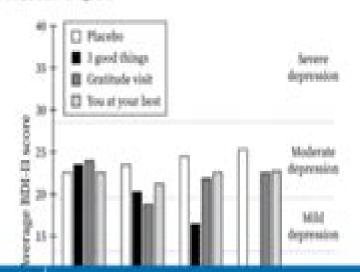
Pessage (Questions 8-12)

While the field of mental health has treditionally focused on pathology, researchers in positive psychology trave begun to investigate the means by which individuals thrive as furnationage, travead of focusing or allofols, these innovators have funed their attention to easys in which an individual's strengths can be findered on that they may live deeply fulfilling lives. Increasingly, positive psychologoals have been developing evidence-boxed treatments that apply pretire psychologoal principles to mental health describes.

One such study forused on the efficient of positive psychology interventions in the treatment of depressive disorders. First, individuals were assessed using the deck Depression Inventory If (BCHII) to select participants expensionly incidents depression. These individuals were randomly assigned to one of four groups and given a specific intervention to complete over the course of one week. Each participant was then reassessed with the BCHIII plan the intervention was completed and their again after one much and three number.

Mandars of the placebo group were instructed to write about their childhood dody for one week. Individuals in the "gratitude visit" group were given one week to enter and deliver a thank-you letter to a benefactor who had never team thanked for their actions, individuals in the "time good things" group were instructed to record three things that went well for their each day for one week. Finally, those assigned to the "you at your teen" group ends about a period it who't they wore functioning at your performance to set and their reflected on the strengths that they showed during that line period each right for one week. The results of the experiment are shown in Figure 1.



Pause

Question 12

Which of the following is the most comprehensive example of the biopsychososist approach to psychological disorder?

- A. Studying the nile played by beamed helpleasuress, book of control, and low self-esteem into the etiology of degreession.
- B. Investigating how learned helplessness, link of social suggest, and satecholamines contribute to the elistropy of degression.
- E. Researching the effect of decreased levels of dopartire, roreprephritie, and sentimin on depressive disorders.
- D. Determining how discrimination, tack of social support, and transpattor had to the development of deprecise disorders

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