

Logotherapy For Mental Disorders A Literature Review

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Abstract

Mental disorders will often have fatal consequences or decrease productivity in all aspects of a person's life. If mental disorders are not treated, they not only have an impact on the individual but also on the family, environment, and society and become a burden on a country. Actions are needed that can reduce mental disorders effectively, one of which is logotherapy. There are still few people who understand the positive impacts caused by this therapy, which actually provides many benefits. This study contributed to the effectiveness or influence of logotherapy on reducing mental disorders. This study used a literature review method using 3 databases: Pubmed, ScienceDirect, and Scopus. The article search obtained 8 articles that had previously been screened using PRISMA guidelines. This study looked for articles about the influence of logotherapy on mental disorders in general that were included in the inclusion criteria. The results of this study are There were 586 articles obtained from 4 databases, with 65 articles in the Pubmed database, 465 in the ScienceDirect database, and 60 in the Scopus database. A review of 8 articles showed that logotherapy could reduce symptoms of mental disorders such as emotional disorders, life expectancy, mental well-being, social well-being, level of hope, self-stigma, depression, suicidal ideation, hopelessness, anxiety, stress, and general health. Logotherapy can be applied to someone who experiences mental disorders. This therapy is a holistic therapy that can overcome mental disorders.

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1. Introduction

Mental health disorders are currently in the world spotlight. The prevalence of mental disorders is 1 in every 8 people, with around 910 people in the world living with mental disorders, where mental disorders involve significant disturbances in thinking, emotional regulation, or behavior ([World Health Organization, 2022](#)).

Many different types of mental disorders happen to someone. Mental disorders will have consequences and impact on all aspects of life. If not treated immediately, it will cause many losses. The value of economic losses that the country will face due to mental health disorders is very large if it is not immediately treated seriously ([Tarigan, 2023](#)).

Mental health is an important aspect of a person besides physical health. Both must be in "balance" to obtain a good level of health for everyone. Mental disorders due to declining mental health will often have fatal consequences or decrease productivity in all aspects of the individual. Mental disorders are still a health

problem in the world, where mental disorders are behavioral or psychological patterns exhibited by individuals that cause distress, dysfunction, and reduce the quality of life. Mental disorders characterized by impaired realistic judgment are called psychosis ([Stuart, 2017](#)).

If it is not treated immediately, it will have bad consequences for the individual. If many people experience this condition, they may picture a serious mental disorder. The increasingly worrying condition of people's mental health will have an impact on national productivity. So, this issue could hamper Indonesia's transition to becoming a developed country in 2045. Mental health services are crucial and require the same attention as physical health ([Nababan, 2023](#)).

Mental health is one of the main health aspects in society but is often the most neglected. Disorders resulting from neglected mental health will have serious impacts on many parties. Many people living with diagnosed or undiagnosed mental disorders potentially die each year from harmful alcohol use, and one person dies every 40

seconds from suicide ([Organization, 2022](#)). Mental conditions will become a mental health problem and reach their peak between adolescence and young adulthood. Many individuals face barriers to treatment and are often reluctant to seek professional help. Many of them are seeking support and looking for alternatives to overcome their mental problems ([Ridout & Campbell, 2018](#)).

Mental health can be a major indicator in realizing overall health. Mental health is also one of the indicators that is not easy to achieve a complete level of health for someone. Throughout his life, a person will not be free from various mental and behavioral disorders that exist in the world. If mental disorders are not handled properly, they will get worse and eventually become a burden for families, society, and the government ([Ayuningtyas et al., 2018](#)).

Mental disorders can be treated in many ways; apart from pharmacology, we can also apply non-pharmacology, such as cognitive therapy, psychoeducational therapy, commitment acceptance therapy, and many other types of non-pharmacology. Another therapy that can also treat mental disorders is logotherapy. This therapy is "meaning therapy," which reaches the needs of individuals in a holistic (biopsychosocial-spiritual) and mental manner ([Aijlien, 2023](#)).

