

# HOPE AS A THEORY OF CHANGE

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One College, Infinite Possibilities.



# Is Hope Important?





# Where I found hope.

© Young Male, Recent HIV+ diagnosis, Rejected by Family, Homeless and living under bridge....

© Hopeless right?





# The Desire to Flourish

- ⦿ When asked what we want in life, we ultimately refer to the pursuit of happiness.
- ⦿ Happiness (or well-being) is referred to the subjective evaluation of one's life experiences along with positive emotional experience.
- ⦿ In the 20<sup>th</sup> Century, Psychology was focused on identifying, eliminating, and preventing psychopathology.
- ⦿ Well-being was based on the reduction of psychological problems. That is, going from a -8 to a 0.



# The Desire to Flourish

- ⦿ Positive Psychology (1998, 2000) unified researchers and practitioners to ask....
  - ⦿ What if we studied what is right with people?
  - ⦿ What are the psychological traits (strengths) that allow individuals, groups, and communities to thrive?
- ⦿ Research has identified 24 strengths that enhance our capacity to flourish.



# The Desire to Flourish

- ① Improving these strengths allow us to be more engaged, experience positive emotions, develop and maintain positive relationships, and find meaning in the pursuit of goals.
- ① These strengths are important coping resources that can protect us from stress and adversity.
- ① Empirical studies of the 24 strengths have demonstrated that hope is one of the top predictors of well being for both children and adults.

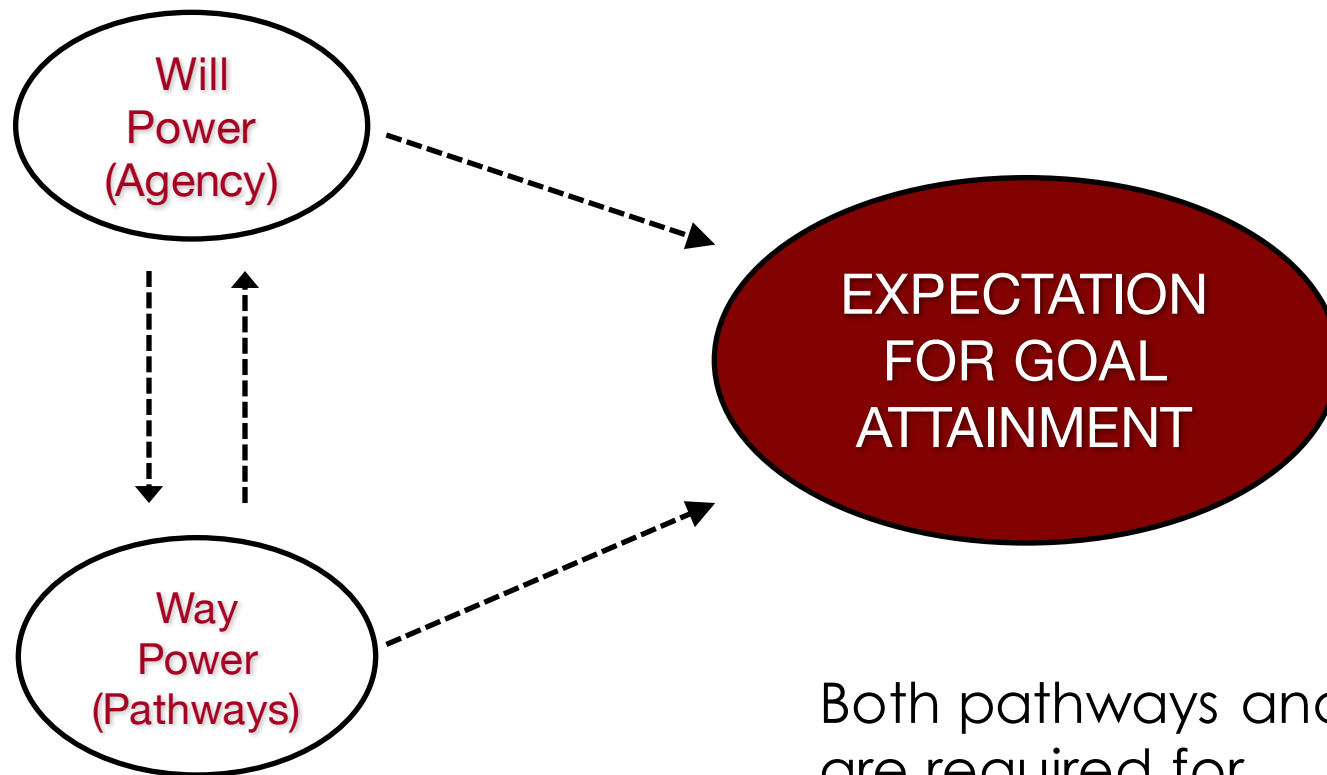


# HOPE THEORY

- ⦿ Each of us are motivated to pursue goals.
  - ⦿ Desirable goals
  - ⦿ Subjective assessment of goal-related capabilities
  - ⦿ The goal has some degree of probability
- ⦿ Hope requires the ability to create credible mental strategies (pathways) to achieve the goal **and** the ability to direct and maintain mental energy (agency) to these pursuits.
- ⦿ Pathways = Waypower and Agency = Willpower.
- ⦿ High hope individuals often imagine multiple pathways that are crucial when encountering barriers.



# HOPE THEORY



Both pathways and agency are required for hope...agency without pathways is more likely a wish!





