

Therapeutic Hope

Study 3

The Hope Scale was administered as a pre- and post-test to a group of unemployed adults who then received training to enhance their level of hope. These adults were exposed to treatment materials related to Therapeutic Hope for approximately three weeks. The researcher used a 95% confidence interval for the Difference. Table 6 shows the results of this study. As can be seen from Table 6, the scores were statistically significantly different at the 99% Confidence Level.

Table 6: A Study of Hope Training (N = 35)			
Pairs	Degree of Freedom	One-Sided P	Two-Sided P
OA-OA2 Adults	34	<.001	<.001
GO-GO2 Adults	34	<.001	<.001
PO-PO2 Adults	34	<.001	<.001

Differences in Scores:

As shown in Table 7, adults' scores on each of the three scales were statistically significantly better from the first administration of the Hope Scale to the second administration.

Table 7: Paired Sample Statistics for Adults		
Scale 1: Optimistic Attitude	Scale 2: Goal Orientation	Scale 3: Positive Outcomes
OA Pre-Test = 9.49	GO Pre-Test = 9.62	PO Pre-Test = 9.57
OA Post-Test = 10.31	GO Post-Test = 10.60	PO Post-Test = 10.63