

The University of Akron

IdeaExchange@UAkron

---

Williams Honors College, Honors Research  
Projects

The Dr. Gary B. and Pamela S. Williams Honors  
College

---

Fall 2020

## Positive Psychology and Older Adult Well-Being

Kenzie Delposen  
kmd199@zips.uakron.edu

Follow this and additional works at: [https://ideaexchange.uakron.edu/honors\\_research\\_projects](https://ideaexchange.uakron.edu/honors_research_projects)



Part of the [Psychology Commons](#)

Please take a moment to share how this work helps you [through this survey](#). Your feedback will be important as we plan further development of our repository.

---

### Recommended Citation

Delposen, Kenzie, "Positive Psychology and Older Adult Well-Being" (2020). *Williams Honors College, Honors Research Projects*. 1615.

[https://ideaexchange.uakron.edu/honors\\_research\\_projects/1615](https://ideaexchange.uakron.edu/honors_research_projects/1615)

This Dissertation/Thesis is brought to you for free and open access by The Dr. Gary B. and Pamela S. Williams Honors College at IdeaExchange@UAkron, the institutional repository of The University of Akron in Akron, Ohio, USA. It has been accepted for inclusion in Williams Honors College, Honors Research Projects by an authorized administrator of IdeaExchange@UAkron. For more information, please contact [mjon@uakron.edu](mailto:mjon@uakron.edu), [uapress@uakron.edu](mailto:uapress@uakron.edu).

Positive Psychology and Older Adult Well-being

Kenzie Delposen

The University of Akron

Williams Honors College Project

**Abstract**

Positive Psychology is a new area of scientific study within the realm of psychology that focuses on the positives in life and the promotion of well-being. Well-being can be promoted through aspects such as flourishing, hedonic and eudaimonic perspectives, positive affect and emotions, happiness, and reappraisal. Older adults make up an ever growing percentage of our population. Despite this, there are still biases and negative viewpoints against aging and older adults. The decline in health and social connectedness in aging is not inevitable and resilience can be imperative to successful aging. It is important to ensure healthy aging so that as future generations transition into older adulthood we can defend against negative health outcomes. Positive psychology can be used to improve the well-being of older adults. In moving forward, we must create more accessible interventions in order to help the well-being of our growing older populations. There is a call to action to shift the psychological paradigm to one that focuses on strength and growth.

**Keywords**

Positive Psychology, Older Adults, Aging, Well-Being, Flourishing, Positive Psychology Interventions

### **Positive Psychology and Older Adult Well-being**

Positive psychology is a rather new area of study within the field of psychology. In the year 2000, the founders of positive psychology proposed that this science is about the positive subjective experiences, individual traits, and identity factors that allow life to flourish (Ranzijn, 2002). This type of psychology focuses on the strengths and capabilities that promote well-being (Stoner, 2019). Well-being itself is defined as the interactions of both positive and negative psychological processes on outcomes. Creating better mental health is one way in which overall well-being can be improved upon. Mental health is defined by the World Health Organization as a state of well-being in which one realizes his or her abilities, coping strategies, productivity, and contribution to his or her community (Momtaz, Hamid, Haron, & Bagat, 2016). Positive psychology has the main goal of improving quality of life. This type of psychology will allow individuals to live life with high levels of satisfaction and emotional well-being (Ramírez, Ortega, Chamorro, & Colmenero, 2014). Often critics of this concept takes an over opinionated perspective towards happiness; however, the aim is to promote techniques that can improve well-being to help buffer against daily stressors, not ignore the problems entirely (Proyer, Gander, Wellenzohn, & Ruch, 2014). Aspects of positive psychology that support better health among individuals include flourishing, hedonic and eudaimonic perspectives, positive affect and emotions, happiness, and reappraisal.

#### **Aspects of Positive Psychology**

As mentioned previously, positive psychology is still a new paradigm. However, within this perspective there are a number of concepts to be studied. One such concept is **flourishing**. Flourishing is the idea that humans live within an optimal range of functioning and the optimal mental health state is feeling good and functioning well (Momtaz et al., 2016). Momtaz et al.

