

Does Positive Psychology Play a Significant Role in Treating Depression and Anxiety?

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Abstract

The theoretical research report incorporates the applications of positive psychology in the perspective health professionals. The selected social issue is depression and anxiety particularly among doctors, nurses and paramedical staff. Moreover, the report needed to select an intervention or positive psychology program related to the treatment of chosen social challenges. For this reason, Cognitive Behavioral Therapy (CBT) model is integrated in the report to identify the affirmative implications of positive psychology over health professionals and others. After understanding the causes of depression and anxiety, it is instituted that inadequate financial resources, ignorance, harassment, past traumatic events, workplace bullying and mistreatment, job insecurity and gender discrimination stimulate depression and anxiety among the selected audience. The literature has taken from previous and contemporary studies in order to extract the most relevant and authentic information regarding optimistic cognitive psychology principles and its relation to depression and anxiety. Furthermore, a research report of Canadian Mental Health Association is included in the report to know the consequences of depression and anxiety on society as a whole. Similarly, the effect of these social issues on individual level and group level has been explored analytically. After that, the report discusses different aspects of positive psychology on the basis of mediation and mindfulness. Once people enter in the conscious state of mind, they will inevitably enjoy stress-free life and inspiring environment. The next section of report makes intervention proposal which talks about the aim, implication, method, and the suitable timings for the selected intervention. Lastly, the report comprises an artifact that would be used for the advertisement of intervention.

Keywords: Positive Psychology, Cognitive Behavioral Therapy, Mindfulness, Depression and Anxiety

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The conceptual report incorporates the applications of positive psychology particularly for one of the most often social issues depression and anxiety. However, various investigations have already done on this topic but still the application of positive psychology is needed to explore (Seligman, & Csikszentmihalyi, 2014). Initially, the report clearly discusses the key aims and objectives of research report in order to make a brief overview for the reader. Secondly, the report comprises relevant and accurate data related to depression and anxiety between grown-up health professionals and the significance of positive psychological applications.

The conceptual report on positive psychology for depression and anxiety principally focuses on the following aims and objectives.

- To identify the substantial importance of positive psychology for the treatment of depression and anxiety among adult health professionals.
- Describe the scope and aspects of positive psychology.
- To find the correlation between depression and anxiety.
- To recognize effective mindfulness-based interventions for depression and anxiety.
- To suggest some recommendations for reducing negative impact of depression and anxiety especially among health professionals.
- To understand the role of positive psychology for the recovery of depressive and anxious patients.

In the contemporary world, youngsters and adults both have been suffering from depression and anxiety due to various reasons. Previously, the scientific theories were unable to find the treatment of these issues but the modern sciences has successfully established the counter strategies for depression and anxiety (Sergeant, and Mongrain, 2011). More than that, this report keenly emphasizes on the interventions and mediations for depression and anxiety. The

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report will be constructive for adult health professionals including both male and female that are facing these challenges in their life. Furthermore, the final outcomes of the report will assist upcoming researchers and medical professionals to build insights of positive psychology applications.

Depression and Anxiety

Since the report incorporates the applications of positive psychology for depression and anxiety, people are frequently asked with doctors and other medical practitioners that how we can control these social cognitive emotions along with hectic work conditions, various tensions and pressures. There might be lots of reasons behind this stress such as relationship disputes, failed in achieving goals, financial issues and hectic routine. But on the other hand, health professionals like doctor, pharmacist, nurses and medical technologists are also facing depression and anxiety. According to the study of Chernomas, & Shapiro, (2013) in which the investigators examined the working nature of nurses and the rate of depression and anxiety among them. It is identified that nurses including male and female are also suffering from depression and nursing because of personal issues, chaotic work nature, and high rate of patients, health issues and imbalance life. So, the problem will be explored in this report.

Health and Well Being

The five key principles of positive psychology are abundance, positive deviance, virtues and strengths, flourishing, and health and well-being. But for this report, health and wellbeing is selected as the key principle of positive psychology (Langley, 2016). If health amenities are offering importance to amplify well-being, instead of treating illness, then health professionals

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need new methods to functioning with people. In today's world, people often face lacking of well-being and good health because of depression and anxiety. For this reason, scientists and researchers have been working for the exploration of positive psychology approaches. Therefore, it is needed for the individuals to focus on their work and create new ideas and procedures.

