

## **Abstract**

The main objective of the research was to investigate the effectiveness of forgiveness therapy to reduce anger, depression and anxiety, and increase forgiveness and hope in female prisoners. Pre-post experimental research design was used, sampling was done using non-probability purposive sampling. 34 participants were divided into two groups of experimental (n=17) and control group (n=17). Forgiveness therapy was carried out with experimental group before post testing, whereas control group received forgiveness therapy after the post assessment. For pretesting and post testing of sample, demographic sheet, Enright Forgiveness Inventory (EFI-30), Clinical Anger Scale (CAS), Centre for Epidemiological Studies-Depression Scale (CED), Generalized Anxiety Disorder Scale (GAD7) and Hearth Hope Index (HHI) were used. The results indicated an increase in forgiveness, and hope while decrease in depression and anxiety of experimental group upon post testing. Anger remained same in pretesting and post testing. No difference in forgiveness, anger, depression, anxiety and hope of control group participant's was seen. Mann-Whitney U test showed significant difference between experimental and control group's forgiveness, anxiety, depression and hope on post testing, and insignificant anger difference between experimental and control group. Wilcoxon sign rank test show significant difference ( $p < .05$ ) in experiment group's forgiveness, hope, depression and anxiety, and insignificant difference in its anger ( $p > .05$ ). Insignificant differences were found in control group's forgiveness, anger, depression, anxiety and hope on post testing ( $p > .05$ ). This study can contribute in forming intervention programs for prisoners.