

Abstract Submission No.: A-0065**A review of strength-based strategies used by transplant patients' lives**

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Objectives : Over 42,000 organ transplants were performed in 2022 (HRSA, 2023). Each step of the organ transplant process comes with its own challenges which can create significant burdens for recipients and their families (NIH, 2015). Past research has shown the negative mental health outcomes of transplant recipients, focusing on outcomes such as anxiety, depression, or psychological distress (Ong, Jun QL, et al., 2021). Fewer studies have focused on positive psychology outcomes such as the ways in which patients prosper and thrive post-transplant. The goal of this literature review is to identify coping strategies for transplant patients by identifying positive traits or strengths-based strategies.

Methods : A systematic review of articles from PubMed/Medline and PsycINFO. Keywords used in the search included organ transplantation, compassion, adaptability, emotional adjustment, hope, gratitude. Initial screening was conducted using Rayyan, an AI powered tool for systematic reviews and MAXQDA was used to screen the full text. Inclusion criteria was adult solid transplant patients, coping behaviors, and positive psychology traits/strength-based strategies such as gratitude, hope, forgiveness, spirituality, resilience, post-traumatic growth. The primary outcomes were quality of life and health outcomes.

Results : The review was conducted following PRISMA guidelines. The initial search revealed 5131 articles with 3916 remaining after duplicates were removed. 1645 articles were identified for full text review with another 1618 excluded as they were unrelated to the primary outcomes. 11 articles remained and primarily discussed active coping such as positive reframing, acceptance, and seeking spiritual support. Maintaining an optimistic attitude and the role of social/familial support were also coping patterns that were effective in helping patients.

Conclusions : The current study demonstrates the value of active coping strategies, acceptance, social support, and optimistic coping styles on patients' transplant processes and for improving quality of life.