

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.*

REVIEW ABOUT THE EFFICACY OF POSITIVE PSYCHOLOGY INTERVENTIONS ON DEPRESSION

INTRODUCTION

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.

METHOD

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

FOUND
40 works

Dialnet 27
Web of science 13

EXCLUDED
32 works

Not clinic intervention articles 12
 Not focused on depression 11
 Not PPI interventions 9

8 works analyzed

Web of science 7
Dialnet 1

RESULTS

Article	Objective	PPI Interventions	Results
Mira, A., Roig, A.E., Díaz-García, A., Rachyla, I., González-Robles, A., Bretón-López, J.M., & Botella-Arbona, C. (2018).	To develop and implement a clinic positive psychology protocol based on clinic positive psychology for depressive symptoms.	Unified Barlow Protocol adapted: learning to enjoy, learning to live, gratitude visit, three advantages, greater remind, curiosity and hope.	Great size of the indicators scores effect. In the pre and post treatment, also in the follow up. Reduction of the depressive symptoms and the negative aspects, at the same time that increase of the positive affect and the orientation to enjoyment.
Proyer, R.T., Wellenzohn, & S., Gander, F. (2015).	To test the impact on the effectiveness of PPIs by analysing their potential to predict happiness and depression about 3.5 years term.	Gratitude visit, Three good things, using signature strengths in a new way; Three good things during two weeks, Gratitude visit and three good things combined; Three funny things, counting kindness, Gift of time, another door opens	Pattern for happiness and depressive symptoms. For both, the pre-test scores had a robust positive association with the respective scores after 3.5 years.
Lopez-Gomez, I., Chaves, C., & Hervas, G. (2017).	To examine the pattern of changes in clinical and well-being variables during a CBT program compared with an integrative positive psychology interventions program for clinical depression.	Positive relationships, compassion, personal strengths, meaning in life, personal goals and resilience	Depressive symptoms decreased and well-being progress showed a different pattern, more gradual. There are no significant differences during both kinds of intervention
Lopez-Gomez, I., Chaves, C., & Hervas, G. (2017).	To compare the efficacy of a manualized protocol of empirically-validated positive psychology interventions (PPI) with a cognitive-behavioural therapy (CBT) protocol.	Identify and name positive emotions and learn to promote them, savouring to amplify the intensity and duration of positive emotions, gratitude, optimism, positive relations kindness, self-compassion, personal strengths, sense of living, and resilience	Both interventions result effective. There is a significant reduction of depressive symptoms and a significant increase of positive functioning from pre to post-treatment.
Schotanus-Dijkstra, M., Pieterse, M.E., & Drossaert, C.H.C. (2019).	To deepen into possible mechanisms of change in multicomponent PPI, examining the efficacy in enhancing well-being processes up to 6 and 12 months follow-up and if this enhancement affects the guided self-help intervention at 6 months.	Three good things, imagining a better possible self, writing a letter of gratitude, active-constructive response'	The intervention group improved significantly more on all these core well-being processes than the wait-list control group from baseline to 3 and 6 months. These effects were maintained or further improved within the intervention group up to 12 months.
Celano C.M., Gomez-Bernal F., Mastromauro C.A., Beale E.E., DuBois C.M., Auerbach R.P., & Huffman J.C. (2018).	To examine the feasibility and preliminary efficacy of a four-week intervention for patients with bipolar depression, through telephone-delivered positive psychology (PP).	Gratitude letter, using personal strengths, performing acts of kindness, imagining a best possible self	Individual PP exercises led to significant reductions in hopelessness and increases in optimism. PP exercises led to marginally significant reductions in hopelessness and greater but not significant increases in optimism
Kwok, Sylvia Y.C.L., Gu, M., & Kit, K.T.K. (2016).	To examine the effectiveness of a positive psychology group-based intervention program, incorporating elements of hope and gratitude, in decreasing depression and increasing life satisfaction among children.	Planning skills, foster hopeful thinking, and enhance goal pursuit activities, counting blessings, writing letters of gratitude, and keeping gratitude journals	Participants of the intervention groups showed a significant decrease in depression and significant increase in life satisfaction, and increased their positive cognition, emotions, and behaviours, helping to cope with current emotional problems and enhancing the capability to deal with future stress and adversities.
Proyer, R.T., Gander, F., & Wellenzohn, S. (2014).	To study the long-term effects of PPI in participants aged 50 and above.	Online setting gratitude: visit, three good things, three funny things, and using signature strengths in a new way	Three out of the four interventions (i.e., gratitude visit, three good things, and using signature strengths in a new way) increased happiness, whereas two interventions (three funny things and using signature strengths in a new way) led to a reduction of depressive symptoms at the post-test and the one-month follow-up.

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.

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