

Testing the Preliminary Intervention Model for Enhancing Hope Among Detainees

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Article Info:

Received : 07-03-2026

Revise : 21-05-2026

Accepted : 23-05-2026

Published : 26-05-2026

Abstract :

Hope is an important construct in counseling and psychotherapy research. Hope also served as one of the protective factors that can support vulnerable populations, particularly detainees. However, no empirically tested hope intervention model has been developed for implementation in detention centers (Rutan) or correctional institutions (Lapas). Therefore, the study aimed to develop a preliminary targeted hope intervention model adapted for the context of Rutan and Lapas. This study employed a one-group pretest–posttest design as a preliminary evaluation of the developed intervention model. Of the 25 selected male detainee participants from Class IIA Yogyakarta Detention Center, only 22 were included in the final analysis due to a plausible reason. The research instrument used was the Adult Hope Scale (AHS) developed by Snyder. The Intervention was conducted in four sessions within a single day. The effectiveness analysis was conducted using the Wilcoxon signed-rank test. The findings indicate that the overall hope enhancement intervention was significant in increasing hope levels ($p=0.005$). However, when examined by dimensions, a significant improvement was observed in agency ($p<0.001$), whereas the pathways dimension did not show a significant change ($p=0.969$).

Keywords:

Interventions, detainee, hopes

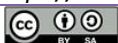
How To Cite : Izzaty, R., Ayryza, Y., Wicaksono, B., Bakhitsbari, L., Permatasari, I., & Rea, L. (2026). Testing the Intervention Model for Enhancing Hope Among Inmates. *MOTIVA: JURNAL PSIKOLOGI*, 9(1), 64-72. <https://doi.org/10.31293/mv.v9i1.9378>

1. Introduction

Hope is an important construct in counseling and psychotherapy research (e.g., O'Hara & O'Hara, 2012). Hope is defined as the perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways (Snyder, 2002). Hope plays a crucial role in human life, particularly as a motivator in overcoming various life challenges. Hope not only helps individuals achieve their goals but can also be intervened upon to enhance psychological functioning (Maholmes, 2014). It is often associated with the concepts of optimism and future orientation, which are mental attitudes involving cognitive, emotional, and motivational elements to create a positive outlook on the future (Peterson & Seligman, 2004). Among vulnerable populations, particularly detainees, hope plays an even more critical role as a protective factor that helps them cope with stressful and restrictive living conditions. (Hidayati et al., 2023; Palmer & Connelly, 2005).

Hope has also been found to be an important factor in predicting psychological adjustment (e.g., Valle et al., 2006). For instance, in their longitudinal study among high school students, Valle et al. (2006) found that hope negatively associated with stressful life events, and internalizing or externalizing behaviors. For detainees, imprisonment is often the lowest point in their lives, frequently accompanied by psychological issues such as depression and suicidal thoughts (Palmer & Connelly, 2005). Hope is believed to be a protective factor that helps individuals endure hardships during their imprisonment and enhances their psychological well-being (Pratt & Foster, 2020). Moreover, hope can also reduce anxiety as detainees approach their release (Van Ginneken, 2015).

<https://doi.org/10.31293/mv.v9i1.9378>



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Snyder's Hope Theory (SHT) posits that hope consists of two key components: agency (the belief in one's ability to achieve goals) and pathways (the ability to identify methods to reach those goals) (Snyder, 2002). Research has shown that hope is associated with better mental health outcomes, resilience, and overall well-being (Ward & Wampler, 2009). Additionally, environmental factors such as violence or isolation in prison can hinder the development of hope, making targeted interventions even more necessary (Lorion & Saltzman, 1993).

Although existing research has demonstrated the role of hope in improving mental health and reducing anxiety across various populations (Van Ginneken, 2015), there remains a significant gap in studies focusing on the development of targeted interventions for individuals who are held in custody. Existing interventions, such as those based on SHT, have been implemented in both clinical and non-clinical populations (Snyder, 2002). However, there is insufficient evidence regarding their adaptation for detainees. The lack of research addressing this gap underscores the need for a more tailored approach to fostering hope within detention center environments.

This study aims to develop a hope intervention model based on SHT, specifically designed to meet the needs of detained individuals. By focusing on the core components of hope (agency and pathways) this intervention will be designed to help detainees set realistic goals and enhance their confidence in achieving these goals through practical and psychological pathways (Van Ginneken, 2015). Based on the theoretical framework and research objectives, the hypothesis of this study is that the hope intervention model can enhance hope among detainees.

