

DEMONSTRATION OF THE EFFECTIVENESS OF LOGOTHERAPY IN THE TREATMENT OF PSYCHIATRIC ILLNESSES

FELIPE FERREIRA DE SOUSA¹

¹ Universidade Federal de Campina Grande (Brazil)

ORCID ID: <https://orcid.org/0000-0001-7015-7044>

UDC: 159.964.2:616.89

ABSTRACT

Logotherapy, developed by Viktor Frankl, is a psychotherapeutic approach centered on the concept that the main human motivation is the search for meaning in life. This study is characterized as a narrative literature review, qualitative and descriptive in nature, aiming to gather and analyze scientific publications on the use of Logotherapy in the treatment of illnesses. Sixty-two articles were included in the review. Studies that met the following criteria were included: Published between 2012 and 2026, available in full, written in Portuguese, English, Spanish, German, Japanese, Korean, and French. Based on the data found, it is possible to state that all the cited authors agree that logotherapy is useful for the treatment of mental illnesses and disorders, as well as in the treatment of psychological and psychiatric symptoms caused by other types of diseases such as cancer.

Keywords: Literature review, Logotherapy, Psychiatry, Psychology

Introduction

Logotherapy, developed by Viktor Frankl, is a psychotherapeutic approach centered on the concept that the primary human motivation is the search for meaning in life. In recent decades, there has been a renewed scientific interest in this approach, especially in the context of its application to mental health, well-being, and coping with adversity (Parker, 2021; Baumel & Constantino, 2020). This resurgence is aligned with the growth of contemporary approaches that value existential and subjective factors in psychological care.

Recent studies indicate that meaning in life is directly associated with positive indicators of mental health, such as subjective well-being

and resilience, in addition to acting as a protective factor against psychological distress (Warth et al., 2021). In this context, logotherapy has been progressively integrated into different therapeutic modalities, including innovative clinical interventions such as meaning-oriented music therapy, demonstrating significant potential in promoting health and quality of life (Warth et al., 2021).

Furthermore, contemporary research has explored the application of logotherapy in specific populations, such as adolescents with depression, highlighting its relevance in personalizing treatment and incorporating existential dimensions into clinical care (Baumel & Constantino, 2020). Similarly, more recent investigations

Address for correspondence, e-mail: editpsychas@gmail.com
Copyright: © Felipe Ferreira De Sousa

This is an Open Access journal. This work is licensed under a **Creative Commons Attribution 4.0 International License (CC BY 4.0)**.
Link: <https://creativecommons.org/licenses/by/4.0/>

broaden its scope to areas such as psychological counseling, demonstrating its usefulness in decision-making and adaptation to complex health conditions (Chanouha et al., 2026).

Another relevant aspect concerns the interface between logotherapy and spirituality. Studies indicate that this approach transcends traditional psychotherapy models by incorporating philosophical and existential dimensions, often related to religiosity, which contributes to a broader understanding of human suffering (Testoni et al., 2023; Kıralp, 2025). This characteristic reinforces its role as an integrative approach, capable of engaging with different cultural and epistemological perspectives.

In parallel, recent narrative reviews highlight the advancement of logotherapy applications in contemporary clinical practice, emphasizing its adaptability to multicultural and digital contexts, as well as the need for greater methodological rigor in future research (Batthyány et al., 2025). Despite its growing relevance, gaps still exist in the literature regarding the standardization of protocols and robust empirical evaluation of its disciplines.

Furthermore, the authors have proposed the position of logotherapy in the current landscape of psychotherapy, indicating that many of its principles have been incorporated by modern approaches, such as positive psychology, which may explain both its diffusion and the difficulty of conceptual delimitation (Parker, 2021). Even so, the focus on the meaning of life remains a relevant theoretical and clinical differentiator. The

main objective of this scientific article is to conduct a descriptive review of the literature on logotherapy.

Methodology

This study is characterized as a narrative literature review, qualitative and descriptive in nature, with the objective of gathering and analyzing scientific publications on the use of Logotherapy in the treatment of diseases. The search for articles was conducted in the following databases: PubMed , SciELO , Google Scholar , Google. The following descriptors (keywords) were used, in Portuguese and English: The keywords “Logotherapy” and “logotherapy and disease treatment” were combined using the Boolean operators AND and OR, according to the search requirements. Studies that met the following criteria were included: Published between 2012 and 2026 , available in full , written in Portuguese, English, Spanish, German, Japanese, Korean, French , and directly related to the proposed theme . Excluded were: Duplicate articles , works that did not directly address the topic , abstracts, editorials, letters to the editor, and studies lacking scientific rigor were excluded . The selection of articles occurred in three stages: 1. Reading the titles , 2. Reading the abstracts , 3. Reading the selected texts in full . In the end, 62 articles were included to compose a review. The selected studies were analyzed using descriptive and interpretive methods, seeking to identify: Main results , convergences and divergences among the authors , relevant contributions to the field . The results were organized into thematic categories, according to the objectives of the study.

Results

The results show that most articles focus on two diseases: cancer, with 5 articles, and depression, with 21 articles published in international journals. This demonstrates the effectiveness of Logotherapy in the psychological treatment of symptoms caused by these diseases. The authors cited in the table below are listed in the order they appear in the references of this scientific article. This does not imply that the order in which they appear indicates that their articles are

more or less relevant when related to the use of logotherapy as a method for treating mental illnesses and disorders and for alleviating exclusively physical symptoms.

