

Positive Psychology and Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA

Effects of positive psychology interventions in depressive university students in China: A randomized control study

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Objective: To examine the positive psychology interventions for depressive university students in China.

Methods: A total of 1400 university students were invited to participate in Beck Depression Inventory (BDI) survey. Among these participants, 273 students were classified as depression by BDI. Among the screening depressed 273 students, 124 volunteers were randomly divided into experimental and control groups. The program lasted six months with the positive psychology intervention techniques (i.e., developing altruism) were implemented in the experimental group, there were no any changes in the control group.

Results: Depression and subjective happiness of 62 students in experimental group and 62 students in control group were measured at baseline, the end of intervention. Depressive symptoms in the experimental group scored significantly lower than the control group and subjective happiness in the experimental group scored significantly higher than the control group ($p < 0.001$).

Conclusion: Positive psychology interventions play an extremely important role in improving students' depression symptoms and subjective happiness, suggesting that we can take positive psychology intervention techniques to improve people's the quality of life and mental wellness.

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Positive and spiritual psychology for promoting positive mental health and improving quality of life: Need of the day

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In the present age of globalization and modernization with accelerated rate of urbanization and rapid technological changes, the changed style of lives, as well as changed thoughts, values and priorities have led the society to the edge of stressful outbursts and increased risk of mental health problems. Consequences of this change can be seen in the form of uncontrolled aggression, poor self-control and violence, leading from road rages to murders, rapes, crimes and terrorism or one or another lifestyle disorder, anxieties, worries and tensions. To address the issue of promotion of positive mental health, we need to move out of the medical paradigms and look for more wider and popular answers, acceptable socially and culturally. The simple approaches of positive and spiritual psychology are likely to help in promotion of positive mental health and overall a sense of wellbeing in public. The model developed for the same by the presenter and some empirical evidences will be shared in the presentation. The main focus of the presentation would be to present the understanding and scope of positive and spiritual psychology in prevention, treatment and promotion of mental health at larger level.

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