

7 day(s) to complete

Sincere Gratitude

Online Questionnaire

Online

University of Bristol

Dr. Martin Seligman, one of the founding fathers of positive psychology, has argued that people can increase their well-being by first measuring and then intentionally trying to increase their own well-being. This research is a 7-day study to better understand the effect of web-based positive psychology intervention on working adults' motivation and well-being.

Find out more online

Poster printed on 29/03/2024 Study expires on 04/07/2020

More info

by scanning the QR code or visiting the URL

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