# THE SCIENCE OF HOPE

## Why Hope Matters

- Almost 2,000 empirical studies have been conducted on hope in the areas of:
  - Education
  - Social Service
  - Health Care
  - Organizations
  - Communities
- **Hopeful individuals, families, organizations, and communities Thrive.**

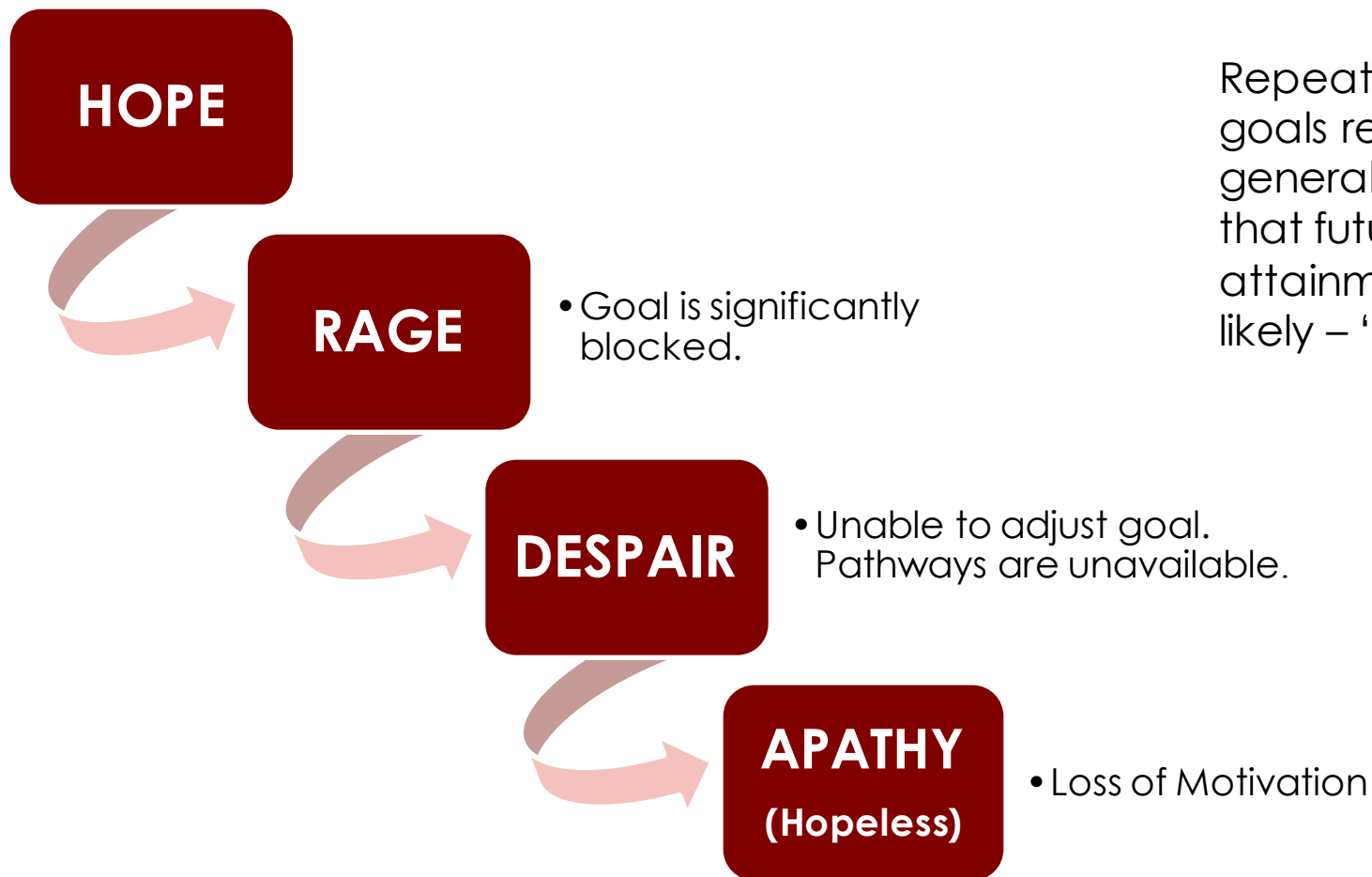


# The Science of Hope

## Why Hope Matters

- ⦿ Low hope individuals recognize their deficiency in pathways and agency.
  - ⦿ Lack sense of long term goals.
  - ⦿ Feel blocked from their goals.
  - ⦿ Approach goals with negative emotion and focus on failure.
- ⦿ Individuals with low hope:
  - ⦿ Higher negative affect
  - ⦿ Higher likelihood of quitting goal pursuits.
  - ⦿ Higher anxiety and depression.
  - ⦿ Lower self-esteem.
  - ⦿ Lower problem solving skills.
  - ⦿ Higher likelihood of externalizing negative behaviors.

# THE SCIENCE OF HOPE



Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”



# THE SCIENCE OF HOPE

## HOPE AND ADVERSE CHILDHOOD EXPERIENCE.

- ⦿ Adult homeless in Tulsa (46% Participation).
  - ⦿ Significantly higher ACE compared to CDC Study.
  - ⦿ Higher ACE scores associated with:
    - ⦿ Higher Anxiety and Depression
    - ⦿ Lower Hope

Munoz, R., Brahm, N., Chancellor, R., & Fox, M. (2015). The treatment effect of illicit drugs in buffering the relationship between PTSD and stress. Presented at the *National Health Care for the Homeless Conference*.

