

Georgia Southern University

Georgia Southern Commons

Jiann-Ping Hsu College of Public Health News
(2011-2023)

Jiann-Ping Hsu College of Public Health
Publications

5-24-2019

College of Public Health News

Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/coph-news-online>



Part of the [Public Health Commons](#)

Recommended Citation

Georgia Southern University, "College of Public Health News" (2019). *Jiann-Ping Hsu College of Public Health News (2011-2023)*. 229.

<https://digitalcommons.georgiasouthern.edu/coph-news-online/229>

This article is brought to you for free and open access by the Jiann-Ping Hsu College of Public Health Publications at Georgia Southern Commons. It has been accepted for inclusion in Jiann-Ping Hsu College of Public Health News (2011-2023) by an authorized administrator of Georgia Southern Commons. For more information, please contact digitalcommons@georgiasouthern.edu.

Impact of an Integrated Gratitude Intervention on Positive Affect and Coping Resources

May 24, 2019

Gratitude interventions are an emerging focus in clinical work. Consistent with theories of positive emotions, research needs to examine the effects of gratitude on different wellbeing outcomes after a positive experience. To this end, the current study examines the effects of a gratitude intervention on positive emotions and coping resources (resilience and coping self-efficacy) after a positive experience. Forty-eight university students completed a positive experience exercise and were then randomly assigned to either a gratitude or control task. Results revealed a significant interaction effect, such that individuals in the gratitude intervention group reported higher levels of positive emotions (at time 3) compared to the control group. This finding supported the hypothesis that gratitude maintains positive emotions resulting from a positive experience. Our findings also revealed a significant main effect of condition on resilience and coping self-efficacy. Specifically, the gratitude intervention group reported higher levels of resilience and coping self-efficacy compared to the control group. These findings support the hypothesis that gratitude interventions employed after a positive experience impact coping resources. The results are further discussed in terms of gratitude being an effective upregulation strategy.

[“Impact of an Integrated Gratitude Intervention on Positive Affect and Coping Resources”](#) published in the International Journal of Applied Positive Psychology.

Share: [f](#) [t](#) [r](#) [+](#)

Posted in [Department News](#), [None](#)

Association between earthquake exposures and mental health outcomes in adults after the 2015 Nepal Earthquakes.

May 24, 2019

In 2015, two strong earthquakes, as well as continuous, high magnitude aftershocks, struck Nepal. Phulpingdanda village was greatly impacted due to its lack of infrastructure and environmental remoteness. Adults from sampled households were surveyed 1-year later to examine the association between earthquake exposures and indicators of depression, post-traumatic stress disorder (PTSD), and resilience. Results showed 33% of surveyed residents screened positive for depression, 9% screened positive for severe PTSD, and 46% displayed moderate to high resilience. Additionally, participants experienced resource loss (100%), damaged home and goods (99%), and exposure to the grotesque (82%). Traumatic earthquake experiences related to personal harm were associated with symptoms of depression and PTSD and resource loss was associated with depressive symptoms. Earthquake experiences associated with less damage to home and goods, but greater exposure to the grotesque were associated with increased resilience. This research adds to our knowledge of the relationship between traumatic exposures and indicators of psychological distress and resilience following a disaster.

[“Association Between Earthquake Exposures and Mental Health Outcomes in Phulpingdanda Village After the 2015 Nepal Earthquakes”](#) was recently published in Community Mental Health Journal.

Share: [f](#) [t](#) [r](#) [+](#)

Posted in [Department News](#)

Looking at barriers and facilitators to physical activity among rural adolescents with cerebral palsy.

May 24, 2019

The purpose of this study was to use a qualitative, community-based participatory action research method – Photovoice – to identify perceived facilitators and barriers to physical activity among adolescents with cerebral palsy (CP) in a rural community.

Fifteen participants including adolescents with CP and parents were included in this study. The researchers followed the nine-step methodology recommended for Photovoice. During the training session, participants completed versions of the Barriers to Physical Activity Questionnaire for People with Mobility Impairments. This questionnaire was used to generate descriptive information about participant barriers and facilitators. Participants were given 14 days to take photographs after which researchers used in-depth and focus group interviews structured by the SHOWeD method. Content analysis of transcripts was used to identify common themes.

Photographs and accompanying text were presented to local stakeholders and an action plan to increase physical activity for adolescents with CP was created. Perceived barriers included lack of inclusiveness, family isolation, and limited accessibility of equipment and resources. Facilitators included support services for families and adaptive sport leagues. Photovoice serves as a powerful tool to initiate change to promote physical activity among rural adolescents with CP.

[“Using participatory action research to examine barriers and facilitators to physical activity among rural adolescents with cerebral palsy.”](#) was recently published in Disability and Rehabilitation.

Share: [f](#) [t](#) [e](#) [+](#)

Posted in [Department News](#)