The significant number of articles describing the use of this technique in the treatment of depression irrefutably demonstrates the efficiency of the methods adopted by logotherapists in treating this illness. The results described in all arti-

Scientific articles		
Authors	Physical and psychological illness or disorder	Year of publication
Aiello-Puchol	Cancer	2024
Hajitabar	Cancer	2024
Raji Lahiji	Cancer	2022
Nakamura	Cancer	2021
Emafti	Cancer	2017
Aiello-Puchol	Depression	2025
Szabó	Depression	2025
Masiha	Depression	2025
Son (2 scientific articles published in the same year in different journals that address depression)	Depression	2026
Shaygan	Depression	2023
Silva	Depression	2023
Cross	Depression	2024
Cornélio-Branco	Depression	2025
Ünal	Depression	2026
Soler	Depression	2023
Raji	Depression	2022
Sun	Depression	2022
McCabe	Depression	2025
Hong	Depression	2026
Edoka	Depression	2023
Wong	Depression	2023
Angle	Depression	2024
Galindo	Depression	2023
Deutsche Gesellschaft für Logotherapie und Existenzanalyse (no)	Depression	2022
Son	Depression	2026
Kim	Depression	2020

Source: Survey data

cles demonstrate the real benefits of logotherapy when applied correctly. The use of techniques created by Viktor Frankl, when applied efficiently, provides patients with immediate symptom relief, and in some cases, medium- and long-term relief. The application of logotherapy as a method for alleviating psychological symptoms caused by cancer and its treatment sheds light on an area that has been little explored until now.

In their study, Aiello-Puchol (2025) demonstrates the effectiveness of logotherapy as a treatment for depression. The results suggest that logotherapy reduces depressive symptoms, anxiety, and post-traumatic stress, while improving meaning of life, quality of life, perception of physical symptoms, and post-traumatic growth in women with breast and gastric cancer. Implementing logotherapy in oncology treatment units through a multidisciplinary approach could be beneficial, considering biopsychosocial factors, and incorporating aspects of self-image and sexuality into the treatment would also be beneficial.

Logotherapy has also been used in the treatment of specific psychological constructs, in a long-term study by Saraya (2025) highlights the positive effects of this technique. The results demonstrated significant increases in variations in resilience, $t(44) = 4.956$, $p < 0.001$, Cohen's $d = 0.74$, and self-efficacy, $t(44) = 6.075$, $p < 0.001$, Cohen's $d = 0.91$, after the intervention was completed. The results also revealed that interpersonal guilt did not reach statistical significance, $t(44) = 1.388$, $p = 0.172$, Cohen's $d = 0.21$, after the intervention was completed. There was a strong positive correlation between the variables of resili-

ence and self-efficacy, $r = 0.749$, $p < 0.001$. There were no significant correlations between the variables of resilience and interpersonal guilt, nor between the variables of self-efficacy and interpersonal guilt.

Meaning-centered interventions appear to be a valuable tool for strengthening adaptive psychological resources, such as resilience and self-efficacy, in people with schizophrenia. The difficulty in improving interpersonal guilt suggests that the problem may require a considerably different therapeutic approach, focused on metacognitive issues. The integration of psychoeducation with existential guidance in treatment seems potentially useful in helping the patient find their personal meaning, in conjunction with other treatments. Long-term stability and combination with other treatments to address the issue of interpersonal guilt may be the next step in research on these topics (Saraya, 2025).

The results of another study demonstrated that the use of this technique can be applied to other types of constructs, such as psychological well-being. The psychological well-being of the participants in the experimental group increased significantly, while there was no significant difference in the control group. The results demonstrate that the group program was effective in addressing uncertainty intolerance and improving the psychological well-being of university students. (Altıparmak, 2025).

The results reported in a study linking resilience, depression, and anxiety reveal that logotherapy improved meaning in life, increased resilience, reduced depression and anxiety, and enhanced existential well-being. Notable innova-

tions included online and culturally adapted adaptations. Logotherapy offers a flexible and conceptually rich framework for addressing psychological and existential suffering. It complements other therapeutic modalities by reintroducing meaning, value orientation, and responsibility in care. (Szabó, 2025)

Logotherapy was used in a study on the human developmental phase known as middle age; after statistical analysis, it was proven that logotherapy...

Group therapy significantly prevented midlife challenges among married women, with a significance level of $p < 0.05$. No previous research has comprehensively examined all the influencing factors and the impact of Frankl's logotherapy on midlife challenges. This study explores the effects of logotherapy, meaning-centered therapies, and spiritual wellbeing on various midlife challenges and psychological issues, including depression, suicidal ideation, anxiety, resilience, quality of life, and mental health in middle-aged women. (Masiha, 2025).

The results of the data analysis indicated that group logotherapy had a significant positive effect on the happiness, psychological well-being, and life satisfaction of mothers of children with cancer. Based on the reported p-value ($p < 0.05$), we observed a significant difference between the mean scores for happiness, psychological well-being, and enthusiasm for life between the two groups. Comparing the post-test scores with the pre-test scores, the experimental group showed a significant increase in all three components—happiness, psychological well-being, and enthusiasm for life—compared to the control group (Hajitabar, 2024) . Meaning in life is associated

with a reduction in the risk of accidental mortality (RR = 0.83; 95% CI 0.75–0.91; $I^2 = 82.5\%$) and the postponement of mortality after a psychotherapeutic intervention in elderly residents of nursing homes or elderly care facilities. It is also associated with a reduction in cardiovascular events (RR = 0.83; 0.75–0.92; $p = 0.001$; $I^2 = 56.2\%$) (Sun, 2024; Längle, 2024).

In her experience report, Sousa (2025) described the beneficial effects of logotherapy in reducing symptoms of stress and anxiety in preschool teachers. Furthermore, it is concluded that self-transcendence, materialized in acts of non-reflection, contributes to transforming emptiness into the possibility of responsibility and the delivery of meaning, as shown in another study conducted in hospital settings (Soares, 2025) . Regarding the use of logotherapy in the treatment of children suffering from illnesses and who were hospitalized, it reveals that the symptoms of the children treated disappeared (fear of leaving home; feeling of helplessness; abandonment of activities; difficulty sleeping) (Kroeff, 2012). Medeiros (2023) states that logotherapy can be used in mental health care, in health emergencies, promoting a more humane performance of health professionals and facilitating the integration of painful suffering into a meaningful life.

