

Apéndice A. Base de datos

Título del estudio	Referencia	Muestra	Tamaño	Objetivos	Fortaleza	Tipo de Diseño	Instrumentos de evaluación	Estrategias de intervención	Resultados	Conclusiones
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Apéndice B. Artículos revisados base de datos Science Direct

Fortaleza	Autor y año	Referencia
Perdón	Ochoa et al. (2017).	Ochoa, C., Casellas-Grau, A., Vives, J., Font, A., y Borrás, J. M. (2017). Positive psychotherapy for distressed cancer survivors: Posttraumatic growth facilitation reduces posttraumatic stress. <i>International Journal of Clinical and Health Psychology</i> , 17(1), 28-37. https://doi.org/10.1016/j.ijchp.2016.09.002
Perdón	Kaleta, y Mróz. (2018).	Kaleta, K., y Mróz, J. (2018). Forgiveness and life satisfaction across different age groups in adults. <i>Personality and Individual Differences</i> , 120, 17-23. https://doi.org/10.1016/j.paid.2017.08.008
Perdón	Krause, (2015).	Krause, N. (2015). Assessing the relationships among race, religion, humility, and self-forgiveness: a longitudinal investigation. <i>Advances in Life Course Research</i> , 24, 66-74. https://doi.org/10.1016/j.alcr.2015.02.003
Perdón	Ong, M. (2023).	Ong, M. (2023). The transforming power of self-forgiveness in the aftermath of wrongdoing. <i>Organizational Behavior and Human Decision Processes</i> , 176, 104237. https://doi.org/10.1016/j.obhdp.2023.104237
Perdón.	Zdaniuk y Bobocel (2015).	Zdaniuk, A., y Bobocel, D. R. (2015). The role of Idealized Influence Leadership in promoting workplace forgiveness. <i>Leadership Quarterly</i> , 26(5), 863-877. https://doi.org/10.1016/j.leaqua.2015.06.008

Perdón	Nikrahan et al. (2016).	Nikrahan, G. R., Laferton, J. A. C., Asgari, K., Kalantari, M., Abedi, M. R., Etesampour, A., Rezaei, A., Suarez, L., y Huffman, J. C. (2016). Effects of positive psychology interventions on risk biomarkers in coronary patients: a randomized, Wait-List controlled pilot trial. <i>Psychosomatics</i> , 57(4), 359-368. https://doi.org/10.1016/j.psym.2016.02.007
Perdón	Nikrahan, Suarez, et al. (2016).	Nikrahan, G. R., Suarez, L., Asgari, K., Beach, S. R., Celano, C. M., Kalantari, M., Abedi, M. R., Etesampour, A., Rezaei, A., y Huffman, J. C. (2016). Positive psychology interventions for patients with heart disease: a preliminary randomized trial. <i>Psychosomatics</i> , 57(4), 348-358. https://doi.org/10.1016/j.psym.2016.03.003
Perdón	Khazaei et al. (2017).	Khazaei, F., Khazaei, O., y Ghanbari-H, B. (2017). Positive Psychology Interventions for internet addiction Treatment. <i>Computers in Human Behavior</i> , 72, 304-311. https://doi.org/10.1016/j.chb.2017.02.065
Perdón	Kwok et al. (2017).	Kwok, S. Y. C. L., Gu, M., y Cheung, A. (2017). A longitudinal study of the role of children's altruism and forgiveness in the relation between parental aggressive discipline and anxiety of preschoolers in China. <i>Child Abuse & Neglect</i> , 65, 236-247. https://doi.org/10.1016/j.chiabu.2017.02.004
Perdón	Lee, (2015).	Lee, E. J. (2015). The effect of positive group psychotherapy on Self-Esteem and state anger among adolescents at Korean immigrant churches. <i>Archives of Psychiatric Nursing</i> , 29(2), 108-113.

