

Table 1: Experimental Group

Question	1	2	3	4	5	6	7	8	9	10
Mean Pre-test	4.435	2.425	3.371	4.833	4.677	3.608	5.070	4.656	4.457	4.747
Mean Post-Test	4.844	2.194	3.833	4.973	4.952	4.828	5.237	4.871	4.817	4.871
Difference	+0.409	-0.231	+0.462	+0.140	+0.275	+1.22	+0.167	+0.215	+0.36	+0.124
Degrees of Freedom	185	185	185	185	185	185	185	185	185	185
T-stat	-4.538	2.226	-3.358	-1.293	-2.406	-9.816	-1.729	-2.011	-3.273	-1.060
p-value <0.05	5.09596E-06**	0.0136**	0.000476**	0.098866278	0.0086**	7.14227E-19**	0.0423**	0.0229**	0.000635**	0.145232207

\*\* p<0.5

## References

1. Bridge, J., Goldstein, T., & Brent, D. (2005). Adolescent Suicide And Suicidal Behavior. *Journal of Child Psychology and Psychiatry*, 47(3), 372-394.
2. Cheavens, J., & Grabmeier, J. (n.d.). You've Got To Have Hope: Studies Show "Hope Therapy" Fights Depression. Retrieved January 29, 2015, from <http://researchnews.osu.edu/archive/apahope.htm>
3. Scioli, A, n.d., A Place for Hope in the Age of Anxiety, GainHope.com, <http://www.gainhope.com/hope/default.cfm>
4. Sher, L. (2004). Preventing suicide. *QJM*, 97, 677-680. doi: 10.1093/qjmed/hch106
5. Snyder, C. (2002). TARGET ARTICLE: Hope Theory: Rainbows In The Mind. *Psychological Inquiry*, 13(4), 249-275.
6. Wilkinson, P., Kelvin, R., Roberts, C., Dubicka, B., & Goodyer, I. (2011). Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT). *American Journal of Psychiatry*, 168, 495-501.
7. World Health Organization. Age-standardized suicide rates (per 100,000 population. In: *Global Health Observatory of Mental Health, 2012*.