Logotherapy improves mental health by focusing on the innate desire to find meaning and purpose despite adverse events. The logotherapy perspective believes humans can endure pain and live a meaningful life. When sufferers find meaning and purpose in their lives, they are given the potential to live a full life and the freedom to find happiness. Logotherapy is an effective psychotherapy for various physical, mental, and psychosocial problems. In addition, logotherapy compensates for the shortcomings of other therapies by emphasizing the meaning and purpose of life ([Joseph & Delariarte, 2022](#)).

Logotherapy, a type of psychotherapy, has the advantage of teaching that every individual's life has aims, objectives, and meaning that must be sought to be discovered and fulfilled. In this way, a person will awaken and provide positive strength to face challenges, where a person is directed with meaning that life is no longer empty to find a cause and something to dedicate to ([Tomy, 2014](#)). In compiling this literature review study, the author intended to confirm the effectiveness or influence of logotherapy on mental disorders in general.

Logotherapy is a meaning-based and value-centered psychiatric therapy, where this therapy is based on the principle that the main motivational force of humans is finding the purpose or meaning of life. A person finds meaning when he actualizes personally meaningful values. Logotherapy is

effective in helping patients find meaning and purpose in their experiences and lives, and it can be applied to a variety of mental health problems ([Rahgozar & Giménez-Llort, 2020](#)).

Logotherapy is known for its efficacy in reducing mental disorders and even unavoidable suffering. Logotherapy views clients as human beings by emphasizing their uniqueness, teaching them that they have the freedom to respond to their situations or problems, and showing clients various techniques and how they can be applied to their situations or problems. Logotherapy in its development in other countries is increasingly in demand in counseling centers. Spiritually sensitive logotherapy interventions, adaptable to culture and religion, significantly reduce many mental disorders such as depression, anxiety and stress ([Fereydouni & Forstmeier, 2022](#)).

2. Method

This research used a literature review approach to describe the effectiveness of applying logotherapy to mental disorders. The search strategy searched for articles related to applying therapy logos for mental disorders. The databases used are ScienceDirect, PubMed, and Scopus, using Boolean operators (AND, OR) and the keywords logotherapy OR logo therapy and mental disorders OR mental illness OR mental health. Articles were determined based on two criteria. Inclusion criteria are original articles from 2018 – 2023 in English, quantitative and qualitative research types, and the population of people with mental disorders. Articles were checked for duplicates to eliminate similarities, selected based on title and abstract, and filtered to obtain complete and appropriate articles. Exclusion criteria were articles with incomplete or unclear research methodology and articles presented only in abstract form. Article selection used PRISMA guidelines.

Based on the results of searching for articles in databases, namely an initial search from the PubMed, Scopus, and ScienDirect databases with filtering according to inclusion criteria including 2018–2023, full text, journal article type, quantitative, qualitative, and mixed methods, there were 586 article findings. The next step was to enter Zotero based on the folder to check for duplicate articles, and 155 duplicates were removed, and a total of 431 screening records. There was filtering of titles and abstracts, as well as design, non-English, and removing articles that were not suitable, so that 49 articles were taken and then entered to the next stage, namely reviewing 8 eligibility assessments determined by the researcher's inclusion and exclusion standards. There were eight research publications that all met the criteria, and their quality was evaluated and

summarized in the final literature observation report. The selection of articles using PRISMA

guidelines can be seen in Figure 1.