		https://doi.org/10.1016/j.apnu.2014.10.005
Perdón	Haynes et al. (2021).	Haynes, C., Deane, F. P., y Kelly, P. J. (2021). Suicidal ideation predicted by changes experienced from pre-treatment to 3-month postdischarge from residential substance use disorder treatment. <i>Journal of Substance Abuse Treatment</i> , 131, 108542. https://doi.org/10.1016/j.jsat.2021.108542
Perdón	Soffer-Elnekave et al. (2023).	Soffer-Elnekave, R., Haight, W., Nashandi, N. J., Cho, M., Suleiman, J., y Park, S. (2023). Re-orienting narratives of moral injury towards positive development: The Experiences of Emerging Adults with Child Welfare Histories. <i>Children and Youth Services Review</i> , 149, 106922. https://doi.org/10.1016/j.childyouth.2023.106922
Perdón	Lawler-Row et al. (2008).	Lawler-Row, K. A., Karremans, J. C., Scott, C. A., Edlis-Matityahou, M., y Edwards, L. H. (2008). Forgiveness, Physiological reactivity and Health: The role of Anger. <i>International Journal of Psychophysiology</i> , 68(1), 51-58. https://doi.org/10.1016/j.ijpsycho.2008.01.001
Perdón	Chu et al. (2022).	Chu, M., Lau, B. S. Y., Leung, J., Chan, S. C., Tang, B., Lau, C. K. S., Newby, C., Chiu, R., Lo, W. T., Schrank, B., y Slade, M. (2022). Positive Psychotherapy for Psychosis in Hong Kong: a randomized controlled trial. <i>Schizophrenia Research</i> , 240, 175-183. https://doi.org/10.1016/j.schres.2021.12.044

Perdón	Banyard et al. (2017).	Banyard, V. L., Hamby, S., y Grych, J. H. (2017). Health effects of adverse Childhood events: Identifying promising protective factors at the intersection of mental and physical well-being. <i>Child Abuse & Neglect</i> , 65, 88-98. https://doi.org/10.1016/j.chiabu.2017.01.011
Perdón	Jaworski, y Owczarek. (2019).	Jaworski, M., y Owczarek, K. (2019). Prudence and weight control behaviour in obese patients and patients with selected eating disorders. <i>European Journal of Psychiatry</i> , 33(3), 120-128. https://doi.org/10.1016/j.ejpsy.2019.06.003

Apéndice C. Artículos revisados base de datos Psycinfo

Fortaleza	Autor y año	Referencia
Perdón	Čehajić-Clancy y Bilewicz (2017)	Čehajić-Clancy, S., y Bilewicz, M. (2017). Fostering reconciliation through historical moral exemplars in a postconflict society. <i>Peace and Conflict: Journal of Peace Psychology</i> , 23(3), 288–296. https://doi-org.ezproxy.unbosque.edu.co/10.1037/pac0000210
Perdón	Sandage et al. (2017)	Sandage, S. J., Jankowski, P. J., Bissonette, C. D., y Paine, D. R. (2017). Vulnerable narcissism, forgiveness, humility, and depression: Mediator effects for differentiation of self. <i>Psychoanalytic Psychology</i> , 34(3), 300–310. https://doi-org.ezproxy.unbosque.edu.co/10.1037/pap0000042
Perdón	Pelucchi, Paleari, Regalia y Fincham (2013)	Pelucchi, S., Paleari, F. G., Regalia, C., y Fincham, F. D. (2013). Self-forgiveness in romantic relationships: It matters to both of us. <i>Journal of Family Psychology</i> , 27(4), 541–549. https://doi-org.ezproxy.unbosque.edu.co/10.1037/a0032897
Perdón	Tweed et al. (2011)	Tweed, R. G., Bhatt, G., Dooley, S., Spindler, A., Douglas, K. S., y Viljoen, J. L. (2011). Youth violence and positive psychology: Research potential through integration. <i>Canadian Psychology / Psychologie canadienne</i> , 52(2), 111–121. https://doi-org.ezproxy.unbosque.edu.co/10.1037/a0020695

Apéndice D. Artículos revisados base de datos Scopus

Título del Artículo	Autor y año	Referencia
Perdón	Michael y Leona Donaldson (2021)	Michael, J. y Leona, D. (2021). What character strengths do early childhood educators use to address workplace challenges? Positive psychology in teacher professional development, International Journal of Early Years Education, 29:3, 250-267, DOI: 10.1080/09669760.2021.1893666
Perdón	Satici (2020)	Satici, B. (2020). Exploring the relationship between coping humor and subjective happiness: belongingness and forgiveness as serial mediators. Health Psychology Report, 8(3), 228-237.
Perdón	Haslip et al. (2019)	Haslip, M.J., Allen-Handy, A. y Donaldson, L. How do Children and Teachers Demonstrate Love, Kindness and Forgiveness? Findings from an Early Childhood Strength-Spotting Intervention. Early Childhood Educ J 47, 531–547 (2019). https://doi-org.ezproxy.unbosque.edu.co/10.1007/s10643-019-00951-7
Perdón	Baumann y Handrock (2019)	Baumann, M., y Handrock, A. (2019). Shame and forgiveness in therapy and coaching. The Bright Side of Shame: Transforming and Growing Through Practical Applications in Cultural Contexts, 471-487.
Perdón	Crandall et al. (2019)	Crandall, A., Cheung, A., Miller, J. R., Glade, R., y Novilla, L. K. (2019). Dispositional forgiveness and stress as primary correlates of executive functioning in adults. Health Psychology Open, 6(1), 2055102919848572.

