

Therapeutic Hope

Study 1

The Hope Scale was administered as a pre- and post-test to a group of teens who then received training to enhance their level of hope. These teens were exposed to Therapeutic Hope treatment materials for approximately three weeks. The researcher used a 95% confidence interval for the Difference. Table 2 shows the results of this study. As can be seen from Table 2, the scores were statistically significantly different at the 99% Confidence Level.

Table 2: A Study of Hope Training (N = 21)

Pairs	Degree of Freedom	One-Sided P	Two-Sided P
OA-OA2	20	<.001	<.001
GO-GO2	20	<.001	<.001
PO-PO2	20	<.001	<.001

Differences in Scores:

As shown in Table 3, teens' scores on each of the three scales were statistically significantly higher from the first to the second administration of the Hope Scale.

Table 3: Paired Sample Statistics

Scale 1: Optimistic Attitude	Scale 2: Goal Orientation	Scale 3: Positive Outcomes
OA Pre-Test = 8.95	GO Pre-Test = 9.09	PO Pre-Test = 9.10
OA Post-Test = 10.72	GO Post-Test = 10.67	PO Post-Test = 10.43