Imprisonment is often the lowest point in an individual's life, where they become vulnerable to various psychological issues such as anxiety, depression, and even suicidal ideation (Palmer & Connelly, 2005). In such circumstances, hope serves as a protective factor that helps individuals persevere and maintain a positive outlook on the future (Pratt & Foster, 2020). Hope also contributes to reducing anxiety, particularly as detainees approach their release (Van Ginneken, 2015). However, the negative environment often found in prisons, such as violence and lack of social support, can hinder the development of hope (Lorion & Saltzman, 1993). Therefore, interventions aimed at fostering hope are necessary to enhance resilience during imprisonment and to better prepare individuals for reintegration into society upon release.

One approach that has been developed to enhance hope is the Brief Hope Intervention (BHI), which is designed to help individuals set goals, identify pathways to achieve them, and use positive dialogue to maintain motivation (Snyder, 2002). This intervention has been proven effective in increasing hope among both clinical and non-clinical populations, including individuals facing psychological challenges (Ward & Wampler, 2009). However, limited research has specifically examined the effectiveness of this intervention in the context of detainees. Therefore, this study aims to address this gap by exploring the impact of the Brief Hope Intervention on enhancing hope among imprisoned individuals.

This study aims to develop a hope intervention model based on Snyder's Hope Theory (SHT), specifically designed to address the needs of detained individuals. By focusing on the core components of hope, this intervention will be designed to help detainees set realistic goals and enhance their confidence in achieving them through both practical and psychological pathways. Based on the theoretical framework and research objectives, the hypothesis of this study is that the hope intervention model can enhance hope among detainees.

2. Methods

Research Design

This study employed a quantitative approach using a one-group pre-test and post-test experimental design. This design was selected due to constrained setting in detention center, where random assignment is not feasible. Although this design does not allow for strong causal inference due to absence of a control group, it is still considered appropriate for preliminary intervention research. In this design, participants undergo an initial assessment (pre-test), receive the hope intervention, and then complete a final assessment (post-test) to evaluate the effectiveness of the

intervention. This design was chosen as it allows researchers to assess changes in the level of hope following the implementation of the intervention.

The intervention was delivered in a single session lasting approximately 180 minutes, which was divided into four structured phases with recess time after two sessions. Each phase lasted between 20-30 minutes and included a combination of psychoeducation, guided reflection, and worksheet-based activities. The intervention was conducted in a group format facilitated by trained psychology graduates. Description of the intervention sessions is presented in table 1 below:

Table 1. Intervention Session and Activity Details

Session	Procedures
Session 1: Introduction and goal setting.	Participants completed the pre-assessment, followed by an overview of the intervention. Psychoeducation on hope theory was delivered, and participants engaged in guided reflection and personal goal-setting activities.
Session 2: Strengthening agency	Participants received psychoeducation on growth mindset and engaged in structured exercises to develop positive self-affirmations aligned with their personal goals
Recess	
Session 3: Strengthening pathways	Participants engaged in guided visualization of their goals and completed structured worksheets to identify action steps, potential challenges, and possible solutions.
Session 4: Wrap-up session.	Participants reflected on previous sessions, constructed a “hope house” within worksheet, wrote a “letter to future self”, and completed post-test assessment.

Population and the Methods of Sampling

The population in this study consists of male adult detainees at the Class II A Detention Center in Yogyakarta. Out of a total of 100 detainees, 25 participants were selected by the partnering institution. The sampling technique used was purposive sampling, in which subjects were chosen based on specific criteria, namely individuals who agreed to undergo the intervention and complete both the pre-test and post-test.

Research Instruments

The instrument used in this study is the Adult Hope Scale (AHS), developed by Snyder et al. (1991). This scale consists of 12 items, with 8 items specifically measuring the two core components of hope theory: agency (an individual’s belief in their ability to achieve goals) and pathways (an individual’s ability to identify ways to achieve those goals). The remaining 4 items function as fillers. The scale employs an 8-point Likert response format, ranging from 1 (strongly disagree) to 8 (strongly agree).