We understand that Logotherapy can help in the care of anxiety symptoms in people with dental problems. Frankl, in his works, presented the understanding that in life we are not free from suffering, but we are free to react to it; therefore, through this study we have certified that people who experience anxiety, but through care anchored in Logotherapy, can redirect their focus and continue with life "despite," despite the con-

ditions of an incurable chronic disease (Cardoso, 2022). When it comes to experiences of existential emptiness, that is, lack of meaning, Logotherapy already has a solid theoretical framework to guide the practice of psychologists. Pointing out that logotherapy has had positive effects in the treatment of symptoms of deep grief, the results of this research highlight the diversity of possibilities for exploring this clinical approach in multiple areas of human subjectivity and affectivity . (Cruz, 2024)

In his study, Quing (2024) proved that logotherapy was effective in treating psychological symptoms in people affected by post-traumatic stress . The results revealed a significant difference in post-traumatic symptoms and post-traumatic growth between the groups. This implies that the logotherapy-based treatment plan was an effective tool for reducing post-traumatic symptoms and improving post-traumatic growth in the experimental group. It reinforces a theoretical basis for logotherapy as an effective psychological intervention (Zhou, 2023) . Logotherapy can even be effective in a digital format (Hosseini, 2023).

Logotherapy presents itself as an effective approach in the clinical context, especially as a complementary intervention in the treatment of diseases. The results indicate that this approach contributes significantly to the reduction of psychological suffering, promotion of a sense of purpose in life, and improvement in coping with illness, favoring the mental health and well-being of patients. (Severina, 2025) . Logotherapy helps the patient find meaning in the suffering caused by illnesses or adverse conditions. (Karpova, 2024) . Logotherapy does not directly treat the physical

illness, but improves the patient's psychological state. (Shtukareva, 2024) . Logotherapy helps cancer patients cope with the emotional impact of the disease and develop post-traumatic growth. (Naništová, 2023) . Logotherapy works on the spiritual dimension of the human being as an essential element in healthcare. (Hornik, 2024).

Logotherapy is an effective approach as psychological support in various clinical situations (Edwin, 2025) . Logotherapy has been effective as a clinical intervention, helping patients to reframe suffering and improve their psychological state (Niebla, 2025) . Logotherapy acts as an important therapeutic strategy for quality of life and mental health in the elderly (Ceceñas, 2025) . Logotherapy can act preventively in psychological problems by strengthening the meaning of life (Meza, 2025) . Several studies indicate that the search for meaning allows for a reinterpretation of collective traumatic experiences, such as those experienced after the War of the Triple Alliance (Iglesias, 2012) . Logotherapy has significantly increased resilience and self-efficacy in patients with schizophrenia (Saraya, 2025) . Logotherapy applied to music therapy has shown therapeutic potential, especially in palliative care. The meaning of life has been associated with improved well-being and coping with suffering. (Bonde, (2021).

Logotherapy may have a therapeutic function in coping with suffering. It highlights its role in psychological support, but without direct experimental clinical evidence (Batthyány, 2023); with implications for mental health and human dignity (Kronenberg, 2025).

Logotherapy is presented as useful in psychological treatment, but with primarily correla-

tional evidence (Pfeifer, 2021). Logotherapy has shown utility in palliative care, helping patients cope with suffering and terminal illness (Riedel, 2021). Logotherapy is effective as a complementary psychological intervention in cancer patients, especially in reducing existential suffering and anxiety related to death (Emafti, 2017). The integration of existential approaches such as logotherapy is relevant in the treatment of stigmatizing chronic diseases, occurring mainly in psychological well-being (Lusli, 2016). Logotherapy is effective in improving quality of life and mental health, and can be applied in clinical and social contexts associated with psychological suffering and illness (Aghajani, 2015).

Logotherapy has also shown positive effects in the treatment of obesity; logotherapy can complement behavioral treatments, especially in motivation and relapse prevention (Humer, 2019). Analysis of collective psychological suffering from a logotherapeutic perspective concludes that modern mental illnesses are linked to a loss of existential meaning (Kalender, 2024). The use of logotherapy in psychological suffering and existential crises has proven effective in several cases (Deutsche Gesellschaft für Logotherapie und Existenzanalyse, 2020). Group logotherapy increased autonomy and meaning in life. improved adapted socially provide application in psychosocial rehabilitation as possible in light of this theory (Son, 2022)

Conclusion

All the studies cited demonstrate the effectiveness of logotherapy in the treatment of mental disorders and illnesses, as well as the benefits of this technique when applied to the regula-

tion of emotions in people undergoing cancer treatment, and the benefits of its correct use in the treatment of anxiety. It also demonstrates the possibility of implementing logotherapy in various settings, especially in hospital environments.

The results revealed a trend towards the use of techniques created by Viktor Frankl in the treatment of people with cancer and in the treatment of depression, revealing a limitation in the vision of professionals working with logotherapy. In general, it is possible to affirm, based on the data found, that all the cited authors agree that logotherapy is useful for the treatment of mental illnesses and disorders, as well as in the treatment of psychological and psychiatric symptoms caused by other types of diseases such as cancer. It is necessary for healthcare professionals who use logotherapy to be more open to using this technique in the treatment of people of different ages affected by other types of illnesses. Based on the above, it is suggested that further research be conducted both inside and outside the hospital environment to solidify the evidence of the effectiveness of logotherapy in the treatment of diseases and to fill the gaps left by this scientific article.