Positive Psychology Based Intervention

The chosen positive psychology based intervention is cognitive behavior therapy (CBT) that focuses the evidence that psychological thoughts influence behaviors and feelings of people (Hofmann, et al., 2012). These cognitions also affect positively or negatively on the actions of individual. The psychotherapist helps people to find obstructive thoughts, feelings and behaviors. However, the same thing is applied in the case of health professionals that are also affected from depression and anxiety. Cognitive behavior therapy has two different aspects; cognitive therapy and behavior therapy (Murphy, et al., 2010). Behavior therapy is centered to the theory that shows the fluctuations in human behavior and it may change with the passage of time. For instance, relaxation after hectic work and enjoying music during travel are the human cognitions that can be changed rapidly. Similarly, cognitive therapy is referred that depression and anxiety are the outcomes of faulty thinking or negative thinking. Thus, cognitive behavior therapy interventions like self-instructional and restructure training can be used to control depression and anxiety among health professionals as well as others.

Causes of Depression and Anxiety

In most of the anxiety disorders, depression plays a central role and it creates more complications among individuals. Though conceptual report examines these social issues

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between health professionals, it is necessary to understand the causes of depression and anxiety.

Rodriguez (2015) mentions in his article that anxiety and depression must be treated simultaneously because both of them are interconnected with each other. For example, if a female nurse is anxious because of her workplace atmosphere and she feels threats regarding harassment from her male colleagues, she will inevitably become depressed and unhappy. So it is necessary to address these problems together.

On the other hand, there may be several causes of depression and anxiety particularly for the health professionals. The research report of Bagaajav, et al (2011) unveiled the rate of burnout or depression among Mongolian doctors and nurses. The authors found the reason that job stress causes this disorder in mainstream of the health professionals. Although, depression and anxiety both are often subtle, but cognitive behavior therapy is positively controlling these social issues. Some of the major causes of depression and anxiety are as follows;

Ignorance

In the context of nursing, depression and anxiety are very common disorders that incite after facing harsh behavior and ignorance from seniors and doctors. These situations may create negative thoughts and insights within the mind of nurses that lead to extreme depression.

Lampert (2016) depicts that ignorance is one of the major causes of depression and anxiety. A person who face ignorance and discrimination will immediately loose optimism and unable to perform their duties properly. Subsequently, anxiety complications are much more than just worrying and nervousness. Though, people having anxiety disorders understand that their perceptions and insights are ridiculous, but they become failed to eradicate these thoughts. In addition, these patients also suffer from insomnia and hunger. Similarly, these individuals are

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unable to perform decision-making, participation in society, low confidence, less interests in hobbies and social activities. In other words, nurses having anxiety and depression avoid social interaction with people.

Past Experiences

In most of the psychological cases, people are less motivated and depressed just because of their previous experiences like breakup with partner, death of family member, unsuccessful in exams, harsh arguments, emotional abuse, traumatic life events and abortive marriage. But in the perspective of health professionals, their past experiences are usually related to bad customer interaction, hectic work environment, workplace bullying and harassment, demotions and absence of promotions (Gilbert, 2016). These factors create depression and anxiety among individuals.

Job Insecurity

Nevertheless, nurses and doctors can work independently at their clinics and hospitals but there are large numbers of health professionals that have been working under the supervision of management (Fan, 2015). These professionals are more concerned about their long term job sustainability. In the competitive business environment, organizations as well as medical centers are seeking for proficient workers and labor so that they will pursue targets on time. Likewise, nurses also feel threat from this situation and their ambiguities will turn into depression and anxiety. Thus, job insecurity is one of the causes of depression that will lead to anxiety and powerlessness.

Gender Discrimination

Several researches have been done on the significance of gender diversity at the workplace but still professionals are facing gender discrimination in different organizations (Huffman, Cohen, & Pearlman, 2010). However, world leading firms such as IBM are separately working for diversified workforce since it becomes a necessary component of organizational success. In the same way, health professionals especially nurses have been repeatedly showing their concerns over gender discrimination. As a result, these individuals are much depressed and anxious as compared to those who are working in diversified working environment. For this reason, Cognitive Behavior Therapy (CBT) treats patients through motivation, impulsive approaches, and effective counseling.

Inappropriate Financial Resources

Apparently in third world countries, a large extent of population has been living below the poverty line and they do not have enough resources to get education, health and accommodation. It may result in depression and anxiety. But in case of first world countries, there are some people who are failed to chase their economic necessities. In nursing and health profession, majority of the nurses feel depression due to minimum wages and incentives from the administration. These professionals need proper counseling under the direction of positive psychological principles. This situation establishes a linkage between psychological and financial health of individuals but several researches conclude that anxiety, depression and other psychiatric complications have been found in people that face huge financial losses or shortage of capital (Bhasin, Sharma, & Saini, 2010).

