improved over time in grades and behavior. +\*
- Scilligo, P., Coratti, B. (1987). Effetti della psicoterapia di gruppo sulla percezione di sé nella formazione degli psicoterapeuti *Polarità*, 1, 1-15.  
Comment: Groups with more than 120 hours of TA/Gestalt therapy showed significant increase in positive self-perception and self-integration compared to control groups. +\*
- Scilligo, P., De Luca M.L. (1997). Copione del terapeuta e alleanza terapeutica. *Psicologia Psicoterapia e Salute*, 3, 1-20.  
Comment: Study of affective and working alliance in long term psychotherapy. NA
- Scilligo, P. (1999). Aspetti epistemologici in Analisi Transazionale. *Psicologia Psicoterapia e Salute*, 5, 245-257.  
Comment: Analysis of epistemological positions followed in doing TA psychotherapy and counselling. NA
- Segeler, E.E. (1986). *Effectiveness of transactional analysis training in improving mathematics achievement, reducing math anxiety, and changing associated negative attitudes and attributions for failure*. Ph.D. dissertation, University of Pittsburgh.  
Comment: CT-design. TA group significantly better in "usefulness of math" +\*
- Shaskan, D., Moran, W., Moran, O.M. (1981). Influence of group psychotherapy: A thirty year follow-up. *Transactional Analysis Journal* 11, 270-274.  
Comment: Describes a group where Berne was leader that met for more than 6 years, and where a questionnaire follow up was made 30 years later. Positive experiences, group add something that wasn't there before any didn't harm. N=17 +\*
- Shaskan, D., Moran, W. (1986). Influence of group psychotherapy: A thirty-eight year follow-up. *Transactional Analysis Journal* 16, 137-138.  
Comments: Same group, n=9. Participants felt that what happened was important and interesting. +\*
- Smith, M.L., Glass, G.V., Miller, T.I. (1980). *The benefits of psychotherapy*. Baltimore: The John Hopkins University Press.  
Comment: Meta-study of 475 controlled psychotherapy studies, including 9 TA studies. TA found to have an effect size of 0.67, close to the average of the study, placing TA as about as effective as psychodynamic therapy, behavior modification and client centered therapy. Study in Khalil's (2007) master list of 19, but none of the individual studies were included. +\*
- Smith, S. (1989). A study of clinicians who use regressive work. *Transactional Analysis Journal* 19, 75-79. +\*

- Sinclair-Brown, W. (1982). A TA redecision group psychotherapy treatment program for mothers who physically abuse and/or seriously neglect their children. *Transactional Analysis Journal* 12, 39-45.  
 Comment: Simple group comparison design. TA/Redecision group found effective. +\*
- Singh, D.K. (1977). What happens when people change: An experiment in transactional analysis. *Nursing Journal of India* 86 (5), 127-130.  
 Comment: "Unavailable" in Khalil (2007). ?
- Sisson, P.J., Arthur, G.L., Carpenter, N. (1977). Transactional analysis and gestalt therapy used in conjunction with group counseling for married couples. *Together* 2, 16-23.  
 Comment: No information. ?
- Stasiw, J.R. (1977). *The effects of intensive, short term transactional analysis training and group therapy on affective states and locus of control with adult male offenders*. Ph.D. dissertation, University of Georgia.  
 Comment: RCT-design. N=30, 3 groups., 5 weeks of treatment (40 hours). TA groups had significant decrease in anxiety and depression as well as increase in developed internality. +\*
- Steere, D., Tucker, G., Worth, A. (1981). Change in two settings. *Transactional Analysis Journal* 11, 222-228.  
 Comment: Marathon TA therapy was found to produce greater initial change and ongoing TA group therapy was shown to produce greater change latter 2/3 of the treatment period. +\*
- Talob, E.R.C. (1994). Using transactional analysis to enhance adjustment in Filipino college students. *Transactional Analysis Journal* 24, 197-205.  
 Comment: n=146 college students, randomized Solomon four-group experiment. Significantly better adjustment in TA groups. In Khalil's (2007) master list of 19. +\*
- Thunnissen, M., van Delft, S., Smolders, M. (1998). Transactional analysis in nursing homes. *Transactional Analysis Journal* 28, 210-215.  
 Comment: Research on effectiveness of TA as communication method in nursing homes. N=30 staff members. After 9 months of coaching after 101 experimental group had better insight into communication between staff and residents. In Khalil's (2007) master list of 19. +\*
- Thunnissen, M., Duivenvoorden, H.J., Trijsburg, R.W. (2001). Experiences of patients after short-term inpatient transactional analysis psychotherapy. *Transactional Analysis Journal* 31, 122- 128.  
 Comment: Interview with 14 subjects 4 years after short term in-patient TA therapy. 12 received more therapy after leaving, good results of first therapy did not hold for some. 0\*
- Thunnissen, M., Duivenvoorden, H.J., Bussbach, J., Hakkaart-van Roijen, L., van Tilburg, W., Verheul, R., Trijsburg, W. (2008). A randomized clinical trial on the effectiveness of reintegration training program versus booster sessions after short-term inpatient psychotherapy. *Journal of personality disorders* 22, (5), 483-495.  
 Comment: RCT-design, n=128. Compliance in booster session, which included TA, was significantly better than in reintegration training +\*
- Varni, J.W., Katz, E.R. (1997). Stress, social support and negative affectivity in children with newly diagnosed cancer: A prospective transactional analysis. *Psycho-Oncology* 6 (4), 267-278.  
 Comment: Excluded from Khalil(2007). NA
- Windell, J.O., Woolams, S. (1976). The effects of training on marriages. *Transactional Analysis Journal* 6, 209-212.  
 Comment: n=149, questionnaire study, descriptive. 84% found TA training improved marriage. In Khalil's (2007) master list of 19. +\*
- Wissink, L.M. (1994). A validation of transactional analysis in increasing self-esteem among participants in a self-reparenting program. *Transactional Analysis Journal* 24, 189-196.  
 Comment: n=22, volunteer university students and staff, CT-design, 15 hours TA self reparenting (6 weeks). Significant increase in self-esteem etc. In Khalil's (2007) master list of 19. +\*
- Wilson, T.E., White, T.L., Heiber, R. (1985). Reparenting schizophrenic youth in a hospital setting. *Transactional Analysis Journal* 15, 211-215.  
 Comment: Matched CT-design., n=26. A TA reparenting group performed significantly better than a psychoanalytic group in adaptive functioning and changed positively in mental status. +\*
- Woodward, R.B. (1974). *The effects of transactional analysis on the self-concepts, social adjustment an grade point averages of intellectually advantaged, intellectually normal and intellectually disadvantaged sixth grade students*. Ph.D. dissertation, Mississippi State University.  
 Comment: One of nine TA-studies in meta analysis by Smith et al 1980. CT-design. All three groups of students improved significantly in self-concept, social adjustment and grade point (two groups). "TA...is a beneficial training tool for elementary school students". +\*
- Yang Mei (2010). The Influence of "Transactional Analysis" on College Students' "Locus of Control" – an empirical research. The psychological counseling center of Beijing Capital University of Economy and Trade. Original: 杨眉 (2009).“人际沟通分析学”在影响大学生“心理控制源”上的实证研究. 北京 首都经济贸易大学心理咨询中心.E.  
 Comment: n=81 university students decreased significantly in external locus of control after taking part in one semester of TA class. NA