

The benefits of forgiveness: a systematic review

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RESUMEN

El perdón se define como proceso intrapersonal en el que un individuo es partícipe de la transformación de sentimientos hacia una sensación de liberación respecto a alguien que le ha ocasionado dolor (Worthington, 2005). Esta transformación hacia emociones positivas requiere de la sustitución de emociones como el rencor o el resentimiento hacia emociones como la compasión y la comprensión (Enright & Fitzgibbons, 2015).

"El perdón puede conceptualizarse como un proceso multifacético que implica la renuncia a resentimientos y deseos de venganza hacia una persona que ha causado daño, así como la búsqueda de emociones positivas hacia esa persona, incluida la compasión y la empatía" (McCullough et al., 1997).

El objetivo de esta revisión es analizar qué beneficios psicológicos, emocionales y sociales derivan de la práctica del perdón, teniendo en cuenta los diferentes contextos y ambientes de cada población. En este trabajo se ha realizado una revisión de 13 artículos, publicados desde el año 1998, año en el que se fundó la psicología positiva, hasta la actualidad. La búsqueda realizada se ha dado en las bases de datos *Scopus* y *Web of Science*. A través del modelo PRISMA 2020, y tras el análisis de estos estudios, se concluyó que las intervenciones del perdón desempeñan un papel crucial y una relación positiva con el nivel de satisfacción, bienestar psicológico y físico de las diversas poblaciones.

PALABRAS CLAVE: perdón, bienestar, beneficios, intervención, PRISMA 2020

ABSTRACT

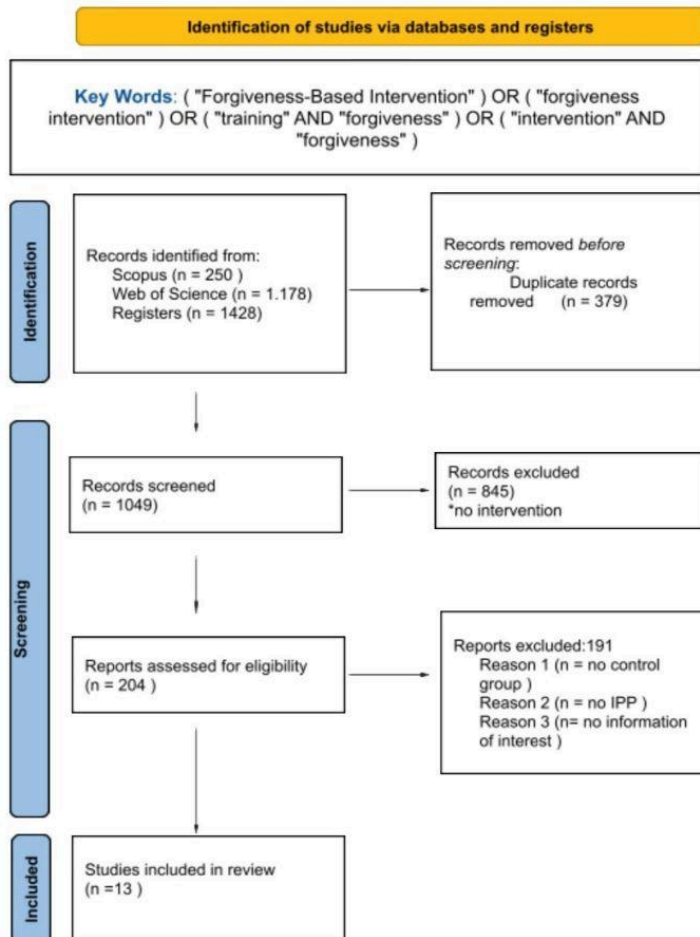
Forgiveness is defined as an intrapersonal process in which an individual is involved in the transformation of feelings toward a sense of liberation with respect to someone who has caused him or her pain (Worthington, 2005). This transformation toward positive emotions requires the replacement of emotions such as resentment or resentment toward emotions such as compassion and understanding (Enright & Fitzgibbons, 2015).

"Forgiveness can be conceptualized as a multifaceted process that involves relinquishing resentments and desires for revenge toward a person who has caused harm, as well as seeking positive emotions toward that person, including compassion and empathy" (McCullough et al., 1997).

The aim of this review is to analyze what psychological, emotional and social benefits derive from the practice of forgiveness, taking into account the different contexts and environments of each population. In this work, a review of 13 articles published since 1998, the year in which positive psychology was founded, up to the present has been carried out. The search was carried out in the Scopus and Web of Science databases. Through the PRISMA 2020 model, and after the analysis of these studies, it was concluded that forgiveness interventions play a crucial role and have a positive relationship with the level of satisfaction, psychological and physical well-being of various populations.

