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**Name of Journal:** *World Journal of Clinical Cases*

**Manuscript NO:** 61771

**Manuscript Type:** ORIGINAL ARTICLE

### Observational Study

**Positive psychological intervention for anxiety, depression and coping in subjects addicted to online games**

Gao XJ *et al.* Positive psychological intervention

Xiu-Jun Gao, Ji-Jun Sun, Mei Xiang

### Abstract

#### BACKGROUND

Addiction to online games is not uncommon. The patients usually refuse to take medications and present with affective symptoms such as anxiety, depression and negative coping styles. Psychological intervention based on positive psychology is a



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### [A brief positive psychological intervention prior to a ...](https://onlinelibrary.wiley.com/doi/10.1111/psyp.13709)

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Oct 29, 2020 · Strategies focusing on individual's strengths and resources are the main focus of **positive psychological interventions**, which have begun to attract attention among researchers for several years (Bolier et al., 2013). A prominent example of a **positive intervention** is ...

### [Effect of Psychological–Behavioral Intervention on the ...](https://www.frontiersin.org/articles/10.3389/fpsy.2020.586355)

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Nov 20, 2020 · The COVID-19 epidemic has caused increasing public panic and mental health stress. In this study, we explore the prevalence and factors linked to **anxiety** and **depression** in hospitalized patients with COVID-19. A total of 144 patients diagnosed with COVID-19 underwent **depression** and **anxiety** assessment by using the Hospital **Anxiety** and **Depression** Scale (HADS).

Author: Xiangyu Kong, Fanyang Kong, Kailian... Publish Year: 2020

#### PEOPLE ALSO ASK

Can CBT be used for anxiety? ▾

Can social distancing cause stress and anxiety? ▾

How can people help others cope with stress? ▾

How can I reduce my fear of anxiety? ▾

[Feedback](#)

### [Mental Health and Coping During COVID-19 | CDC](https://www.cdc.gov/.../managing-stress-anxiety.html)

<https://www.cdc.gov/.../managing-stress-anxiety.html> ▾

Feb 11, 2020 · Mental health conditions (such as **depression**, **anxiety**, bipolar disorder, or schizophrenia) affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions ...

### [Positive Education Interventions Prevent Depression in ...](https://www.frontiersin.org/articles/10.3389/fpsy.2019.01344/full)

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### 19 Best Positive Psychology Interventions + How to Apply Them

<https://positivepsychology.com/positive-psychology-interventions>

What Are **Positive Psychology Interventions**? **Positive psychology interventions**, or PPIs, are a set of scientific tools and strategies that focus on increasing happiness, well-being, and **positive** cognitions and emotions (Keyes, Fredrickson, & Park 2012).. Existing research shows that over the years, psychologists have focused more on treatment than on prevention (Bolier, Haverman, 2013).

### A brief positive psychological intervention prior to a ...

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Strategies focusing on individual's strengths and resources are the main focus of **positive psychological interventions**, which have begun to attract attention among researchers for several years (Bolier et al., 2013). A prominent example of a **positive intervention** is the best possible selves exercise (King, 2001).

**Author:** Andreas R Schwerdtfeger, Christian Ro...  
**Publish Year:** 2021

#### PEOPLE ALSO ASK

- How can I reduce my fear of anxiety?
- What are the different types of positive psychology interventions?
- Are psychologists more focused on prevention?
- How can thinking about the positive help you?

Feedback

### [Evaluation on intervention project of mental health ...

<https://www.ncbi.nlm.nih.gov/pubmed/21695896>

Before **intervention** the rates of **depression** and **anxiety**, the scores of **positive coping**, negative **coping** and self-esteem were not significantly different between study group and control group ( $P > 0.05$ ). After **intervention** the rates of **depression** and **anxiety** in study group were lower than those in control group and with significant difference.

**Author:** Puyu Su, Fangbiao Tao, Ying Sun, Jiahu ...  
**Publish Year:** 2011

### Frontiers | Online Positive Interventions to Promote Well ...

<https://www.frontiersin.org/articles/10.3389/fpsy.2017.00010>

Jan 30, 2017 · Numerous studies have shown an alarming prevalence of **depression**, **anxiety**, and behavior disorders in youth. Thus, prevention of **psychological** problems in this population becomes crucial. According to the World Health Organization (1), prevention should also include the promotion and development of the individual's strengths in order to reduce vulnerability to suffering from mental ...

**Cited by:** 20  
**Author:** Rosa M Baños, Ernestina Etchemendy, Adri...

**Publish Year:** 2017

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PEOPLE ALSO ASK

- How journaling can help with anxiety? ▾
- How can positive psychology help with Internet addiction? ▾
- How effective is journaling for mental health? ▾
- What are the different types of positive psychology interventions? ▾

Feedback

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<https://www.sciencedirect.com/science/article/pii/S0747563217301462>  
Jul 01, 2017 · **Positive psychology interventions** help the treatment of Internet addiction in two ways: first by directly fostering social adjustment and then by emphasizing the enhanced quality of social relations. These are the main elements of **positive psychology** with the results of this study suggesting that **positive psychology interventions** can help the achievement of these goals in the treatment of ...  
**Cited by:** 18 **Author:** Fatemeh Khazaei, Omonabi Khazaei, Bahra...  
**Publish Year:** 2017

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