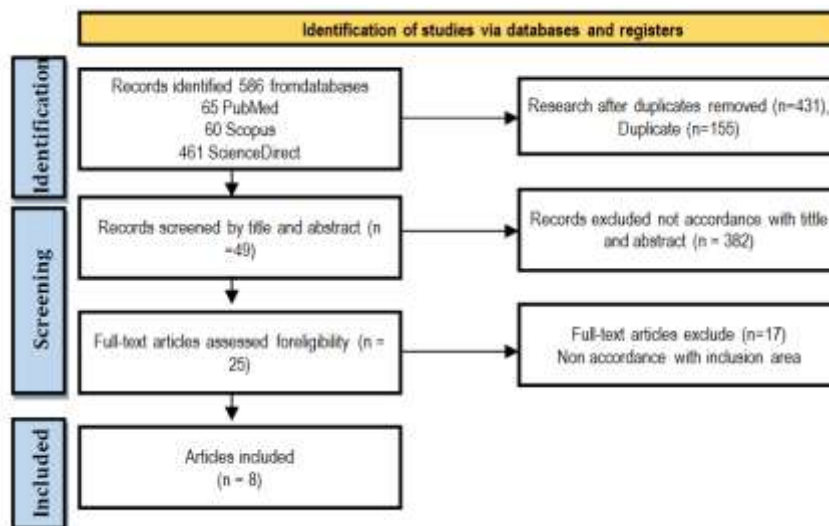


Figure 1. PRISMA flow diagram

3. Results and Discussion

Based on the search results, some articles matched the criteria set. A summary of included literature can be seen in Table 1.

Primary Data Mining

Articles were obtained from 3 databases, resulting in 586 articles. The results showed that the 8 articles reviewed used logotherapy interventions for populations of people with mental disorders in general. A total of 464 participants from all articles (236 intervention groups and 228 control and comparison groups) experienced mental disorders. Respondents who were given the logotherapy had different ages. The respondents' ages ranged from 17 to 70, with various categories ranging from teenagers, adults, and older people. The average age limit is used in implementing this therapy except for children below age.

In the gender category, with a total sample for all articles of 236 respondents, there were 35 male and 201 female respondents. There was a significant difference in the frequency of the two due to the 5 articles that use an entirely female population. The mental health problems experienced by respondents in all articles show many disorders commonly experienced by

someone, such as emotional disorders, life expectancy, mental well-being, social well-being, level of hope, self-stigma, depression, suicidal ideation, hopelessness, anxiety, stress, and general health. The most common mental disorder is depression in 3 different articles.

The logotherapy applied to respondents showed that the largest number was 1 article with 4 sessions applied, 3 articles with 8 sessions applied, 1 article with 10 sessions applied, and the rest did not explain how many sessions this therapy was used. Thus, the range of sessions in this therapy logo is 4-10 sessions.

A person's mental condition will have quite a serious impact if they experience a disorder. Providing a therapy logo as an effort to overcome mental disorders is a way to decide on conditions that will arise if not treated. Logotherapy administered to certain types of mental disorders is effective in reducing mental disorders and increasing the sense of meaning in life. A life without meaning is empty and has no meaning. The meaning available to each individual in a state of mental disorder is interpreted with freedom of will and the desire to define meaning (Robatmili et al., 2015).

Table 1. Findings Tab

No.	Author (Year) Title	Objectives, Design, and Instruments	Participants	Interventions	Types of Mental Disorders	Results
1.	Alit Aryani & Indah Ardani (2021) (Alit Aryani &	Objective: to find out the effect of the logotherapy approach to reduce	38 mothers with teenage children with internet	Logotherapy	Emotional disorders: depression, anxiety	Logotherapy is effective in treating mental disorders such

