RESUMEN:
La psicología positiva se centra en maximizar las emociones positivas y en el desarrollo de las fortalezas personales, a diferencia de los tratamientos convencionales para este tipo de desorden que se han centrado en incidir sobre los aspectos negativos y en como estos pueden reducirse.

En el presente estudio se realiza una revisión bibliográfica cuyo objetivo consiste en analizar los beneficios de las intervenciones de psicología positiva aplicadas a pacientes con trastorno depresión y, así pues, la eficacia de éstas.

Se ha realizado una revisión de los trabajos de los últimos 10 años que tratan sobre la aplicación de intervenciones positivas en estos pacientes. Se revisa y se expone una serie de investigaciones cuyos resultados demuestran que las intervenciones de psicología positiva, por una parte, reducen la sintomatología depresiva y los aspectos negativos, y por otro lado incrementan la felicidad y los afectos positivos como por ejemplo el optimismo, el humor, la esperanza, la gratitud y la resiliencia. Esto promueve una mejora en la salud, incrementando el bienestar y así mismo consiguiendo una mayor orientación hacia el disfrute y el placer. Esto nos permite concluir que existe suficiente evidencia para determinar la eficacia de la psicología positiva en este tipo de pacientes. Las limitaciones del presente trabajo se centran en la escasez de artículos disponibles al respecto y en la falta de un segundo revisor que corrobore la información encontrada.

Finalmente, se sugiere llevar a cabo en futuras investigaciones estudios con niños, ya que hay pocas investigaciones al respecto en este ámbito concreto.

Palabras clave: Intervención, Psicología Positiva, Depresión, Emociones Positivas.

ABSTRACT:
Positive psychology focuses on maximizing positive emotions and the development of personal strengths, unlike conventional treatments for this type of disorder that have focused on influencing the negative aspects and how they can be reduced.

In the present study, a bibliographic review is carried out whose objective is to analyze the benefits of positive psychology interventions applied to patients with depression disorder and, therefore, the effectiveness of these.

A review was made of the work of the last 10 years on the application of positive interventions in these patients. A series of investigations is reviewed and exposed, the results of which show that positive psychology interventions, on the one hand, reduce depressive symptomatology and negative aspects, and on the other hand, increase happiness and positive effects such as optimism, mood, hope, gratitude. and resilience. This promotes an improvement in health, increasing well-being and thus achieving a greater orientation towards enjoyment and pleasure. This allows us to conclude that there is sufficient evidence to determine the efficacy of positive psychology in this type of patients. The limitations of this work are focused on the scarcity of articles available in this regard and the lack of a second reviewer to corroborate the information found.

Finally, it is suggested studies with children to be conducted in future research, since there is little research in this area.

Keywords: Intervention, Positive Psychology, Depression, Positive Emotions.
Depression is a mood disorder that affects individuals both physically and emotionally, as well as the way of thinking, feeling and behaving, interfering in the person's daily life. Traditionally, treatments for depression focused on reducing negative symptoms. However, depression is also characterized by a low positive affect. For this reason, in the last years, positive psychology interventions have been developed to improve positive affect. There are reviews about the efficacy of positive psychology interventions in depression treatments, but most of them do not include articles in Spanish language and they are outdated. We are going to analyze the benefits that this branch of the psychology brings to patients with depression. The aim is to make a bibliographic review about the investigations held on the positive psychology interventions efficacy over patients with depression.

**INTRODUCTION**

A bibliographic research was performed with the following inclusion criteria:  
- Scientific articles  
- Published in the last 10 years  
- Languages: Spanish and English  
- Using positive psychology interventions  
- Applied to depressive symptomatology

**METHOD**

**RESULTS**

**DISCUSSION**

After the review carried out on this study, it has been observed that the use of positive psychology interventions, as part of the treatment for patients with depression disorder, has positive effects promoting well-being and increasing positive affect and emotions, at the same time that decreasing negative symptoms. Positive psychology in depression patients improve positive emotions such; joy and optimism. In the other hand, it promotes positive aspects like: humor, satisfaction, commitment, hope, gratitude and resilience. These interventions favor an enjoyment and pleasure orientation, enhancing the strengths and boosting self-regulation. These benefits are shown in heterogeneous samples as well in the short term like in the long-term, independently of the type of implementation modality (individual or group-based, face-to-face or at distance, etc.). One of the most used interventions is “three good things”. The limitations found in this study have been the access to a small number of articles and, in addition, there was not a second reviewer to corroborate the seek and to make a systematic review.

Future studies should develop more PPI interventions for children, due to the fact that there are few investigations regarding this sample.


