Efficacy of Positive Psychotherapy (PPT) in Reducing the Symptoms of Depression and Improving Satisfaction with Life among University Students

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Abstract

Positive psychotherapy (PPT) is considered one of the optimal therapeutic strategies in management of depression for its role in contributing to positive emotions, engagement in life, improving interpersonal relationships, and meaning in life. The present study aimed to evaluate the efficacy of PPT in reducing the symptoms of depression among university students. In addition, it also examined the role of PPT in enhancing life satisfaction among the students. For this, a sample of $N = 22$ undergraduate students were recruited who appeared in the entrance exam (MDCAT) for admission in medical colleges, however couldn't get admission in medical college. All these students were assessed using Patient Health Questionnaire (PHQ-9) and Multidimensional Students' Life Satisfaction Scale and met the criteria depression during their initial assessment. They were divided in two groups i.e., control (no-treatment) and experimental group. The experimental group received six group-sessions of PPT planned considering Seligman et al. (2006)'s work. At post-intervention level, the assessment was replicated for both groups in order to examine the group differences. The findings revealed that PPT remained effective in reducing depressive symptomatology and improving life satisfaction among university students in five major domains including satisfaction with self, family, educational institution, friends, and living environment. The study was concluded to be a significant contribution in the literature, encouraging the use of PPT in clinical settings. The study findings highlight the efficacy of brief third wave therapeutic interventions in promoting mental health and well-being over traditional therapies.

Keywords: depression, life satisfaction, positive psychotherapy (PPT), students