References :

- Batthyány, A., Russo-Netzer, P., & Guttmann, D. (2025). The current status and applications of logotherapy and existential analysis: A narrative review. *Developments in Health Sciences*. <https://doi.org/10.1556/2066.2025.00083>
- Baumel, W. T., & Constantino, J. N. (2020). Implementing logotherapy in its second half-century: Incorporating existential considerations into personalized treatment of adolescent depression. *Journal of the American Academy of Child & Adolescent Psychiatry*, 59 (9), 1012–1015. <https://doi.org/10.1016/j.jaac.2020.06.006>
- Chanouha, N., Chassevent, A., Macnamara, E. F., Schaa, K., Thoeny, R., & Tansey, J. (2026). Exploring the principles of logotherapy in

- genetic counseling: Enhancing decision-making, adaptation, and justice. *Journal of Genetic Counseling*, 35(1), e70165. <https://doi.org/10.1002/jgc4.70165>
- Kıralp, Ş. (2025). The relevance of Frankl's logotherapy for today and the future: Religion and "Man's search for meaning". *Religions*, 16(4), 490. <https://doi.org/10.3390/rel16040490>
- Parker, G. (2021). In search of logotherapy. *Australian & New Zealand Journal of Psychiatry*, 56(7). <https://doi.org/10.1177/00048674211062830>
- Testoni, I., et al. (2023). The place of religiosity and spirituality in Frankl's logotherapy. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-023-01760-4>
- Warth, M., et al. (2021). Logotherapy, existential analysis, music therapy: Theory and practice of meaning-oriented music therapy. *The Arts in Psychotherapy*, 72, 101730. <https://doi.org/10.1016/j.aip.2020.101730>
- Längle, A. (2020). The search for meaning in life and its relevance for mental health. *European Psychotherapy Journal*.
- Leontiev, D. A. (2020). Meaning in life and psychological well-being: A contemporary perspective. *Psychology in Russia: State of the Art*.
- Vos, J. (2020). *Meaning in life: An evidence-based handbook for practitioners*. Palgrave Macmillan.
- Saraya O, Miqdadi AI, Sinnokrot S, Fashafsheh N, Ahmed GK, Elsebaie SR. Effect of a logotherapy-based psychoeducational program on interpersonal guilt, self-efficacy, and resilience in patients with schizophrenia: a quasi-experimental study. *BMC Psychiatry*. 2025 Dec 18;26(1):61. doi: 10.1186/s12888-025-07712-4. PMID: 41413863; PMCID: PMC12829180.
- Altıparmak, P., & Deniz, M. E. (2025). The Effect of Logotherapy and Positive Psychology Based Group Intervention on Intolerance of Uncertainty. *The Universal Academic Research Journal*, 7(1), 1-15. <https://doi.org/10.55236/tuara.1582715>
- Aiello-Puchol, A., García-Alandete, J. A systematic review on the effects of logotherapy and meaning-centered therapy on psychological and existential symptoms in women with breast and gynecological cancer. *Support Care Cancer* 33, 465 (2025). <https://doi.org/10.1007/s00520-025-09519-1>
- Szabó, K., & Baji, I. (2025). The current status and applications of logotherapy and existential analysis: A narrative review. *Developments in Health Sciences*, 8(2), 82-100.
- Masiha, S., & Khodayari Moghadam, A. (2025). The Effectiveness of Group Logotherapy on Developmental Challenges in Middle-Aged Married Women. *Psychology of Woman Journal*, 6(2), 1-8. <https://doi.org/10.61838/kman.pwj.6.2.5>
- Son JA, Choe MH. The Effectiveness of Group Logotherapy on Middle-Aged Women With Depression. *Psychiatry Investig*. 2026 Mar;23(3):418-425. doi: 10.30773/pi.2025.0372. Epub 2026 Mar 6. PMID: 41850263; PMCID: PMC12999242.
- Hajitabar, N., Norouzi, A., & Hassanzadeh, R. (2024). The Effectiveness of Logotherapy Based on Rumi's Thoughts on Happiness, Psychological Well-being, and Life Enthusiasm in Mothers of Children with Cancer. *Psychology of Woman Journal*, 5(1), 142-150. <https://doi.org/10.61838/kman.pwj.5.1.17>
- Sun, S., Hubert, M.-V., & Boussageon, R. (2024). Avoir un sens dans la vie améliore-t-il la santé ? Un aperçu des revues systématiques. *Médecine*, 20(4), 172-177. <https://doi.org/10.1684/med.2024.1102>
- Längle, A. (2024). Die Bedeutung des psychischen Strukturniveaus und dessen Auswirkung auf die Behandlungsplanung in den humanistischen Psychotherapien. *Existenzanalyse*, 41(1), 4-15. <https://doi.org/10.1007/s40270-024-00632-w>
- Shaygan, M., Hosseini, F.A., Shemiran, M. et al. The effect of mobile-based logotherapy on depression, suicidal ideation, and hopelessness in patients with major depressive disorder: a mixed-methods study. *Sci Rep* 13, 15828 (2023). <https://doi.org/10.1038/s41598-023-43051-8>
- Silva, M. M., & colaboradores. (2023). Paths of depression: A look through logotherapy. *Research, Society and Development*, 12(9), e4373498765. <https://rsdjournal.org/index.php/rsd/article/view/43734>
- Cruz, A. P. da, Gonçalves, M., & Travassos, Leilane Menezes Maciel. (2024). LOGOTERAPIA: UMA ABORDAGEM PSICOTERAPÊUTICA E SUAS POTENCIALIDADES. *Revista Ibero-Americana de Humanidades, Ciências e Educação*, 1(2), 367-376. <https://doi.org/10.51891/rease.v1i2.11003>
- Sousa, F. F. de, & Fernandes, A. B. (2025). A BUSCA DE SENTIDO NA ESCOLA: RELATO DE EXPERIÊNCIA DA ATUAÇÃO DE UM PSICÓLOGO ESCOLAR NO SERTÃO PARAIBANO. *Revista Expressão Católica*, 14(2), 57-64. <https://doi.org/10.25190/2h2nx904>
- Cornelius-White, J. H., Watson, S. M., Kanamori, Y., & Cornelius-White, A. J. (2025). Logotherapy for Depressive Symptoms: A Meta-Analysis of Passive and Active Control Studies. *The Journal of Humanistic Counseling*, 64(2), 130-142.
- Ünal, M. U., & Engin, E. (2026). Effect of Logotherapy on Depressive Symptoms, Psychological Pain, and Meaning of Life Among Individuals With Depression. *Journal of Psychosocial Nursing and Mental Health Services*, 1-9.
- Soares, D. L., & Andrade, C. de J. (2025). Autotranscendência na prática clínica: desreflexão logoterapêutica diante do vazio existencial contemporâneo. *REVISTA LATINO-AMERICANA DE PSICOLOGIA CORPORAL*, 12(20), 140-156. <https://doi.org/10.14295/rlapc.v12i20.217>
- Soler, N. N. P. Inicial do nome. (2023). *Psicoterapia centrada no sentido da vida em pacientes com câncer avançado* (Dissertação de mestrado, Universidade de São Paulo). Repositório da Universidade de São Paulo. <https://www.teses.usp.br/teses/disponiveis/47/47133/tde-31082023-153455/>