KEY WORDS: forgiveness, welfare, benefits, intervention, PRISMA 2020

The benefits of forgiveness : a systematic review

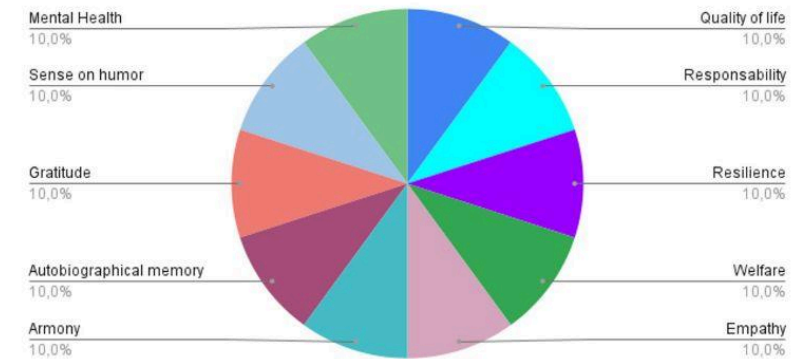


✓ The **aim** of this study is to conduct a systematic review of Positive Psychological Interventions on the benefits of forgiveness on an individual's well-being.

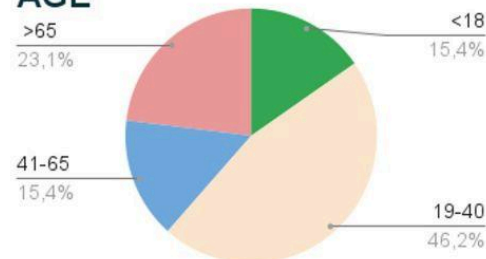
✓ **Method** : PRISMA 2020

▪ All of the interventions in this study improve the samples' ability to **forgive**, along with **self-forgiveness**.

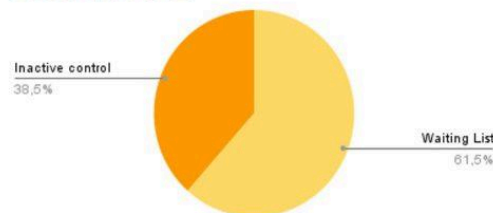
WELL-BEING VARIABLES



AGE



DESIGN TYPE



DISCUSSION AND CONCLUSION

100%

of the studies indicate that **forgiveness interventions have been successful**. This analysis underscores the effectiveness of forgiveness interventions in improving different aspects of human well-being.

Annex

RESULTS

ARTICLES	SAMPLE	M AGE	% WOMEN/MEN	WESTERN/NO WESTERN	DURATION (weeks)	DESIGN	TEMPORARY MOMENT	WELL-BEING VARIABLES	SCALE	SUCCES
Hansen et al., 2009	N = 20	73	W = 90%	W	4	Experimental group and inactive control group (waitng list)	Pre and Post	Quality of life Emotional distress	EFI	YES
Nousse Graham et al., 2012	N = 62	22	W = 70%	W	6	Experimental group and inactive control group (waitng list)	Pre and Post	Forgiveness Resentment	EFI	YES
Allemand et al., 2013	N = 78	70,1	W = 75,6%	W	8	Experimental group and inactive control group	Immediate evaluations and Follow-up	Forgiveness Rumination	HFS EFI-30	YES
Lin et al., 2013	N = 27	24	W = 63%	NW	8	Experimental group and inactive control group	Pre and Post	Forgiveness Anxiety	SFS	YES
Lee & Enright, 2014	N = 11	43,55	W = 100%	W	24	Experimental group and inactive control group	Pre and Post	Forgiveness Pain	EFI-30	YES
Griffin et al., 2015	N = 204	20,5	W = 55%	W	6	Experimental group and inactive control group (waitng list)	Pre, Post and Follow-up	Self-forgiveness	SFM SSFS HFS	YES
Bell et al., 2017	N = 93	20,78	W = 74%	W	2	Experimental group and inactive control group	Pre and Post	Self-forgiveness Responsibility	SFI	YES
Freedman, 2018	N = 21	16	W = 50%	W	10	Experimental group and inactive control group (waitng list)	Pre and Post	Forgiveness Anger	SSFS	YES
Hendriks et al., 2020	N = 158	35	W = 64%	W	8	Experimental group and inactive control group (waitng list)	Pre, Post and Follow-up	Resilience Welfare		YES
Tao et al., 2020	N = 18	14,18	W = 55%	NW	8	Experimental group and inactive control group (waitng list)	Pre and Post	Empathy Harmony	FI Program	YES
Chamorro-Garrido et al., 2021	N = 111	77,14	W = 59%	W	11	Experimental group and inactive control group	Pre and Post	Forgiveness Autobiographical memory Gratitude Sense on humor	SPWB	YES
Aranda-Turpo et al., 2023	N = 38	21	W = 71,1%	NW	8	Experimental group and inactive control group (waitng list)	Pre and Post	Forgiveness Depression Anxiety	REACH	YES
Záhorcová et al., 2023	N = 21	47,86	W = 71,4%	W	16	Experimental group and inactive control group (waitng list)	Pre and Post	Mental Health	EFI-30	YES

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