The Adult Hope Scale has been widely used in various studies and has demonstrated high validity and reliability in measuring individuals’ levels of hope. According to several studies, the scale’s reliability in terms of internal consistency, ranged from .74 to .84 in Cronbach’s alpha estimations (Snyder et al., 1991). Two experts evaluated the instrument after it was translated into Indonesian for this study. The instrument has strong validity, with a value of 0.83, according to the results of the expert assessment, which were examined using content validity and the formula from Aiken’s V.

Data Analysis

The data obtained in this study were analyzed using the Wilcoxon signed-rank test to compare hope scores before and after the intervention. This test was selected due to the study’s one-group pre-test and post-test design, where the same sample is assessed under two different conditions. The analysis was conducted using RStudio Version 2025.09.2+418 software, with a significance level set at $p < 0.05$. The results of this analysis were used to determine whether there was a significant

increase in hope scores following the intervention, thereby evaluating the effectiveness of the developed program.

3. Results

Descriptive analysis

The participants in this study were male detainees from Rutan IIA Yogyakarta, selected by the detention center authorities. Of the 25 selected participants, only 22 were included in the final analysis due to the absence of 2 participants on the intervention sessions and a participant did not complete the post-test assessment. Their ages varied from young to older individuals, with an average age of 25.5 years. The age distribution of the participants is presented in Figure 1 below.

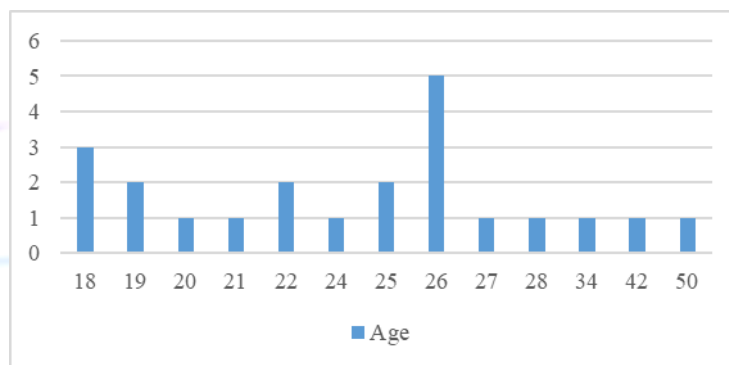


Figure 1. Age distribution of the participants

Reliability Analysis

The reliability of the Adult Hope Scale in this study was assessed using Omega. The result indicated relatively low to moderate reliability, ranging from 0.51 to 0.77, which may be influenced by the small sample size of participants. Complete reliability analysis data can be seen in the following table 2:

Table 2. Results of reliability test using Omega

	Omega_total
Pre_Hope	0.675
Pre_Agency	0.520
Pre_Pathways	0.621
Post_Hope	0.725
Post_Agency	0.513
Post_Path	0.770

Results of Hypothesis Analysis

The evaluation in this study was conducted by distributing a questionnaire containing Snyder's scale (Snyder et al., 1991) and a comprehension test. The analysis was performed quantitatively using a comparison of hope scores between the pre-test and post-test. Additionally, the researchers included an analysis of participants' comprehension of the material presented, assessed through ten true-false questions. The analysis process was facilitated using the RStudio Version 2025.09.2+418.

The researchers first conducted an assumption test by performing a normality test using Shapiro-wilk test, which the result shows that the pre-post agency data were considered non-normally distributed. Considering the non-normally distributed data and limited number of participants, the non-parametric analysis was conducted using the Wilcoxon signed-rank test. The result of normality test, descriptive, and hypothesis test were given bellow respectively in table 3, 4 and 5:

Table 3. Results of The Normality Test of Pre-Test and Post-Test.

			<i>W</i>	<i>p</i>
Pre_Hope	Post_Hope	Shapiro-Wilk	0.930	0.128
Pre_Agency	Post_Agency	Shapiro-Wilk	0.893	0.021
Pre_Pathways	Post_Path	Shapiro-Wilk	0.944	0.241

Table 4. Descriptives data analysis

	<i>N</i>	Mean	<i>SD</i>
Pre_Hope	22	46.181	6.177
Pre_Agency	22	21.409	3.787
Pre_Pathways	22	24.772	3.951
Post_Hope	22	48.818	7.650
Post_Agency	22	24.181	3.620
Post_Path	22	24.636	5.438

Table 5. Hypothesis Testing

Variable	Pretest-Mean	Posttest-Mean	<i>p</i>	Effect Size <i>r</i> (Wilcoxon)
Hope	46.2	48.8	0.005	0.602
Agency	21.4	24.2	<.001	0.751
Pathways	24.7	24.6	0.955	0.012

Based on the difference test results above, it can be concluded that there is a significant difference in participants' levels of hope before and after the intervention. When analyzed by dimension, it is evident that agency shows a significant difference, whereas pathways does not.

