Effectiveness of Logo Therapy in Hope of Life in The Women Depression

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Abstract

The present study has been carried out to investigate the effectiveness of logo therapy in hope of life in the women suffering from depression. The society of this research included all the women visiting the counseling centers of the 5th borough in Tehran, out of which a sample of 36 individuals was selected after studying the patients’ files, conducting the clinical interviews and administering the depression back test, and was randomly divided into two experimental and control groups of 18 persons. Experimental group underwent ten 90-minute weekly session while the control group didn’t receive any intervention. ANCOVA results showed that logo therapy has been effective in the increase of hope of life in the women suffering from depression.

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1. Introduction

Frankel believed that depression in people with physical illness is a kind of grief and the reaction to physical conditions (Frankel, translated by Seif, 1993). Frankel (1969) quotes from Albert Einstein that the man who finds no meaning for life is not simply a person who is dissatisfied with life but is the one who hardly gets along with life. He notes that basis of the neurosis of the modern human being is the failure in giving meaning to life, lack of values and existential emptiness. Young (1933) concluded after carrying out his medical works that sophisticated individuals do always seek for meaning in life and without the successful resolution, such searching for meaning life becomes intolerably difficult and painful and the individuals falls into deep depression (cited in Aleslami, 2004). According

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to Frankle, one of the vulnerable roots of individual is lack of meaning and orientation in life. Seeking for meaning and orientation is something that results in reaching perfection and the actualization of the personality and eliminates the mental disorder (Caron, 2000, cited in Pour, 2011). In doing psychological interventions, group logotherapy is a small world that symbolizes the real world in which the members participate with the aim of exploring themselves as individuals who have shared interests. This method is an explorative travel for achieving the ability to be with their true selves and expand their perspective toward themselves and their surrounding world and clarify what gives meaning to their present and future life. In this group, individuals feel that they can be with each other in meaningful ways of life (Corey, 1996; cited in Behzad, 1993). One of the most important effective factors of health, length of life, improvement and consistency of patients is hope (Snyder, 2000). The early efforts in the explanation and assessment of hope are related to the works of Snyder during the two proceeding decades. He and his colleagues know hope as the combination of the components of determination, thinking, strategy or planning, goal and recognition of barriers (Snyder, 1991). According to Snyder, hope is a cognitive construct which centers on the future. Depressed individuals can become hopeful by finding meaning in their lives. Frankle (cited in Pour, 2011) argues that the only way to suppress the psychological disturbances of existential frustration for seeking personal goals and finding meaning to be equipped with a more strong, moral and hopeful attitude. The result of research indicates the direct relationship between lack of meaning in life, depression, anxiety, suicidal ideation and sexual abuse. Having meaning is related to enjoying work, satisfaction with life and happiness (Yalom, 1980; cited in Pour, 2011). Miri (2008) in a study investigated the effectiveness of group logotherapy in the increase of hope of life, and decrease of depression among the students of Shahid Chamran University and concluded that logotherapy can increase hope of life and decrease the depression among the students. Rezaei et al. (2008) in a research entitled the effectiveness of group logotherapy in the increase of women’s health found out that logotherapy can increase the general health and decrease the depression and anxiety among women. Based on the aforementioned literature, the present research aimed to investigate the effectiveness of logotherapy in hope of life in the women suffering from depression who referred to the counseling centers located in the fifth borough of Tehran. The main question is that whether or not the logotherapy increases the hope of life among the depressed women.

2. Methods

The statistical population included all the depressed women referring to the counseling centers of the 5th borough of Tehran city, out of which a sample of 36 individuals who met the inclusion criterion based on the review of the files, conduction of clinical interview and administration of Beck depression test was selected through purposive sampling and randomly assigned into the experimental and control groups and received 10, ninety-minute sessions of therapeutic intervention. The groups were tested by the research tools prior to and subsequent to the training. The data were analyzed using SPSS16 by descriptive statistics (mean, standard deviation and variance) and inferential statistics (covariance analysis). The adult hope scale (AHS) is a 12-item questionnaire (cited in Snyder and Peterson, 2000) that measures Snyder's cognitive model of hope which defines hope as a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals). Four items measure pathways thinking, four items measure agency thinking, and four items are fillers. Participants respond to each item using an 8-point scale ranging from definitely false to definitely true and the scale takes only a few minutes to complete. In a study by Golzari (2007) the internal reliability of the questionnaire was assessed which was equal to .89. The scores on this scale are reversely correlated to the scores on the depression checklist (-.42 and -.51). The content validity of this questionnaire has also been approved. The Beck Depression Inventory (BDI, BDI-I, BDI-II), created by Aaron T. Beck, is a 21-question multiple-choice self-report inventory, one of the most widely used instruments for measuring the severity of depression. Its development marked a shift among health care professionals, who had until then viewed depression from a psychodynamic perspective, instead of it being rooted in the patient's own thoughts. When the test is scored, a value of 0 to 3 is assigned for each answer and then the total score is compared to a key to determine the depression's severity. The internal consistency for the BDI has been assessed in different studies such as Tashakori and Mehryar (1994), Partovi (1975), Vahab Zadeh (1973) and Chegini (2002) which was good, with alpha coefficient of around .70 to .90, meaning that the items on the inventory are highly correlated with each other.
3. Results:

