

Positive Psychology

Instructions

Watch the [video about bundles](#).

This bundle was created to edify and support your research interests. Recommended resources have the first word of the reference highlighted with light text over a dark background (e.g., Akbarian).

Some of the links go to research paper vendor sites with just the abstract available. To read the full article, sign in to [HOLLIS Library](#) and do the title search there.

Keywords in search: positive psychology; psychological capital; science of happiness; science of flourishing; science of well-being; positive emotions and neuroscience; psychology and life satisfaction; psychology and gratitude

If you wish, you can [download this bundle](#).

Resources

Action For Happiness. (2016). Positive psychology with Martin Seligman. [video] (1:20:12 minutes). Available on: [Positive Psychology with Martin Seligman](#)

Alexander, R., Aragón, O. R., Bookwala, J., Cherbuin, N., Gatt, J. M., Kahrilas, I. J., ... & Styliadis, C. (2021). [The neuroscience of positive emotions and affect: Implications for cultivating happiness and wellbeing](#). *Neuroscience & Biobehavioral Reviews*, 121, 220-249. <https://doi.org/10.1016/j.neubiorev.2020.12.002>

Alex Linley, P., Joseph, S., Harrington, S., & Wood, A. M. (2006). [Positive psychology: Past, present, and \(possible\) future](#). *The Journal of Positive Psychology*, 1(1), 3-16.

Algroe, S. B., & Zhaoyang, R. (2016). [Positive psychology in context: Effects of expressing gratitude in ongoing relationships depend on perceptions of enactor responsiveness](#). *The Journal of Positive Psychology*, 11(4), 399-415.

Allison, L., Waters, L., & Kern, M. L. (2021). [Flourishing classrooms: Applying a systems-informed approach to positive education](#). *Contemporary School Psychology*, 25(4), 395-405. <https://doi.org/10.1007/s40688-019-00267-8>

Appiah, R., Wilson Fadiji, A., Wissing, M. P., & Schutte, L. (2021). [Participants' experiences and impressions of a group-based positive psychology intervention programme for rural adults in Ghana](#). *International Journal of Qualitative Studies on Health and Well-being*, 16(1), Article 1891760. <https://doi.org/10.1080/17482631.2021.1891760>

Aryani, F., Wirawan, H., Saman, A., Samad, S., & Jufri, M. (2021). [From high school to workplace: Investigating the effects of soft skills on career engagement through the role of psychological capital in different age groups](#). *Education+ Training*, 63(9), 1326-1345. <https://doi.org/10.1108/ET-03-2021-0087>

Bachik, K. (2021). [VIA character strengths among US college students and their associations with happiness, well-being, resiliency, academic success and psychopathology](#). *The Journal of Positive Psychology*, 16(4), 512-525. <https://doi.org/10.1080/17439760.2020.1752785>

Bali, M., Bakhshi, A., Khajuria, A., & Anand, P. (2022). [Examining the association of Gratitude with psychological well-being of emerging adults: the mediating role of spirituality](#). *Trends in Psychology*,