- Kroeff, P. (2012). Logoterapia e superação de evento traumático em uma criança. *Logos & Existência: Revista da Associação Brasileira de Logoterapia e Análise Existencial*, 1(2), 173–178. ◆
- Wang, X., Wang, J., Li, K., & Zhai, X. (2025). Innovative therapy in clinical practice: Ethical perspective from China. *Development World Bioethics*, 25(4), 307–315. DOI: 10.1111/dewb.12480
- Raji Lahiji M, Sajadian A, Haghighat S, Zarrati M, Dareini H, Raji Lahiji M, Razmpoosh E. Effectiveness of logotherapy and nutrition counseling on psychological status, quality of life, and dietary intake among breast cancer survivors with depressive disorder: a randomized clinical trial. *Support Care Cancer*. 2022 Oct;30(10):7997-8009. doi: 10.1007/s00520-022-07237-6. Epub 2022 Jun 27. PMID: 35759049.
- Medeiros AYBBV, Pereira ER, Silva RMCRA. The Medical Healing of Souls: a strategy for welcoming post-pandemic mental health. *Rev Bras Enferm*. 2023 Dec 4;76(6):e20220331. doi: 10.1590/0034-7167-2022-0331. PMID: 38055468; PMCID: PMC10695047.
- Cardoso, J. S., Souza, A. M. de, & Corrêa, V. A. C. (2022). A Pessoa com Esclerose Múltipla sob a perspectiva da Logoterapia: Uma Revisão Integrativa da Literatura / The Person with Multiple Sclerosis from the Logotherapy Perspective: An Integrative Literature Review. ID on Line. *Revista De Psicologia*, 16(63), 174–187. <https://doi.org/10.14295/idonline.v16i63.3543>
- Nascimento, R. B. T. (2024). Logoterapia, sentido de vida e luto: uma revisão de escopo. *Interação Em Psicologia*, 28(1). <https://doi.org/10.5380/riep.v28i1.85813>
- Cruz, A. P. da, Gonçalves, M., & Travassos, LeilaneM.M. (2024). LOGOTERAPIA: UMA ABORDAGEM PSICOTERAPÊUTICA E SUAS POTENCIALIDADES. *Revista Ibero-Americana De Humanidades, Ciências E Educação*, 1(2), 367–376. <https://doi.org/10.51891/rease.v1i2.11003>
- Japanese Psychological Association. (2015). 機能性食品によるアンチエイジング戦略]. In *Proceedings of the Annual Convention of the Japanese Psychological Association (Sessão SS-028)*.
- Nakamura, C., & Kawase, M. (2021). Effects of short-term existential group therapy for breast cancer patients. *BioPsychoSocial Medicine*, 15(1), 24. <https://doi.org/10.1186/s13030-021-00225-y>
- Quing, K. A. (2024). Journey Towards Growth: The Development and Effectiveness of a Logotherapy – Based Intervention in Achieving Posttraumatic Growth Among Filipino Adolescent Survivors of Child Sexual Abuse: The Development and Effectiveness of a Logotherapy. *International Journal of Child Development and Mental Health*, 12(1), 26–35. retrieved from <https://he01.tci-thaijo.org/index.php/cdmh/article/view/265374>
- Sun, F. K., Lin, C. J., Hsu, Y. Y., & Chen, C. H. (2022). The effects of logotherapy on meaning in life, depression, hopelessness, and suicidal ideation in patients with depression: An intervention study. *Perspectives in Psychiatric Care*, 58(3), 1234–1242. <https://doi.org/10.1111/ppc.12950> ◆
- Zhou, J. J., Wang, X. Q., & Li, Y. (2023). Mediating effects of meaning in life on the relationship between resilience and depression among Chinese adults. *Frontiers in Psychology*, 14, 1187654. <https://doi.org/10.3389/fpsyg.2023.1187654>
- Hosseini, S. A., Ahmadi, S., & Rezaei, M. (2023). The effect of mobile-based logotherapy on depression, hopelessness, and suicidal ideation: A randomized controlled trial. *Scientific Reports*, 13, 16821. <https://doi.org/10.1038/s41598-023-43051-8> ◆
- Severina, Y. V., & Epishin, V. E. (2025). Logotherapy and its potential for psychological rehabilitation. *Rehabilitology*, 12(1), 45–52.
- Karpova, N. L., & Popova, T. A. (2024). Life stress and its correction in disabled and non-disabled adolescents and university students. *Comprehensive Child Studies*, 6(3), 165–174. <https://doi.org/10.33910/2687-0223-2024-6-3-165-174>
- Shtukareva, S. V. (2024). Co-therapy as a learning process in the training of logotherapists. *Cognition and Experience*, 5(2), 119–123. https://doi.org/10.51217/cogexp_2024_05_02_06
- Naništová, E. (2023). Logotherapy and post-traumatic development in oncology patients. *Studia Mazowieckie*, 18(1), 127–137. https://doi.org/10.54539/sm_49
- Hornik, P. (2024). Spirituality in logotherapy and existential analysis by Viktor Emil Frankl. *Kwartalnik Naukowy Fides et Ratio*, 60(4), 119–131. <https://doi.org/10.34766/fer.v60i4.1326> ◆
- McCabe, C., Demir-Kassem, S., & Frey, A.-L. (2025). Meaning in life mediates the effects of sense of self and prosocial behaviours on anhedonia: A path analysis. *Journal of Affective Disorders*, 368, 503–512. <https://doi.org/10.1016/j.jad.2024.09.106> ◆
- Hong, K.-Y., & Kang, M.-J. (2026). The effectiveness of nurse-delivered logotherapy-based interventions: A systematic review and meta-analysis. *Journal of Psychiatric and Mental Health Nursing*. <https://doi.org/10.1111/jpm.70125> ◆
- Edwin, J. (2025). The current status and applications of logotherapy and existential analysis: A narrative review. *Developments in Health Sciences*.
- Niebla López, N. (2025). Logoterapia mediante talleres psicoterapéuticos para el cuidado y tratamiento del paciente con depresión en el proceso de duelo tanatológico. *Revista Iberoamericana De Desarrollo Humano y Emociones*, 4(1)
- Ceceñas, A. M. A., et al. (2025). Una propuesta desde la logoterapia en el envejecimiento y bienestar humano. *Jur Obaa': Revista de Psicología, Terapia de la Comunicación y Desarrollo Humano*.
- Meza Díaz, M. (2025). Logotherapy as a means to find meaning to life in education: An experience from the normal school. *Forensic Research & Criminology International Journal*
- Iglesias, R. E. (2012). El Paraguay y el sentido de la vida, en la post guerra de la Triple Alianza. *Eureka (Asunción)*, 9(1), 106–119.