Implication of Depression and Anxiety at Different Levels

Despite certain health issues depression and anxiety impact pessimistically over working people such as medical professionals, there are some implications of depression and anxiety at different levels. It impacts negatively on individual level, group level and societal level. The prevalence of above discussed causes makes depression and anxiety the most often social issues. These social problems are assessed below;

Individual Level

Depression and anxiety can cause weight gain, pain, muscle fatigue, insomnia and non-attentive behavior. These two social issues affect people at discrete level by making them less attentive, less creative, decreased interest in personal life and sexual life, and impotent to perform regular activities. On the contrary, people having severe depression and anxiety can easily attempt suicide and damage others. However, proper counseling and cognitive behavior therapy can reduce the chances of depression and anxiety among individuals. For instance, nurses and doctors have a substantial correlation in terms of professionalism. Sometimes, their relationship faces challenges regarding lack of trust and ineffective communication. But positive psychological interventions can minimize the effect of depression and anxiety (Pietrangelo, 2014). At the individual level it is about constructive individual characteristics, the aptitude for affection and courage, vocation, interpersonal ability, aesthetic responsiveness, determination, tolerance, uniqueness, future mindedness, extraordinary talent, and understanding. Therefore, positive psychology for individuals is much more than any other thing.

Group Level

Just like individual level, anxiety and depression also impact damagingly at group level. If people are working in a team and they are constantly facing challenges such as poor communication, ignorance, bullying, harassment, and mistreatment. This attribute leads to severe depression and anxiety among different groups. As a result, the entire performance would be affected and the organizations are unable to achieve their desired business targets. Similarly in the perspective of hospitals and clinics, teamwork is necessary and if some of the members are suffering from depression and anxiety then the final outcomes will not be achieved. However, positive psychological intervention or program can control these challenges. For instance, commencement of awareness programs that will give motivation to employees and managers is one of the positive psychological treatments. This approach will benefit people to eradicate depressed and anxious thoughts from their mind. At the group level it is related to the public virtues and the traditions that move people toward better social responsibility: obligation, nurturance, philanthropy, graciousness, moderation, patience, and professional ethic (Seligman, & Csikszentmihalyi, 2014).

Societal Level

Since depression and anxiety are the most common social issues in the world, positive psychology plays a productive role in countering these issues. The conceptual examination of depression and anxiety on Canadian society had conducted by Canadian Mental Health Association (2002). The research depicts the depression and anxiety rate of Canadian people in different cities. For instance, 77% people of Ontario, 74% in the Prairies, 79% in B.C and 84% in Quebec and Alberta are depressed and anxious due to several factors. Moreover, this increased

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extent impacts negatively on economic development as well as social development of a country. Also, it is found that women are more likely to experience depression and anxiety, almost 88% women and 83% men are affected from these social issues. On the other hand, majority of the Canadian people believe that positive psychology would be developed by spreading social awareness knowledge.

Positive Psychology And Healthcare

The discipline of positive psychology focuses on the wellbeing, happiness, individual strengths, creativity, motivation, knowledge, imagination and the categorization of the positive groups and institutions. In the context of healthcare organization, positive psychology provides an opportunity to improve its healthcare environment. The healthcare practitioners as nurses, therapists will be able to observe raised motivation, productivity, employee satisfaction, enhanced productivity and most importantly, nourished self-confidence when considering the practical doctrines of positive psychology are gathered.

By way of positive psychology employees can make their performance better in relation with their wellbeing. It is important to develop self-level happiness to make professional roles as a nurse, clinician, counselor /leader within the healthcare organization. If the psychological interventions are incorporated in the professional field will not only impact the health of the healthcare professional but also on its patients. Discipline of positive psychology works by way of emphasizing on positive experiences at three different time horizons.

Firstly, the past experiences with respect to wellbeing, contentment and satisfaction. Secondly, present, where the main emphasize is on the concepts including happiness and flow experiences. Thirdly, future, which has emphasize on the concepts of optimism and hope. Under

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the umbrella of happiness, there comes certain factors influencing positive psychology and they includes; making your life incorporated with more positive relations which will create resiliency and will help the individual in dealing with the day to day challenges. The positive relation will combat against stress.

Secondly, to focus on the potentials and strengths instead of focusing on the weaknesses. Build healthy and positive relationships with the people within the surroundings, as it has an influence on the health and wealth being of individual. And finally to develop a purpose and goal of your life and progress towards it with a positive thought.

Mindfulness can be explained as the intended self-regulation of attention from time to time. The purpose of meditation is to relax and calm the mind and body. The word meditation is derived from the Latin words meaning to exercise the mind and heal it. There are different aspects of positive psychology, the discussion below incorporates the integration of positive psychology in the context of mindfulness as a tool for creation of happiness and wellbeing.