- Baron, R. A., Franklin, R. J., & Hmielecki, K. M. (2016). Why entrepreneurs often experience low, not high, levels of stress: The joint effects of selection and psychological capital. *Journal of Management*, 42(3), 742-768.
- Bartholomaeus, J., Van Agteren, J., Iasiello, M., Jarden, A., & Kelly, D. (2019). Positive ageing: the impact of a community wellbeing program for older adults. *Clin Gerontol*.
- Brickman, P., Coates, D., & Janoff-Bulman, R. (1978). Lottery winners and accident victims: Is happiness relative? *Journal of Personality and Social Psychology*, 36, 917–927.
- Buckingham, M., & Clifton, D. (2001). *Now, discover your strengths*. New York: Free Press.
- Carr, A., Cullen, K., Keeney, C., Canning, C., Mooney, O., Chinseallaigh, E., & O'Dowd, A. (2021). Effectiveness of positive psychology interventions: A systematic review and meta-analysis. *The Journal of Positive Psychology*, 16(6), 749-769. <https://doi.org/10.1080/17439760.2020.1818807>
- Carr, D., Freedman, V. A., Corman, J. C., & Schwarz, N. (2014). Happy marriage, happy life? Marital quality and subjective well-being in later life. *Journal of Marriage and Family*, 76(5), 930-948.
- Chen, L., Bae, S. R., Battista, C., Qin, S., Chen, T., Evans, T. M., & Menon, V. (2018). Positive attitude toward math supports early academic success: Behavioral evidence and neurocognitive mechanisms. *Psychological Science*, 0956797617735528.
- Chopik, W. J., Newton, N. J., Ryan, L. H., Kashdan, T. B., & Jarden, A. J. (2019). Gratitude across the life span: Age differences and links to subjective well-being. *The Journal of Positive Psychology*, 14(3), 292-302.
- Compton, W. C., & Hoffman, E. (2019). *Positive psychology: The science of happiness and flourishing*. SAGE Publications.
- Csikszentmihalyi, M., & Larson, R. (2014). *Flow and the foundations of positive psychology* (pp. 209-226). Dordrecht: Springer.
- Csikszentmihalyi, M., & Hunter, J. (2003). Happiness in everyday life: The uses of experience sampling. *Journal of Happiness Studies*, 4, 185–199. *Positive Psychology: The Science at the Heart of Coaching* 251
- Dalai Lama's guide to happiness. [video] (8:06 minutes). Available on: Dalai Lama's guide to happiness
- Datu, J. A. D., Valdez, J. P. M., McInerney, D. M., & Cayubit, R. F. (2022). The effects of gratitude and kindness on life satisfaction, positive emotions, negative emotions, and COVID-19 anxiety: An online pilot experimental study. *Applied Psychology: Health and Well-Being*, 14(2), 347-361. <https://doi.org/10.1111/aphw.12306>
- Daukantaitė, D., Hefferon, K., & Sikström, S. (2016). The harmony in life scale complements the satisfaction with life scale: expanding the conceptualization of the cognitive component of subjective well-being. *Social Indicators Research*, 126(2), 893-919.
- Davidson, R. (2015). Research well-being is a skill: Perspectives from contemplative neuroscience. [video] (1:12:34 minutes). Available on: Well-Being is a Skill: Perspectives from Contemplative Neuroscience
- DeBiase, E., Bray, M., Levine, M., Graves, M., & Long, M. (2021). Improving well-being and behavior in adolescents utilizing a school-based positive psychology intervention. *International Journal of School & Educational Psychology*, 1-17. <https://doi.org/10.1080/21683603.2021.1881000>
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index.

- Diener, E., Heintzelman, S. J., Kushlev, K., Tay, L., Wirtz, D., Lutes, L. D., & Oishi, S. (2017). Findings all psychologists should know from the new science on subjective well-being. *Canadian Psychology/psychologie canadienne*, 58(2), 87.
- Ding, K., & Liu, J. (2022). Comparing gratitude and pride: evidence from brain and behavior. *Cognitive, Affective, & Behavioral Neuroscience*, 1-16. <https://doi.org/10.3758/s13415-022-01006-y>
- Ekman, E., & Simon-Thomas, E. (2021). Teaching the science of human flourishing, unlocking connection, positivity, and resilience for the greater good. *Global Advances in Health and Medicine*, 10, Article 21649561211023097. <https://doi.org/10.1177%2F21649561211023097>
- Ellis-Hervey, N. (2013). *Psychological well-being*. [video]. (18:10 minutes). TEDxIIT. Available on: Psychological well-being: Nina Ellis-Hervey at TEDxIIT
- Fordyce, M. W. (2005). A review of research on the happiness measures: A sixty second index of happiness and mental health. In Citation classics from social indicators research (pp. 373-399). Springer, Dordrecht.
- Fredrickson, B. (2001). The role of positive emotions in positive psychology: The Broaden-and-Build theory of positive emotions. *American Psychologist*, 56(3), 218–226.
- Fredrickson, B. L., & Branigan, C. A. (2005). Positive emotions broaden the scope of attention and thought-action repertoires. *Cognition and Emotion*, 19, 313–332.
- Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, 13, 172–175.
- Fredrickson, B. L., & Losada, M. (2005). Positive affect and the complex dynamics of human flourishing. *American Psychologist*, 60(7), 678–686.
- Fritz, M. M., Walsh, L. C., & Lyubomirsky, S. (2017). Staying happier. In *The happy mind: Cognitive contributions to well-being* (pp. 95-114). Springer, Cham.
- Foka, S., Hadfield, K., Pluess, M., & Mareschal, I. (2021). Promoting well-being in refugee children: An exploratory controlled trial of a positive psychology intervention delivered in Greek refugee camps. *Development and Psychopathology*, 33(1), 87-95. <https://doi.org/10.1017/S0954579419001585>
- Fujita, F., & Diener, E. (2005). Life satisfaction set point: Stability and change. *Journal of Personality and Social Psychology*, 88(1), 158–164.
- Geschwind, N., Arntz, A., Bannink, F., & Peeters, F. (2019). Positive cognitive behavior therapy in the treatment of depression: A randomized order within-subject comparison with traditional cognitive behavior therapy. *Behaviour Research and Therapy*.
- Gloria, C. T., & Steinhardt, M. A. (2016). Relationships among positive emotions, coping, resilience and mental health. *Stress and Health*, 32(2), 145-156.
- Guo, F., & Yu, L. (2021). A study on four-in-one training scheme of children's mental resiliency under the perspective of positive psychology. *International Journal of Frontiers in Sociology*, 3(1), 181-192. <http://dx.doi.org/10.25236/IJFS.2021.030124>
- Heilmayr, D., & Miller, T. J. (2021). Nature exposure achieves comparable health and well-being improvements as best practice, positive psychology interventions. *Ecopsychology*, 13(1), 27-36. <https://doi.org/10.1089/eco.2019.0074>
- Ho, H. C., & Chan, Y. C. (2022). Longitudinal associations between psychological capital and problem-solving