(2016) provide a conceptual framework that measures flourishing on an axis (See Fig. 1). This framework can be applied to many other aspects of positive psychology as it compares mental illness to subjective well-being. Recall the goal of positive psychology is to increase well-being and improve the quality of life. Those who are currently living in a flourishing state (low mental illness, high subjective well-being) experience positivity and enthusiasm (Momtaz et al., 2016). High levels of flourishing have positive effects on mental health and also physical health in terms of improved immune system functioning and cardiovascular recovery. Flourishing provides a lifestyle that is healthier overall.

Flourishing is conceptualized as the outcome of two additional perspectives. **Hedonic** and **eudaimonic** perspectives have both been conceptualized as multi-dimensional phenomenon to develop flourishing (Momtaz, et al., 2016). The hedonic perspective posits that having high life satisfaction and positive affect contribute to well-being. The eudaimonic perspective claims that fulfillment of life purpose, meaning, and growth are related to well-being. In combining these two perspectives, the construct of flourishing was developed to recognize the multiple dimensions of well-being. The diverse aspects of well-being in the field of positive psychology are benefitted by multi-dimensional evaluation. Those who study positive psychology are starting to increasingly accept the idea of flourishing (Sutipan, Intarakamhang, & Macaskill, 2017).

An additional aspect that contributes to well-being is **positive affect**. Ostir, Ottenbacher, and Markides (2004) recognize positive affect as a protective factor against negative health outcomes. Individuals who have higher levels of positive affect tend to engage in more social relationships, engage in successful coping, and self-report feeling more in control of their lives. There is a moderating effect of optimistic attitudes on the association between acute stress and

immune function (Ostir et al., 2004). Psychological and physical health can benefit from higher levels of positive affect. Positive affect is similar to the concept of positive emotion. Positive emotion are the pleasant feelings of joy, happiness, and love (Ong, Mroczek, & Riffin, 2011). These emotions are thought to be fairly stable over the lifespan and contribute to health benefits as well. Reduced stress reactivity is also seen in individuals with more positive emotions.

The positive emotion of happiness is one that has received considerable attention due to its relationship with positive health outcomes (Koopmans, Geleijnse, Zitman, & Giltay, 2010). Happiness is the way that an individual views his or her life as favorable overall. Koopmans et al. (2010) suggest a relationship in which dispositional optimism is protective against all-cause mortality in old age. By keeping relatively stable positive emotions such as happiness across the life span we are able to help protect ourselves from a variety of health concerns and promote our own well-being.

Well-being can be analyzed at an emotional level. Emotional well-being can be protected by employing emotional regulation tactics such as reappraisal (Birditt, Polenick, Luong, Charles, & Fingerman, 2020). Reappraisal is the changing of meaning of situations to reduce negative emotions. This form of emotion regulation is passive in that it is an internal process that reframes a problem. Reappraisal is useful in managing stress. In a study by Birditt et al. (2020), they found that stress arising from interpersonal tensions and emotional well-being was moderated by reappraisal. When older adults are not able to avoid interpersonal problems, their well-being is worse and lacks improvement. Reappraising these tensions and problems is better handled by reappraisal than avoidance. The relationship between interpersonal tensions and poor emotional well-being were weakened when reappraisal was used more often (Birditt et al., 2020). This is

relevant in that it proposes an effective method for the protection of well-being in older adults who encounter daily stressors from interpersonal interactions.

Positive reappraisal is exceptionally useful in later-life as older adults tend to use this strategy more often than other age groups (Nowlan, Wuthrich, Rapee, Kinsella, & Barker, 2016). This strategy aims to acknowledge negative aspects of a problem and identify positives within that situation. The main goal is creating a positive interpretation to create an effective coping mechanism to promote well-being.

Many aspects of positive psychology have focused primarily on younger adult populations. Positive psychology is a broad field that, when utilized, can benefit the lives of many age groups. The aforementioned factors have shown multiple ways in which positive psychology can improve the lives of the older adult population.

### **Older Adults**

The United States population currently has about 46.2 million, or 14.5%, individuals who are over the age of 65 years old (Greenawalt, Orsega-Smith, Turner, Goodwin, & Rathie, 2019). This ever-growing population of older adults is expected to double by 2050. Quality of life issues and concerns have been raised due to an increased life expectancy that results from adaptive public health programs (Ostir et al., 2004). On average, people are living longer, and psychologists' clientele of older adults is increasing. It is important to research the well-being of older adults as this population continues to grow. However, most areas of psychological research have focused on the negatives of the human condition (Proyer et al., 2014). Moreover, research on aging has come from a model that posits dependency and decline as common themes (Stoner, 2019). What is needed is consideration of how the research regarding age-associated decline and

functional loss can be re-examined through the lens of positive psychology, thus offering an enlightening way to view the inevitable act of aging.

