

Comments on: The Effectiveness of Internet-Based Hope Therapy on Coping Strategies in Patients with Prostate Cancer

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Letter to editor

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Dear Sir,

I am writing this letter to give some comments on previously published article on the use of Internet-based hope therapy for the patients with prostate cancer (PC) (Abdulhasan, Abbas, Hamed, Al-Hili, Hamad, & Najm, 2022). The present article suggests the use of hope therapy for reducing stress and increasing effective coping strategies in the patients with PC. Hope is an important aspect and a determining factor, which correlates with various variables in one's life. In fact, it is the heart of various activities in human life. Moreover, it is the basic way to fight with the mental illnesses and prevent from them, while developing a personal quality of life, especially when one is in a critical situation, for example, suffering a poor prognostic physical disease such as cancer (Asiah, Rusmana, & Saripah, 2022). Therefore, it is worthwhile to select the patients with PC as the statistical population of the study.

Snyder's theory of hope is perhaps the most well-articulated contemporary hope theory and has received considerable attention in the last three decades (Asiah et al., 2022). His theory is about adolescents who are exposed to making important choices which may have an essential influence in their lives in future (Snyder, Feldman, Shorey, & Rand, 2002). One of the latest studies in this literature review shows that based on this theory, the strength-based counseling can increase students' hope during coronavirus disease-2019 (COVID-19) pandemic (Asiah et al., 2022).

The results showed that hope theory had been successfully applied in the therapeutic process whether individual or group-based. Hope, as defined in Snyder's hope theory, is the basis of various counseling approaches which are explored by the researchers, among which are the mental rehearsal strategies, hope-based interventions, self-management support interventions, art-based group intervention,

narrative photo-taking intervention, and miracle question (Asiah et al., 2022).

This study is worthy and has a lot of innovations as:

- 1- It is an Internet-based psychotherapy; therefore, it is very helpful during COVID-19 pandemic, when present meeting has a life threat for the patients with PC.
- 2- It was done in a short interval.
- 3- The method included a combination of offline and online approaches.
- 4- In this method, only one psychological intervention was used as a variable for the patients.

As I saw in summary of the reports on hope therapy sessions in table 1, it seems the title of hope therapy is not appropriate for this study, which is a brief Internet-based cognitive behavioral therapy focused on hope interventions; therefore, I suggest to change the name of the intervention to determine the novelty and advantages of the study.

Conflict of Interests

Authors have no conflict of interests.

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