

4-25-2023

The Impact of Positive Psychology Interventions on College Students' Mental Health

Kaitlin Dobson

Johnson & Wales University - Providence, kdobson01@wildcats.jwu.edu

Follow this and additional works at: https://scholarsarchive.jwu.edu/innov_symposium



Part of the [Life Sciences Commons](#)

Repository Citation

Dobson, Kaitlin, "The Impact of Positive Psychology Interventions on College Students' Mental Health" (2023). *Student Research Design & Innovation Symposium*. 55.
https://scholarsarchive.jwu.edu/innov_symposium/55

This Poster is brought to you for free and open access by the Community Research & Innovation Events at ScholarsArchive@JWU. It has been accepted for inclusion in Student Research Design & Innovation Symposium by an authorized administrator of ScholarsArchive@JWU. For more information, please contact mmatook@jwu.edu.

THE IMPACT OF POSITIVE PSYCHOLOGY INTERVENTIONS ON COLLEGE STUDENTS' MENTAL HEALTH

KAITLIN DOBSON

B.A. Human Development
& Family Studies
M.S. Clinical Mental Health
Counseling

JOHNSON & WALES

UNIVERSITY:
DEPARTMENT OF
COUNSELOR
EDUCATION

1. INTRODUCTION

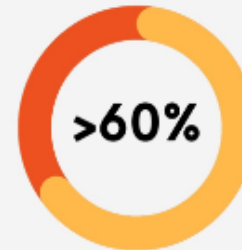
Positive Psychology is the "scientific study of the strengths that enable individuals to thrive" and is founded on the belief that humans aspire to have lives that are meaningful and fulfilling.¹

- Martin Seligman, the founder, created the PERMA theory of well-being:
 - positive emotion
 - engagement
 - relationships
 - meaning
 - accomplishment

2. OBJECTIVE

The objective of this research is to evaluate how positive psychology interventions can alleviate maladaptive thoughts and mental health problems experienced by college students.

3. MENTAL HEALTH STATISTICS



Students meet the criteria for one mental health problem.²

135% increase in positive screens for depression.²

110% increase in positive screens for anxiety.²



4. METHODOLOGY & ANALYSIS

- Johnson & Wales University library EBSCO search engine was utilized to find journal articles.
 - Peer-reviewed published within the past 10 years.

5. FINDINGS

Best Possible Self intervention:

- Moderate effects on positive affect, well-being, and optimism.³
- Decreases in worry and increases in positive affect.⁴

Gratitude-focus interventions:

- Gratitude Group Program: increases in state gratitude, life satisfaction, and life meaning, and decreases in psychological distress.⁵
- Decreased hopelessness, depressive symptoms, suicidal behavior, and substance abuse, and increased social interactions and subjective support.⁶

6. IMPLICATIONS



More research on Positive Psychology interventions with larger samples and more diverse populations.

7. CONCLUSION

While more research on positive psychology interventions is necessary, there is already strong evidence that they can help improve maladaptive thoughts and mental health problems experienced by college students.

8. REFERENCES



Gratitude Intervention



Best Possible Self Intervention