### **Common Health Concerns of Older Adults**

Ageism is a form of discrimination against older adults in our society and is largely based in false premises (Ranzijn, 2002). There are many stereotypical words used that are negatively associated with old age such as dependent, forgetful, and incompetent. A self-fulfilling prophecy can be seen in older adults that are led to believe that they are devalued by society. The virtues of youth are promoted and leads to this devaluation of older adults and further promotes ageism (Ranzijn, 2002). Negative schemas about aging can contribute to depression in older adults. Many of the negative schemas about older adults revolve around ideas such as frailty and social connectedness. Depression in older adults is of high concern for public health (Reynolds, Meng, & Dorrance Hall, 2020).

The term frailty serves to encompass the way that older adults are typically treated. As a concept, frailty is defined as impaired strength and endurance, with reduced capacity that puts an individual at risk of negative health outcomes (Ostir et al., 2004). Aging is associated with the detriments of physiological functioning and systems (Ong et al., 2011). The body's decline in physical capacity also reduces the body's ability to cope with stress. Of individuals aged 65 years and older, between 10% and 25% are labeled as frail. Of particular importance to my review presented here, is that there is an expected influence of psychological health on physical health such that positive thinking can influence physical health (Ranzijn, 2002). Implicitly accepting frailty can serve to further lower physical health and well-being in older adults. However, Ostir et al. (2004) explain that frailty is not inevitable. Ostir et al. (2004) examined baseline positive affect and conducted three post interviews 2, 5, and 7 years after the initial interview. They found



that here was lower risk of being classified as frail at year 7 when there were higher positive affect scores as the initial interview. This suggests that positive psychological factors can be preventative against declined health in later-life.

In addition to declined physical health, declined community involvement and increased isolation are concerns of aging. However, much like frailty, isolation is not inevitable. However, it can be linked to worse mental health and well-being in older adults (Reynolds et al., 2020). Older adults often face a life-course that is stressful due to transitions such as declined physical capabilities and loss of loved ones. Physical decline is linked with chronic depression in older adults. Reynolds et al. (2020) explain that social networks begin to decline in older adulthood. This decline creates social challenges that may lead to limited mobility and inability to participate in social activities. Community involvement provides one with a sense of belonging (Reynolds et al., 2020). Further, older adults living in poverty have an even higher risk of social exclusion. Such social disadvantage results in the involuntary exclusion from being able to participate in society (Lee, Hong, & Harm, 2014). As depression and isolation are considered two identifiable detriments to older adult well-being. Smith and Hollinger-Smith (2015) claim it is of utmost importance to keep older adults healthy and resilient. Positive psychology is a key aspect in how we can promote and further this well-being. Factors of positive psychology have shown a mitigating influence on the negative affects of aging.

### **Healthy Older Adults**

The term healthy, as it pertains to aging, refers to the functional abilities of the older adult (Cabrita, Lamers, Trompetter, Tabak, & Vollenbroek-Hutten, 2017). The World Health Organization explains that healthy aging and well-being in later life is defined by the processes of development and maintenance of functional ability. Functional ability is seen in

environmental interactions and survival supported by one's daily activities. Healthy aging is a positive in the well-being of older adults. Successful aging is an additional term by which the relative well-being of older adults can be examined. Successful aging is an outcome of the adaptation to life changes related to aging (Ranzijn, 2002). Research suggests that modifiable factors at the age of 50 years like regular exercise and decreased smoking influenced the subjective aging twenty to thirty years later (Yamada, Merz, & Kisvetrova, 2015). Yamada et al. (2015) suggest that there be a change to stereotypes about aging so that the media sees older adults as more active. Further, promoting healthier behaviors may create a change in the attitudes toward aging in later-life. Positive psychology can be used to change the negative stereotypes by promoting the way that aging can be a positive time of transition. Research in this field shows an increase in functionality and adaptation of older adults who engage with the multiple aspects of positive psychology such as concepts like resilience.