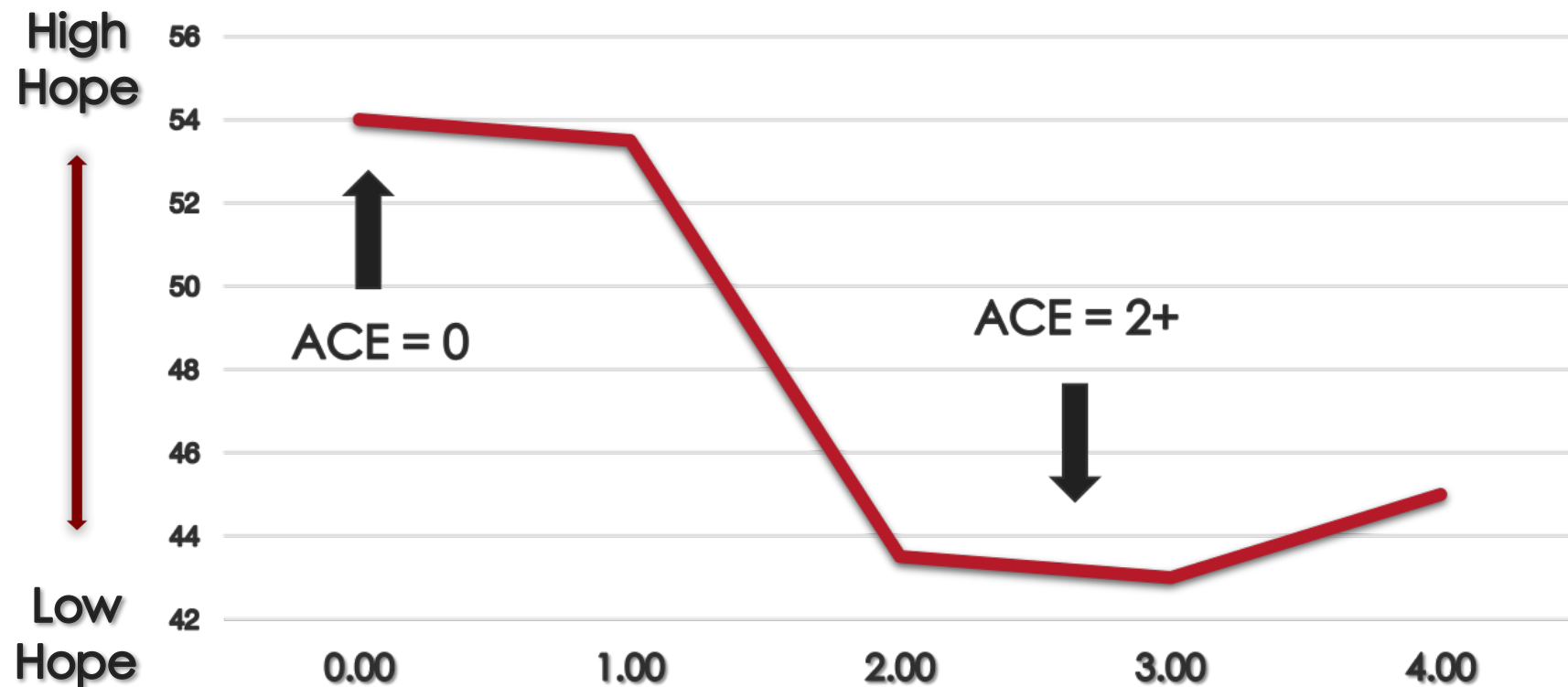
- ⦿ Adults Seeking Investigation of Child Maltreatment.
  - ⦿ Significantly higher ACE compared to CDC Study.
  - ⦿ Higher ACE Associated With Lower Hope

Baxter, M. A., Hemming, E. J., McIntosh, H. C., & Hellman, C. M. (Under Review). Exploring the relationship between adverse childhood experiences and hope. *Psychological Trauma: Theory, Research, Practice, and Policy*.