Perdón	Ripley et al. (2018)	Ripley, J. S., Worthington, E. L., Garthe, R. C., Davis, D. E., Hook, J. N., Reid, C. A., ... y Akpalu, B. (2018). Trait forgiveness and dyadic adjustment predict postnatal depression. <i>Journal of Child and Family Studies</i> , 27, 2185-2192. https://doi-org.ezproxy.unbosque.edu.co/10.1007/s10826-018-1053-0
Perdón	Quintana-Orts y Rey (2018)	Quintana-Orts, C., y Rey, L. (2018) Forgiveness, Depression, and Suicidal Behavior in Adolescents: Gender Differences in this Relationship, <i>The Journal of Genetic Psychology</i> , 179:2, 85-89, DOI: 10.1080/00221325.2018.1434478
Perdón	Garzon y Barahona (2018)	Garzón, M.A., y Barahona, M.N. (2018). Personal differences in forgiveness in Spanish university students according to sex. <i>Cauriensiarevista anual de ciencias eclesiasticas</i> , 13, 175-192.
Perdón	Fernández-Mateos y Garzón-Azanon (2018)	Fernández-Mateos, L. M., y Garzón-Azanon, M. A. (2018). Role of age in the meaning of life and the ability to forgive. <i>Cauriensiarevista anual de ciencias eclesiasticas</i> , 13, 157-174.
Perdón	Turner et al. (2017)	Turner, J., Greenawalt K., Goodwin, S., Rathie, E., Orsega-Smith, E. (2017). The development and implementation of the Art of Happiness intervention for community-dwelling older adults, <i>Educational Gerontology</i> , 43:12, 630-640, DOI: 10.1080/03601277.2017.1380894

Perdón	Ramírez et al. (2014)	Ramírez, E., Ortega, A. R., Chamorro, A., y Colmenero, J. M. (2014) A program of positive intervention in the elderly: memories, gratitude and forgiveness, <i>Aging y Mental Health</i> , 18:4, 463-470.
Perdón y Prudencia	Macaskill (2012)	Macaskill, A. (2012). A feasibility study of psychological strengths and well-being assessment in individuals living with recurrent depression. <i>The Journal of Positive Psychology</i> , 7(5), 372–386. https://doi.org/10.1080/17439760.2012.702783
Perdón	Miller y Worthington, (2010).	Miller, A., y Worthington, E. (2010). Sex differences in forgiveness and mental health in recently married couples, <i>The Journal of Positive Psychology</i> , 5:1, 12-23, DOI: 10.1080/17439760903271140
Perdón	Miley y Spinella (2006)	Miley W. y Spinella M. (2006) Correlations Among Measures of Executive Function and Positive Psychological Attributes in College Students, <i>The Journal of General Psychology</i> , 133:2, 175-182, DOI: 10.3200/GENP.133.2.175-182
Prudencia	Umucu et al (2022)	Umucu, E., Lee, B., Genova, H. M., Chopik, W.J., Sung, C., Yasuoka, M., y Niemiec, R.M. (2022). Character Strengths Across Disabilities: An International Exploratory Study and Implications for Positive Psychiatry and Psychology. <i>Front. Psychiatry</i> 13:863977. doi: 10.3389/fpsy.2022.863977
Perdón y Prudencia	García-Vázquez et al. (2021)	García-Vázquez, F.I., Valdés-Cuervo, A.A., Navarro-Villarreal, A.G., Parra-Pérez, L.G., Durón-Ramos, M.F., y Fimbres-Celaya, D. (2021). Psychometric Properties of the Multidimensional Temperance Scale in Adolescents. <i>Int. J. Environ. Res. Public Health</i> 2021, 18, 12727.