Resilience is a large factor in aging and well-being (Smith & Hollinger-Smith, 2015). Resilience is defined as the success of overcoming life's challenges. It is multifaceted in the way that whether an individual is high or low in resilience, he or she is still able to have positive outcomes such as optimism and perceived control. There are different ways to understand what positive well-being is and is not in older adulthood. It is crucial to understand what can increase positive well-being. Multiple positive psychological factors and interventions have shown to be helpful in increasing well-being in the aging population.

### **Positive Psychology and Older Adults**

Historically, psychological research has over-emphasized the negative attributions of aging (Ranzijn, 2002). This research has neglected to identify the positive benefits. It is recognized that older adults are valuable members of society who contribute in a number of ways

and support younger generations. The information presented earlier underscores why considering positive psychology and older adults is important. Our society is riddled by ageism despite the rapid increase in the older adult population. Most specifically positive psychology has the potential to help promote the value of older adults implicitly and explicitly. Ranzijn (2002) proposes that understanding the potentials and limitations of older adults can allow professionals to better respond to the needs of and create means to improve functioning in this population. Previous research finds that positive psychological interventions have the capability to improve overall well-being and decrease depressive symptoms and negative affect (Greenawalt et al., 2019). Increasing this area of research has benefits such as increasing older adults' quality of life, decreasing negative aspects of aging, and finding more generalizable interventions that can be employed in the field of psychology.

### **How Positive Psychology Could Promote Better Outcomes for Older Adults**

The biggest component to the success of positive psychology is the promotion of quality of life in older adults. The main goal is to create higher levels of well-being in late-life. By studying quality of life, negative impacts of aging can be mitigated. Quality of life is associated with personal attitudes and self-perceptions toward aging (Yamada et al., 2015). This framework suggests that older adults with a more positive view of aging have higher psychological resources in later life. Research shows that low expectations of aging in older adults led to less healthy lifestyles while the opposite directional pathway can be seen in poor health influencing a negative attitude (Yamada, et al., 2015). Yamada et al. (2015) conducted a cross-sectional study on home care clients and found the possibility that positive attitudes may mitigate the negative effects of comorbidity on quality of life. It is assumed that by promoting positive feelings towards aging that negative impacts of illness will be alleviated, resulting in a better quality of

life. This research creates support for the notion that biases towards aging must be changed to promote better well-being.

One current research perspective in psychology focuses on the depressive states of older adults. It is important to note that well-being and quality of life are decreased as a result of the decline in psychological health (Greenawalt et al., 2019). However, it is equally important to understand the ways that positive psychology can create mitigating factors to protect against such negative aspects. Greenawalt et al. (2019) explain that positive psychological characteristics such as optimism and positive emotions are linked to improved health outcomes. To test this assumption, Greenawalt et al. (2019) created an 8-week intervention that sought to examine how positive psychological interventions impact mental well-being in older adults. “The Art of Happiness” intervention had the goals of enhancing well-being by presenting 90 minute classes each week following topics such as defining happiness, stress management, mindfulness, etc. Each class consisted of an activity, homework, and discussion which allowed for self-disclosure. Greenawalt et al. (2019) found that participants were significantly less stressed after completing the intervention. There were significant reports of improvement in happiness and depression. This result lead to the conclusion that the promotion and education of happiness and positive mental well-being influenced the improvements in participants. Self-reports by both participants and senior center directors confirmed through personal statements that mental well-being was improved. One participant explained how awareness made her truly happy. A director stated that the older adults who participated enthusiastically shared the information learned and increased their social connectedness within the centers. Simple educational interventions such as The Art of Happiness are applicable to older populations and serve as an easy means to increase positive affect in later-life stages.

