

Annotated Bibliography

Alarcon, Gene M., Nathan A. Bowling, and Steven Khazon. "Great Expectations: A Meta-Analytic Examination of Optimism and Hope." Personality and Individual Differences 54.7 (2013): 821-827.

The article uses the meta-analysis method to show the correlations between the hope and optimism as the psychological, self-perceiving and self-reflective categories and criteria of the emotional health and well-being. The authors discuss the essence, nature and characteristics of the hope and optimism, comparing and contrasting those two notions. According to the findings, hope and optimism are important indicators of the psychological welfare and adequate self-perception. It is true that those two notions are interdependent and interrelated. At the same time, the authors conclude that hope and optimism are individual, separate and unique features, which define various spheres of human self.

The article is important for our research, as it helps to outline the psychological meaning of the hope and optimism and dwell on their similar and different features. The comprehension of the differences between the hope and optimism allows making the right conclusions regarding their effects and influences on the patient's health and attitude to the diseases and their treatment. Thus, this article proves that there is a need in separate analysis of the role of hope and optimism in the treatment of the patients.

Farber, Phoebe. "Looking on the Bright Side: Optimism in the Therapeutic Setting." International Journal of Health, Wellness & Society 6.1 (2016): 59-64.

The article investigates the role of optimism in the therapeutic and treatment purposes. According to the author's definition, optimism is the psychological mechanism of the favorable and positive attitude toward the personal future and treatment of the disease. The acquisition of

the optimistic attitude to the future is significant for the patients, as it is one of the preliminary condition of hope and favorable expectations. Therefore, hopes derive from the optimism and depend on it. The article claims that the optimism helps patients to cope with the anxiety, overcome worries and depression, demonstrate resilient and stable attitude to the disease and tackle different negative emotional and physical responses. Correspondingly, optimism plays an important role in the therapeutic settings.

The article is important for the research, as it researches the concept of optimism and its role in the treatment. As a result, it is possible to assume that the treatment of patients with the cancer should focus on the formation of the optimistic attitudes among the clients, in the first turn. Moreover, the article proves the importance of the optimism and shows the practical implications of this theory on practice.

Ho, Samuel, et al. "The Roles of Hope and Optimism on Posttraumatic Growth in Oral Cavity Cancer Patients." Oral Oncology 47.2 (2011): 121-124.

The article applies the qualitative research method to identify the role of the optimism in the efficiency of treatment and rehabilitation of oral cavity cancer patients. In the process of research, 50 patients have participated in the questionnaires and interviews, aiming at the indication of the correlation between the level of optimism and effectivity of the suggested rehabilitation practices. The findings of the research witness that the optimism plays an important role in the treatment of the oral cavity cancer and allows patients overcoming the disease more effectively, in comparison with the pessimistic attitudes. Moreover, the high level of optimism allows patients rehabilitate from the cancer and return to the daily life easier, in comparison with the patients, demonstrating low levels of optimism. Thus, it is possible to

conclude that the optimism facilitates the process of treatment and helps patients to overcome the cancer.

The information in this article represents great value for the research, in terms of its qualitative investigation of the role of optimism in the treatment of cancer. It states that the level of patients' optimism depends on many external and internal factors, which should be taken into consideration in the process of treatment. Besides, the article shows the ways of triggering the patients' level of optimism, representing the practical value for our research.

*Applebaum, Allison J., et al. "Optimism, Social Support, and Mental Health Outcomes in Patients with Advanced Cancer." *Psycho-Oncology* 23.3 (2014): 299-306.*

The article aims at demonstrating the effects of the social support and optimism on the rehabilitation of patients, diagnosed with the cancer. It dwells on the correlations between the level of optimism and quality of life of patients, who have overcome the cancer. The qualitative research method examined 168 patients in the light of their psychological, emotional, physical and spiritual responses to the optimism, social support, hopelessness and anxiety. The achieved data witness about the direct connection between the level of optimism and improved quality of life. Particularly, patients with the high levels of optimism and hope can easily cope with the anxiety, overcome the worries and demonstrate positive attitude to life and future. As a result, the authors conclude that the optimism provides the direct outcomes on the quality of life of the cancer patients and help them to cope with the negative effects of the disease.

Our research will use the information provided in this article, in terms of its contribution to the comprehension of the effects of optimism on the cancer treatment and further rehabilitation. The study states that optimism plays a considerable role in the improvement of

quality of life of cancer patients and, therefore, it should be considered in the process of treatment and communication with the clients.

Hodges, Kayleigh, and Sue Winstanley. "Effects of Optimism, Social Support, Fighting Spirit, Cancer Worry and Internal Health Locus of Control on Positive Affect in Cancer Survivors: A Path Analysis." Stress and Health 28.5 (2012): 408-415.

The numerous researches show that the diagnosis with cancer significantly affects the individual psychological and emotional well-being. The situation worsens in the process of treatment and rehabilitation, as the patients find them unable to cope with the stress, depression and anxiety. The article focuses on the investigation of the effects of optimism, social support and fighting spirit on the improvement of the psychological health of the cancer patients. The results of the study show that the optimism serves as one of the important facilitators and mediators of the cancer treatment, contributing to the preservation of hope and positive attitude to the future. Respectively, there is a possibility to claim that the optimism positively affects the individual welfare of the cancer patients and supports them on the way of diagnostics, treatment and rehabilitation.