Theory integration of positive psychology

A mood disorder that creates hurdles for an individual to lead a healthy life is depression, and this exists at the workplace or in their family. Depression is considered a common cold in the field of positive psychiatry on the basis of its diagnostic frequency. Behavioural theory best describes the significance of the environment in changing the behaviours of the individual. The basic focus on the observable behaviours and the situations through which individual develops a certain behaviour, these includes the collaboration of operant conditioning, social learning theory and classical conditioning (Wagner, Horn & Maercker, 2014). It can be said that depression is the result of the interaction of the individual with its environment. Classical conditioning theory

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states that depression is learned through the association of certain stimuli associated with the negative emotional states. However, The social learning theory proposes through the imitation, reinforcement and observation, individual learning of behaviour takes place (Rosenthal & Zimmerman, 2014). However, the operant conditioning theory states that depression is a condition which is caused by the depreciation of the positive reinforcement existing within the environment. For instance, losing job, parents divorce, may create negative impacts on the individual (Wagner, Horn & Maercker, 2014).

As part of the ancient Buddhist practices of yoga, mindfulness-based therapy includes two types of therapies as mindfulness-based self-therapy (MBST) and mindfulness-based stress reduction (MNSR). Literature has shown the applications of MBT in order to define prevention strategies instead to have a focus of how to reduce the symptoms. Some studies have focused on the concept that MBT can be used to treat the symptoms of depression and anxiety. Mindfulness can be defined as a process including sensations, thoughts, body postures, consciousness and the surrounding environment, in which the mental state is categorised by the non-judgmental awareness of the experience being conducted in the present condition. All these factors influence openness, curiosity and approval. The basic foundation to continue with the mindfulness practices is that once the present minute is experienced non judgmentally and openly, it becomes easier to combat with the stressors associated to the feelings of depression and anxiety.

MBT is tool that is devised to train people dealing with the stressful situations in a reflective manner instead of reflexive, as it appears more effective strategy and appears as a substitute to the experiential avoidance strategies. The breathing process involved in meditation and mindfulness process helps in relieving the symptoms of suffering by acting on the nervous systems and generating a balance between the sympathetic and parasympathetic pathways.

Efficacy of purpose of treatment/intervention

It is evidenced from different theories of meditation that Meditation based interventions and practices are responsible to reduce psychological levels of distress and decreases the associated symptoms as anxiety, depression, worry and anger. Research has clearly evidenced that the MBIs is used to treat clinical depression. However, less work has been conducted on the role of meditation as a moderator of negative mood symptoms as active or acute expression in different population of healthcare. Literature has shown work on the relationship between meditation training and its associated meditation practices in the context of coping with the stressful situations. The stressful situations of health includes; the heart diseases, cancer and pain etc. Literature has also shown evidence of positive impact of mindfulness meditation on the cognitive and neuropsychological processes. All of these incorporate depression and anxiety with it.

Evidence regarding the clinical implications of MBI

A lot of studies have been conducted to evaluate the changes in depression and anxiety symptoms in a wide variety of psychiatric and medical disorders. These studies have shown different findings related to the efficacy of the interventions and also have shown some limitations. On study showed a meta-analysis highlighting the significance of the mindfulness based therapy on the disorders as anxiety and depression in different clinical samples. In his literature review, 39 studies were included with a total of 1140 participants who received interventions of MBIs for multiple health illnesses as cancer associated depression and anxiety and other medical concerns (Khusid and Vythiling, 2016)

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The analysis showed that the interventions were found beneficial in improving illnesses as anxiety with an observable decrease in the symptoms of anxiety. Research has shown a lot of work on MBIs in the context of its benefits in the reduction of psychological distress and to improve the well-being of the individuals. It is also evident that mindfulness has a significant role in improving the cognitive processes which are responsible to cause the onset of depression and anxiety. A study was conducted showing that home based meditation including body scan, yoga and many other forms were found beneficial in reducing the psychological stressors and improving the wellbeing.

The Mindfulness based stress reduction programs are involved in the teaching of mindfulness meditation. But Mindfulness based cognitive therapy is involved in the integration of cognitive behavioural therapy in order to treat the disorders. The DBT and ACT are not involved in the training process of mindfulness but they have a focus towards increased awareness and focus on the attention (Lindahl, 2015).

Mindfulness and positive psychology

The process of mindfulness involves the individual to consciously become aware of his thoughts or emotions. Mindfulness enables a person to focus on the present by self-regulation of his attention towards his day to day experiences by the development of a neutral attitude. Mindfulness has many benefits to improve the health and wellbeing and promoting positive psychology. Literature has shown that there is a positive effect of mindfulness on the life satisfaction and wellbeing. Mindfulness being a part of self-awareness reduces depression and anxiety and thus also reduces the risk for disorders as cancer, psychopathology and other

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diseases. It has an application in positive psychology and used as a significant tool to improve general and physical health (Lindahl, 2014).