among social workers: A two-wave cross-lagged study. *Health & Social Care in the Community*.
<https://doi.org/10.1111/hsc.13713>

Huang, L., & Zhang, T. (2021). Perceived social support, psychological capital, and subjective well-being among college students in the context of online learning during the COVID-19 Pandemic. *The Asia-Pacific Education Researcher*, 1-12. <https://doi.org/10.1007/s40299-021-00608-3>

Irving, L. M., Snyder, C. R., Cheavens, J., Gravel, L., Hanke, J., Hilberg, P., & Nelson, N. (2004). The relationships between hope and outcomes at the pre-treatment, beginning, and later phases of psychotherapy. *Journal of Psychotherapy Integration*, 14(4), 419–443.

Jardon, A. (2016). *A simplified way to wellbeing*. [video]. University of Melbourne. Available on: [A Simplified Way to Wellbeing](#)

Johnson, J., & Wood, A. M. (2017). Integrating positive and clinical psychology: Viewing human functioning as continua from positive to negative can benefit clinical assessment, interventions and understandings of resilience. *Cognitive Therapy and Research*, 41(3), 335-349.

Kato, K., Zweig, R., Schechter, C. B., Barzilai, N., & Atzman, G. (2016). Positive attitude toward life, emotional expression, self-rated health, and depressive symptoms among centenarians and near-centenarians. *Aging & Mental Health*, 20(9), 930-939.

Kauffman, C. (2006). Positive psychology: The science at the heart of coaching. In D.R. Stober & A.M. Grant (Eds.). *Evidence based coaching handbook: Putting best practices to work for your clients* (pp.219-253). Hoken, NJ: John Wiley & Sons.

Kelly, G. (2015). We can build a state of wellbeing with positive psychology | Gabrielle Kelly | TEDxAdelaide [video]. (16:52 minutes). Available on: [We can build a state of wellbeing with positive psychology | Gabrielle Kelly | TEDxAdelaide](#)

King, R. B., & Caleon, I. S. (2021). School psychological capital: Instrument development, validation, and prediction. *Child Indicators Research*, 14(1), 341-367. <https://doi.org/10.1007/s12187-020-09757-1>

Koh, H. K., Blakey, C., & Ochiai, E. (2021). Flourishing after a pandemic: Healthy People 2030. *Journal of Public Health Management and Practice*, 27(6), Article S215.
<https://dx.doi.org/10.1097%2FPHH.0000000000001415>

Kringelbach, M. L., & Berridge, K. C. (2017). The affective core of emotion: linking pleasure, subjective well-being, and optimal metastability in the brain. *Emotion Review*, 9(3), 191-199.

Kruglanski, A. W., Baldner, C., Chernikova, M., Destro, C. L., & Pierro, A. (2018). A new perspective on the attitude-behavior relation: The essential function of goals. *Polish Psychological Bulletin*, 49(1), 31-39.

Kwok, S. Y., & Fang, S. (2021). A cross-lagged panel study examining the reciprocal relationships between positive emotions, meaning, strengths use and study engagement in primary school students. *Journal of Happiness Studies*, 22(3), 1033-1053. <https://doi.org/10.1007/s10902-020-00262-4>

Lambert, L., Passmore, H. A., & Holder, M. D. (2015). Foundational frameworks of positive psychology: Mapping well-being orientations. *Canadian Psychology/Psychologie canadienne*, 56(3), 311.

