

Locus of Hope–Based Intervention to Address Mental Health Services Gap in Promoting Positive Mental Health

Dear Editor,

A recent correspondence underscored the importance of promoting positive mental health for the youth by improving mental health services. del Castillo^[1] contends the importance of cultural factors by arguing the importance of religion in mental health. To fill the gap in promoting mental health, it is essential to promote mental health programs aligned with the cultural values of the youth.

Bernardo^[2] extended the conceptualization of hope, which traditionally emphasizes individualistic and internal locus. It posits 1) agency—belief in one’s ability, 2) pathway thinking—constructing strategies and alternatives to attain goals, and 3) goals. Bernardo’s conceptualization includes social agents or external loci of hope (i.e., peer, family, and spirituality), which are present in collectivist cultures. The inclusion of external loci of hope accounts for the cultural factors promoting positive mental health. Bernardo and Sit^[3] suggest implementing locus of hope intervention for the youth to improve mental health by formulating important goals, identifying steps to reach the goals, and motivating the youth to reach goals by using positive statements (i.e., “I am capable”) [Table 1].

The conceptualization of the locus of hope and formulation of hope-based interventions can help promote the positive mental health of the youth, especially in schools. The use of locus of hope intervention is aligned with the agenda of the Philippine Universal Health Care Act to promote complete health and well-being and designate schools as healthy communities.^[4] In conclusion, implementing hope-based intervention addresses the mental health gap in the community if it is implemented as a program in schools. This can build the psychological capacities and resources of the students to deal with difficult events and adverse mental health.^[5]

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Ethical considerations

There are no human participants involved in the study. There are no encountered ethical issues.

Table 1: Application of Locus of Hope–Based Intervention

Steps	Guide questions and pointers
Identifying goals	What are your goals? What are your important goals?
Pathway building	How do you intend to reach your goals? What are the realistic steps you can do to reach your goals? How can you divide your main goals with realistic subgoals?
Agency building	Please phrase the pathways with “I am capable of (steps to reach the goal)”
Pathway building with social agents	How do your peers, parents, and spirituality guide you to reach your goals?
Agency building with social agents	How do your peers, parents, and spirituality motivate you to reach your goals?

Author contributions

The author is the sole author of the article. Drafting and conceptualization was solely performed by the author.

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Conflicts of interest

There are no conflicts of interest.

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