# THE SCIENCE OF HOPE

## Hope and Adverse Childhood Experience

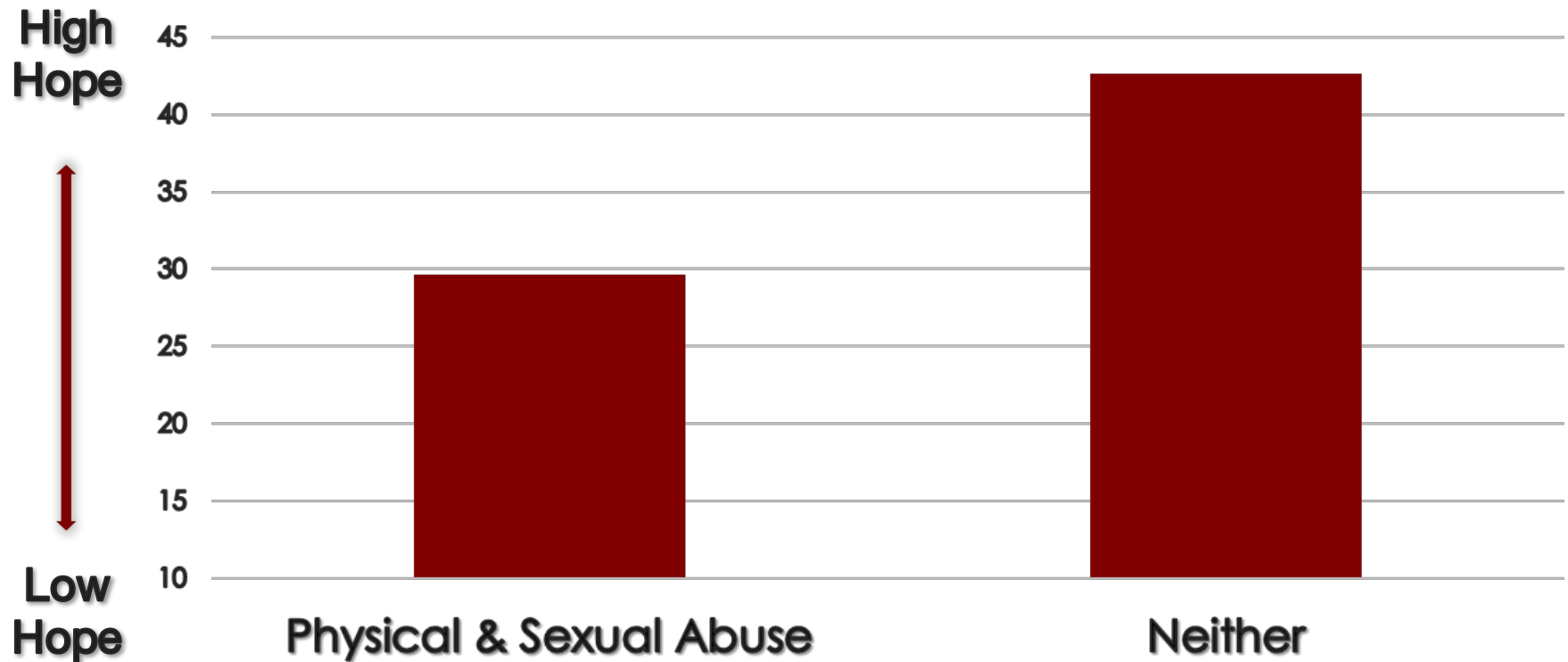


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# THE POWER OF HOPE

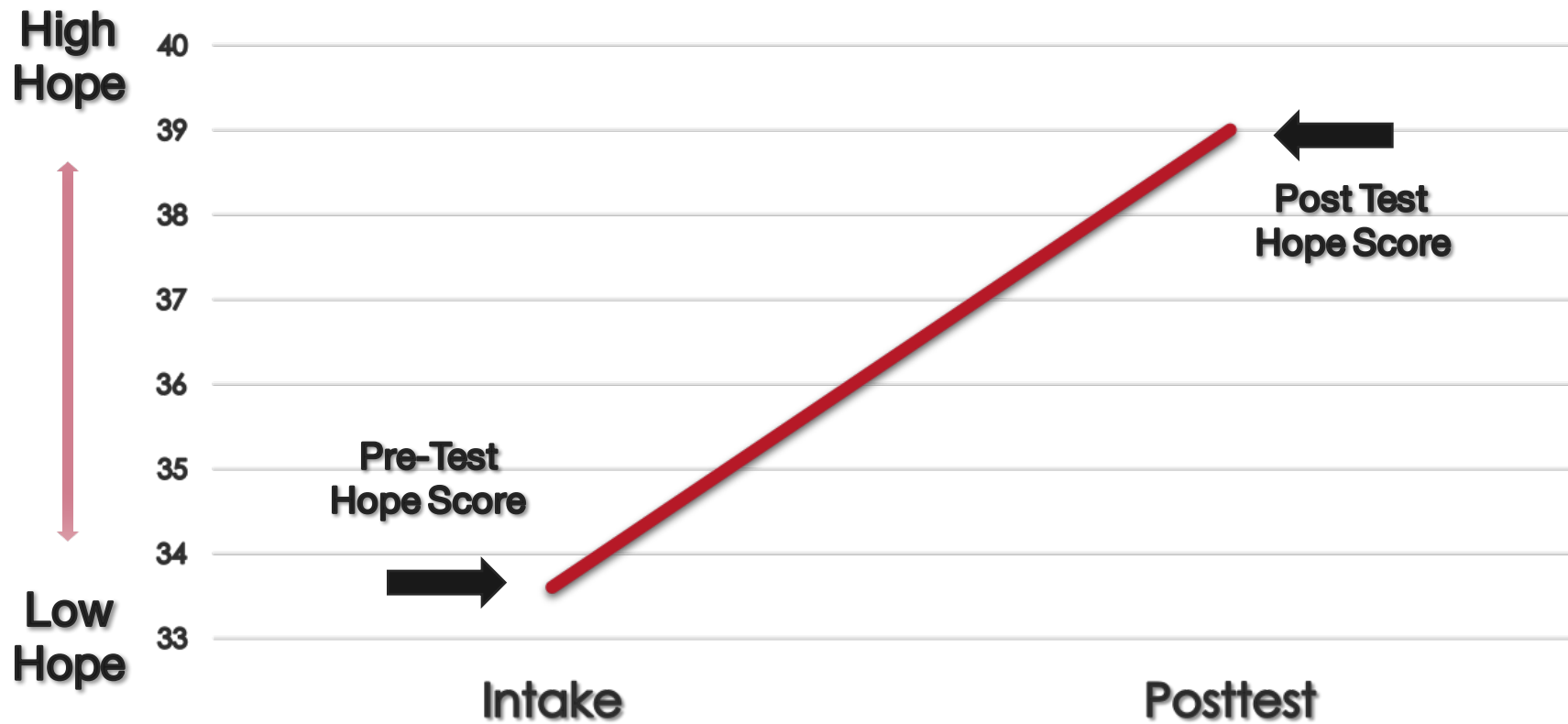
## EXAMPLE STUDIES FROM OUR CENTER

- © Domestic Violence Shelter and Hope.
- © PRELIMINARY FINDINGS.
- © Longitudinal Design: Statistically Significant Increase in Hope from Pre to Post Test.