The research will use this information to show the positive effects of the optimism on the cancer treatment and prove its effectivity for the preservation of emotional health and psychological welfare. In addition, the article is significant in terms of its complex discussion of various mediators of the treatment process and correlations between the optimism, fighting spirit, social support and hope.

Oztunc, Gursel, et al. "Social Support and Hopelessness in Patients with Breast Cancer." Asian Pacific Journal of Cancer Prevention 14.1 (2013): 571-578.

While the majority of studies focus on the link between the optimism and cancer treatment, the current article investigates the reverse correlations between the lack of hope and optimism and cancer rehabilitation. With the help of the qualitative research design, the authors investigate the impacts of the hopelessness on the breast cancer patients and efficiency of the cancer treatment. The results show that lack or absence of the optimism negatively affects the patients' self-perception and attitudes to the future. As a result, the pessimism and hopelessness provokes the worries, anxiety and stress, connected with the awareness of the diagnosis. The study also shows that the level of pessimism and hopelessness depends on many subjective and objective factors, such as marital status, financial background, religious and educational affiliations, etc.

Respectively, the article provides valuable for our research information, regarding the origin of the hopelessness among the breast cancer patients and ways of its elimination for the sake of the effective treatment and rehabilitation. Furthermore, the article states that the lack of optimism should be the focus of social support services, which can contribute to its improvement.

Gumus, Aysun Babacan, Olcay Cam, and Arzu Tuna Malak. "Relationships between Psychosocial Adjustment and Hopelessness in Women with Breast Cancer." Asian Pac J Cancer Prev 12.2 (2011): 433-438.

This article reveals the interdependence between the level of psychosocial adjustment of breast cancer patients and level of their optimism. It is estimated that the lack of optimism results in the noticeable difficulties with the rehabilitation and psychosocial adjustment of the breast cancer patients and significantly lowers the quality of their lives. Moreover, lack of optimism and hopelessness lead to the increase of the anxiety levels, depression, solitude and isolation.

Correspondingly, the authors summarize that the lack of optimism leads to the distinct deterioration of the psychological and emotional health of the breast cancer patients and creates obstacles on the way of cancer rehabilitation and readjustment to social life.

This article is notable for our research, as it focuses on the cause-and-effect relations between the lack of optimism and psychosocial adjustments. It proves that the optimism plays a crucial role in the personal recovery and overcoming of the negative effects of the cancer. The article reveals the causes and reasons of the lack of optimism and its influences on the emotional responses of the cancer patients. As a result, this information can be used to demonstrate the link between the positive attitudes and adequate level of psychosocial adjustments of the patients.

Pentz, Rebecca D., et al. "Therapeutic Misconception, Misestimation, and Optimism in Participants Enrolled in Phase 1 Trials." Cancer 118.18 (2012): 4571-4578.

The article presents the findings of the study, aimed at the identification of the level of patients' misunderstanding of the phase 1 trial in the cancer treatment. The main purpose of the research was to determine the percentage of patients, unaware of the effects of the phase 1 in the treatment as well as to define the reasons, causing the misunderstanding or misperception of the procedures. To a great extent, the study considered the issue of the optimism and subjective responses and their roles in the cancer treatment. The results show that patients with the higher level of optimism are more likely to comprehend the benefits of the phase 1 trial and form the positive attitudes to the diagnosis and treatment. On the contrary, the patients with the pessimistic attitudes are more vulnerable to demonstrate weak understanding of the cancer treatment and its efficiency. However, the authors emphasize the probability of misinterpreting the role of the individual optimism in the cancer treatment. Since this is a complex problem, many factors are responsible for its efficient solution.

Our research will use this information to demonstrate the relativity of the interpretation of optimism and its effects on the cancer treatment. The aim of this implication is to show the existence of the alternative opinions as well as to compare and contrast the available scientific achievements and findings.

Diener, Ed, and Micaela Y. Chan. "Happy People Live Longer: Subjective Well-Being Contributes to Health and Longevity." Applied Psychology: Health and Well-Being 3.1 (2011): 1-43.

The article scientifically proves the correlation between the positive attitudes and health conditions of individuals. It states that that optimistic approach to life, prevalence of the positive emotions and healthy attitude to personal life an future allow individuals avoiding the diseases and preserving high resistance to the illnesses. On the contrary, the lack or absence of optimism and hope results in the appearance of the negative emotional responses, physical and physiological traumas and worries. The authors state that the topic has not been fully investigated yet, though the available data allow concluding on the importance of the optimism in the preservation of the individual health.

The information in the article can be applied to our research in terms of its interpretation of the optimism and its role in the prevention of the diseases, psychological and physical illnesses. The article shows the correlation between the positive mood and the individual health, dwelling on the importance of the emotional attitudes in the preservation of individual welfare. The data can be implemented to show the link between the diseases and level of optimism as well as to ascertain the origin of the illnesses and suggest the appropriate solutions.