

**Certificate**

This is to certify that the thesis entitled “**Positive Psychology Constructs: Development and Measurement**” submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for the award of the degree of **Doctor of Philosophy in Counselling Psychology**, is a record of original research work done by **Sudha, R. (20PHCPP001)** during the period of her study in the Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, under my guidance and supervision. This work has not formed the basis for the award of any degree, diploma, associateship, fellowship or similar title in this Institute or any other University or Institution of Higher Learning.

*S. Gayatri Devi*  
Signature of

**Head of the Department**

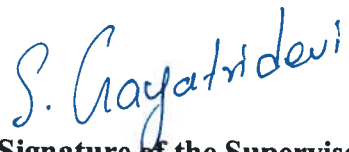
*S. Gayatri Devi*  
Signature of the Supervisor



**Signature of the Dean**

### Declaration

I hereby declare that the thesis entitled “**Positive Psychology Constructs: Development and Measurement**” submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in partial fulfilment of the requirements for the award of the degree Doctor of Philosophy (Ph.D.) in Counselling Psychology, is a record of original research work carried out by me during the period, **December 2020 to November 2023** under the guidance of **Dr. S. Gayatri Devi**, Professor and Head, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore and it has not formed the basis for the award of any degree, diploma, associateship, fellowship or similar title to any candidate of this institute or any other university and it represents entirely an independent work on the part of the candidate.



**Signature of the Supervisor**



**Signature of the Candidate**

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## List of Abbreviations

1. APA: American Psychological Association
2. DSM: Diagnostic and statistical Manual
3. GDP: Gross Domestic Product
4. REACH: Recall the hurt, Empathise, Altruistic gift, Commit, Hold on to forgiveness
5. ABCDE: Adversity, Belief, Consequences, Disputation of the belief, Energization
6. PERMA: Positive emotions, Engagement, good Relationships, Meaning in life and Accomplishments.
7. C. A. R. E.: an acronym that stands for Compassion and Self-compassion, Achievement of purpose in life, Relationship building and Enhancing positive emotions
8. CFT: Compassion Focused Therapy.
9. ICD: International Classification of Diseases
10. PRISMA: Preferred Reporting Items for Systematic Reviews and Meta-Analyses.
11. SCS: Self-Compassion Scale
12. PCS: Pain Catastrophizing Scale
9. CVR: Content Validity Ratio
10. SPSS: Statistical Package for Social Sciences
11. AMOS: Analysis of Moment Structures
12. MANOVA: Multivariate Analysis of Variance

## **List of Appendices**

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