

# **Positive Psychology Constructs: Development and Measurement**

*By*

**Sudha. R**  
**20PHCPP001**

*Supervisor*

**Dr. S. Gayatridevi**  
Professor and Head  
Department of Psychology

A Thesis Submitted to

Avinashilingam Institute for Home Science and Higher Education  
for Women, Coimbatore - 641 043

In Partial Fulfillment of the requirements for the Degree of

**Doctor of Philosophy in Counselling Psychology**

**November 2023**

## **80\_Recommendations**

The following could be the future directions for the study

- Digital mental health applications for the C. A. R. E inventory and the intervention Module
- Popularizing the study using multiple publications

The present study indicates that the C. A. R. E inventory measures positive psychological constructs effectively. The C. A. R. E intervention module is effective in reducing negative affect and increasing positive attributes and bring forth flourishing and well-being for the participants.