

Scientific Programme

Clinical Populations
09:15 - 10:15

Room 520 D/E/F

Multicomponent Positive Psychology Interventions: State-of-Art, Innovation and Impact

There is a rapidly growing number of studies investigating the effectiveness of positive psychology interventions on happiness, mental and physical health. Systematic reviews and meta-analyses of these studies have found small to moderate effect sizes for well-being and distress (Sin & Lyubomirsky, 2009; Bolger et al., 2013). Parks & Biswas-Diener (2013) and Schueller & Parks (2014) have proposed to define an intervention as a positive psychology intervention if evidence exists that it successfully increases positive feelings, behaviors and/or cognitions. Recently there has been a growing interest in combining specific positive psychology interventions into so-called multicomponent positive psychology interventions (MPPIs). This symposium brings together some innovative studies with MPPIs in different settings. The first study presents the short- and long-term effects of a MPPI implemented as guided self-help for people with suboptimal levels of well-being. It also addresses relative mediating effects of positive psychological skills. The second study will present the results of a trial on the effects of a MPPI for people who suffered an acute coronary syndrome. Part of this study is finding the optimal combination of positive psychological exercises. The third study presents a meta-analysis assessing the effects of MPPIs on wellbeing, depression and anxiety across studies. The fourth presentation presents results from a study evaluating the effects of a multicomponent positive affects skill intervention for people with elevated depression in comparison with a control group daily reporting emotions.

Chair: Ernst Bohlmeijer (University of Twente, Enschede, Netherlands)

The Efficacy of Multi-component Positive Psychological Interventions: A Meta-analysis of Randomized Controlled Trials

Tom Hendriks (Anton de Kom University of Suriname, Paramaribo, Suriname)

An Online Positive Affect Intervention for People with Elevated Depression: Preliminary Data from the MARIGOLD Study

Judith Moskowitz (Northwestern University Feinberg School of Medicine, Chicago, United States)

How to Flourish in Everyday Life? A Randomized Controlled Trial of a Multicomponent Positive Psychology Self-help Book with Email Support

Marijke Schotanus-Dijkstra (University of Twente, Enschede, Netherlands)

The Positive Emotions after Acute Coronary Events (PEACE) Intervention: Design, Rationale and Results of a Factorial Design Study

Jeff Huffman (Harvard Medical School/Massachusetts General Hospital, Boston, United States)