As observed in table 1, there is significant difference between the means of depression and hope of the experimental and control groups in the pre-test and post-test. This indicates the effectiveness of logo therapy training in the decrease of depression and increase and hope of life in the experimental group.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Source</th>
<th>Ss</th>
<th>Df</th>
<th>Ms</th>
<th>F</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Group</td>
<td>308.642</td>
<td>1</td>
<td>308.642</td>
<td>21.445</td>
<td>0.000</td>
</tr>
<tr>
<td></td>
<td>Variable error</td>
<td>474.938</td>
<td>33</td>
<td>14.392</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hope</td>
<td>Group</td>
<td>141.116</td>
<td>1</td>
<td>141.116</td>
<td>8.716</td>
<td>0.006</td>
</tr>
<tr>
<td></td>
<td>Variable error</td>
<td>534.306</td>
<td>33</td>
<td>16.191</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

With regard to the results of table 2, the estimated F ratio is 21.445 that is greater than the criterion of 7.44 with degree of freedom of 33. Therefore, it can be concluded that logotherapy training has decreased the depression in the experimental group. With regard to the results of table 2, the estimated F is greater than the criterion of 8.716 with degree of freedom of 33. Therefore, it can be concluded that the training has increased the hope of life of individuals in the experimental group.

4. Discussion

Today, we witness the emergence of feelings such as loneliness, isolation, indecision, confusion, emptiness, alienation and such in individuals. People usually complain about the lack of meaning and goal in their lives and the result of such existential emptiness is the fatigue and ultimately the anxiety, hopelessness, depression and worry. This phenomenon is the process of life in the new era. In our contemporary era, the lack of meaning and undermine of values and traditions can only be confronted by seeking for meaning. Therefore, the present research aimed to investigate the effectiveness of logotherapy training in the increase of hope of life and decrease of depression in women. The results of table 2 indicated that the depression has decreased in the experimental groups subsequent to the training. The results indicated that depressed individuals suffer the lack of meaning in their lives and cannot find any meaning in difficulties and hardships. Logotherapy teaches the individuals to find meaning even in the hardships. In this research, the group training with logotherapy approach has significantly decreased the scores of patients on depression. This fining is in line with the research results by James (2002; cited in Abolghasemi, 2010). They found out that logotherapy exerts significant effect on the decrease of depression, hopelessness and suicidal ideation. The results are also in line with the results of the research carried out by Asghari et al. (2012) who
investigated the effectiveness of group logotherapy in the decrease of depression among female senior citizens. Furthermore, the results are also in line with the research results by Rezaei and Abadi (2008). They found out that group logotherapy is effective in the decrease of depression among MS sufferers. The results of the present research are also congruent with the research results by (vaila spick, 2008) Who investigated the effectiveness of logotherapy in individuals suffering from depression. Results indicated that logotherapy increased the hope of life in the experimental group. With regard to the results of the present research, it appears that individuals who have less levels of self-compassion interpret each event or phenomenon in a pessimistic way and have a dark perspective of life. Such individuals focus on the deficient aspects, stressful phenomena and failures of life and attribute each event to themselves and center on the impairments and weaknesses and constantly criticize themselves. However, individuals with high levels of self-compassion can accept that everyone has his own flaws and no one is complete. They attempt to look on the bright sides of life and have higher levels of health. This finding is in harmony with the results of the research by Hezaroousi (2005) and Sheikh Pour (2006). They approved the effectiveness of logotherapy in the increase of hope of life among cancer patients and spinal disable individuals. Moreover, the findings of the present research are congruent with the results of the study by Ghaderi et al. (2011). They carried out an investigation to assess the effectiveness of group logotherapy in the increase of hope of life among the patients suffering from stomach and esophageal cancer. Their findings indicated that group logotherapy increases hope of life. The subscales of the present research are also in line with the study of Ghaderi et al.

References


