

The background of the slide features a soft-focus photograph of a desk. On the left, a round analog clock with a white face and black numbers is visible. The desk surface is covered with several papers and folders in shades of yellow, white, and light blue. The overall lighting is warm and slightly dim, creating a professional yet approachable atmosphere.

**ACCENTING THE POSITIVE:  
PUTTING AN AFFIRMATIVE SPIN  
ON THE BATHE TECHNIQUE**

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# Focus of Presentation

- The BATHE Technique: Brief history and recent empirical evidence for its effectiveness
- Positive Psychology: The new focus of research and clinical practice
- The Positive BATHE: A procedure to enhance health by fostering affirmative thinking

# Therapy in Primary Care

- Family physicians can treat emotional problems without labeling them mental problems
- Emotional concerns are addressed normally during medical treatment
- Family physicians are in a unique position to understand body-mind interactions
- Every visit should involve attention to the emotional component

Third Edition

# THE FIFTEEN MINUTE HOUR

Practical  
Therapeutic  
Interventions  
in Primary Care

STUART • LIEBERMAN

SAUNDERS



# Goals of 15 Minute Therapy

- Preventing dire consequences
- Re-establishing patient's pre-morbid level of functioning
- Expanding the behavioral repertoire
- Enhancing patient's self esteem

# **Two Basic Human Needs...**

- **To feel competent**
- **To feel connected**

*Andrus Angyal*

# The BATTLE Technique

Background

Affect/Feeling

Trouble

Handling

Empathy



# How to B.A.T.H.E. your patients as you S.O.A.P. them:

Background: What is going on in your life?

Affect: How does that make you feel?

Trouble: What about it troubles you most?

Handling: How are you handling that?

Empathy: That must be very difficult.



# The Study

- **Dr. Sandra Leiblum, Eliezer Schnall and psychology interns designed it**
- **IRB Approved**
- **4 doctors, 10 patients with BATHE, 10 patients no BATHE**
- **Research assistant (RA) obtained informed consent in waiting room**
- **RA informed physicians of condition and collected data after the visit**

# The Results

	<b>BATHE</b>	<b>Non- BATHE</b>	<b>Significance</b>
<b>Friendliness/courtesy of your doctor</b>	<b>4.71</b>	<b>4.45</b>	<b>NS</b>
<b>Explanations your doctor provided about any problems/condition you may have</b>	<b>4.47</b>	<b>3.95</b>	<b>0.01</b>
<b>Concern your doctor showed for your questions/worries</b>	<b>4.46</b>	<b>3.95</b>	<b>0.03</b>

1 = Very Poor, 5 = Very Good

# The Results

	<b>BATHE</b>	<b>Non- BATHE</b>	<b>Significance</b>
<b>Your doctor's efforts to include you in decisions about your treatment</b>	<b>4.11</b>	<b>3.47</b>	<b>0.05</b>
<b>Information your doctor gave you about medications</b>	<b>4.59</b>	<b>3.92</b>	<b>0.00</b>
<b>Instructions your doctor gave you about follow-up care</b>	<b>4.63</b>	<b>3.94</b>	<b>0.00</b>

1 = Very Poor, 5 = Very Good

# The Results

	<b>BATHE</b>	<b>Non- BATHE</b>	<b>Significance</b>
<b>Degree to which your doctor talked with you using words you could understand</b>	<b>4.73</b>	<b>4.55</b>	<b>NS</b>
<b>Amount of time your doctor spent with you</b>	<b>4.35</b>	<b>3.85</b>	<b>0.05</b>
<b>Your confidence in this doctor</b>	<b>4.62</b>	<b>4.40</b>	<b>NS</b>

1 = Very Poor, 5 = Very Good

# The Results

	<b>BATHE</b>	<b>Non- BATHE</b>	<b>Significance</b>
<b>Likelihood of your recommending this doctor to others</b>	<b>4.65</b>	<b>4.20</b>	<b>0.02</b>
<b>Please rate your overall satisfaction with today's visit to your doctor</b>	<b>4.68</b>	<b>3.95</b>	<b>0.00</b>