Mindfulness also impacts the working memory by increasing its ability to recall and process the already existing knowledge and information for future purposes. Literature has shown a link between working memory and attention. A study was conducted to check the level of mindfulness as a trait among the participants who experienced depression/anxiety and discrimination. It was found that the more participants were exposed to discrimination, the more was the amount of depressive symptoms in them. And also the more participants were mindful, the lesser depression symptoms were found. Mindfulness appears as a protective element in combating depression associated to discrimination. Mindfulness has a direct relation with the strengths of the individual. They are related to the strengths as wisdom and compassion. It refers to keeping an individual's attention alive in the present reality. The mindfulness can be related to strengths as they connect the mind with the religion. In simple words it increases the spiritual power.

Mindfulness based intervention for depression and anxiety

During the last decade, work has been conducted on the therapeutic effects of mindfulness and stress. The interventions may be applied to the different health illnesses. The meditation based interventions has helped in reducing pain, and has shown a relation in decreasing the depressive symptoms in patients with pain. Evidence has shown that mindfulness training is good for emotional well-being and improving quality of life of healthcare professionals. Multiple researchers have worked on mindfulness and have shown theories regarding the merits of mindfulness but still, the mechanisms of change are not yet clear in the

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literature. Also, it is important for the healthcare professionals to meditate to relax themselves from the depression and stressors they are facing at the workplace (Desrosiers et al., 2013)

The meditation based interventions are responsible to decrease the distress and act directly on the nervous system. It has a significant role on the emotional health of individual and there is a relation between distress and nervous system.

The scope of Mindfulness based stress reduction program is much greater than the concept of simple stress reduction programs. The reason for this includes its facilitation and systematic education in all the four foundations of meditation and their application in the daily life of the individuals. This appears much successful for the healthcare professionals who are participating in these programs and help them carry on with their life and work with their health and well-being improved.

Intervention Proposal

Mindfulness involves non-judgmental state, in which the individual is physically, mentally and emotionally aware of his mental state within the present moment. Under this condition the individual pays attention to his sensation's, breathing pattern, cognitions, feelings and try to accept them instead of being influenced by them. Emotions are a factor that may negatively influence the individuals. In this perspective, the individual should try to control his emotions rather being controlled by them. The application of meditation and mindfulness is not just in the mental health and physical health field but also in many other fields. Evidence shows that mindfulness application in schools, businesses, and military and in the entertainment industry. However, there exist a need for the healthcare professional to follow a meditation program as there work processes makes it difficult for them to manage their own health.

There is an increasing trend in adopting the mindfulness interventions. It is observed that different programs are being written and conducted by psychologists, lawyers, scientist, researchers and many more. It is difficult to evaluate the integration and quality of these programs as they appear beneficial and perilous.

Below is the discussion of how healthcare professional improve their health and well-being with the work life balance using the meditation based interventions. The description is based on the meditation based program for the healthcare practitioners targeting the population of doctors, psychologists, nurses, pharmacist and other health related professionals.

What the intervention is?

Several therapeutic approaches are conducted under the management based interventions, in order to promote physical and mental health within the targeted population. Mindfulness can be found successful in reducing the level of stress among the health care professionals through the conduction of management based cognitive therapy (MBCT), dialectal behavior therapy (DBT) and acceptance and commitment therapy (ACT). These therapies will be incorporated in a mindfulness based interventions. The application of mindfulness based interventions with the offered therapies increasing the significance of this program and may target a large group of people and enable them to take therapy and intervention based on their concerns (Strauss et al., 2014).

When the mindfulness is incorporated in daily life, it will enable the individuals to develop psychological insights and also to heal themselves emotionally. The basic aim of mindfulness based interventions is to decrease the symptoms associated to the stress, mental illnesses as depression and anxiety and physical pains (Chiesa & Serretti, 2014)

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The mindfulness based stress reduction program can be used to benefit people from the stressors in form of chronic pain, cancer, anxiety and depression. The MBCT program has its important role in treating symptoms of anxiety, depression, eating and food disorders, panic attacks associated to the stress, hyperactivity and post traumatic form of stressors and many others. DBT has its importance in treating the suicidal ideation, harming done by individual to them and self-dependency, depression and few others. Finally, the ACT approach is used to treat disorders regarding depression, pain that is chronic, psychosis and cancer.

Who is aimed at?

Healthcare professional are responsible to provide service at the workplace and have to work under high pressures. They have to work more than eighteen hours and have to deal with the emergency conditions as patients. They use to work with their colleagues day and night to save the lives of their patients. Especially physicians and doctors, who aimed to provide service at the clinics and hospitals, stay at the night at the hospital, away from their families. They have to maintain the healthcare organization by following the policies and manage time for their specific job task. In these situations they are working under pressures and they do not get time for themselves.