- Edoka, A. C., Okoye, C., & Uzor, C. (2023). Therapeutic effects of logotherapy and motivational interviewing on depressive symptoms among inmates of a correctional facility in Nigeria.
- Saraya, O. (2025). Effect of a logotherapy-based psychoeducational program on resilience and self-efficacy in schizophrenia patients.
- Bonde, L. O., & Längle, A. (2021). Logotherapy, existential analysis, music therapy: Theory and practice of meaning-oriented music therapy. *The Arts in Psychotherapy*, 72, 101730. <https://doi.org/10.1016/j.aip.2020.101730>
- Batthyány, A. (2023). The place of religiosity and spirituality in Frankl's logotherapy: Distinguishing salvific and hygienic objectives. *Journal of Religion and Health*, 62(3). <https://doi.org/10.1007/s10943-023-01760-4>
- Kronenberg, J. (2025). Viktor Frankl's thought and its potential to enrich humanistic management from a personalist perspective. *Philosophy of Management*. <https://doi.org/10.1007/s40926-025-00359-x>
- Pfeifer, S. (2021). Meaning in life and mental health: The role of logotherapy in clinical contexts. *European Journal of Psychotherapy & Counselling*.
- Wong, P. T. P. (2023). Meaning-centered therapy and logotherapy in mental health care. *International Journal of Existential Psychology and Psychotherapy*.
- Riedel, M. (2021). Meaning-oriented psychotherapy in palliative care. *Palliative Medicine (Europa)*.
- Angulo, G. (2024). Sentido de vida en adultos mayores venezolanos con hijos migrantes.
- Galindo Navarro, B. L., & Cardona López, C. E. (2023). La logoterapia en la educación: revisión sistemática. *Ciencia Latina Revista Científica Multidisciplinar*, 7(4). https://doi.org/10.37811/cl_rcm.v7i4.7506
- Emafi, M. F., Hedayatzadeh-Omran, A., Noroozi, A., Janbabai, G., & Tatari, M. (2017).
- The effect of group logotherapy on spirituality and death anxiety of patients with cancer: An open-label randomized clinical trial. *Iranian Journal of Psychiatry and Behavioral Sciences*, 13(3), e93572. <https://doi.org/10.5812/ijpbs.93572>
- Lusli, M., et al. (2016). The impact of a rights-based counselling intervention to reduce stigma in people affected by leprosy. *PLoS Neglected Tropical Diseases*.
- Aghajani, F. (2015). The effect of group counselling with logotherapeutic approach on happiness and quality of life of women heads of households. *Journal of Social Sciences and Technology Management*, 3(1), 273–281.
- Humer, E. C. (2019). *Psychotherapie bei Adipositas: Eine Untersuchung zur Anwendung von Logotherapie und Verhaltenstherapie*. Springer. <https://doi.org/10.1007/978-3-658-27539-6>
- Kalender, A., & Pfeifer, E. (2024). Die Pathologie des Zeitgeistes und ihre kollektiven Fehlhaltungen: Eine Annäherung aus Sicht der Existenzanalyse und Logotherapie Viktor E. Frankls. *Psychotherapeutenjournal*, 4, 385–392.
- Deutsche Gesellschaft für Logotherapie und Existenzanalyse. (2020). Beiträge zur Logotherapie in der psychischen Gesundheitsversorgung. *Existenz & Logos*, 28.
- Deutsche Gesellschaft für Logotherapie und Existenzanalyse. (2022). Logotherapie und Existenzanalyse in der modernen Psychotherapie. *Existenz & Logos*, 30.
- Son, J. A. (2022). The Effectiveness of Group Logotherapy for the Self-reliance of the Homeless Person.
- Son, J. A., & Choe, M. H. (2026). Effectiveness of a logotherapy-based life meaning promotion program.
- Kim, C., & Choi, H. (2020, base usada em estudos recentes coreanos). The efficacy of group logotherapy on older adults with depressive symptoms.