No.	Author (Year) Title	Objectives, Design, and Instruments	Participants	Interventions	Types of Mental Disorders	Results
	Indah Ardani, 2021) <i>A Logotherapy Approach to Reduce Emotional Disorders: Mothers Who Have Adolescent Children with Internet Game Addiction in Online School</i>	emotional disorders: mothers who have teenage children with internet game addiction at online schools Design: pretest posttest one group design Instrument: Emotional Disorders Questionnaire with Depression Anxiety and Stress Scale (DASS-21)	game addiction at online school		and stress	as depression, anxiety, and stress in mothers who have teenage children addicted to internet games. The significance of the influence of the therapy logo on the three variables is with a p-value <0.001
2.	Ravari et al. (2021) (Ravari et al., 2021) <i>Comparison of the effects of cognitive therapy and logotherapy on Iranian elderly people's general health</i>	Objective: to compare the effects of cognitive therapy and logotherapy on the general health of older people referred to health centers. Design: quasi- experimental pretest-posttest with group design Instrument: General health questionnaire with 28-item General Health Questionnaire (GHQ-28)	30 elder respondents in the cognitive therapy group, 30 respondents in the logotherapy group, and 30 respondents in the control group	Logotherapy (8 sessions) and cognitive therapy	General Health	Logotherapy and cognitive therapy are both effective in improving general health in older people, including somatic signs and mental health aspects (anxiety and sleep disorders, social dysfunction, and signs of depression) with a p-value < 0.001
3.	Saffarinia & Dortaj (2018) (Saffarinia & Dortaj, 2018) <i>Effect of group logotherapy on life expectancy and mental and social well-being of the female elderly residents of Nursing</i>	Objective: improving life expectancy and mental and social well-being of female nursing home residents in Dubai. Design: quasi- experimental pretest-posttest with intervention and	20 elderly respondents in the logotherapy group and 20 elderly respondents in the control group	Group therapy logo (8 sessions)	Life expectanc y, mental well- being, social well- being	Group logotherapy is an effective strategy for mental health in nursing homes. Logotherapy influences the adaptation of older people, life satisfaction, and a good psychological feeling in older people by

No.	Author (Year) Title	Objectives, Design, and Instruments	Participants	Interventions	Types of Mental Disorders	Results
	<i>Homes in Dubai</i>	control groups Instruments: Life expectancy questionnaire with Schneider's Life Expectancy Questionnaire, mental and social well-being questionnaire with Reef's Psychological Well-Being Questionnaire, and Social Welfare Questionnaire				giving meaning to life. This therapy can help older people adapt to sadness, frustration, and illness by finding the meaning of life and the support they receive in groups, thereby increasing life expectancy and mental and social well-being with p-values for the three variables < 0.001
4.	Ghelbash et al. (2020) (Ghelbash et al., 2020) <i>Effect of group-based logotherapy on imprisoned women's level of hope: a randomized controlled trial (RCT)</i>	Objective: to determine the effect of logotherapy on increasing the level of hope of female prisoners. Design: Randomized control trial (RCT) pre-test post-test two-group design with intervention and control groups Instrument: Expectation level questionnaire with the Miller Hope scale	45 female prisoners were in the intervention group, and 45 female prisoners were in the control group	Logotherapy (10 sessions)	Expectation level	Logotherapy has a significant effect on increasing the sense of hope, so it is recommended to use the logotherapy approach for other vulnerable groups (not only prisoners). Female prisoners, as a group vulnerable to mental conditions, need to be given therapy that provides mental health with a p-value <0.001
5.	Sri Suyanti et al., (2018) (Sri Suyanti et al., 2018) <i>Effect of logotherapy, acceptance, commitment therapy, family</i>	Objective: to determine the effect of logotherapy, commitment acceptance therapy, and family psychoeducation on self-stigma, depression, treatment	30 respondents in intervention 1 (logotherapy and ACT) and 30 respondents in	Logotherapy, commitment acceptance therapy, family psychoeducation	Self-stigma, depression, and the meaning of life	The combination of logotherapy, commitment acceptance therapy, and family psychoeducation, where intervention I

