

The Effectiveness of Positive Psychotherapy on Hope and Happiness in Vitiligo Patients

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Abstract

The purpose of this study was to determine the effects of group positive psychotherapy on happiness and hope in patients with vitiligo. The research method was quasi-experimental with pre-test, post-test, and a control group. The statistical population consisted of all referrers of Kashmar's men and women who had PCI. By available sampling method, 30 individuals were selected. Oxford Happiness Questionnaire (OHI) and Schneider Hope Questionnaire were used to collect data. Descriptive statistics and inferential statistics (covariance analysis) were used to analyze the data. The findings showed that the mean scores of happiness and hope in the post-test of the experimental group were significantly higher than the mean of post-test scores in the control group. Based on the findings of this study, positive group psychotherapy is an effective treatment for increasing hope and happiness in vitiligo patients.

Keywords: positive psychotherapy, hope, happiness, vitiligo

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