In addition to the psychological scale, the researcher also conducted a qualitative evaluation by asking open-ended questions to participants about the intervention. Overall, both participants and prison officials provided positive feedback. During the intervention, participants reported better understanding of the material due to effective delivery and felt more motivated in their lives. Some of the participants' comments, impressions, and suggestions are summarized in Table 6 below.

Table 6. Summary of participants' comments, impressions, and suggestions

No	Suggestions/Impressions toward the event
1	The event was beneficial as it can further motivate positive thinking.
2	The intervention was easy to understand, and to contemplate deeply
3	<i>Alhamdulillah</i> , the event is well-structured, communicative and beneficial in all aspects
4	The activities are engaging and enhanced participants' knowledge
5	The event provides sufficient motivation for a more enthusiastic life.
6	The event enables participants to learn about themselves

4. Discussion

The research group's current study aims to develop a targeted hope intervention model for vulnerable groups, particularly prison and detention center. Designing hope-enhancing interventions is crucial for detainees, as hope is considered a protective factor that strengthens individuals during their incarceration and improves their sense of well-being (Pratt & Foster, 2020). The study employs an experimental approach using a one-group pre-test and post-test design. The researchers assess the intervention's effectiveness by analyzing differences in participants' hope levels before and after the intervention, measured using the Adult Hope Scale developed by Snyder et al. (1991).

This hope intervention is designed to be conducted in a single session, divided into four parts based on Snyder's theory of hope (Snyder & Taylor, 2000). The four sessions include: (1) The first session focuses on introducing the concept of hope and guiding participants in setting realistic goals. (2) Session 2: Strengthening agency, (3) Session 3: Emphasizing pathways, assisting them in identifying practical strategies to reach their objectives. (4) Session 4: a wrap-up session.

Intervention begins with the first session, which focuses on introducing the concept of hope and goal setting. In this session, participants receive psychoeducation on the theory of hope. The researcher also presents a video related to hope, after which participants are asked to reflect and identify how individuals can realize their aspirations. They then engage in a simple self-assessment by rating their level of hope and optimism on a scale of 1 to 10. Following this, participants are encouraged to set personal goals, both during their time in detention and upon release. Establishing realistic and attainable goals aligns with the subsequent process of strengthening agency and pathways, ensuring greater clarity in intervention implementation (Lopez et al., 2000).

The second session aims to strengthen agency, which involves reinforcing participants' belief in their ability to achieve their desired aspirations. This session begins with psychoeducation on growth and fixed mindsets, based on research by Lee and Jang, which indicates a positive correlation between a growth mindset and hope (Lee & Jang, 2018). Participants are encouraged to adopt a growth mindset by identifying their existing thought patterns. They then engage in creating positive affirmations aligned with their goals. These self-affirmations serve as a foundation for participants' confidence in achieving their aspirations (Lopez et al., 2000). This approach is also supported by research from Ullrich et al. (in Ivanoff et al., 2020) which highlights the significant effect of positive self-affirmation on fostering hope.

The third session focuses on strengthening pathways. Participants are guided to visualize the small steps necessary to achieve their goals. Additionally, they are encouraged to identify potential challenges they may encounter along the way and develop corresponding solutions. These reflections are recorded in a structured worksheet provided during the session. The ability to establish pathways through incremental steps enables individuals to perceive their goals as attainable (Lopez et al., 2000).

The final session, Hope Wrap-Up, serves to summarize the key concepts covered in the previous sessions. This session is an additional component compared to other hope therapy models (Chan et al., 2019; Cheavens et al., 2006). During this session, participants are encouraged to solidify their formulated hopes throughout the intervention and gain a clearer vision and stronger confidence in achieving their aspirations.