Another study that offered support for the impact of positive psychology was conducted by Smith and Hollinger-Smith (2015). This study examined the relationship between well-being, savoring, and resilience. Savoring is a positive psychological technique that allows one to regulate positive feelings by placing attention on positive experiences, then appreciating these experiences, and finally elaborating on them (Smith & Hollinger-Smith, 2015). Savoring is linked to better well-being in addition to happiness, life satisfaction, and perceived control. Smith and Hollinger-Smith (2015) explain that by prioritizing emotions increases focusing on positive emotions and results in better emotion regulation. Savoring is important for older adults because the increase in positive emotions can help in building social resources, coping, and improve responses to stress. Savoring is an effective way to deter negative consequences such as depression and isolation that are highlighted in current research regarding aging. This study found that all individuals, regardless of resilience level, were positively affected by savoring and reported higher happiness (refer to Figure 2) and life satisfaction (refer to Figure 3) and lower depression (refer to Figure 4) (Smith & Hollinger-Smith, 2015). The findings suggest that older adults have increased emotion regulation capabilities and that this intervention strategy may improve psychological well-being by further developing existing strengths.

The interventions and strategies referred to above examined the relationship between mental well-being and positive psychology in older adults. Clearly, there is a healthy impact on older adults when focusing on positive dimensions of cognitions. Positive psychology is still a young field and has the potential to influence multiple concepts and theories in the field of gerontology while shifting the prevailing attentions away from negative biases that are found in previous and current research. This type of psychology has the opportunity to create better functioning today for older adults, and can contribute to a better future for younger generations.

**Future Considerations**

Current promotion of research in the field of positive psychology is done through positive psychology interventions (PPIs) in order to provide evidence-based knowledge and comprehension of flourishing (Sutipan et al., 2017). The systematic review done by Sutipan et al. (2017) found that the most prevalent type of intervention are reminiscence interventions. Reminiscence is unstructured autobiographical storytelling (Meléndez Moral, Fortuna Terrero, Sales Galán, & Mayordomo Rodríguez, 2014). These PPIs develop a balanced view of participants' lives and regulate emotions in coping with reconciliation. Past research has shown that reminiscence interventions improve well-being and reduce depression (Meléndez Moral et al., 2014). Previous research also found that reminiscence interventions were low cost, readily available, and accessible to levels of all cognitive functioning (Sutipan et al., 2017). Therefore, reminiscence interventions are a type of PPI that many communities will be able to engage in to increase the well-being of older adult well-being.

There are many directions that further studies can take to discover a gamut of effective interventions on the negative aspects of aging. There is evidence and information on the effectiveness of reminiscence interventions readily available, so it would be beneficial to build on this type of PPI to create a concrete field of research. A potential future study that builds on this body of research is a reminiscence intervention that is conducted at an individual level and group level of therapy. Recall that isolation has negative implications for well-being in older adults and that community involvement can create a sense of belonging for older adults. By examining the differences between individual and group settings, reminiscence interventions can provide guidance based in positive psychology to promote mental health and emotional well-being while also investigating just how important social interaction is on the well-being of older adults. How might this sense of belonging be affected in reminiscence intervention? A between

groups study should be conducted to investigate if there is a significant difference in positive well-being between older adults who had face-to-face storytelling in a group setting and older adults who completed an individual reminiscence intervention consisting of written autobiographical storytelling. The intervention would be conducted for 9 weeks and include a one month follow up after the intervention to determine if being involved in a group setting is more beneficial to older adult well-being. Results would examine the impacts that belonging and isolation have on older adults and how positive psychology interventions can be better utilized to mitigate the negative effects of isolation and decreased socialization. This is especially important to the field of gerontology and positive psychology because isolation is often an issue that leads to detriments in the older adult population. It is integral to understand how important community is to aid in changing the psychology paradigm to one of strength and growth by shifting the societal stereotypes and promoting well-being in older adults through PPIs.

### **Conclusion**

Positive psychology is a newer realm of psychology with its interests in younger generations. However, there is a gamut of evidence to suggest that positive psychological interventions can be effective for older adults as well. Positive psychology would serve to better the well-being in a rapidly growing population.

Aging is inescapable. It is human nature to age and outgrow youth. Current societies, like that of the United States, value youth and perpetuate ageism against older adults. However, the negatives of aging do not have to be the main focus of gerontology. Positive Psychology offers a new science and framework to conduct research on the values and strengths of old age. Older adults are important members of society who are still capable of success and fulfillment. Aging

does equate to detriment. It is time that psychology shifts the paradigm of a deficit orientation to a strengths orientation.



