

International Conference on

# Positive Psychology and Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA

***Ann Macaskill***

Sheffield Hallam University, UK

## Positive psychology progress and pitfalls: Exploring health, well-being and education

Positive psychology in its most recent incarnation is now around 16 years old and it seems timely to take stock of progress. In this presentation, I will focus on the expansion of research on positive psychology that has occurred recently. This has included identification of a summary statement of human virtues and widespread acceptance of character strengths as psychological attributes worthy of study. The Values-in-Action Inventory (VIA) has been developed as a first generic measure of the hypothesised model of human virtues although not all the character strengths in the VIA are equally supported empirically by existing research it has provided a huge stimulus to researchers. My own work on applying positive psychology to examine stress in students and academics to identify the characteristics of those who cope best will be explored. We have also been examining strengths in the well elderly a much under researched population to try to identify what contributes to a happy, healthy, and productive old age. The positive psychology interventions my colleagues and I have undertaken with students and the elderly will also be presented. While great strides are being made positive psychology is not without its critics and this will be examined. However, in the spirit of positive psychology, I will examine the challenges that these identified shortcomings pose to researchers so that we can ensure that the area continues to flourish and we move on from our heavy reliance on correlational studies largely with students to employ more sophisticated designs and representative populations.

## Biography

Ann Macaskill is Professor of Health Psychology at Sheffield Hallam University, United Kingdom and Head of Research Ethics for the university. She is trained as a health psychologist and a psychotherapist. She obtained her PhD from Aberdeen University and then worked as a Post-doc at Edinburgh University. She then moved to the University of Sheffield and currently works at Sheffield Hallam University where she established a psychology degree. She has published over 70 papers in peer-reviewed journals, 3 books and 9 book chapters and serves on the Editorial Board of several journals.

[A.Macaskill@shu.ac.uk](mailto:A.Macaskill@shu.ac.uk)

Notes: