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**TITLE:** Comparing cognitive-behavior therapy and positive psychology to enhance emotional well-being

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# **Abstract**

Positive Psychology is not only about reducing pathologies, it is also about enhancing the optimal well-being and satisfactions of any person.

This study tested the impact generated by a Positive Psychology program and contrasted the effectiveness of the program with a second group: Cognitive-Behavioral plus Positive Psychology program. 45 university students were measured by SWLS, PANAS, CES-D, BAI and HADS scales in a pre and post design with two groups.

The results revealed that a Positive Psychology intervention significantly increases life satisfaction and positive affect and significantly decreases negative affect, depressive symptoms and anxiety symptoms (*p* < .05). Moreover, ANCOVA analysis show that the first program is as effective as the second program in each of the variables measured (*p* > .05). In short, our findings suggest that it is possible to offer psychological assistance by providing tools from Positive Psychology that promote well-being and psychological health focusing on maximizing strengths within a small period intervention.

**Keywords:** cognitive-behavioral therapy; well-being; positive psychology; anxiety; depression