## References

- Birditt, K. S., Polenick, C. A., Luong, G., Charles, S. T., & Fingerman, K. L. (2020). Daily interpersonal tensions and well-being among older adults: The role of emotion regulation strategies. *Psychology and Aging, 35*(4), 578–590. <https://doi-org.ezproxy.uakron.edu:2443/10.1037/pag0000416>
- Cabrita, M., Lamers, S. M. A., Trompetter, H. R., Tabak, M., & Vollenbroek-Hutten, M. M. R. (2017). Exploring the relation between positive emotions and the functional status of older adults living independently: A systematic review. *Aging & Mental Health, 21*(11), 1121–1128. <https://doi-org.ezproxy.uakron.edu:2443/10.1080/13607863.2016.1204982>
- Greenawalt, K. E., Orsega-Smith, E., Turner, J. L., Goodwin, S., & Rathie, E. J. (2019). The impact of “the art of happiness” class on community dwelling older adults: A positive psychology intervention. *Activities, Adaptation & Aging, 43*(2), 118–132. <https://doi-org.ezproxy.uakron.edu:2443/10.1080/01924788.2018.1493898>
- Koopmans, T. A., Geleijnse, J. M., Zitman, F. G., & Giltay, E. J. (2010). Effects of happiness on all-cause mortality during 15 years of follow-up: The Arnhem Elderly Study. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being, 11*(1), 113–124. <https://doi-org.ezproxy.uakron.edu:2443/10.1007/s10902-008-9127-0>
- Lee, Y., Hong, P. Y. P., & Harm, Y. (2014). Poverty among Korean immigrant older adults: Examining the effects of social exclusion. *Journal of Social Service Research, 40*(4), 385–401. <https://doi.org/10.1080/01488376.2014.894355>
- Meléndez Moral, J. C., Fortuna Terrero, F. B., Sales Galán, A., & Mayordomo Rodríguez, T. (2014). Effect of integrative reminiscence therapy on depression, well-being, integrity,

- self-esteem, and life satisfaction in older adults. *The Journal of Positive Psychology*, *10*(3), 240-247. <https://doi.org/10.1080/17439760.2014.936968>
- Momtaz, Y. A., Hamid, T. A., Haron, S. A., & Bagat, M. F. (2016). Flourishing in later life. *Archives of Gerontology and Geriatrics*, *63*, 85–91. <https://doi-org.ezproxy.uakron.edu:2443/10.1016/j.archger.2015.11.001>
- Nowlan, J. S., Wuthrich, V. M., Rapee, R. M., Kinsella, J. M., & Barker, G. (2016). A comparison of single-session positive reappraisal, cognitive restructuring and supportive counselling for older adults with type 2 diabetes. *Cognitive Therapy and Research*, *40*(2), 216–229. <https://doi-org.ezproxy.uakron.edu:2443/10.1007/s10608-015-9737-x>
- Ong, A. D., Mroczek, D. K., & Riffin, C. (2011). The health significance of positive emotions in adulthood and later life. *Social and Personality Psychology Compass*, *5*(8), 538–551. <https://doi-org.ezproxy.uakron.edu:2443/10.1111/j.1751-9004.2011.00370.x>
- Ostir, G. V., Ottenbacher, K. J., & Markides, K. S. (2004). Onset of Frailty in Older Adults and the Protective Role of Positive Affect. *Psychology and Aging*, *19*(3), 402–408. <https://doi-org.ezproxy.uakron.edu:2443/10.1037/0882-7974.19.3.402>
- Proyer, R. T., Gander, F., Wellenzohn, S., & Ruch, W. (2014). Positive psychology interventions in people aged 50–79 years: Long-term effects of placebo-controlled online interventions on well-being and depression. *Aging & Mental Health*, *18*(8), 997–1005. <https://doi-org.ezproxy.uakron.edu:2443/10.1080/13607863.2014.899978>
- Ramírez, E., Ortega, A. R., Chamorro, A., & Colmenero, J. M. (2014). A program of positive intervention in the elderly: Memories, gratitude and forgiveness. *Aging & Mental Health*, *18*(4), 463–470. <https://doi-org.ezproxy.uakron.edu:2443/10.1080/13607863.2013.856858>

- Ranzijn, R. (2002). Towards a positive psychology of ageing: Potentials and barriers. *Australian Psychologist*, 37(2), 79–85. <https://doi-org.ezproxy.uakron.edu:2443/10.1080/00050060210001706716>
- Reynolds, R. M., Meng, J., & Dorrance Hall, E. (2020). Multilayered social dynamics and depression among older adults: A 10-year cross-lagged analysis. *Psychology and Aging*, 35(7), 948–962. <https://doi-org.ezproxy.uakron.edu:2443/10.1037/pag0000569>
- Smith, J. L., & Hollinger-Smith, L. (2015). Savoring, resilience, and psychological well-being in older adults. *Aging & Mental Health*, 19(3), 192–200. <https://doi-org.ezproxy.uakron.edu:2443/10.1080/13607863.2014.986647>
- Stoner, C. R. (2019). Positive psychiatry/psychology for older adults: A new and important movement but robust methodology is essential. *International Psychogeriatrics*, 31(2), 163–165. <https://doi-org.ezproxy.uakron.edu:2443/10.1017/S1041610218002223>
- Sutipan, P., Intarakamhang, U., & Macaskill, A. (2017). The impact of positive psychological interventions on well-being in healthy elderly people. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 18(1), 269–291. <https://doi-org.ezproxy.uakron.edu:2443/10.1007/s10902-015-9711-z>
- Yamada, Y., Merz, L., & Kisvetrova, H. (2015). Quality of life and comorbidity among older home care clients: Role of positive attitudes toward aging. *Quality of Life Research: An International Journal of Quality of Life Aspects of Treatment, Care & Rehabilitation*, 24(7), 1661–1667. <https://doi-org.ezproxy.uakron.edu:2443/10.1007/s11136-014-0899-x>

