

University (Meeting Decision Date and No: 29/01/2020-155191).

Conflict of Interest The author(s) declare that they have no conflict of interest.

REFERENCES

- Beck, A. T., Weissman, A., Lester, D., & Trexler, L. (1974). The measurement of pessimism: The Hopelessness Scale. *Journal of Consulting and Clinical Psychology, 42*(6), 861-865.
- Bonanno, G. A. (2004). Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? *American Psychologist, 59*(1), 20-28.
- Clements, C. M., & Sawhney, D. K. (2000). Coping with domestic violence: Control attributions, dysphoria, and hopelessness. *Journal of Traumatic Stress, 13*(2), 219-240.
- Friborg, O., Hjemdal, O., Rosenvinge, J. H., & Martinussen, M. (2003). A new rating scale for adult resilience: What are the central protective resources behind healthy adjustment? *International Journal of Methods in Psychiatric Research, 12*(2), 65-76.
- Hjemdal, O., Friborg, O., & Stiles, T. C. (2012). Resilience is a good predictor of hopelessness even after accounting for stressful life events, mood and personality (NEO-PI-R). *Scandinavian Journal of Psychology, 53*(2), 174-180.
- Lazarus, R. S. (1999). The cognition-emotion debate: A bit of history. In T. Dalgleish, & M. J. Power (Eds.), *Handbook of cognition and emotion* (pp. 3-19). John Wiley & Sons, Inc.
- Maddux, J. E., Snyder, C. R., & Lopez, S. J. (2004). Toward a positive clinical psychology: Deconstructing the illness ideology and constructing an ideology of human strengths and potential. In P. A. Linley, & S. Joseph (Eds.), *Positive psychology in practice* (pp. 320-334). John Wiley & Sons, Inc.
- Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *American Psychologist, 56*(3), 227-238.
- Melges, F. T., & Bowlby, J. (1969). Types of hopelessness in psychopathological process. *Archives of General Psychiatry, 20*(6), 690-699.
- Ong, A. D., Bergeman, C. S., Bisconti, T. L., & Wallace, K. A. (2006). Psychological resilience, positive emotions, and successful adaptation to stress in later life. *Journal of Personality and Social Psychology, 91*(4), 730-749.
- Padesky, C. A., & Mooney, K. A. (2012). Strengths-based cognitive-behavioral therapy: A four-step model to build resilience. *Clinical Psychology & Psychotherapy, 19*(4), 283-290.
- Schrank, B., Brownell, T., Tylee, A., & Slade, M. (2014). Positive psychology: An approach to supporting recovery in mental illness. *East Asian Archives of Psychiatry, 24*(3), 95-103.
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist, 55*(1), 5-14.
- Seligman, M. E. P., & Peterson, C. (2003). Positive clinical psychology. In L. G. Aspinwall, & U. M. Staudinger (Eds.), *A psychology of human strengths: Fundamental questions and future directions for a positive psychology* (pp. 305-317). American Psychological Association.
- Smith, M. M., Saklofske, D. H., Keefer, K. V., & Tremblay, P. F. (2016). Coping strategies and psychological outcomes: The moderating effects of personal resiliency. *The Journal of Psychology, 150*(3), 318-332.
- Smith, P. R. (2009). Resilience: resistance factor for depressive symptom. *Journal of Psychiatric and Mental Health Nursing, 16*(9), 829-837.
- Wood, A. M., & Tarrier, N. (2010). Positive clinical psychology: A new vision and strategy for integrated research and practice. *Clinical Psychology Review, 30*(7), 819-829.