		https://doi.org/10.3390/ijerph182312727
Prudencia	Dametto y Noronha (2021)	Dametto, D.M., Noronha, A.P.P. (2021). Study between personality traits and character strengths in adolescents. <i>Curr Psychol</i> 40, 2067–2072. https://doi-org.ezproxy.unbosque.edu.co/10.1007/s12144-019-0146-2
Prudencia	Baumann et al (2020)	Baumann, D., Ruch, W., Margelisch, K. et al. (2020). Character Strengths and Life Satisfaction in Later Life: an Analysis of Different Living Conditions. <i>Applied Research Quality Life</i> 15, 329–347. https://doi-org.ezproxy.unbosque.edu.co/10.1007/s11482-018-9689-x
Prudencia	Grinhauz y Castro (2015)	Grinhauz, A. S., y Castro, S. A. (2015). Un estudio exploratorio acerca de las fortalezas del carácter en niños argentinos. <i>Avances en Psicología Latinoamericana</i> , 33(1), 45-56. doi: dx.doi.org/10.12804/apl33.01.2015.04
Prudencia	Proyer y Ruch (2009)	Proyer, R. T., y Ruch, W. (2009). How virtuous are gelotophobes? Self- and peer-reported character strengths among those who fear being laughed at. <i>Humor</i> , 22(1/2):145-163. DOI: https://doi.org/10.1515/HUMR.2009.007
Prudencia	Ma et al. (2008)	Ma, M., Kibler, J.L., Dollar, K.M. et al. (2008). The relationship of character strengths to sexual behaviors and related risks among African American adolescents. <i>Int. J. Behav. Med.</i> 15, 319–327. https://doi-org.ezproxy.unbosque.edu.co/10.1080/10705500802365573

Prudencia	Stuntz, (2017)	Stuntz, C. P. (2017). Linking positive psychology and the transtheoretical model: How character strengths and processes of change relate to each other and to exercise. <i>Journal of Positive Psychology and Wellbeing</i> , 1(2), 85-108.
Perdón	Uzun y Karataş (2023)	Uzun, K., y Karataş, Z. (2023). The Examination of the Mediator Role of Optimism, Self-Compassion, Altruism and Gratitude in the Relationship Between Cognitive Distortions and Forgiveness of Emerging Adults. <i>Emerging Adulthood</i> , 11(4), 845-868. https://doi-org.ezproxy.unbosque.edu.co/10.1177/21676968231171200
Perdón	Wang, et al (2023).	Wang, L., Xiang, Y. y Yuan, R. (2023). How is emotional intelligence associated with moral disgust? The mediating role of social support and forgiveness. <i>Curr Psychol</i> 42, 10223–10233. https://doi-org.ezproxy.unbosque.edu.co/10.1007/s12144-021-02218-0
Perdón	Gonçalves, et al (2023)	Gonçalves, J.P., Braghetta, C.C., Alvarenga, W.A., Gorenstein, C., Lucchetti. G., y Vallada, H. (2023) Development of a comprehensive flourishing intervention to promote mental health using an e-Delphi technique. <i>Front. Psychiatry</i> 14:1064137. doi: 10.3389/fpsy.2023.1064137
Perdón	Wang Xu, et al (2022)	Wang Xu, J., Kim, J. J., Olmstead, N., & Enright, R. D. (2022). The Development of Forgiveness and Other-Focused Love. <i>Journal of Psychology and Theology</i> , 50(4), 473-487. https://doi-org.ezproxy.unbosque.edu.co/10.1177/00916471211034514

Perdón	Kim et al. (2022)	Kim, J.J., Volk, F. y Enright, R.D. (2022). Validating the Enright Self-Forgiveness Inventory (ESFI). <i>Curr Psychol</i> 41, 7604–7617. https://doi-org.ezproxy.unbosque.edu.co/10.1007/s12144-020-01248-4
Perdón	David, et al (2022)	David, Rajasekhar, Sharda Singh, Neuza Ribeiro, y Daniel Roque Gomes. (2022). Does Spirituality Influence Happiness and Academic Performance? <i>Religions</i> 13: 617. https://doi.org/10.3390/rel13070617
Perdón	Chamorro-Garrido, et al (2021)	Chamorro-Garrido, A., Ramírez-Fernández, E., y Ortega-Martinez, A.R. (2021) Autobiographical Memory, Gratitude, Forgiveness and Sense of Humor: An Intervention in Older Adults. <i>Front. Psychol.</i> 12:731319. doi: 10.3389/fpsyg.2021.731319
Perdón	Haslip y Donaldson (2021)	Haslip, M.J., y Donaldson, L. (2021). How Early Childhood Educators Resolve Workplace Challenges Using Character Strengths and Model Character for Children in the Process. <i>Early Childhood Educ J</i> 49, 337–348 https://doi-org.ezproxy.unbosque.edu.co/10.1007/s10643-020-01072-2
Perdón	Pizarro-Ruiz, et al (2021)	Pizarro-Ruiz, J.P., Ordóñez-Cambor, N., Del-Líbano, M., Escolar-Llamazares, M.C. (2021). Influence on Forgiveness, Character Strengths and Satisfaction with Life of a Short Mindfulness Intervention via a Spanish Smartphone Application. <i>Int. J. Environ. Res. Public Health</i> , 18, 802. https://doi.org/10.3390/ijerph18020802