**1 = Very Poor, 5 = Very Good**

# BATHE compliance

	<b>BATHE</b>	<b>Non- BATHE</b>	<b>Significance</b>
<b>Did your doctor ask what has been going on in your life, or what may have changed recently?</b>	<b>86.8%</b> <b>(33)</b>	<b>50.0%</b> <b>(20)</b>	<b>0.00</b>
<b>Did your doctor ask how your mood or feelings have been affected by what has been going on in your life lately?</b>	<b>64.9%</b> <b>(24)</b>	<b>20% (8)</b>	<b>0.00</b>
<b>Did your doctor ask what worries or concerns you may have about what has been going on in your life lately?</b>	<b>75.7%</b> <b>(28)</b>	<b>27.5%</b> <b>(11)</b>	<b>0.00</b>

# BATHE compliance

	<b>BATHE</b>	<b>Non- BATHE</b>	<b>Significance</b>
<b>Did your doctor ask how you are handling or coping with what has been going on in your life lately?</b>	<b>75.7% (28)</b>	<b>25.0% (10)</b>	<b>0.00</b>
<b>Was your doctor sympathetic to your needs or concerns?</b>	<b>97.3% (36)</b>	<b>75.0% (30)</b>	<b>0.00</b>

# Positive Psychology: The Science of Happiness

There is a substantial cognitive component to happiness:

“It is not just who we are that matters,  
but how we think about our lives”

MEP Seligman  
Handbook of Positive Psychology





# Psychology

- The science of human behavior, from the Greek 'psyche' meaning spirit, or soul, is often associated with psychopathology – i.e. what's wrong with the person.
- The goal of treatment has been to ameliorate the 'bad' (depression, anxiety, dysfunctional cognitions) -and return the person to the absence of 'bad'.
- “The aim of positive psychology is to catalyze a change in psychology from a preoccupation with repairing the worst things in life to building the best qualities in life”

Martin E. P. Seligman

# Core Foci of Positive Psychology

- Understand who we are and how we cope with adversity
- Study populations to understand what makes some people more resilient than others
- Recognize that optimism and other resilient thoughts and behaviors are learned behaviors
- Teach resilience and help individuals tap into their already existing core strengths and virtues
- Study and promote happiness despite circumstances

# The Language of Positive Psychology

- Well-being
- Self-esteem
- Happiness
- Interpersonal relationships
- Perseverance
- Courage
- Optimism
- Gratitude
- Hope and Faith
- Meaningfulness & purpose
- Psychological well-being
- Self-efficacy
- Positive affect
- Social support
- Hardiness
- Challenge
- Benefit finding
- Spirituality and prayer
- Forgiveness
- Sense of coherence

# Confirmatory Research

- **Recent studies highlight the striking effects of positive thoughts**
- **They enhance the ability of the immune system to protect the body**
- **They help overcome depression**
- **They promote both physical and mental health**

**(Psychological Bull 2005:131(6)925-971)**

# Positive vs. Negative Thoughts

- **Positive thoughts or attitudes release endorphins and have a tonic effect on organs**
- **Adverse stimuli release adrenaline and cause weakness and enervation of specific organs**
- **Positive attitudes = Welfare emotions**
- **Negative attitudes = Emergency emotions**

# The Positive Bathe

- **B: Best** What's the best thing that's happened to you this week? Or since I saw you?
- **A: Affect or Account:** How did that make you feel? Or How to you account for that?
- **T: Thankfulness:** For what are you most grateful?
- **H : Happen:** How can you make things like that happen more frequently?
- **E: Empathy or Empowerment:** That sounds fantastic. I believe that you can do that.

# Benefits of Accenting the Positive

- **Studies overwhelmingly connect life satisfaction with increased health and longevity**
- **Physicians' ability to promote positive affect in their patients becomes an important skill**
- **The Positive BATHE can also be used among residents, faculty and staff to overcome negativity related to circumstances that can't be changed**

A photograph of a bedside table with a clock and a lamp. The clock is a round, silver-colored analog clock with a white face and black numbers, positioned in the lower-left corner. The lamp is a simple, cylindrical bedside lamp with a white shade, positioned in the lower-right corner. The background is a light-colored wall with a white baseboard. The text is overlaid on the image in a bold, red, serif font.

**“The art of medicine is to keep  
the patient amused until nature  
effects a cure”**

**Voltaire**



A photograph of a desk with a yellow folder, a white clock, and a purple folder. The text "THE BEGINNING" is overlaid on the yellow folder.

# THE BEGINNING

[www.marianstuart.com](http://www.marianstuart.com)

[www.15minutehour.com](http://www.15minutehour.com)