Layouts, K., Nelson, S. K., Kurtz, J. L., & Lyubomirsky, S. (2017). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *The Journal of Positive Psychology*, 12(4), 385-398.

Liu, Y., Aungsuroch, Y., Gunawan, J., & Zeng, D. (2021). Job stress, psychological capital, perceived social support, and occupational burnout among hospital nurses. *Journal of Nursing Scholarship*.
<https://doi.org/10.1111/jnu.12642>

- Lopez, S., & Snyder, C. R. (Eds.). (2003). *Positive psychological assessment: A handbook of models and measures*. Washington, DC: American Psychological Association.
- Lopez, S. J., Snyder, C. R., & Rasmussen, H. N. (2003). *Striking a vital balance: Developing a complementary focus on human weakness and strength through positive psychological assessment*. In S. Lopez & C. R. Snyder (Eds.), *Positive psychological assessment: A handbook of models and measures*. Washington, DC: American Psychological Association.
- Losada, M., & Heaphy, E. (2004). *The role of positivity and connectivity in the performance of business teams: A nonlinear dynamics model*. *American Behavioral Scientist*, 47(6), 740–765.
- Lyubomirsky, S. (2014). The science of happiness. [video]. (1:17:40 minutes). Available on: [Seaver Distinguished Lecture Series | Dr. Sonja Lyubomirsky, "The Science of Happiness"](#)
- Lykken, D., & Tellegen, A. (1996). *Happiness is a stochastic phenomenon*. *Psychological Science*, 7, 186–189.
- Macharis, C., & Kerret, D. (2019). The 5E Model of environmental engagement: Bringing sustainability change to higher education through positive psychology. *Sustainability*, 11(1), 241.
- McMahan, E. A., & Estes, D. (2015). *The effect of contact with natural environments on positive and negative affect: A meta-analysis*. *The Journal of Positive Psychology*, 10(6), 507-519.
- Morganson, V. J., Litano, M. L., & O'Neill, S. K. (2014). *Promoting work–family balance through positive psychology: A practical review of the literature*. *The Psychologist-Manager Journal*, 17(4), 221.
- Moskowitz, J. T., Cheung, E. O., Freedman, M., Fernando, C., Zhang, M. W., Huffman, J. C., & Addington, E. L. (2021). *Measuring positive emotion outcomes in positive psychology interventions: A literature review*. *Emotion Review*, 13(1), 60-73. <https://doi.org/10.1177%2F1754073920950811>
- Nakamura, J., & Csikszentmihalyi, M. (2002). *The concept of flow*. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of positive psychology*, 89–105. New York: Oxford University Press.
- Nakamura, J., & Csikszentmihalyi, M. (2014). *The motivational sources of creativity as viewed from the paradigm of positive psychology*. In *The systems model of creativity* (pp. 195-206). Amsterdam: Springer Netherlands.
- Neff, K. D. (2016). *Self-compassion*. Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing, 37.
- Nickerson, C., Schwartz, N., Diener, E., & Kahneman (2003). *Zeroing in on the dark side of the American dream: A closer look at the negative consequences of the goal for financial success*. *Psychological Science* 14(6), 531–536.
- Niemiec, R. M., Shogren, K. A., & Wehmeyer, M. L. (2017). *Character strengths and intellectual and developmental disability: A strengths-based approach from positive psychology*. *Education and Training in Autism and Developmental Disabilities*, 52(1), 13.
- Oswald, A. J., Proto, E., & Sgroi, D. (2015). *Happiness and productivity*. *Journal of Labor Economics*, 33(4), 789-822.
- Peterson, C., Park, N., & Seligman, M. E. P. (2005). *Orientations to happiness and life satisfaction: The full life versus the empty life*. *Journal of Happiness Studies*, 6, 25–41.
- Peterson, C., & Seligman, M. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press.
- Positive Psychology Program. (2016). Positive psychology in the workplace: Thank God it's Monday! [video]

(7:44 minutes). Available on: [Positive Psychology in the Workplace: Thank God It's Monday!](#)

