

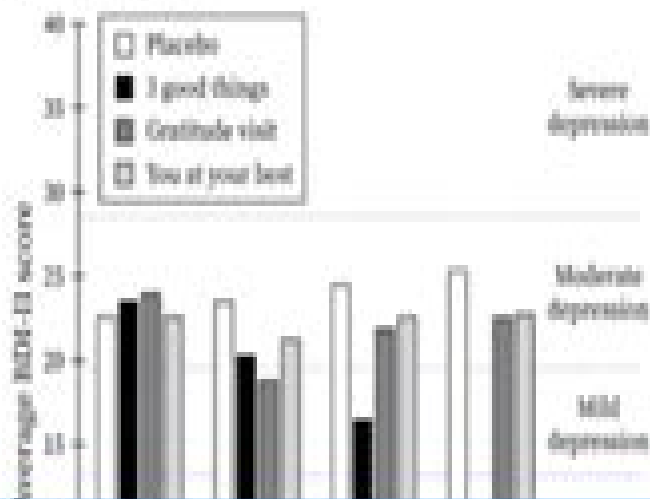
Passage

Passage (Questions 8-12)

While the field of mental health has traditionally focused on pathology, researchers in positive psychology have begun to investigate the means by which individuals derive an **enhanced sense of well-being**. Instead of focusing on deficits, these innovators have turned their attention to ways in which an individual's strengths can be leveraged so that they may live deeply fulfilling lives. Increasingly, positive psychologists have been developing evidence-based treatments that apply positive psychological principles to mental health disorders.

One such study focused on the efficacy of positive psychology interventions in the treatment of depressive disorders. First, individuals were assessed using the **Brief Depression Inventory II (BDI-II)** to select participants experiencing moderate 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 BDI-II after the intervention** was completed and then again after one month and three months.

Members of the placebo group were instructed to write about their childhood daily for one week. Individuals in the "gratitude visit" group were given one week to write and deliver a thank-you letter to a benefactor who had never been thanked for their actions. Individuals in the "three good things" group were instructed to record three things that went well for them each day for one week. Finally, those assigned to the "you at your best" group wrote about a **period in which they were functioning at peak performance** levels and then reflected on the strengths that they showed during that time period each night for one week. The results of the experiment are shown in Figure 1.



Question 12

Which of the following is the most comprehensive example of the biopsychosocial approach to psychological disorders?

- A. Studying the role played by learned helplessness, locus of control, and low self-esteem into the etiology of depression
- B. Investigating how learned helplessness, lack of social support, and catecholamines contribute to the etiology of depression
- C. Researching the effect of decreased levels of dopamine, norepinephrine, and serotonin on depressive disorders
- D. Determining how discrimination, lack of social support, and immigration lead to the development of depressive disorders

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web jul 27 2019 selbstbewusstsein ist das bewusstsein eines menschen von sich selbst als denkendes fühlendes wesen die Überzeugtheit in die eigene person und die eigenen fähigkeiten Übersetzt heisst das zu wissen wer man ist was für eigenheiten stärken und schwächen man hat