

Sin, N. L., & Lyubomirsky, S. (2008). *Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: A meta-analysis*. Manuscript under review.

Do positive psychology interventions—that is, treatment programs or intentional activities aimed at cultivating positive feelings, positive behaviors, and/or positive cognitions—effectively enhance well-being and ameliorate depressive symptoms? A meta-analysis of 51 such interventions was conducted to address this question. The combined results of 49 studies (total $n = 4212$) revealed that positive psychology interventions do indeed significantly enhance well-being (mean $r = .29$), and the combined results of 25 studies (total $n = 1806$) showed that positive psychology interventions significantly decrease depressive symptoms (mean $r = .32$). In addition, participant depression status, participant age, self-selection, intervention delivery, and intervention duration were found to moderate the effectiveness of the interventions. Implications of the findings for clinical applications, as well as suggestions for future research, are discussed.