Munoz, R., Brown, V. & Martin, K. (2014). A quantitative analysis of the importance of hope to empowerment among domestic violence victims. *Society for Social Work Research*.



# THE POWER OF HOPE

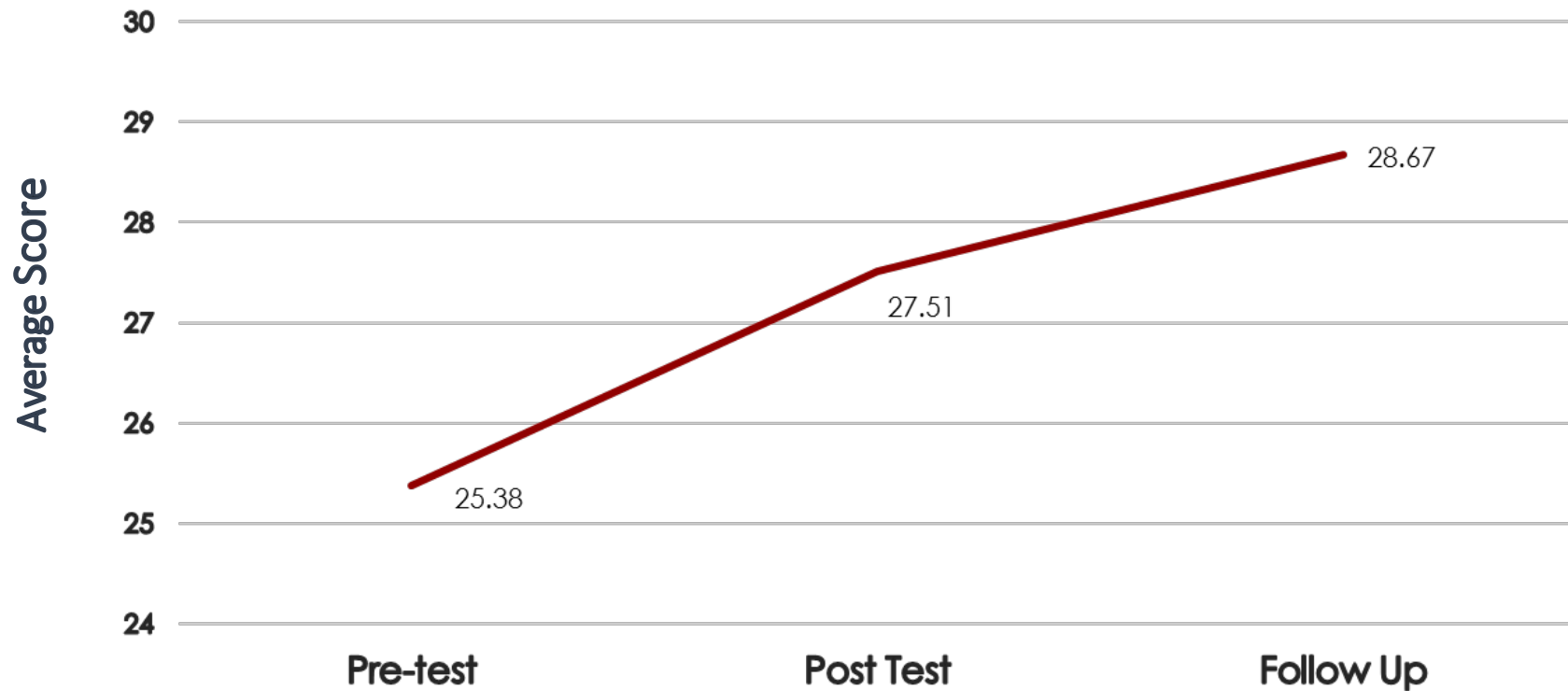






# THE POWER OF HOPE

## Camp HOPE California, Children's Hope Index



Hellman, C. M. & Gwinn, C. (Under review). Children exposed to domestic violence: Examining the effects of Camp HOPE on children's hope, resilience, and strength of character. *Journal of Family Violence*.



# THE POWER OF HOPE

## ① INCREASES IN HOPE WERE ASSOCIATED WITH:

- ① Higher energy (**zest**)
- ① Perseverance toward goals (**grit**)
- ① Ability to regulate thoughts and emotions (**self-regulation**)
- ① Expectation toward a positive future (**optimism**)
- ① Appreciation toward others (**gratitude**)
- ① Desire to seek out new things (**curiosity**)
- ① Awareness of others feelings (**social intelligence**)



# THE POWER OF HOPE

## SAMPLE STUDIES FROM OUR CENTER

- Child Abuse Pediatricians: Hope, Work Meaning, Compassion Fatigue, and Burnout.
- Locus of hope for adolescents: Parents and self as sources of hope in well-being.
- Leader hope, training effectiveness, and program implementation.
- How hopeful is Tulsa?