Figures

Figure 1

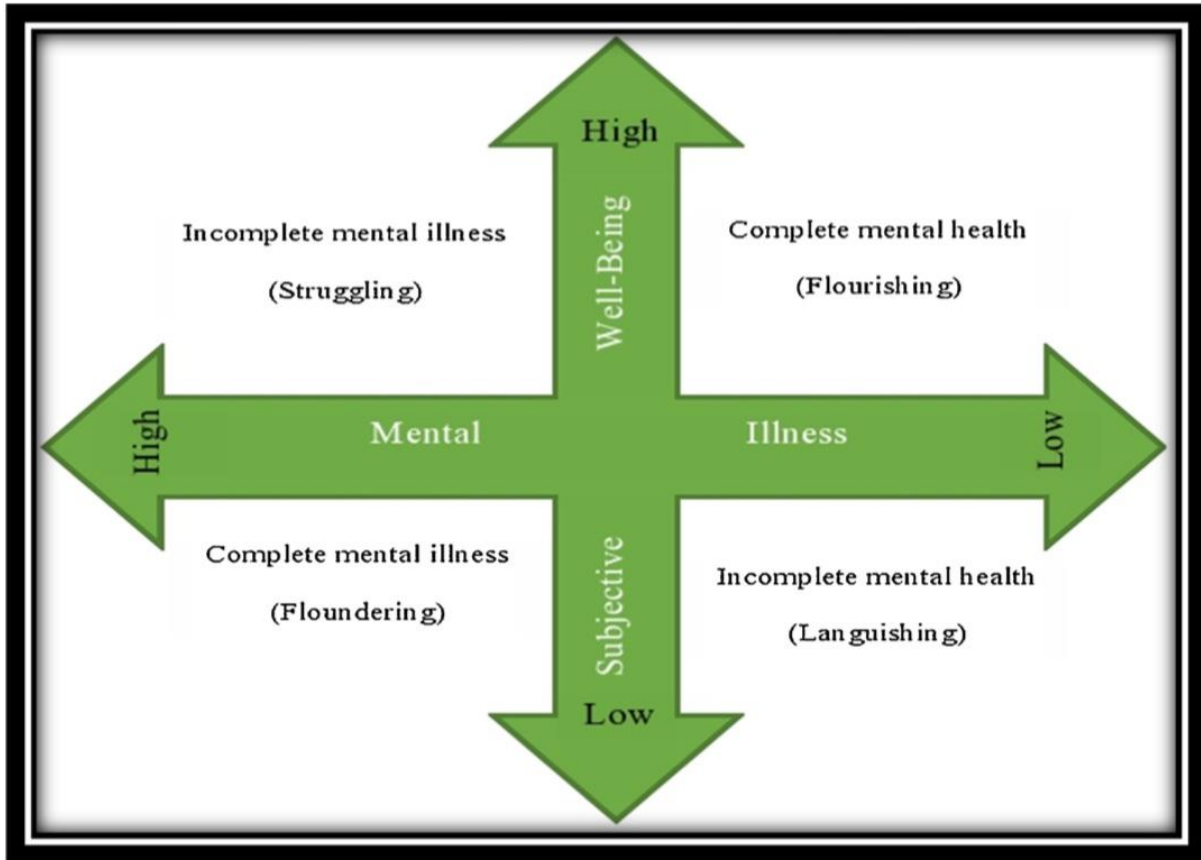


Figure 2

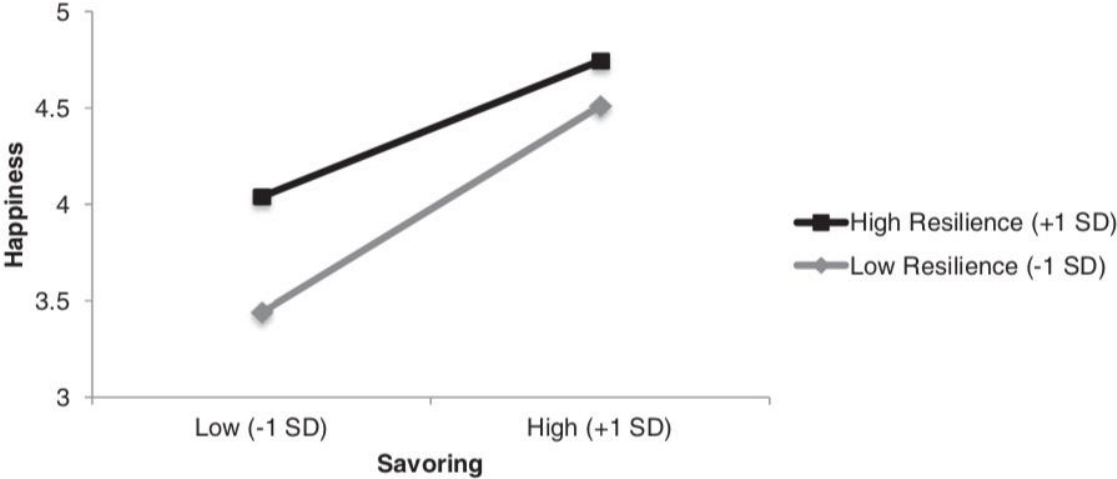


Figure 3

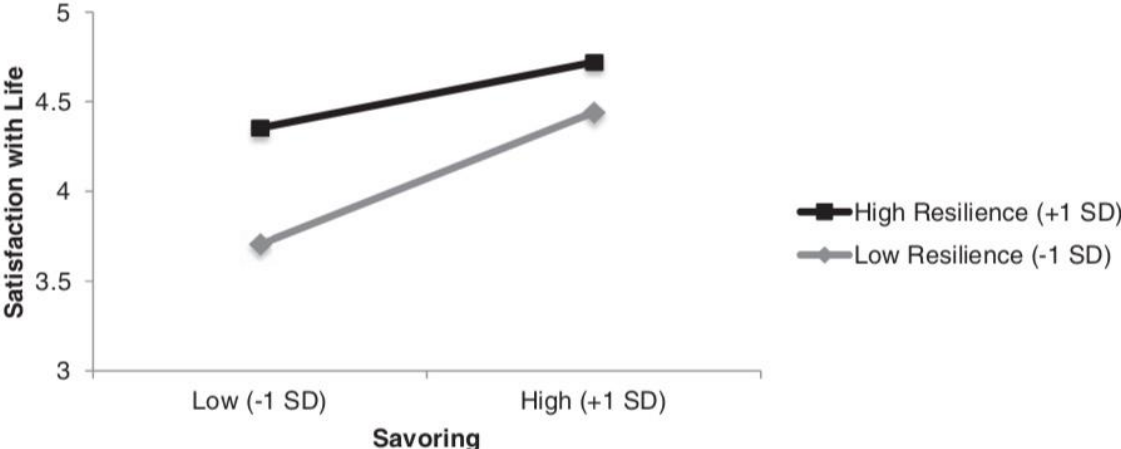


Figure 4