- Proyer, R. T., Gander, F., Wellenzohn, S., & Ruch, W. (2014). Positive psychology interventions in people aged 50–79 years: long-term effects of placebo-controlled online interventions on well-being and depression. *Aging & Mental Health*, 18(8), 997-1005.
- Reed, A. E., Chan, L., & Mikels, J. A. (2014). Meta-analysis of the age-related positivity effect: age differences in preferences for positive over negative information. *Psychology and Aging*, 29(1), 1.
- Rutledge, R. B., Skandali, N., Dayan, P., & Dolan, R. J. (2014). A computational and neural model of momentary subjective well-being. *Proceedings of the National Academy of Sciences*, 111(33), 12252-12257.
- Rutledge, R. B., Skandali, N., Dayan, P., & Dolan, R. J. (2015). Dopaminergic modulation of decision making and subjective well-being. *Journal of Neuroscience*, 35(27), 9811-9822.
- Schnitker, S. A., & Emmons, R. A. (2017). The psychology of virtue: Integrating positive psychology and the psychology of religion. *Psychology of Religion and Spirituality*, 9(3), 239.
- Schotanus-Dijkstra, M., Pieterse, M. E., Drossaert, C. H., Walburg, J. A., & Bohlmeijer, E. T. (2019). Possible mechanisms in a multicomponent email guided positive psychology intervention to improve mental well-being, anxiety and depression: A multiple mediation model. *The Journal of Positive Psychology*, 14(2), 141-155.
- Seligman, M. E. (2004). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Simon and Schuster.
- Seligman, M.E. (2013). *The new era of positive psychology*. [22:33 minutes]. Ted Talk [video]. Available on: [The new era of positive psychology | Martin Seligman](#)
- Seligman, M.E. (2012). 'Flourishing - a new understanding of wellbeing' at happiness & its causes. [video]. (30:07 minutes). Available on: [Martin Seligman 'Flourishing - a new understanding of wellbeing' at Happiness & Its Causes 2012](#)
- Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60(5), 410.
- Seligman, M. E. P., Parks, A. C., & Steen, T. (2004). *A balanced psychology and a full life*. University of Pennsylvania, unpublished manuscript.
- Seligman, M., Steen, T., Park, N., & Peterson, C. (2005). Positive psychology process: Empirical validation of interventions. *American Psychologist*, 60(5), 410–421.
- Seligman, M. E., & Csikszentmihalyi, M. (2014). Positive psychology: An introduction. In *Flow and the foundations of positive psychology* (pp. 279-298). Amsterdam: Springer Netherlands.
- Sheldon, K. M. (2018). Understanding the good life: Eudaimonic living involves well-doing, not well-being. In *The social psychology of living well* (pp. 132-152). London, UK: Routledge.
- Shoshani, A., & Steinmetz, S. (2014). Positive psychology at school: A school-based intervention to promote adolescents' mental health and well-being. *Journal of Happiness Studies*, 15(6), 1289-1311.
- Sin, N. L., & Lyubomirsky, S. (2009). Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: A practice-friendly meta-analysis. *Journal of Clinical Psychology*, 65(5), 467-487.
- Snyder, C. R. (2000). *Handbook of hope: Theory measures and applications*. New York: Guilford Press.
- Smith, B. W., Ford, C. G., Erickson, K., & Guzman, A. (2021). The effects of a character strength focused

positive psychology course on undergraduate happiness and well-being. *Journal of Happiness Studies*, 22(1), 343-362. <https://doi.org/10.1007/s10902-020-00233-9>

Snyder, C. R. (2002). Hope theory: Rainbows in the mind. *Psychological Inquiry*, 13(4), 249–275.

Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The meaning in life questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*, 53(1), 80.

Steptoe, A., Deaton, A., & Stone, A. A. (2015). Subjective wellbeing, health, and ageing. *The Lancet*, 385(9968), 640-648.

Stieglitz, J., Jaeggi, A. V., Blackwell, A. D., Trumble, B. C., Gurven, M., & Kaplan, H. (2014). Work to live and live to work: productivity, transfers, and psychological well-being in adulthood and old age. In M. Weinstein and M.A. Lane (eds.), *Sociality, hierarchy, health: Comparative biodemography: A collection of papers*. National Research Council. Washington (DC): National Academies Press

Stoner, C. R., Orrell, M., & Spector, A. (2015). Review of positive psychology outcome measures for chronic illness, traumatic brain injury and older adults: adaptability in dementia?. *Dementia and Geriatric Cognitive Disorders*, 40(5-6), 340-357.

Strangstalien, M. (2016). *Lecture series on healthy living: Positive psychology applications for resiliency and well-being*. [video]. (1:13:23 minutes). University of Arizona. Available on: [Lecture Series on Healthy Living: Positive Psychology Applications for Resiliency and Well-Being](#)

Suldo, S. M., Savage, J. A., & Mercer, S. H. (2014). Increasing middle school students' life satisfaction: Efficacy of a positive psychology group intervention. *Journal of Happiness Studies*, 15(1), 19-42. Viseu, J., Neves de Jesus, S., Rus, C., & Canavarro, J. M. (2016). Teacher motivation, work satisfaction, and positive psychological capital: A literature review. *Electronic Journal of Research in Educational Psychology*, 14(39).