# MEASURING HOPE

- ④ Application to Individuals, Organizations, and Communities
  - ④ Adult Hope Scale (Snyder et al., 1991)
  - ④ Children's Hope Scale (Snyder et al., 1997)
  - ④ Validity and Reliability



# Thurston Thrives

## RESULTS FROM SURVEY (N=54)

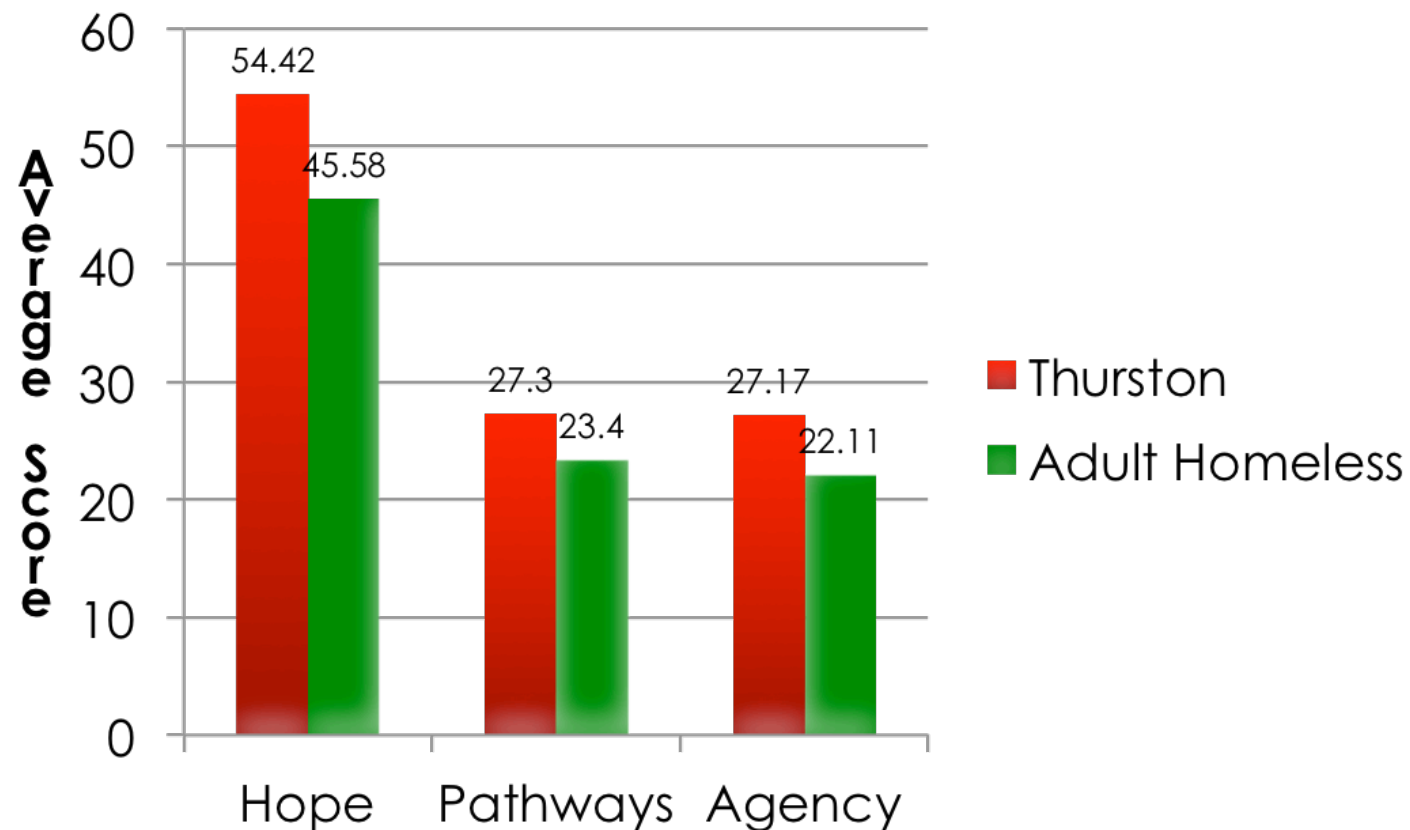
### *What we Measured:*

- ① **Hope** ( $\alpha = .86$ ; 8-item Adult Hope Scale – Snyder et al 1991).
- ① **Positive Affect** ( $\alpha = .85$ ; 6-item SPANE -- Diener & Biswas-Diener, 2009).
- ① **Negative Affect** ( $\alpha = .81$ ; 6-item SPANE -- Diener & Biswas-Diener, 2009).
- ① **Flourish** ( $\alpha = .85$ ; 8-item -- Diener & Biswas-Diener, 2009).
- ① **Life Satisfaction** ( $\alpha = .88$ ; 5-item SWLS– Diener et al 1985).