Secondly for women who are married have to look after their families, their in-laws, husband and relatives and have to manage time both at the work place and at the homes. In such situation it becomes difficult for them to manage time and specially their own health. For a health care professional when it becomes difficult to manage time, depression and anxiety levels are being developed under them. Under this situation the meditation intervention can be as best strategy to relax their mind from the daily stressors at the work place. So the target population

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will be healthcare professionals including, physicians, surgeons, pharmacists, nurses as to improve their wellbeing and mental health with work and safety at the work place.

How the intervention would work?

Also, diverse amounts of behavioral, psychological and biological pathways have been obvious in literature demonstrating how mindfulness will decrease stress related illnesses as depression. It does this by generating a primary appraisal for the stressors. Secondly, influencing the secondary appraisal with respect to the demands of the stressors and its existing coping resources. Thirdly it diminishes the coping styles that are non-functional such as cognitive alterations. Fourthly, by development of effective coping processes. Finally, it also reduces the distress and psychophysiological activation.

Meditation and stress response

The autonomic part of nervous system is controlled by two different pathways including; sympathetic and non-sympathetic. The role of SNS is to activate the body and helps in releasing stored energy at the times of needs. However, the PNS is responsible to relax, recuperate and aids in the digestion process. When external stressors affect the internal mechanism of the body, the body generates a response in order to mitigate the stressors.

The response is generated to create alertness in the body that something has gone wrong and activates certain stimuli and self-protective behavior. As a result of this sharp autonomic arousal a state of anxiety, fear or alarm is being generated inside the body and thus the individual gets engaged in behaviours that are responsible to decrease the activity associated to the stress networks. The physiological state in the stress response is responsible to relax the heart, by

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lowering the heartbeat, metabolic rate and the breathing process. These changes are conducted by the PNS. This response generated by the SNS is a result of release of hormones named epinephrine and nor epinephrine responsible to prepare body combat stress. The process of meditation involves and intentional and periodic activation of the body's stress response and has shown its ability to manage stress under various physiological and psychological illnesses as depression and anxiety.

In order to deliver the management based practices, mindfulness meditation is induced into the population, and can be done by means of a variety of different techniques. During the mindfulness program the therapist who is inducing the therapy will initially direct the focus of the individuals towards the present moment. Individuals will be asked to focus on the present, ignoring thoughts of future and the past. Proper training is given to the participants to develop a connection in the placed phenomenon by just focusing on it and ignoring all the distraction appearing in the surrounding. If the individual are finding their attention, being diverted and not concentrated. They are guided by the individuals to focus on the present instance only, and are guided not to judge themselves. This way will help the healthcare professionals to control and listen to their emotions and the internal physical sensations which are related to their cognitions (Khusid & Vythilingam, 2016).

here are different practices of mindfulness meditation that are practiced in different programs in the clinical context. One important technique out of them is the mindfulness meditation in order to achieve the objective of mindfulness. But at times mindfulness may be achieved without the meditation process. Once the knowledge associated to the mindfulness program is incorporated into the training process and they are made aware of the therapy, they then incorporate it into their daily lives, not just in their clinical lives but also in their non-

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clinical lives. It helps them to maintain their sense of control over emotions and create a great experience as integration to their sense of control.

In order to create awareness regarding the physical sensations, an approach used in mindfulness therapy includes conduction of yoga movements in a gentle manner and either sitting, or walking or at times in form of mountain meditations. Through different exercises, the healthcare professionals may develop the ability to develop awareness of movements, breathing and sensations. This becomes easier with the verbal cues to the process of meditation.

Three more approaches to mindfulness include exercises for breathing, meditations related to body scanning and guided imagery. The participant of the program is facilitated to practices the phenomenon on daily basis to improve their health and wellbeing and develop self-control for their cognitive thoughts and emotions. The aggregate observations and experiences during the training sessions of the program will be an influencer for behavior and thought modification of the individual.

The mindfulness based stress reduction program involves as discussed earlier the mindfulness movement and body scanning. The ‘mindfulness movement’ includes the initiative to increase the awareness of the individual with the help of the gentle yoga movements and application of different exercises within. Secondly, the procedure of body scanning involves the procedure of relaxation in which the muscle groups are relaxed and contracts. The body scanning is the first foundation of the process of mindfulness and it is much helpful in creating the awareness of the body. This awareness is created region by region and through a designed systematic process. The other procedure is the ‘sitting meditation processes’. It helps in creating awareness of breath patterns while mindfulness procedure. Also the sitting meditation involves

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all the four foundations of mindfulness as; body awareness, tone of feeling, mental states and mental contents.

