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## PROMOTING FORGIVENESS AMONG TURKISH WOMEN: A PILOT STUDY

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Forgiveness is a motivational behavior that nourishes interpersonal prosocial behaviors and inhibits adverse behaviors such as aggression, repining so on and so forth (McCullough, 2000). Recent studies indicate forgiving self, others and forgiveness by God have indirect effects on health related outcomes (Webb et. al., 2013). Self – forgiving and forgiving by others are protective of depression (Ermer, 2015), and suicidal attempt (Randy and Proulx, 2013). By reducing psychological stress forgiveness promotes resilience as well (Worthington, Griffin, Toussaint, Nonterah, Utsey & Garthe, 2016). In line with the previous findings, the purpose of this study was to examine the effectiveness of a forgiveness intervention on female participants who applied to a Family Center of Zeytinburnu Municipality and the relationship between the participants' levels of resilience, forgiveness and depression before and after the intervention. In order to measure the variables Turkish versions of Heartland Forgiveness Scale (Bugay, Demir & Delevi, 2012), Beck Depression Inventory (Hisli, 1988), the Resilience Scale for Adults (Basim & Cetin, 2011) and a demographic form were used.

The intervention of Dr. Everett Worthington's REACH for Forgiveness program (Worthington, 2006) translated into Turkish and some parts of it were adapted into Turkish culture, such as Forgiveness in Literature. The program was applied in three weeks with six sessions and each session lasted for 2.5 hours. Normally this intervention lasts for six weeks but we had to squeeze it into 3 weeks due to limitations in room use in the center. The Forgiveness Workbook provided weekly homeworks to the participants. Taking into consideration that forgiveness occurs in time, one month follow-up data collected from the participants. According to the initial results the intervention increased the psychological resilience. Two dimensions of forgiveness (forgiving self and others) are increased with the intervention and depression scores decreased; however these results were not statistically significant. The processing of the follow-up data is continuing. Nevertheless we can say that an intervention aiming at increasing forgiveness provide positive effects both on psychological resilience and depression levels of the participants of this study.