# Thurston Thrives

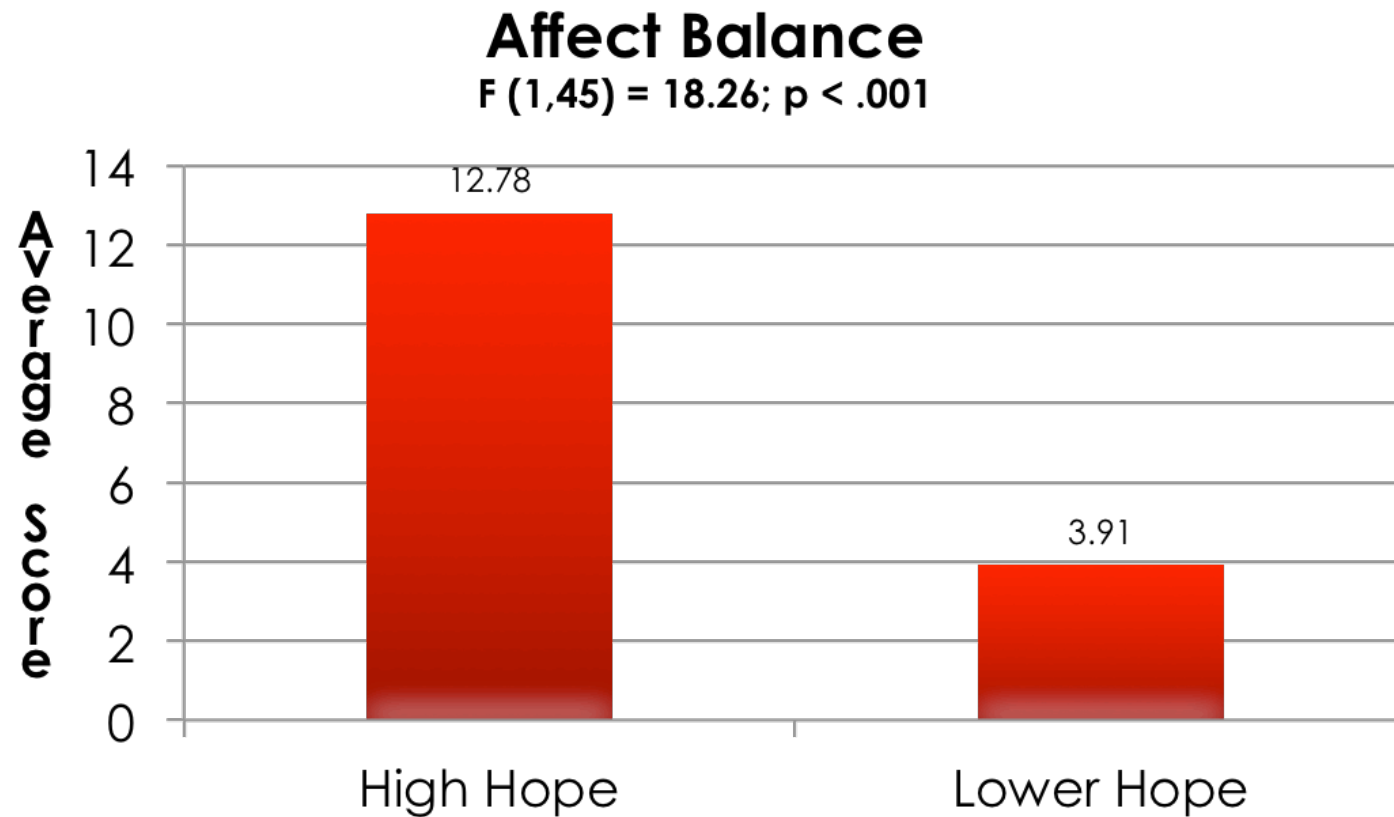
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# Thurston Thrives

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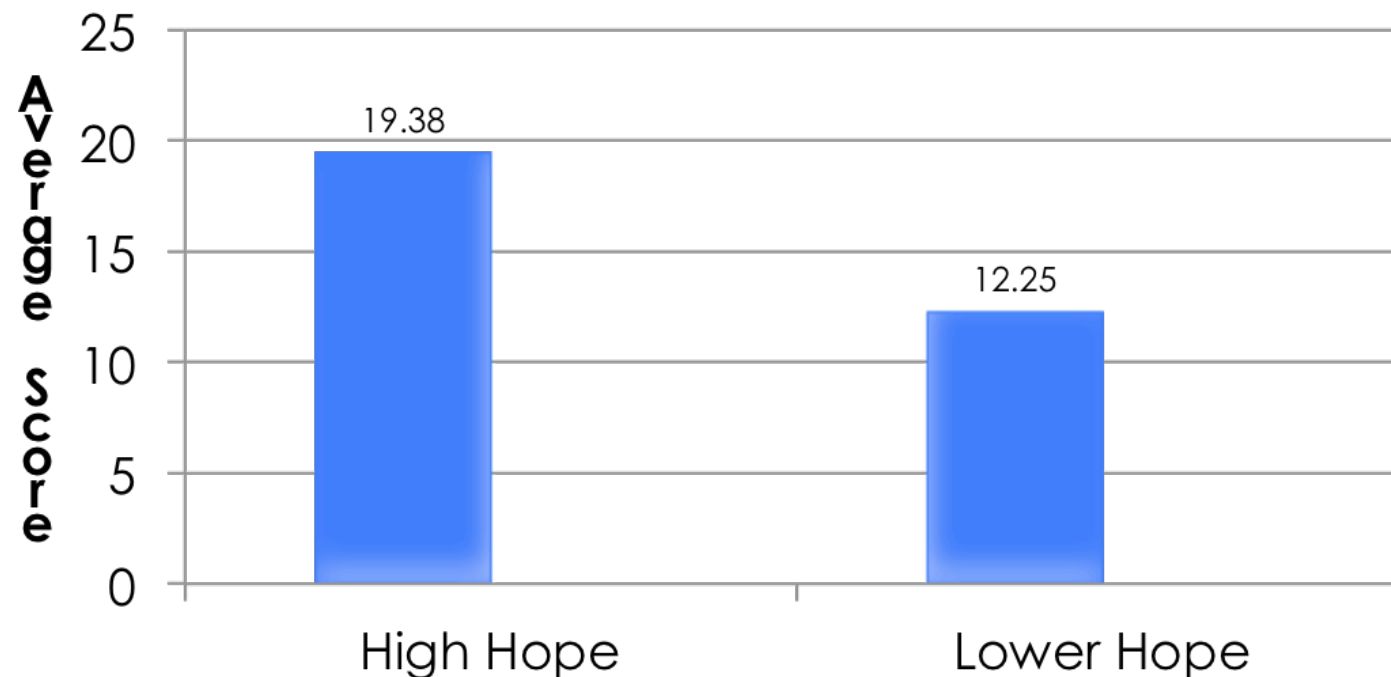




