Incest survivors. The forgiveness group became emotionally healthier than the control group after 14 months. Differences between the groups were observed for depression, anxiety, hope, and self-esteem. The results were maintained in a 14-month follow-up. Read the full study of **Forgiveness as an Intervention Goal with Incest Survivors**.

Drug rehabilitation. The forgiveness group became emotionally healthier than the control group, similar to the above study. The experimental participants’ need for drugs declined substantially, relative to the control group. Results were maintained at a 4-month follow-up. Read the full study of **Effects of Forgiveness Therapy on Anger, Mood, and Vulnerability to Substance Use among Inpatient Substance-Dependent Clients**.

Cardiac patients. Again, the experimental (forgiveness) group became emotionally healthier than the control group. Cardiac disease often involves a tightening of the arteries, especially when people are angry. After experiencing forgiveness therapy, those in the experimental group exhibited better functioning arteries, meaning that patients have a reduced risk of chest pains and sudden death. At a 4-month follow-up, the experimental group had more efficiently functioning hearts than the control group. Read the full report of **The Effects of a Forgiveness Intervention on Patients with Coronary Artery Disease**.

Emotionally-abused women. Results are similar to the above studies in terms of emotional health (decreased anxiety, depression, PTSD symptoms, and increased self-esteem). Read the full report of **The Effects of Forgiveness Therapy on Depression, Anxiety, and Posttraumatic Stress for Women after Spousal Emotional Abuse**.

Terminally-ill, elderly cancer patients. After a 4-week intervention, the forgiveness group showed greater improvement in psychological health (less anger, more hopefulness toward the future) than the control group. Physical indicators of both groups showed declines. Read the full report of **A Palliative Care Intervention in Forgiveness Therapy for Elderly Terminally-Ill Cancer Patients**.

Females over 65-years of age (with a mean age of 74.5). Following an 8-week intervention, the experimental group showed significantly higher forgiveness profiles compared with the control group. Read the full study of **Forgiveness as a Psychotherapeutic Goal with Elderly Females**.

Postabortion men. Following treatment, participants demonstrated a significant gain in forgiveness and significant reductions in anxiety, anger, and grief as compared with controls. Maintenance of psychological benefits was demonstrated at a 3-month follow-up. Read the full study of **Forgiveness Intervention with Postabortion Men**.

Inner-city students exposed to poverty, racism and violence. This study describes a forgiveness intervention designed to help children in a central-city environment. Read the full report of **Bringing Peace to the Central City: Forgiveness Education in Milwaukee**.

First grade, third grade and fifth grade children in Milwaukee’s central city. Those in the experimental group were less angry than those in the control group. Read the full study of **The Forgiving Child: The Impact of Forgiveness Education on Excessive Anger for Elementary-Aged Children in Milwaukee’s Central City**.
At-risk middle school students in Wisconsin. Those in the experimental group not only improved more in emotional health than those in the control group, but also they improved more in academic achievement than the control counterparts. Read the full report of Can School-Based Forgiveness Counseling Improve Conduct and Academic Achievement in Academically At-Risk Adolescents?

Children affected by terrorism and community violence in Belfast, Northern Ireland. This study reviews the literature showing the adverse psychological effects on children from terrorism and community violence, reviews the existing empirical studies that validate forgiveness as a way to reduce negative psychological effects of injustice, and describes forgiveness curricula being implemented in Belfast grade schools. Read the full report of Waging Peace Through Forgiveness Education in Belfast, Northern Ireland: A Review and Proposal for Mental Health Improvement of Children.

First grade (Primary 3) and third grade (Primary 5) children in Belfast, Northern Ireland. Those in the experimental group were less angry and depressed and more forgiving than those in the control group. Randomization is by group; analyses are on each individual. Read the full study of Waging Peace through Forgiveness in Belfast, Northern Ireland II: Educational Programs for Mental Health Improvement of Children.

Parents of third-grade (Primary 5) children in Belfast, Northern Ireland. Parents in the test group improved statistically (the parents improved) as they taught forgiveness to their children. The comparison group parents taught art to their children. Read the full study of Waging Peace through Forgiveness in Belfast, Northern Ireland IV: A Parent and Child Forgiveness Education Program.

Junior high and college students in Seoul, South Korea. A developmental pattern of understanding forgiveness is proposed and examined. Results support a developmental sequence and statistical support for the relation between understanding forgiveness and the participants' forgiving behavior in real life situations. Read the full study of The Development of Forgiveness in the Context of Adolescent Friendship Conflict in Korea.

The family, the school, and the Church. This paper outlines a three-tiered holistic psycho-educational approach called “The Forgiving Communities.” The goal of The Forgiving Communities is to deepen individuals’ (and society's) understanding and personal practice of, and growth in forgiveness. An initial model of the Church as Forgiving Community, consisting of multiple levels of forgiveness education intended to cultivate a culture of forgiveness and the expectation that forgiveness is part of the congregation’s existence, is described. Read the full report of The Church as Forgiving Community: An Initial Model.

Adults in Taiwan. The relationship between forgiveness and anger-related emotions was examined with an adult sample in Taiwan. Levels of forgiveness were assessed and psychotherapeutic implications are discussed. Read the full report of Forgiveness and Anger-Related Emotions in Taiwan: Implications for Therapy.

Scientific note: The therapeutic studies are statistically moderate to strong (Lipsey, 1990), with effect sizes typically in the .59 range for emotional health between groups (Baskin & Enright, 2004). The teacher-led initiatives have effect sizes (between groups) in the .28 to .73 range for anger. The teacher-led programs involve group instruction rather than individual treatment. There is no direct therapy, but instead there is instruction primarily on learning about forgiveness rather than forgiving.