The Nature of Hope: Theory, Assessment, and Applications

The Nature of Hope

Hope Assessment

Hope Applications

Future Needs

Hope and Health (time permitting)

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The Nature of Hope

The Importance of Hope

“Hope is the pillar that holds up the world.”

— Pliny the Elder

“Everything that is done in the world is done by hope.”

— Martin Luther

“Hope is itself a species of happiness, and, perhaps, the chief happiness which this world affords.”

— Samuel Johnson
The Nature of Hope

Healthcare and Hope

Karl Menninger: Indispensable flame of psychiatry

Jerome Frank: 25 yrs of psychotherapy, hope is the common factor

Oncologists: Over 90%: hope, most important psychological factor

HIV: Nearly 40 percent of the variation in immune functioning

Hopeless Rage: Hopelessness blamed on others
The Nature of Hope

Hope in Healthcare

“Weekend of Hope” Conference
(Stowe, VT)
The Nature of Hope

The Nature of Hope

- Menninger (1959) “Our shelves are bare; The journals..silent.”

- International Quality of Life Conference (2004); 200 presentations; Hope ___ presentations?

- Character Strengths and Virtues (Peterson and Seligman, 2004); 800 page book; Hope ___ pages?

The Nature of Hope

I am really grieved at being unable to express my meaning. For I fancy that I do know the nature of courage; but, somehow or other, she has slipped away from me, and I cannot get hold of her and tell her nature.

Plato, *On Courage*
# The Nature of Hope

Why has hope “slipped away”?  

<table>
<thead>
<tr>
<th>Late to the game:</th>
<th>Emotions</th>
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<tbody>
<tr>
<td></td>
<td>Social Support</td>
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<th>Rush to Judgment:</th>
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<table>
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<th>Too much of a good thing:</th>
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# The Nature of Hope

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<tr>
<th>Faith System</th>
<th>Text Searched</th>
<th>Hope References Mastery-based</th>
<th>Hope References Attachment-based</th>
<th>Hope References Survival-based</th>
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<td>37%</td>
<td>35%</td>
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<td>Scientific Psychology</td>
<td>Online Database (1887 – 2002)</td>
<td>50%</td>
<td>22%</td>
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The Nature of Hope

A Time for Hope

- State of the World
  - Terrorism, The Economy, Human Limits

- State of Science
  - Goals, Social Support → Attachment, Spirituality, Strengths

- State of Healthcare
  - Limits of Technology, Mind-Body, Spirituality, Hope Providers
The Nature of Hope

What is Hope?

- Psychologists - Goals
- Nursing/Medicine - Coping
- Philosophers - Bonding/Attachment
  Spiritual Virtue
The Nature of Hope

Hope is about Mastery

1. Collaborative
   Empowerment
   Spirituality: St. Paul, Koran, Hindu Atman, Native American
   Hope-Based Mastery: A psychological “middle-ground”
   (Kohut – self-object)

2. Transcendent
   Not “egotistical wishes” (Averill, Catlin, & Chon, 1990)
The Nature of Hope

Hope is about Attachment

Trust
  Erikson  (basic trust)
  Marcel   (continued presence)

Openness
  Marcel   (Openness allows hope to spread)
The Nature of Hope

Hope is about Survival

Liberation Beliefs
   Options, Freedom

Terror Management
   (Religion – salvation beliefs)
The Nature of Hope

Hope is Spiritual

Religion/Spirituality: A major source of hope

“Hope is a second soul”
– Goethe

“Hope is the dream of those awake”
– Aristotle

“The further hope would soar, the deeper it must plunge”
– William Lynch
The Nature of Hope

Defining Hope

Hope is an Emotion

- Motivates Behavior
- Hard to Control
- Emotion Prototype Surveys: Top Half
- Aquinas, other philosophers

Most emotions: Circuits or Networks (No core)
The Nature of Hope

Mastery
- Higher Goals
- Empowerment/Collaboration

Attachment
- Trust
- Openness

Survival
- Coping Options
- Self-Regulation

Spirituality
- Faith
- Cosmic Meaning

HOPE
A Personal Network
The Nature of Hope

Definition of Hope

Hope is a four-channel emotional network (pursuit, presence, and protection).

Four Linked Sub-networks: mastery, attachment, survival, spirituality

1. One channel may impact the others (TV Network $\rightarrow$ affiliates)
   
   Attachment can affect mastery, survival, or spirituality.