# Thurston Thrives

RESULTS FROM SURVEY (N=54)

**Capacity to Flourish**  
[F (1,47) = 13.51; P < .01]







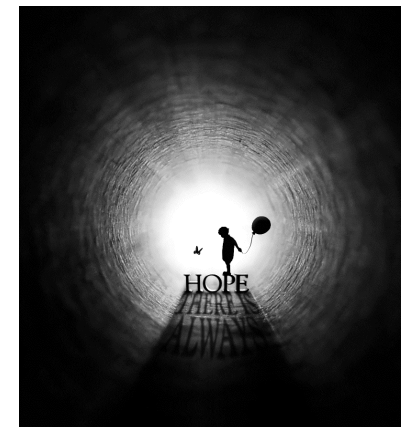
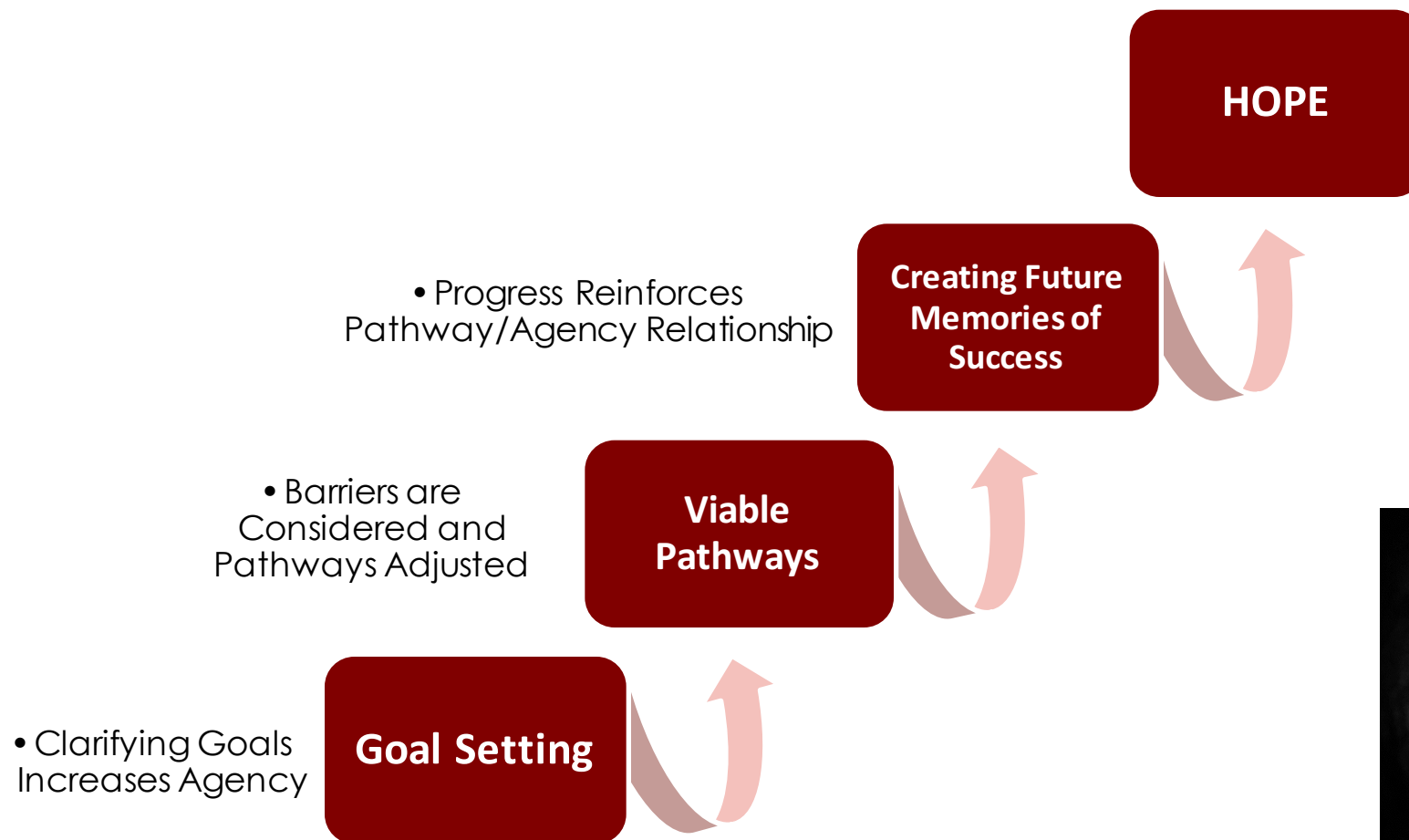
# Thurston Thrives

## RESULTS FROM SURVEY (N=54)

### Correlations Between Hope and Well-Being

Variable	HOPE
Positive Affect	$r = .67^*$
Negative Affect	$r = -.68^*$
Flourish	$r = .81^*$
Life Satisfaction	$r = .77^*$

# THE POWER OF HOPE





# THE POWER OF HOPE.

- ① Hope represents a theory of change that helps us understand how individuals, families, organizations, and communities thrive
- ① The power of hope is that it provides a common language for collective impact.

# The Science and Power of Hope



Questions?