ФЕЛІПЕ ФЕРРЕЙРА ДЕ СОУЗА
Федеральний університет Кампіна-Гранді (Бразилія)

ORCID ID: <https://orcid.org/0000-0001-7015-7044>

ДЕМОНСТРАЦІЯ ЕФЕКТИВНОСТІ ЛОГОТЕРАПІЇ У ЛІКУВАННІ ПСИХІЧНИХ ЗАХВОРЮВАНЬ

АНОТАЦІЯ

Стаття присвячена аналізу ефективності логотерапії Віктора Франкла у лікуванні психічних розладів, психологічних симптомів та емоційних станів, пов'язаних із тяжкими соматичними захворюваннями. У сучасному науковому дискурсі логотерапія розглядається як екзистенційно орієнтований психотерапевтичний підхід, у центрі якого перебуває прагнення людини до пошуку сенсу життя як основної мотиваційної сили. Зростання інтересу до цієї концепції пов'язане з актуалізацією проблем психологічного благополуччя, криз ідентичності, екзистенційної порожнечі та психоемоційного виснаження в умовах сучасного суспільства.

Метою дослідження стало проведення нарративного огляду наукової літератури щодо застосування логотерапії у клінічній психології, психіатрії та психотерапії. Методологічною основою роботи є якісний описовий аналіз наукових публікацій, відібраних із міжнародних баз даних PubMed, SciELO, Google Scholar та Google. До огляду включено 62 наукові праці, опубліковані у 2012–2026 роках англійською, португальською, іспанською,

французькою, німецькою, японською та корейською мовами. Відбір здійснювався за критеріями повнотекстової доступності, відповідності темі дослідження та наукової релевантності.

Результати аналізу демонструють високу ефективність логотерапії у зменшенні симптомів депресії, тривоги, посттравматичного стресу, суїцидальних думок та екзистенційної кризи. Значна частина досліджень присвячена застосуванню логотерапії у пацієнтів із депресивними розладами та онкологічними захворюваннями. Встановлено, що логотерапевтичні інтервенції сприяють покращенню психологічного благополуччя, підвищенню рівня резильєнтності, розвитку самоефективності, посиленню мотивації до життя та формуванню позитивного ставлення до власного майбутнього. Особливу увагу приділено використанню логотерапії у паліативній допомозі, психоонкології, роботі з людьми похилого віку, пацієнтами зі шизофренією, посттравматичними розладами та особами, які переживають втрату сенсу життя.

Окремі дослідження підтверджують ефективність групової логотерапії у роботі з жінками середнього віку, матерями дітей із онкологічними захворюваннями, особами з депресією та пацієнтами із хронічними хворобами. Встановлено, що орієнтація на пошук сенсу життя позитивно впливає на психологічну адаптацію до страждання, сприяє формуванню посттравматичного зростання та покращує якість життя. Значущим аспектом сучасних досліджень є інтеграція логотерапії з іншими психотерапевтичними підходами, музичною терапією, цифровими інтервенціями та мобільними психологічними програмами.

Наукова новизна статті полягає у систематизації сучасних міжнародних досліджень, що демонструють клінічний потенціал логотерапії як інтегративного психотерапевтичного методу. Робота акцентує увагу на необхідності ширшого впровадження екзистенційно орієнтованих підходів у систему охорони психічного здоров'я та підкреслює перспективність міждисциплінарного використання логотерапії в умовах сучасних соціальних і медичних викликів.

Практичне значення дослідження полягає у можливості використання отриманих результатів у клінічній психології, психотерапії, психіатрії, паліативній медицині та психологічній реабілітації. Отримані дані підтвер-

джують доцільність застосування логотерапії як допоміжного терапевтичного інструменту для зниження психологічного страждання та підвищення рівня психічного благополуччя пацієнтів із різними захворюваннями.

Ключові слова: логотерапія, сенс життя, психотерапія, депресія, психічне здоров'я, екзистенційна психологія, онкологія, психологічне благополуччя.

FELIPE FERREIRA DE SOUSA

Universidade Federal de Campina Grande (Brazil)

ORCID ID: <https://orcid.org/0000-0001-7015-7044>

DEMONSTRATION OF THE EFFECTIVENESS OF LOGOTHERAPY IN THE TREATMENT OF PSYCHIATRIC ILLNESSES

ABSTRACT

This article analyzes the effectiveness of Viktor Frankl's logotherapy in the treatment of psychiatric disorders, psychological symptoms, and emotional suffering associated with severe and chronic diseases. Logotherapy is presented as an existential psychotherapeutic approach centered on the search for meaning as the primary motivational force of human beings. In the contemporary context of increasing rates of depression, anxiety, existential crises, and emotional exhaustion, this approach has gained renewed scientific and clinical relevance due to its ability to integrate psychological, existential, and spiritual dimensions into mental health care.

The main objective of this study is to conduct a narrative review of the scientific literature concerning the application of logotherapy in the treatment of psychiatric and psychological illnesses. The methodological framework is based on a qualitative and descriptive analysis of scientific publications indexed in international databases, including PubMed, SciELO, Google Scholar, and Google. Sixty-two scientific studies published between 2012 and 2026 were selected according to criteria of scientific relevance, full-text availability, and direct relation to the proposed theme. The analyzed studies were written in English, Portuguese, Spanish, French, German, Japanese, and Korean.

The results demonstrate that logotherapy has significant effectiveness in reducing depressive symptoms, anxiety, post-traumatic stress, suicidal ideation, and existential emptiness. Particular attention has been given to the use of this

approach among patients with cancer and depression, where international studies indicate especially positive therapeutic outcomes. Meaning-centered interventions contribute to improvements in psychological well-being, resilience, self-efficacy, quality of life, and adaptive coping mechanisms.