No.	Author (Year) Title	Objectives, Design, and Instruments	Participants	Interventions	Types of Mental Disorders	Results
	<i>psychoeducati on on self- stigma, and depression on housewives living with HIV/AIDS</i>	compliance, and meaning of life in homemakers who live with people living with HIV/AIDS. Design: Quasy- experimental pre- test post-test design Instrument: Internalization of stigma questionnaire for AIDS using the Internalizes Stigma of AIDS Tools	Intervention 2 (logotherapy and FPE)			(logotherapy and commitment acceptance therapy) and intervention II (logotherapy and family psychoeducatio n) are recommended as effective as a therapy package for overcoming self-stigma and depression in people with HIV/AIDS with value p-value for all mental disorder variables < 0.001
6.	Palinggi et al.(2020) (Palinggi et al., 2020) <i>Effect of logotherapy to control depression of drug abuser in Kassi-Kassi and Jumpandang Baru health- center</i>	Objective: to determine the effect of logotherapy in controlling depression in inpatients with drug abuse. Design: Quasy- experimental one- group pre-test post- test design. Instrument: Depression questionnaire with Beck Depression Inventory (BDI)	20 patients were drug users	Logotherapy (4 sessions)	Depressio n	Logotherapy has an effective and significant effect in controlling depression in drug users so it can be recommended as additional therapy after therapy from the Community Health Center as primary health care with a p- value <0.001
7.	Mohammadi et al. (2014) (Mohammadi et al., 2014) <i>Effectiveness of Logo Therapy in Hope of Life in the Women Depression</i>	Objective: to investigate the effectiveness of logotherapy in life expectancy in women suffering from depression. Design: Quasy- experimental group pre-test post-test design with a	36 female respondents (18 intervention group and 18 control group)	Logotherapy	Depressio n, Life expectanc y	Logotherapy has an effective impact in reducing depression and increasing life expectancy in women. Indications of a reduction in depression and an increase in life expectancy

No.	Author (Year) Title	Objectives, Design, and Instruments	Participants	Interventions	Types of Mental Disorders	Results
		control group. Instruments: Life Expectancy Questionnaire with the Adult Hope Scale (AHS) and depression questionnaire with the Beck Depression Inventory (BDI)				were more significant in the experimental group than in the control group, with a p-value for the depression variable < 0.001 and a p-value for the life expectancy variable of 0.006.
8.	Shaygan et al. (2023) (Shaygan et al., 2023) <i>The effect of mobile-based logotherapy on depression, suicidal ideation, and hopelessness in patients with major depressive disorder: a mixed-methods study</i>	Objective: to determine the effect of mobile phone-based logotherapy on depression, suicidal ideation, and hopelessness in patients with major depressive disorder using a mixed methods approach. Design: Mixed method study. Instruments: Depression questionnaire with Beck depression inventory short form items (BDI-13), hopelessness questionnaire with Beck hopelessness scale (BHS), and suicide ideation questionnaire with Beck scale for suicide ideation (BSSI.)	70 respondents (35 intervention group and 35 control group)	Mobile-based logotherapy, 8 sessions	Depression, suicidal thoughts, hopelessness	Quantitatively, mobile phone-based therapy has an effective and significant impact in reducing depression, hopelessness, and suicidal ideation. Qualitative analysis confirmed the efficacy of mobile-based logotherapy on depression, suicidal ideation, and hopelessness in the intervention group. The three main themes drawn from participants' experiences in mobile-based logotherapy were “efficient instructions,” “user-friendly interventions,” and “constructive change.” Mobile-based logotherapy via WhatsApp is an effective psychotherapy

No.	Author (Year) Title	Objectives, Design, and Instruments	Participants	Interventions	Types of Mental Disorders	Results
						<p>method to reduce depression, hopelessness, and suicidal ideation in patients with major depressive disorder. It can be recommended in educational, institutional, and technological infrastructures and mental health services.</p> <p>The significance of the influence of the therapy logo on the depression variable with a p-value <0.001, on suicidal ideation with a p-value of 0.011, and on hopelessness with a p-value <0.001</p>

Logotherapy for mental disorders that face frightening difficulties or are in conditions that do not allow activity and creativity helps to find the meaning of life by how a person faces these conditions and how he overcomes his suffering. In this way, a person is helped to use his daily annoyances and suffering as a tool to find his life's purpose. When applying logotherapy, one needs to consider someone with a good spiritual level and values as a guide to life (Diniari, 2017).