2. Two or Three channels may impact another channel (Receiver)
   
   Attachment can be affected by mastery, survival or spirituality.
The Nature of Hope

- Shelly’s Prometheus (1820)
  Fire-Power
  Love
  Safety

- Biological Systems
  Mastery
  Attachment
  Survival
  Spirituality

Courage, Heart, Child, Brain, Survival, Attachment, [Hope], Mastery
The Nature of Hope

Parting Words for this Section

Is this “Positive Psychology”? NO

Clinical-Counseling
  Disease-Focus, Coping, Healing

Positive Psychology
  Health-Focus, Strength-building, Educating
2. **Hope Assessment**

**State Hope Scale (Scioli, 2006)**

Today and over the past two weeks

Hope as an emotional state

**Trait Hope Scale (Scioli, 2006)**

Think, act, feel most of the time

Hope as a trait or virtue

Erikson: The capacity to hope
Hope Assessment

State Hope Scale (40 items)

10 subscales (4 questions per scale)

2 Mastery        Ultimate Gains, Supported Strivings
2 Attachment     Bonding, Trust
3 Survival       Reduced Fear, Liberation, Interpersonal Assurance
3 Spiritual      Inspiration, Presence, Assurance

Split-half version (20 items)
Hope Assessment

State Hope Scale: Sample Items

Mastery
   Every day I am closer to achieving my dreams
   I am able to rely on outside help to achieve my goals

Attachment
   I feel that I matter to someone
   I feel let down by someone (reversed)

Survival
   I feel “trapped” in some part of my life (reversed)
   I feel calm and collected

Spirituality
   I have used prayer or meditation to help me accomplish an important goal
   I have felt connected to a spiritual force
   My spiritual beliefs give me a feeling of security
Hope Assessment

State Hope Scale: Reliability and Validity

- Reliability: Total Scale .92, All Subscales over .70

- Validity:
  
  Herth Hope Scale: Moderately: Total, M, A Weakly: S, Sp

  Measures of: Meaning, Loneliness, State Anxiety
Hope Assessment

State Hope Scale

This test is sensitive to an immediate “hope-boosting” intervention

A: MLK: I have a Dream
   State Hope Measured Higher

B: No Film (Neutral Task)
   State Hope Measured Lower
Hope Assessment

State Hope Scale - Potential Uses

Client Progress / Program Evaluation

1. Before Therapy/ Program

2. During Therapy/ Program

3. After Therapy/ Program

Mood improvement / Brief Interventions
Hope Assessment

Trait Hope Scale (56 items)

14 subscales (4 questions per scale)

- 2 mastery: Ultimate Ends, Supported Mastery
- 2 attachment: Basic Trust, Openness
- 2 survival: Personal and Social Terror Management
- 7 Spiritual: Empowerment, Openness, Terror-Management, Benign Universe, Mystical Experience, Symbolic Immortality and Spiritual Integrity

Split-half Version (28 items)
Hope Assessment

Trait Hope Scale: Reliability and Validity

- Reliability: Total Scale .94, All Subscales over .70

- Validity
  - Snyder Hope Scale: Moderately: M, S   Weakly: A, SP
  - Measures: NEO Achievement, Openness, Vulnerability
  - Spiritual Transcendence
Hope Assessment

Trait Hope Scale

Hopeful individuals may be more buffered from death anxiety

Higher Trait Hope
Death Anxiety$^1$ FILM Death Anxiety$^2$

Lower Trait Hope
Death Anxiety$^1$ FILM Death Anxiety$^2$
Hope Assessment

Trait Hope Scale - Potential Uses

- Client Resources
  Program Selection (targeted therapy)
  Discharge readiness

- Client Improvement
  Before Therapy/ Program → After Therapy/ Program

Skill-Character Development/ Extended Interventions
3. Hope Applications

Jerome Frank: The role of hope in psychotherapy

All therapies share certain “non-specific” ingredients

Mastery
1. Success experiences

Attachment
2. Connectedness

Survival
3. New understanding – Transcendence / Meaning
4. Options
5. Coping with inner and outer forces
Hope Applications

- Hope Strategies
  - Climates of Hope
  - Hope-Based Program Evaluations*

- Hope Tactics
  - Hope-Centered Protocols*
  - Targeted Hope Therapy
Hope Applications

Hope as Strategy (Climates of Hope)

Menninger Clinic (Houston, Texas)

**Hope Adult Program**

Rehabilitative model

Integrative: biological, psychological, social and medical functioning

Focus on patient’s strengths, obstacles to goals (peer groups → goals)

Patient involved in every phase of treatment.

Team discusses recommendations with patient in rounds twice weekly

Primary clinician always available to patient and family.

