

Sin, N. L., Della Porta, M. D., & Lyubomirsky, S. (2009). Tailoring positive psychology interventions to treat depressed individuals. To appear in Csikszentmihalyi, M., Nakamura, J., & Donaldson, S. I. (Eds.), *Applying the science of psychology to improve society*.

The rapidly-growing field of positive psychology has approached the treatment of depression in a novel way—rather than focusing on fixing the negatives, positive psychology interventions aim to boost positive feelings, thoughts, and behaviors. Although self-practiced, positive-affect-inducing activities have been shown to enhance well-being in nonclinical samples, how the benefits of such activities can be extended to depressed and dysphoric individuals is still relatively unexplored. We discuss several critical factors—including social support, person-activity “fit,” and depression status—that may impact the efficacy of positive-focused activities. Finally, we present preliminary data that highlight the importance of tailoring positive psychology interventions for treating individuals with depression.