

A Randomized Controlled Trial of a Brief Self-Directed Secular REACH Forgiveness Intervention With Indonesian Christians: Does Religiousness Matter?

Ni Made Taganing Kurniati¹, Richard G. Cowden^{2, 3}, Anita Zulkaida¹,
Elly Y. Gunatirin⁴, Wahyu Rahardjo¹, Mary P. Elisabeth⁴, Ade Irma Suryani¹,
Trida Cynthia¹, Quroyzhin Kartika Rini¹, Maya B. Mathur⁵, Man Yee Ho⁶,
Tyler J. VanderWeele^{2, 3}, and Everett L. Worthington Jr.⁷

¹ Faculty of Psychology, Gunadarma University

² Human Flourishing Program, Institute for Quantitative Social Science, Harvard University

³ Department of Epidemiology, Harvard T. H. Chan School of Public Health, Harvard University

⁴ Faculty of Psychology, University of Surabaya

⁵ Quantitative Sciences Unit, Stanford University

⁶ Shine Psychological Counseling Centre, Hong Kong, China

⁷ Department of Psychology, Virginia Commonwealth University


The present study examined the effectiveness of a brief self-directed secular REACH Forgiveness workbook in improving state forgiveness, state hope, mental health, and flourishing among Indonesian Christians. A subset of data (all self-identified Christians; $N = 203$; $M_{\text{age}} = 21.17 \pm 3.28$ years, female = 75.86%, 78.33% college students) from a large, randomized waitlist controlled trial in Indonesia was used. The participants were assigned randomly to an immediate treatment (IT) or delayed treatment condition and were assessed three times. Evidence of posttreatment improvements was found in state forgiveness and to a lesser extent state hope, flourishing, and mental health in both conditions, regardless of Christian denomination, frequency of religious service attendance, or frequency of engagement in private religious/spiritual activities. For those in the IT condition, increases in all outcomes were maintained at 2-week follow-up; for those in the delayed treatment condition, gains while they completed the workbook were comparable to those in the IT condition. The secular workbook intervention was efficacious for Christians in dealing with interpersonal transgression.

Keywords: forgiveness, flourishing, hope, mental health, religious

Supplemental materials: <https://doi.org/10.1037/scp0000374.supp>

Psychological interventions designed to help people forgive have flourished. A meta-analysis showed that 53 randomized controlled trials (RCTs) of forgiveness interventions (mean time = 10 hr

conducted with small groups, individuals, and couples increased forgiveness (see Wade et al., 2014), lowered depression and anxiety, and increased hope. Wade et al. identified Enright's

Ni Made Taganing Kurniati  <https://orcid.org/0000-0002-9348-9858>

Quroyzhin Kartika Rini  <https://orcid.org/0009-0000-2052-4301>

This research was funded by the Templeton World Charity Foundation (Grant 0390). The funder of the

study had no role in the study design, data collection, data analysis, data interpretation, or writing of the article.

Correspondence concerning this article should be addressed to Ni Made Taganing Kurniati, Faculty of Psychology, Gunadarma University, Jalan Margonda Raya 100, Depok, Jawa Barat 16424, Indonesia. Email: taganing@staff.gunadarma.ac.id