Based on the analysis results, it was found that hope, agency, and participants' understanding of the material showed significant differences between pre-test and post-test scores. These findings demonstrate preliminary evidence of the effectiveness of intervention model to enhance hope among detainees. The effectiveness of this intervention may be attributed to its alignment with the theoretical framework of hope in each session described above.

Despite the significant improvement in overall hope and agency, the pathways dimension did not demonstrate a significant change, and the observed mean difference was minimal. The finding suggest that participants may have experienced difficulty in generating concrete strategies to achieve their goals. The pathways dimension does require a more complex cognitive process so it is understandable that the results are lower than the agency dimension which is more related to the motivational aspect. Additionally, the restrictive and uncertain conditions within detention centers may limit participants perceived control over future planning, thereby constraining the development of pathways thinking. The single-session intervention model may also be the reason between the relatively small mean score differences, which the skills needed to enhance hope were not sufficiently developed within a single session

Implications

The findings of this study indicate that the Snyder-based hope enhancement intervention is potentially promising to develop further as intervention used to increasing hope among vulnerable groups, particularly detainees. These results reinforce evidence that hope can be developed through structured psychological interventions, especially in the aspect of agency, or an individual's belief in <https://doi.org/10.31293/mv.v9i1.9378>

their ability to achieve goals. This success suggests that the development of theory-based intervention can enhance program effectiveness. Additionally, qualitative evaluations reveal that participants experienced positive benefits from the intervention, contributing to their psychological well-being during detention. These findings have significant implications for the development of rehabilitation programs for detainees, particularly in rebuilding their self-confidence and motivation to pursue a better life after release. Also practically, this brief hope intervention model particularly designed for detainee populations with limited time availability and restricted access to extended intervention.

Limitations and Suggestions for Further Research

Although this study demonstrates the effectiveness of the intervention, several limitations should be considered. First, the study employs a one-group pre-test and post-test design, which lacks a control group for a more objective comparison of the intervention's effectiveness. Second, while the agency aspect showed significant improvement, the pathways aspect did not exhibit a significant change, necessitating further exploration of the factors influencing this dimension in the context of detainees. Third, the relatively short duration of the intervention may have limited its impact on participants; therefore, future studies should consider implementing longer intervention designs to ensure sustained long-term effects.

As a recommendation for future study, a stronger experimental design may be conducted. Future studies encouraged to adopt a control group experimental design, which provide stronger evidence of intervention effectiveness. Also, the intervention could be implemented in several session to provide a more in-depth evaluation in strengthening pathways dimension.

5. Conclusions

This study examines the effectiveness of a hope-enhancement intervention model for detainees using Snyder's Hope Theory approach. The analysis results indicate that the intervention provides preliminary evidence of its potential to enhance hope, particularly in agency dimension. Overall, participants reported positive benefits from the program, demonstrating that hope can be enhanced through well-structured psychological interventions. However, this study has certain limitations, including the absence of a control group and the short duration of the intervention. Therefore, future research should focus on developing a more comprehensive intervention model with a longer duration and a more robust research design to strengthen the validity of these findings

6. CRediT Authorship Contribution Statement

Rita Eka Izzaty: conceptualization, writing, and analysis. **Yulia Ayriza**: interpretation of research findings and design. **Banyu Wicaksono**: development of the intervention and data analysis. **Lazuardi Bakhitsbari**: was responsible for research coordination and data collection. **Intan Permatasari**: played a role in editing and literature review. **Lee Rea**: assisted in data processing and interpretation.

7. Declaration of Competing Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

8. Declaration of Generative AI and Assistive Technologies in the Writing Process

In the process of writing this paper, the author utilizes RStudio Version 2025.09.2+418 for data analysis. The authors thoroughly review and are fully responsible for the content of the published article.

9. Funding

This study was funded by Universitas Negeri Yogyakarta under Grant No. 43/UN34.11/KONTRAK-PEP/KU/2024.

10. Ethical Approval

The author confirms that informed consent was obtained from Rutan IIA Yogyakarta and all participants prior to data collection. Ethical approval for this study was granted by the Research Ethics Committee of the Directorate of Research and Community Service Universitas Negeri Yogyakarta (DRPM UNY) under approval number T/60/UN34.9/KP.06.07/2024.

11. Acknowledgments

This research would not have been possible without the support of various parties. We extend our gratitude to our supervisors, the relevant institutions, and the research participants who have willingly contributed to this process.

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