The duration of this meditation program will most probably be eight week with continuous practice of mindfulness and meditation both at the place of training as well as at home. So this will enable the body to adopt these changes and become aware of it. This will also help these professionals to manage the meditation and mindfulness even after the completion of this intervention based programs. During these programs participants develop a flavour of flavour of freedom that positively influences their lives.

Every week out of the eight weeks program, mindfulness is explored on the basis of different informal forms and that may be related to the different aspects of daily life. The aspects may be in form of food, relationships, work and stress. It will help the healthcare professionals to maintain their interest and reduce depression and anxiety, and other illnesses associated to the stress.

When it would be implemented?

Mindfulness may be integrated into different therapeutic modalities in order to progress with the treatment. Negative thoughts as depression, anxiety and suicidal ideation are developed due to the difficult situations existing within the lives of individuals. The individuals are most of the time unable to cope with the situations and there is an increasing need for them to undergo this program of mindfulness based interventions as to pursue with a normal life.

It is now being realized by the mental healthcare professionals that this mindfulness procedure is of crucial importance in increasing to enable people lead a better life by decreasing and self-controlling these negative thoughts and make their life much better through their

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emotional controls before they control them. The participants develop skills to listen to their bodily sensations that are present. Once the individual become capable enough to manage these sensations and achieve this state of attention and awareness, they then avoid the negative thoughts that were approaching them previously and also find it easier to progress towards other therapeutic procedure in order to decrease the influence of cognitive thoughts that appears damaging.

This approach will be implemented in coming weeks with the target audience of healthcare professionals. Different initial seminars will be conducted for promotion purposes and advertisements will be done through an artefact. The program will be of eight weeks duration and a specific institutes will be chosen for conduction of the program. The healthcare professionals will be provided a proper schedule with flexible classes and multiple slots for yoga exercises and meditation and mindfulness activities. This will be beneficial for the individuals to come with flexibility and their work life will be improved.

Why have to chose this approach?

For a health care professional when it becomes difficult to manage time, depression and anxiety levels are being developed under them. Under this situation the meditation intervention can be as best strategy to relax their mind from the daily stressors at the work place. Mindfulness appears as a protective element in combating depression associated to discrimination.

Mindfulness has a direct relation with the strengths of the individual. They are related to the strengths as wisdom and compassion. It refers to keeping an individual's attention alive in the present reality. The mindfulness can be related to strengths as they connect the mind with the religion. In simple words it increases the spiritual power. Research has shown a lot of work on

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MBIs in the context of its benefits in the reduction of psychological distress and to improve the well-being of the individuals. Due to these justifications, these approaches can be chosen for the study.

Although, depression and anxiety both are dangerous for the individuals in terms of social cognitive behavior, attributes and other human functions, but these two problems can be countered by using positive psychology principles appropriately. Since these social issues are very common in the world, but the most affected victims are adult health professionals because at this stage, they face a lot of challenges regarding their employment, relationships, social networking, personal disputes and earnings (Bolier, et al., 2013). Indeed, positive psychology has been efficiently coping with these cognitive challenges.

The core differentiation between positive psychology and nearly every other division of psychology is that positive psychology does not refer to broadly psychological or cognitive illness like depression, anxiety and schizophrenia. Positive thinking is mostly encouraging to discover applications in interactions, both in professional and personal-related. Since the theoretical study focuses on the key principle of positive psychology and its interventions for the treatment of depression and anxiety, it is found that these two social issues have been increasing by leaps and bounds. Also, some factors are identified that incite depression and anxiety among individuals.

These causes include lack of financial resources, ignorance at work place, job insecurity, previous traumatic events, and gender discrimination. In the context of health professionals, they are also facing these problems that lead to depressed and arrogant attitude and actions. As a result, these individuals are unable to perform their social, professional and personal duties

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properly. Furthermore, depressed people are more prone towards suicide and craziness that may adversely affect others.

The main intent of this report is to develop a supportive insight regarding the significance of positive psychology particularly for the health professionals that have been experiencing depressed and anxious environments. So far psychologists have inadequate information of what creates life worth living. They have come to establish a little bit about how individuals suffer from depression and hopelessness. Another important aspect that is found from this report is collective well-being and health of people. However, these two features can be achieved by prevailing peace and stability in the society as well as the work place. Various researches conclude that well-being of individuals can be attained through psychological, economic, medical, spiritual and social states. If these states decline progressively then positive psychology will manage them efficiently.

The report also recognizes that cognitive well-being is established through evaluating individual's interaction with colleagues and their surroundings. For instance, happiness and satisfaction are the features that provoke people to think positive and generate optimistic aspirations, and willingness to perform better.

Therefore, one of the key principles of positive psychology i.e. wellbeing and health is incorporated in this report to understand its implications over individual, group and society. For this reason, Cognitive Behavioral Therapy is suggested to control the increased level of depression and anxiety in different societies. Hence, it is anticipated that social issues will not be completely eradicated from societies but it can be reduce by spreading mindfulness and mediation regarding positive psychology interventions among health professionals as well as others.

