

Disseminating Self-Help: Positive Psychology Exercises in an Online Trial

Consignas:

1. Mention relevant research work previous to this study. Name and explain 5 studies
2. How do the authors of this study account for the centrality of the topic they are researching?
3. What are the aims of the present study?
4. What are the two promotion strategies the authors refer to as ways of preventing major depression episodes?
5. Define positive psychology and list five pathways to well-being presented by Seligman
6. Mention some (at least three) of the functional benefits related to those pathways
7. What did Fordyce research work consist of?
8. Explain Seligman and Steen's comparative work on gratitude strategies
9. What do the authors mean by "signature strength" and "shotgun approaches"?
10. What is the limitation for applying PPT programs more widely?
11. Mention the reasons why, according to the authors of this study, the Internet is a good ally for PPT techniques.
12. Describe the procedure of the research work presented in this article
13. Explain the results of the study in light of its aims
14. Explain the relationship between this research work and:
 - a. September 11, 2001
 - b. Facebook