

Online Positive Psychology Interventions Based on Pleasure, Engagement, Meaning, Positive Relationships, and Accomplishment: Measurement, Validation of Interventions, and Exploration of Working Mechanisms

Fabian Gander (f.gander@psychologie.uzh.ch)
Fachrichtung für Persönlichkeitspsychologie und Diagnostik,
Psychologisches Institut, Universität Zürich

Abstract

The thesis aims at extending the knowledge and furthering the research on positive psychology interventions with regard to measurement of approaches to well-being, validation of interventions, and exploration of possible working mechanisms. Seligman (2011) suggested in his Well-Being Theory that well-being consists of five elements (i.e., pleasure/ positive emotions, engagement, meaning, positive relationships, and accomplishment).

The first aim of the present thesis was constructing and validating a measure for the endorsement of positive relationships and accomplishment. The second aim of the thesis was testing the effectiveness of online positive psychology interventions based on each of the five components of the Well-Being Theory. The third aim of the thesis was exploring the impact of potential working mechanisms.

Results showed that the endorsement of positive relationships and accomplishment can be assessed independently from each other, and the other components of Seligman's (2011) Well-Being Theory. Furthermore, all interventions lead to an increase in happiness and a decrease in depressive symptoms. Additionally, it has been shown that the interventions work best for those individuals in the middle range of the well-being continuum. Finally, the thesis provides initial findings emphasizing the importance of emotional and cognitive components in positive psychology interventions. In summary, the findings suggest that Seligman's (2011) Well-Being Theory is a useful framework for developing interventions, and provides further insights in how, and for whom, positive psychology interventions work best.