Perdón	Hsu HP (2021).	Hsu HP. (2021). The Psychological Meaning of Self-Forgiveness in a Collectivist Context and the Measure Development. Psychol Res Behav Manag. 2021; 14:2059-2069 https://doi.org/10.2147/PRBM.S336900
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Apéndice E. Instrumentos de evaluación sobre el perdón

Nombre del Instrumento	Autor y Año	Estudios en que se empleó
Inventario de Perdón de Enright (EFI-30).	Subkoviak et al. (1995).	Wang Xu et al. (2022)
Escala de Autoperdón de Heartland (HFS)	Thompson et al. (2005)	Pelucchi, Paleari, Regalia y Fincham (2013); Uzun y Karataş (2023); David et. al (2022); Michael y Leona (2021).
Escala de Autoperdón (Self-Forgiveness Scale, SFS)	Hsu HP (2021)	Hsu HP (2021).
Inventario de Auto-Perdón de Enright (ESFI).	Enright y Rique, (2004)	Kim, Volk y Enright (2022).
Escala de perdón a uno mismo de siete ítems.	Woodyatt y Wenzel (2013)	Ong (2023)
Encuesta estructurada preguntado: Me perdono por las cosas que he hecho mal. Estos ítems se califican: totalmente en desacuerdo (1), en desacuerdo (2), incierto (3), de acuerdo (4), totalmente de acuerdo (5).	Krause (2015)	Krause (2015)
Escala general del Perdón, forma corta (FSF)	(Instituto Fetzer, 1999).	Haynes et al. (2021)
Trait Forgiveness Scale de (TFS-18).	Enright (1996).	Ripley et al. (2018); Satıcı (2020).
Inventario de Perdón (IRI).	Enright, (1991).	Quintana-Orts y Rey (2018).
Escala Dispositional Humility (DH).	Mark, (2001).	Sandage et al. (2017)
Strengths and Well-being Assessment Questionnaire el (SWAQ).	Macaskill, (2012).	Macaskill, (2012).
Heartland Forgiveness Scale (HFS).	Thompson et al, (2005). Adaptación polaca (Kaleta et al., 2016).	Kaleta y Mróz (2018).

Cuestionario (ACE-Q) Adverse Childhood Experiences.	Gordon y Baucom, (2003).	Banyard et al. (2017).
Inventario de Perdón (IRI).	Enright, (1996).	Fernández Mateos y Garzón Azanon (2018).
Escala Acts of Forgiveness	Drinnon y Jones (1999).	Lawler-Row et al. (2008)
Inventario de Personalidad del Perdón	Kamat et al., (2006).	
Strengths Finder 2.0	Rath, (2007).	Tweed et al. (2011)
Entrevistas semiestructuradas	Baumann y Handrock (2019)	Baumann y Handrock (2019).
Escala de Perdón de Heartland.	Thompson y Synder (2003).	Miley y Spinella (2006); Crandall et al. (2019).
Escala de tendencia a perdonar (TTF).	Brown, (2003).	Wang et al. (2023).
Escala de Eventos de Lesión Moral (MIES)	Nash et al., (2013).	Soffer-Elnekave et al. (2023).
Escala del perdón y factores facilitadores (ESPER).	Maganto y Garaigordobil (2008).	Garzon y Barahona (2018).
Escala de evaluación de la capacidad de perdón (CAPER).	Casullo, (2005).	
Subescala del perdón del Inventario de Fortalezas de Valores en Acción para Jóvenes (VIA-Youth).	Park et al, (2006).	García-Vázquez et al. (2021).
Escala de Benevolencia	McCullough y Hoyt (2002)	Zdaniuk y Bobocel (2015).
Escala de 3 ítems diseñada para el estudio: Ítem (1) el perdón experimentado después del daño más grave en el matrimonio, (2) el perdón en general después de que la pareja había transgredido y (3) las percepciones generales del perdón experimentado en el matrimonio hasta el momento de la evaluación.	Miller y Worthington, (2010).	Miller y Worthington, (2010).