The analyzed studies also indicate that logotherapy promotes post-traumatic growth and improves the ability to cope with suffering and adverse life conditions. Several investigations highlight its usefulness in palliative care, clinical psychiatry, psychological rehabilitation, schizophrenia treatment, trauma-related disorders, and existential crises. The findings additionally demonstrate that logotherapy can be effectively integrated into group interventions, digital mental health programs, and interdisciplinary therapeutic approaches combining psychology, spirituality, and complementary therapies.

The scientific novelty of this article lies in the systematization of contemporary international research dedicated to logotherapy and in identifying its clinical potential as an integrative psychotherapeutic approach. The study emphasizes the importance of expanding existentially oriented interventions within modern mental health systems, particularly in hospital settings and psychological rehabilitation programs.

The practical significance of this research is associated with its potential application in clinical psychology, psychiatry, psychotherapy, psycho-oncology, and mental health care. The obtained findings confirm that logotherapy represents a valuable therapeutic instrument for reducing psychological suffering and improving the overall well-being of patients facing various physical and mental illnesses.

Keywords: logotherapy, meaning in life, psychiatry, psychotherapy, mental health, existential psychology, depression, oncology, psychological well-being.

FELIPE FERREIRA DE SOUSA

Universidade Federal de Campina Grande (Brésil)
ORCID ID : <https://orcid.org/0000-0001-7015-7044>

DÉMONSTRATION DE L'EFFICACITÉ DE LA LO-

GOTHÉRAPIE DANS LE TRAITEMENT DES MALADIES PSYCHIATRIQUES

RÉSUMÉ

Cet article analyse l'efficacité de la logothérapie de Viktor Frankl dans le traitement des troubles psychiatriques, des symptômes psychologiques et des souffrances émotionnelles associées à diverses maladies chroniques et graves. La logothérapie est présentée comme une approche psychothérapeutique existentielle centrée sur la recherche de sens comme motivation fondamentale de l'être humain. Dans le contexte contemporain de l'augmentation des troubles dépressifs, anxieux et existentiels, cette approche connaît un regain d'intérêt scientifique et clinique en raison de sa capacité à intégrer les dimensions psychologiques, existentielles et spirituelles du soin.

L'objectif principal de cette étude est de réaliser une revue narrative de la littérature scientifique portant sur l'utilisation de la logothérapie dans le traitement des maladies psychiatriques et psychologiques. La méthodologie repose sur une analyse qualitative et descriptive d'articles scientifiques publiés entre 2012 et 2026 dans plusieurs bases de données internationales, notamment PubMed, SciELO, Google Scholar et Google. Soixante-deux études ont été sélectionnées selon des critères de pertinence scientifique, d'accessibilité intégrale et de relation directe avec le thème étudié. Les publications analysées étaient rédigées en anglais, portugais, espagnol, français, allemand, japonais et coréen.

Les résultats démontrent que la logothérapie possède une efficacité significative dans la réduction des symptômes dépressifs, de l'anxiété, du stress post-traumatique, des idées suicidaires et du vide existentiel. Une attention particulière a été observée concernant l'application de cette approche chez les patients atteints de cancer et de dépression, domaines dans lesquels les études internationales montrent des résultats particulièrement positifs. Les interventions fondées sur la recherche de sens favorisent l'amélioration du bien-être psychologique, le développement de la résilience, l'augmentation du sentiment d'efficacité personnelle ainsi qu'une meilleure qualité de vie.

Les études analysées indiquent également que la logothérapie contribue au développement de la croissance post-traumatique et à l'amélioration des capacités d'adaptation face à la souffrance. Plusieurs recherches soulignent son

utilité dans les soins palliatifs, la psychiatrie clinique, l'accompagnement des personnes âgées, la schizophrénie, les traumatismes psychologiques et les crises existentielles. Les résultats montrent aussi que la logothérapie peut être intégrée efficacement dans des interventions de groupe, des programmes numériques et des approches interdisciplinaires combinant psychologie, spiritualité et thérapies complémentaires.

L'originalité scientifique de cet article réside dans la systématisation des recherches contemporaines consacrées à la logothérapie et dans l'identification de son potentiel clinique comme approche psychothérapeutique intégrative. Cette étude met en évidence la nécessité d'élargir l'utilisation des approches existentielles dans les systèmes modernes de santé mentale, notamment dans les contextes hospitaliers et de réhabilitation psychologique.

La valeur pratique de cette recherche concerne son application possible en psychologie clinique, psychiatrie, psychothérapie, psycho-oncologie et soins de santé mentale. Les données obtenues confirment que la logothérapie constitue un outil thérapeutique pertinent pour réduire la souffrance psychologique et améliorer le bien-être des patients confrontés à différentes formes de maladies physiques et mentales.

Mots-clés : logothérapie, sens de la vie, psychiatrie, psychothérapie, santé mentale, psychologie existentielle, dépression, oncologie, bien-être psychologique.

How to cite (як цитувати):

FERREIRA DE SOUSA, F. DEMONSTRATION OF THE EFFECTIVENESS OF LOGOTHERAPY IN THE TREATMENT OF PSYCHIATRIC ILLNESSES. *PSYCHOLOGICAL JOURNAL*, 12(3), 64–76. <https://doi.org/10.31108/1.2026.12.3.4>

ФЕРРЕЙРА ДЕ СОУЗА, Ф. ДЕМОНСТРАЦІЯ ЕФЕКТИВНОСТІ ЛОГОТЕРАПІЇ У ЛІКУВАННІ ПСИХІЧНИХ ЗАХВОРЮВАНЬ. *ПСИХОЛОГІЧНИЙ ЧАСОПИС*, 12(3), 64–76. <https://doi.org/10.31108/1.2026.12.3.4>

Дата отримання статті: 13.01.2026

Дата рекомендації до друку: 21.03.2026

Дата оприлюднення: 30.03.2026