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The Present Study aimed to study the effectiveness of “Forgiveness therapy in reducing “Anger” and “Depression” in Transgender”. The respective sample was chosen as this is the sensitive and vulnerable population. The Research design and strategy used was true experimental study with random assignment. The sample taken was N=30 of transgender, respective study was therapeutic intervention based. Pre testing was done for 3 times with complete sample N=30 with the age range of 25 to 60 years. After the pre assessment and testing two groups were made based on the scoring on psychological tools. Control and Experimental group respectively. After the therapeutic sessions Post testing was done with both groups respectively to analyze the results and improvement and differentiating scores between both the sample groups. The tools used in this experimental study were Enright’s forgiveness Inventory (EFI-30) (Enright & Rique, 2014). The Clinical Anger Scale (CAS) and Patient Health Questionnaire PHQ-9 were selected for this study. The multiple pre and post testing was done to reduce the chance of error in measurement as the sample was relatively small. Mean and standard deviations for the experimental and control group were calculated on the dependent variables that were forgiveness, anger, depression. Wilcoxon sign test was used to assess the change in forgiveness ability between experimental and control group. The demographic characteristics of the participants are given in detail which includes age, education and gender. On forgiveness inventory results revealed increase in the forgiveness ability, on Clinical Anger scale it was noticed minimization of anger and on Patient Health Questionnaire PHQ-9 the experimental group showed decrease in their depressive tendencies respectively. Comparisons were analysed and revealed the effectiveness of Forgiveness therapy in reducing anger and depression in transgender.

Keywords: Forgiveness, Transgender, Anger, Depression