Tortella, G. R., Seabra, A. B., Padrão, J., & Juan, D. S. (2021). Mindfulness and other simple neuroscience-based proposals to promote the learning performance and mental health of students during the COVID-19 pandemic. *Brain Sciences*, 11(5), Article 552. <https://doi.org/10.3390/brainsci11050552>

Trom, P., & Burke, J. (2021). Positive psychology intervention (PPI) coaching: An experimental application of coaching to improve the effectiveness of a gratitude intervention. *Coaching: An International Journal of Theory, Research and Practice*, 1-12. <https://doi.org/10.1080/17521882.2021.1936585>

Ben-Shahar, T. (2014). *Positive psychology: The science of happiness*. [video]. (1:57:58 minutes). Available on: [Positive Psychology: The Science of Happiness](#)

Waldinger, R. (2016). *What makes a good life? Lessons from the longest study on happiness*. [video]. (8:30 minutes)). Available on: [What makes a good life? Lessons from the longest study on happiness | Robert Waldinger](#)

Wang, Y., Derakhshan, A., & Zhang, L. J. (2021). Researching and practicing positive psychology in second/foreign language learning and teaching: The past, current status and future directions. *Frontiers in Psychology*, 12, Article 731721. <https://dx.doi.org/10.3389%2Ffpsyg.2021.731721>

Waters, L., Cameron, K., Nelson-Coffey, S. K., Crone, D. L., Kern, M. L., Lomas, T., ... & Williams, P. (2021). Collective wellbeing and posttraumatic growth during COVID-19: How positive psychology can help families, schools, workplaces and marginalized communities. *The Journal of Positive Psychology*, 1-29. <https://doi.org/10.1080/17439760.2021.1940251>

Waters, L., Algoe, S. B., Dutton, J., Emmons, R., Fredrickson, B. L., Heaphy, E., ... & Steger, M. (2021). Positive psychology in a pandemic: Buffering, bolstering, and building mental health. *The Journal of*

Welter, C., & Scrimshire, A. (2021). [The missing capital: The case for psychological capital in entrepreneurship research](#). *Journal of Business Venturing Insights*, 16, Article e00267. <https://doi.org/10.1016/j.jbvi.2021.e00267>

Whisman, M. A., & Judd, C. M. (2016). [A cross-national analysis of measurement invariance of the Satisfaction With Life Scale](#). *Psychological Assessment*, 28(2), 239.

Wong, I. A., Lin, Z., & Kou, I. E. (2021). [Restoring hope and optimism through staycation programs: An application of psychological capital theory](#). *Journal of Sustainable Tourism*, 1-20. <https://doi.org/10.1080/09669582.2021.1970172>

Wood, G., Jordet, G., & Wilson, M. R. (2015). [On winning the “lottery”: psychological preparation for football penalty shoot-outs](#). *Journal of Sports Sciences*, 33(17), 1758-1765.

Wroblewski, K., & Snyder, C. (2005). [Hopeful thinking in older adults: Back to the future](#). *Experimental Aging Research*, 31, 217–233.

Yaghoubi, A., & Nesai Moghadam, B. (2019). [The effect of positive psychology intervention on the psychological well-being of adolescents](#). *Iranian Journal of Psychiatry and Clinical Psychology*, 25(1), 2-2.

Yakushko, O., & Blodgett, E. (2021). [Negative reflections about positive psychology: On constraining the field to a focus on happiness and personal achievement](#). *Journal of Humanistic Psychology*, 61(1), 104-131. <https://doi.org/10.1177%2F0022167818794551>

Yates, T. M., Tyrell, F. A., & Masten, A. S. (2015). [Resilience theory and the practice of positive psychology from individuals to societies](#). In S. Joseph's *Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life* (pp.773-788). Hoboken, NJ: John Wiley & Sons.

Zhang, J. W., Howell, R. T., & Iyer, R. (2014). [Engagement with natural beauty moderates the positive relation between connectedness with nature and psychological well-being](#). *Journal of Environmental Psychology*, 38, 55-63.

Date of last update: 15-Dec-2022 CB

This resource is protected under a [Creative Commons Attribution-NonCommercial 4.0 International \(CC BY-NC 4.0\) license](#).