Medications: Rationale provided, patient’s full, signed consent
Hope Applications

Hope as Strategy (Hope-based Program Evaluation)

1. Take an Inventory of programs
2. Create a matrix
   - Columns: Hope Components
   - Rows: Programs
3. Assess whether hope components are addressed
Hope Applications

Hope as Strategy (Hope-based Program Evaluation)

Westborough State Hospital

<table>
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<tr>
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<th>Attachment</th>
<th>Survival</th>
<th>Spirituality</th>
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<td>Distress Tolerance</td>
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<td>X</td>
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<tr>
<td>Spiritual Concerns Group</td>
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<tr>
<td>Church Services</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
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Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Rebecca Jacoby: “Work of Hope”

- Hope is a coping response
- Good enough mothering
- Successful separation-individuation
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Rebecca Jacoby: “The Work of Hope”

Three stages of hope development

1. Saved by supernatural forces
   fantasy, magic, symbols

2. Help from a dependable human figure
   parent or physician

3. Hope from within the self
   resources or strategies
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Rebecca Jacoby: “The Work of Hope”

Goals of therapy

- Encourage confrontation not denial
- Instill faith in the struggle (growth)
- Provide support for self-reliance

Limitations: Sketchy on Technique, Narrow view of hope (survival/coping), Hope “matures” into a “self” centered resource, Separation-Individuation (vs. Attachments), No Spirituality (faith in the struggle?)
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Albert Pesso & Diane Boyden — Psychomotor Therapy

- Group Focus
- Psychodynamic, Experiential
- Create new bank of attachment-related memories → Hope for future
- Clients: (relatively intact) Trauma Survivors
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Pesso - Boyden System Psychomotor Therapy

- Past relationships → Hope
- The “Shape”: Expressed emotions (mind and body)
- Counter-Shape: Wished for responses from others
- Role-Players: Provide the wished for responses
- Cure: creation of new attachment memories

Limitations: Attachment-focus (no mastery, survival, spirituality), health of client, health of group members
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Jacqueline Corcoran: Strengths and Skills Model

Integrative, Cognitive: Not explicitly “hope” directed but “strength focused”

Motivational Interviewing
  (personal goals, discrepancies, pros-cons, commitment)

Solution-Focused Therapy
  (exceptions, past attempts, miracle question, goal setting, brainstorming)

Cognitive-Behavioral Therapy
  (analyzing past attempts, measuring goal progress)
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Jacqueline Corcoran: Strengths and Skills Model

Limitations

- Empowerment limited to goal-setting advice
- Collaborative but ultimate push for internal control
- Little emphasis on Attachments
- No spirituality
Hope Applications

Hope as Tactic (Hope-Centered Protocols)

Snyder Group (Rick Snyder, University of Kansas)

Hope = Agency for goals (will) + Pathways to goals (ways)

Dr. Cheavens will address this approach to hope-building
Hope Applications

Toward an Integrative Hope Protocol

- Cognitive Therapy
- Problem-Focused Therapy
- Solution-Focused Therapy
- Motivational Interviewing
- Self Psychology (Kohut)
- Client-Centered Therapy
- Pastoral Counseling
Hope Applications

For the Future?: A Hope-Centered Intervention

A Stand-Alone Therapy?

A. Proposed Priorities

1. Attachment (Trust and Openness)
2. Spiritual Assessment
3. Survival
4. Mastery
5. Spirituality Revisited
4. Hope and Health

How Hope Heals

Mastery --- Control, Priorities
Attachment --- Support, Disclosure
Survival --- Trust, Calm Axis
Spirituality --- Meaning, Purpose
Hope and Health

Recent Research

Hope and HIV

N = 16
Gender: 13 Males, 3 Females
Age: 35 – 61, (mean = 46.12)
Yrs. with HIV: 3 – 20 yrs, (mean = 9.5 yrs)
Hope and Health

Concurrent Data (Feb ’06)

**Trait Hope**

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<thead>
<tr>
<th>Trait</th>
<th>Correlation</th>
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<tr>
<td>Denial</td>
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<td>Commitment</td>
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Note 1, 2: Rated by Case Manager
# Hope and Health

## Trait Hope and CD4

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<th>Concurrent</th>
<th>8 months</th>
<th>24 months</th>
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<tbody>
<tr>
<td>Before Controlling</td>
<td>.61*</td>
<td>.64*</td>
<td>.56*</td>
</tr>
<tr>
<td>After Controlling for:</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Doses missed – 2wks</td>
<td>.71 *</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>Years w/HIV</td>
<td>.77*</td>
<td>.63*</td>
<td>.56</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>.73*</td>
<td>.72*</td>
<td>.58</td>
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Hope and Health

![Graph showing CD4 pattern for High Hope and Low Hope over time:]

- **Key:**
  - Yellow: High Hope
  - Red: Low Hope
  - Below 200: AIDS
  - Normal 700-1000

CD4 Pattern statuses:
- **0**
- **100**
- **200**
- **300**
- **400**
- **500**
- **600**
- **700**
- **800**
- **900**
- **1000**

Timeline:
- Jan-06
- 8 MOS
- 24 MOS
Future Hope Needs

- **Hope and Spirituality**
- **Hope in Children**
- **Hope Strategies**
  - Climates of Hope
  - Hope-Based Program Evaluations
- **Hope Tactics**
  - Hope-Centered Protocols
  - Targeted Hope Therapy
- **Hope Providers**
  - Hope Provider Scale