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English 100

Annotated Bibliography

November 26, 2018

Topic: Can the “three good things” gratitude process have a positive impact on my wellbeing

### Annotated Bibliography

Bartels, Meike. “Genetics of Wellbeing and Its Components Satisfaction with Life, Happiness, and Quality of Life: A Review and Meta-Analysis of Heritability Studies.” *Behavior Genetics*, vol. 45, no. 2, Mar. 2015, pp. 137–156. *EBSCOhost*, doi:10.1007/s10519-015-9713-y. Accessed 17 Nov. 2018.

This article is a study about individual differences in wellbeing that are accounted for by both genetic as well as environmental factors. This system examines 30 twin-family studies on wellbeing. The results of this study showed considerable variations, which makes it difficult to draw firm conclusions regarding the genetic influences on wellbeing.

This article provides insight on how wellbeing is a major topic that has strong value across major domains in life. A major force driving this interest is the association of wellbeing with physical and mental health. I believe positive feelings and a subjective life assessment would improve wellbeing. Further, this article reinforces the significance of how improving a person’s well being benefits their quality of life.

Emmons, A. Roberts, & Mc.Cullough, E. Michael. "Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life." *Journal of Personality and Social Psychology*. American Psychology Association, Inc., 2003, [https://greatergood.berkeley.edu/images/application\\_uploads/Emmons-CountingBlessings.pdf](https://greatergood.berkeley.edu/images/application_uploads/Emmons-CountingBlessings.pdf). Accessed 21 Nov. 2018.

This study investigates the application of gratitude and the effects on subjective wellbeing in daily life. This article studies the components of wellbeing and explores the focus of the study by following a similar structure as a "Three Good Things" but test the effects on wellbeing by including subjects that only list either positive or negative events.

I think this study helps to depict the contrast between different perspectives and does a good job of reflecting common habits enacted by today's society. The effects of constant negative focus are detrimental to a person's wellbeing and this study helps to reiterate the importance of Positive psychology and use of gratitude to support a healthy quality of life. Doing the "Three Good Things" assessment each day clearly lists out and highlights events a person can feel grateful for. This practice could significantly improve your wellbeing.

Joseph, Stephen. "What Exactly Is Well-Being?" *Psychology Today*, Sussex Publishers, 2017, [www.psychologytoday.com/us/blog/what-doesnt-kill-us/201708/what-exactly-is-well-being?amp](http://www.psychologytoday.com/us/blog/what-doesnt-kill-us/201708/what-exactly-is-well-being?amp). Accessed 18 Nov. 2018.

The author in this article examined the similarities and differences perspectives on wellbeing. This online article explores the definition of wellbeing by identified fourteen components distinct and recurring constructs of wellbeing.

Looking at the definition of fourteen components distinct and recurring construct of wellbeing is useful to identify what is missing in people's lives. This could help people to figure out which components that they need to put more effort into.

Lay, T. Siew, & O'Carrol, E., Ronan. "The Three Good Things"- The effects of gratitude practice on wellbeing: A randomized controlled trial. *Health Psychology Update*, Volume 26, Issue 1, 2017, [https://www.researchgate.net/publication/313845439\\_'The\\_Three\\_Good\\_Things'\\_-\\_The\\_effects\\_of\\_gratitude\\_practice\\_on\\_wellbeing\\_A\\_randomised\\_controlled\\_trial](https://www.researchgate.net/publication/313845439_'The_Three_Good_Things'_-_The_effects_of_gratitude_practice_on_wellbeing_A_randomised_controlled_trial). Accessed 24 Nov. 2018.

This article describes a simple trial and analysis of gratitude's affect on wellbeing using a very similar process to the three good things study. This assessment included analysis of individuals partially completing a gratitude study as compared to individuals undergoing a longer period of assessment.

I think the results reflect the basic concept that more gratitude promotes a better sense of wellbeing. This more or less supports the overall findings in my assignment by providing additional studies that reinforce the underlying concept of gratitude benefitting a person's wellbeing.

Mariana. "The PERMA Model: Your Scientific Theory of Happiness." *Positive Psychology Program - Your One-Stop PP Resource!*, 2 Aug. 2018, <https://positivepsychologyprogram.com/perma-model/>. Accessed 17 Nov. 2018.

In this online article, the author describes the individual components related to the PERMA method of positive psychology.

I like how the details included in this article articulate the components in a simple and easy to understand fashion that helps readers to distinguish the different types of components.

Pennock, F. Seph. "Who Is Martin Seligman and What Does He Do?" *Positive Psychology Program - Your One-Stop PP Resource!*, 13 Mar. 2017, <https://positivepsychologyprogram.com/who-is-martin-seligman/>. Accessed 15 Nov. 2018.

This online article explains the contributions of Martin Seligman to the field of positive psychology and the importance of this study on individuals' wellbeing.

The importance of positive psychology and a healthy sense of wellbeing is very important to learning to lead a healthy and happy life. This fact is critical to express clearly to the first-time reader learning about this process.

Peterson, Christopher. "What is Positive Psychology, and What Is It Not?" *Psychology Today*, Sussex Publishers, LLC, 2018, <https://www.psychologytoday.com/intl/blog/the-good-life/200805/what-is-positive-psychology-and-what-is-it-not>. Accessed 18 Nov. 2018.

In this article, the author drills down into details about the importance and affects of positive psychology and its perception and plays in today's society. This article clearly describes the importance and need for more work in this field as society draws further away from a healthy sense of wellbeing. As the author explains this is due to a number of contributing factors ingrained in our everyday life.

The current state of societies lifestyle is degrading the quality of life each person is able to interpret. I think the author's break down helps to clearly to depicts the draw backs we each face in our daily routine. This article inspired me to express the urgency for applying the positive psychology practices to reverse this process.

Phelps, Leslie. "When Gratitude Works; and When It Doesn't." *Psychology Today*, Sussex Publishers, 2015, [www.psychologytoday.com/us/blog/making-change/201605/when-gratitude-works-and-when-it-doesnt](http://www.psychologytoday.com/us/blog/making-change/201605/when-gratitude-works-and-when-it-doesnt). Accessed 23 Nov. 2018.

This article explains the application of gratefulness to the study of practice of positive psychology and more specifically to the underlying foundation for the three good things assessment.

The author provides good examples to help explain variations in the meaning of being grateful, and how not all interpretations of this terminology actually apply to the practice of positive psychology.

Stern, Robin, & Emmons, Robert. "Gratitude Practice Explained." *Yale Center for Emotional Intelligence*, 2015, <http://ei.yale.edu/what-is-gratitude/>. Accessed 21 Nov. 2018.

This article explains the details of gratitude and method for applying it to a person's everyday life to improve wellbeing.

This article does a good job of outlining the role gratitude plays and reinforcing a healthy and fulfilling lifestyle.

Wong, Paul. "A Quiet Positive Revolution." *International Journal of Existential Psychology and Psychotherapy*, The International Society for Existential Psychology and Psychotherapy, a division of the International Network on Personal Meaning. All rights reserved, 1.2, 2004, <https://positivepsychologyprogram.com/what-is-positive-psychology-definition/>. Accessed 18 Nov. 2018.

Paul Wong explains the results of multiple studies exploring the correlation and significance of each component, like those detailed in PERMA, as it relates to the individual's undergoing the assessment. This helps to clearly explain the significance of identifying the correlations and importance of different wellbeing components to various demographics based on cultural and other factors.

I thought this tied into the results that I encountered and expresses the what I would like to see pursued in future studies. Factors underlying the analysis do not always handle every case or situation. But through practice and more research better and clearer categories can be applied to provide a better and more accurate set of results.