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Appendix

Workshop on Positive Psychology

Our Message:

Do you feel depression and anxiety or do you want to get rid of them? If yes then we need your little attention here because we are offering you an effective solution for these often social problems. Yes, we provide information related to Cognitive Behavioral therapy for all depressed and anxious health professionals. Our main intent is to give positive counseling to all nurses, doctors, and paramedical staff that are frequently facing depression and anxiety problem at their workplace.

Key Aims and Objectives:

- To spread awareness and knowledge about the significance of positive psychology and its interventions for depression and anxiety.
- To motivate health professionals to think constructive and encourage them to perform better and cooperative at workplace.
- To prioritize individuals first and then give perform work.
- Incite people to strictly follow their social obligations and coordinate others politely.

Procedures:

In order to control depression and hopelessness, you must be realistic and interested in life so that we will assist you how to cope with these problems. It is crucial for all of you to take psychological treatment by using Cognitive Behavioral Therapy (CBT) because it incorporates effective mindfulness and mediation strategies to control your destructive cognitions. So what are you waiting for? Attend this wonderful seminar on 12th Feb 2017 to Live healthy and think healthy not only for you but also for the whole society.

**12th
February
SUNDAY at
10: AM**

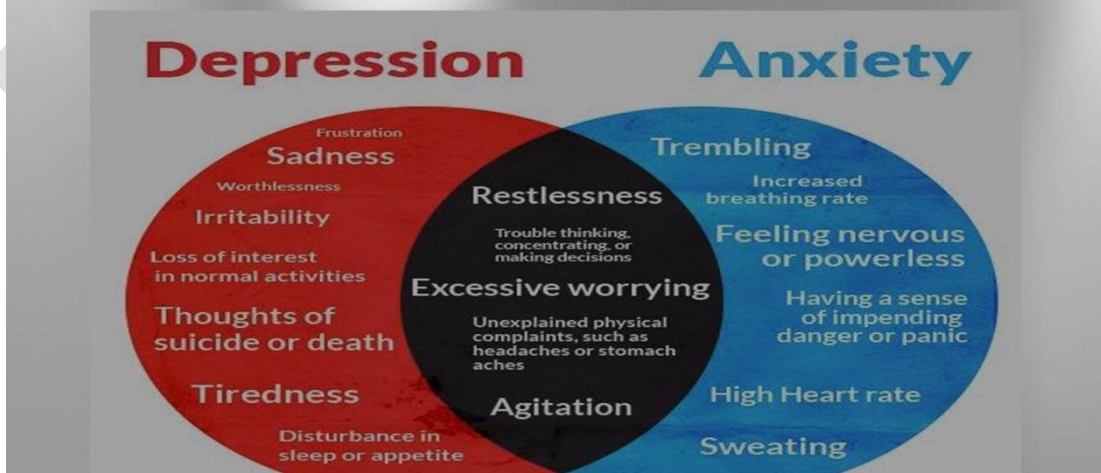


Figure 1 Artifact for Advertisement

Rationale

Purpose and Justification

The main purpose of this artifact is to provide effective information to all health professionals and request them to attend the most informative and constructive event regarding positive psychology intervention program. Though there are various approaches or interventions that might control or reduce the extent of depression and anxiety among doctors, nurses and paramedical staff. These intervention include Cognitive Behavioral Therapy (CBT), Social Skills training and Speech language Therapy, Applied Behavioral Theory (ABT) but the most relevant one in the context of health professionals is Cognitive Behavioral therapy (CBT) because it is time consuming and more effective intervention. Also, this therapy contains mindfulness and mediation strategies that would help people to think positive. Since health professionals do not have much time to give attention on these social issues, they will get benefit from the upcoming event and transform themselves from hopeless person to optimistic person. Similarly, another reason to justify the selection of CBT is its educational perspective. Because health professionals are usually educated and highly experienced, so they will easily grasp the major aims and objectives of the upcoming workshop related to positive psychology.

Alternatives and its Justification

As it is discussed above that the report initially considers three different interventions or programs to investigate the possible treatment of depression and anxiety among health professionals. These alternatives are ABT (Applied Behavioral Therapy and Social skills training and Speech Language therapy. Although, these interventions have a great significance in psychology but the cognitive behavioral therapy is more likely appropriate for the chosen target

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audience i.e. health professionals including doctors, nurses, and paramedical staff. The reason of rejecting rest of the intervention is that they are less effective and time consuming therapies.

Another reason of elimination is that these interventions incorporate less chances of recovery as compared to cognitive behavioral therapy.

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