A person with a mental disorder will be faced with a condition of helplessness and worry that cannot be explained in detail. A person in a state of disturbance will experience a condition called "inner tension." Nevertheless, tension makes it a prerequisite or "alarm" for mental health. Frankl, as the originator of logotherapy, explained that nothing in this world can be more effective in helping someone to survive, even in the worst conditions, other than the awareness that their life

has meaning or meaning in life (Tomy, 2014). Logotherapy is a therapeutic method that can be used to overcome psychosocial problems and mental disorders experienced by a person. This therapy can help individuals find meaning in their lives and because of life they have a positive response to life regardless of whatever they face (Trisnadewi et al., 2023).

Logotherapy is an alternative therapy to help individuals or groups of people who have mental problems in searching for and finding the meaning of their lives, making those concerned aware of the hidden "logos" that everyone has in their lives. Every individual who is a creature created by God should realize that each of them has meaning in their life, meaning that each of them lives in carrying out their life (Sumarno, 2022).

Logotherapy is applied to a person in many conditions, one of which is mental disorders, which has a spiritual dimension that is able to manifest

into the conscious world, which humans can truly experience and realize, even though most of it has not been actualized or has potential that is not realized and is not at all related to primary instincts. stored in the unconscious world. This therapy has insight into humans which is based on three pillars which are very closely able to awaken the ability to be meaningful in individuals using the techniques of paradoxical intention, dereflection, medical ministry, modification of attitudes, appealing technique, social dialogue and family logotherapy. Logotherapy applied to clients can have an impact on clients such as being able to face and overcome their suffering ([Arroisi & Mukharom, 2021](#)).

The application of logotherapy to conditions of mental problems provides a way for individuals to give meaning to life by creating something, with something taken from the world in experience, and with the attitude taken in suffering. In this therapy, individuals are helped to discover new values and develop a constructive philosophy in their lives. A person is responsible for himself and logotherapy provides encouragement to choose, seek and find for himself the concrete meaning of his personal existence. This therapy helps clients to face difficulties or difficulties that are frightening or are in conditions that do not allow them to be active and creative, they are helped to find the meaning of life by how the individual faces these conditions and how the individual overcomes suffering ([Rahmah & Hasanati, 2016](#)).

Mental disorders are a manifestation of a form of behavioral deviation due to emotional distortion resulting in irregularities in behavior. This condition can occur in every individual regardless of age. Logotherapy is a type of psychotherapy to improve the quality of life and reduce mental disorders through discovering and achieving the meaning of life ([Lestari, 2021](#)).

Logotherapy can be applied to many types of mental disorders.

Logotherapy is an effective form of psychotherapy in treating mental disorders. This therapy recognizes a spiritual dimension in addition to the physical, psychological, social, and cultural environmental dimensions. It assumes that the will to live a meaningful life is the main desire of humans to achieve a life that is lived meaningfully). This therapy holistically covers many aspects of interpreting life, combining spirituality, soul, environment, society, and culture ([Diniari, 2017](#)). This therapy has been scientifically proven to have a positive impact on people with mental disorders. Mental disorders that have been proven to be able to be treated by this therapy include: emotional disorders, life expectancy, mental well-being, social

well-being, level of hope, self-stigma, depression, suicidal ideation, hopelessness, anxiety and stress. Apart from that, this therapy also has an impact on general health problems that occur in a [person \(Liu et al., 2021\)](#). This therapy can be recommended for people of all ages, including teenagers, adults and the elderly. Therapy can also be given to individuals and even groups such as hospitals, communities and so on.

