Empirical findings indicate that positive reappraisal, the ability to generate positive emotions in negative situations, is associated with better mental health and psychological well-being (e.g., Garnefski et al., 2002; Gross & Thompson, 2007; Martin & Dahlen, 2005).

Therefore, training people to effectively use positive reappraisal should result in increases in psychological health.

Hypothesis
Because people who already use positive reappraisal likely already benefit from using reappraisal, participants with low initial usage of positive reappraisal should be particularly likely to benefit from positive reappraisal training.

Participants
- 42 stressed females
- Mean age: 28.26

Usage of positive reappraisal:
- Increasing positive emotion scale

Psychological health:
- Anxiety (Beck Anxiety Inventory; BAI)
- Psychological well-being (Ryff)

Results

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