

Call For Participants



Positive Psychology: How does performing the act of kindness assist in improving short term well-being and stress management in the workplace?

7 day(s) to complete

Sincere Gratitude

Other

Online

Heriot-Watt University

The overall purpose of the project is to investigate the degree to which the act of kindness will provide short term increases in well-being and alleviation of stress. As well as considering the extent to which individuals that show high levels of the character strength kindness will benefit from performing kind acts.

You will complete a questionnaire which covers kindness, life satisfaction, stress, compassion, extroversion and social desirability. The questionnaire may take

Find out more online

Poster printed on 27/04/2024

Study expires on 10/08/2014

More info

by scanning the QR code
or visiting the URL

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