



## POSITIVE PERSONAL RESOURCES, HEALTH AND WELLBEING IN APPLIED CONTEXTS



### INTRODUCTION

This research group focuses its interest on the study of personal resources that may be relevant in the prediction of indicators of psychological health and well-being. In recent years, several studies have been conducted with different groups at psychosocial risk such as multi-occupational samples, adolescents, people in situations of unemployment or old age. Among the psychological resources that have received most attention are: Emotional Intelligence, self-core evaluations psychological strengths such as forgiveness and gratitude.

### RESEARCH TOPICS

- Positive Organizational Psychology: positive resources for the improvement of personal and labor welfare indicators.
- Positive Psychology oriented to the prevention and reduction of bullying and cyberbullying behavior in adolescence.
- Emotional Intelligence, psychological strengths and quality of life associated with health in work, social and educational contexts.
- Adaptation and validation of instruments for evaluation of positive personal resources.
- Protective factors and emotional coping strategies against variables of psychological maladjustment.
- Technologies" addictions : Assessment, prevention and intervention through positive personal resources.

### SCIENTIFIC-TECHNICAL SERVICES

- Prevention of bullying and cyberbullying from positive psychology (emotional intelligence, forgiveness, positive coping, etc.)
- Promotion of personal and work well-being through intervention programs on "burnout" and teacher stress.
- Development of positive personal resources to improve health and well-being.
- Assessment and profiles of technologies" addictions: internet, smartphones, social networks and videogames.

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