The application of logotherapy is essential in helping patients find meaning and purpose in their experiences and life and can be applied to a variety of mental health problems. The risk of psychological and mental health problems getting worse over time, failure of expectations, lack of knowledge of resources or lack of support, and other difficulties. The application of logotherapy to mental health problems is very necessary and this therapy shows the benefits of 'finding meaning and purpose in life' ([Rahgozar & Giménez-Llort, 2020](#)). Logotherapy has been scientifically proven to have an impact on reducing mental disorders seen from the aspect of physiological response, where this response is very significant after being given this therapy. So, it is hoped that this therapy can raise a person's optimism in facing the future ([Sutejo et al., 2011](#)).

Logotherapy can be combined with other therapies.

Logotherapy is a form of psychotherapy, namely a method that helps individuals search for the meaning of life. Logotherapy is a type of psychotherapy to give meaning to a person's life, where the client himself must decide whether his duty in life is responsibility to society or his conscience with the help of the therapist ([Widowati et al., 2018](#)). Logotherapy can be combined with other therapies to reduce symptoms of mental disorders. Mental disorders require therapy that is proven to be valid in the process of decreasing it. The results showed that logotherapy combined with other therapies such as cognitive therapy, commitment acceptance therapy, and family psychoeducation is significant, with analytical proof and rational explanation ([Ravari et al., 2021](#)). So, the reduction in mental disorders will be minimized more optimally by combining these therapies, and other therapies are also recommended so that the incidence of mental disorders can be more controlled. The single intervention of providing logotherapy provides an optimal impact on mental health and certain mental disorders, however modifications by combining other therapies can also be recommended in overcoming mental disorders. Future challenges in real conditions of internal and external pressure will have an impact on a person's mental health, so providing this therapy is deemed necessary.

Logotherapy can be applied by using technology.

Logo therapy is one of the therapies that can be used to treat mental disorders where this therapy emphasizes spirituality, apart from physicality and psychology to gain meaning and desire in life so that individuals experience a more meaningful life. When logotherapy is applied, it is hoped that psychological well-being can be more optimal, such as being able to accept one's strengths and weaknesses, being able to act independently, being able to interact and have positive relationships with other people, having a passion for life goals and developing one's potential ([Hastutiningtyas et al., 2017](#)). Logotherapy can look at individuals holistically, where this therapy is a form of effort to gain meaning in one's life and is the main motivation for a person's strength to make sense of himself in the future ([Mayasari et al., 2017](#)). Applying this therapy is not only carried out directly on respondents during each implementation process. This therapy can be applied using technology such as Telehealth. Information or actions that will be presented to patients can use media or technology that is familiar to many people. One of the platforms that can be used in this therapy is WhatsApp with its feature, namely WhatsApp Group, where prepared modules, audio, video, or text related to the theory and practice of logotherapy can be sent via this platform. The research results on using this technology have shown that it is significant and effective in treating mental disorders ([Shaygan et al., 2023](#)). The use of technology can be developed through application programs that are more up-to-date and up-to-date and closer to a person, namely the use of mobile phones and others.

4. Conclusions and Suggestions

Logotherapy has an effective impact in reducing mental disorders in general. Mental disorders in general, ranging from emotional disorders, life expectancy, mental well-being, social well-being, level of hope, self-stigma, depression, suicidal ideation, hopelessness, anxiety, stress, general health, and so on, can be minimized by applying this therapy. Logotherapy can be applied to individuals or groups to minimize wider impacts. Logotherapy carried out over several sessions will form a mental defense that is sufficient to take into account its effects and impacts. A person will apply a way of interpreting life by including values for quality life in situations that are the goal, one of which is in conditions of mental disorders. Logotherapy is a school of modern psychology or psychiatry that makes the meaning of life its central theme. As a result, the logo of therapy from a mental perspective gives the meaning that in any bad condition, a person's mental condition will be

interpreted by that individual. Logotherapy can also be applied in combination with other therapies to treat cases of mental disorders and can be implemented with the application of technology in its implementation. Suggestion for nursing care in various settings should consider integrating logotherapy as part of a holistic approach to mental health, and future research should explore its effectiveness in diverse populations and in combination with other therapeutic modalities, including the use of technology in its delivery.

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