

The Impact of Hope Rising on... Physical Health



FACT

HOPE IMPACTS OUTCOMES IN TRAUMATIC, CHRONIC & TERMINAL HEALTH CONDITIONS.

Numerous studies have shown a strong connection between hope & positive outcomes in:

- Cancer, including aggressive & terminal forms
- Chronic illness
- Traumatic injuries
- Arthritis
- Juvenile Type 1 diabetes
- Spinal cord injuries
- HIV/AIDS
- Degenerative disorders
- Visual impairment
- Other major health crises

FACT

HOPE IS A SIGNIFICANT PREDICTOR OF PATIENT BEHAVIOR & OUTCOMES.

Healthcare patients with high levels of hope:

- Demonstrate reduced pain levels
- Respond better to medical treatment
- Are more likely to engage in prevention strategies
- Are more likely to comply with their health providers' recommendations
- Respond more positively to aggressive & terminal cancers
- Are better able to pursue health-related goals & overcome obstacles
- Are less likely to experience anxiety, depression or pain catastrophizing
- Demonstrate stronger posttraumatic growth & resilience following illness

FACT

HOPE CAN BE TAUGHT!

Numerous studies show that hope can be successfully taught and increased among patients navigating physical illness. **Hope Rising Oklahoma** equips healthcare professionals to improve outcomes through hope-centered interventions and practices.

