

Positive Health Psychology in Action: An Elevating Adventure

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What is positive health psychology?

Positive health psychology investigates people who are physically and mentally healthy regardless of the physical, social, or environmental features that impairs the health and wellbeing of many others.

Positive health psychology: Current topics in the domain

Positive emotions and positive health (e.g., the relationship between optimism and physical health, Rasmussen et al., 2009).

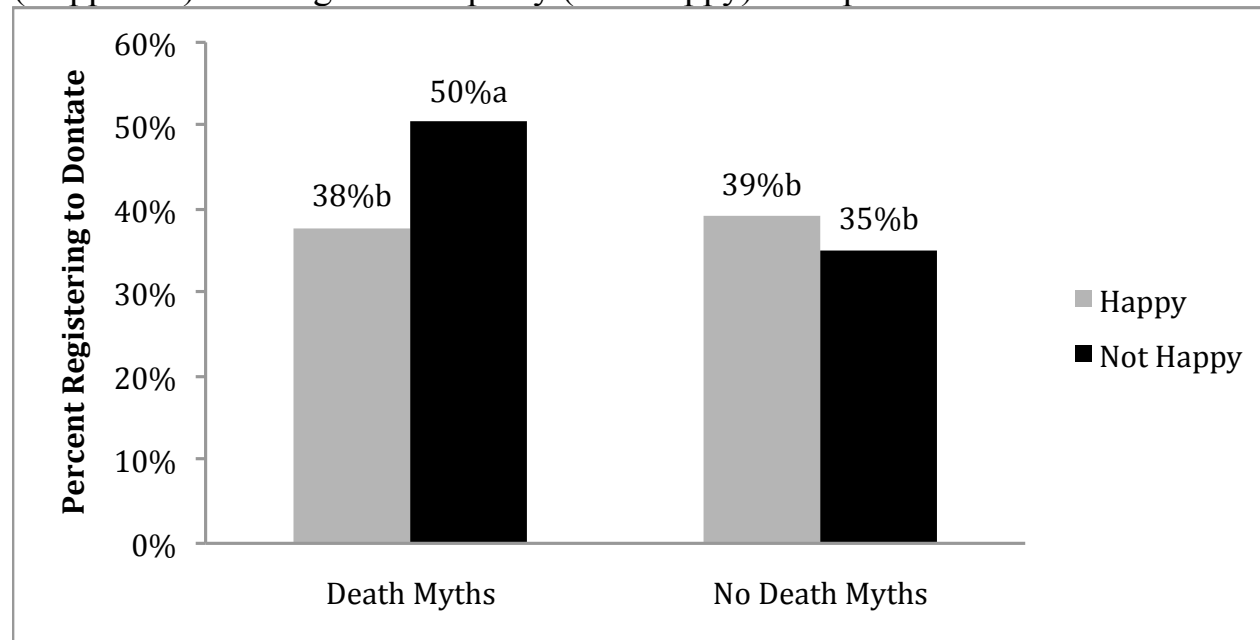
Positive health behaviors (i.e., all the things people do for the purpose of improving their mental and physical wellbeing, Conner & Norman, 1996).

Thriving in the face of mental and physical health challenges.

A brief history...

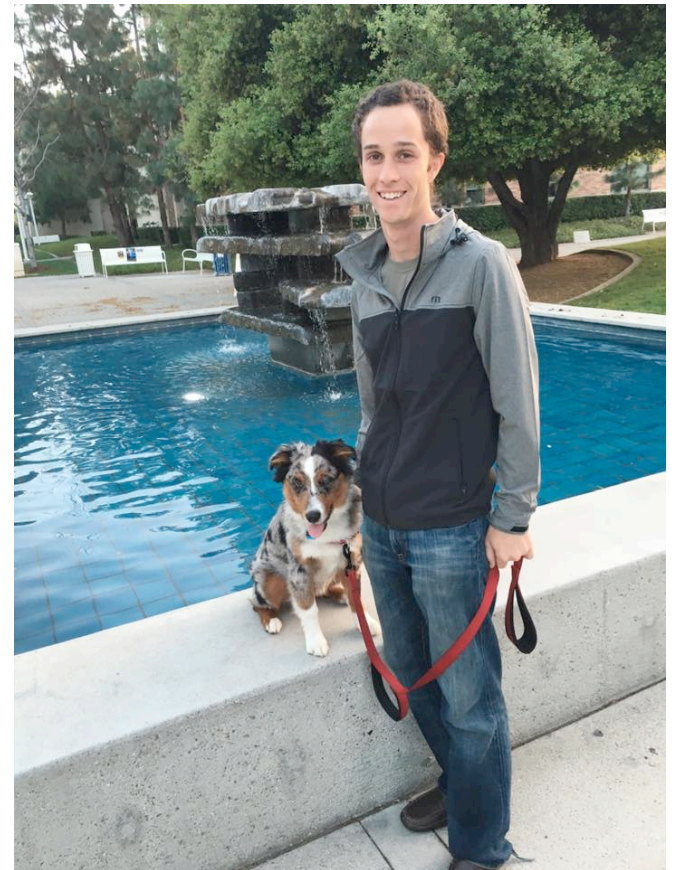
Organ donation and emotion

Breakdown of Percent Registering to Donate Based on Death Myths and Positive Empathy (Happiness) and Negative Empathy (Not Happy) Manipulations.



A brief history...

Elevation, oh elevation.



A moral act, elevation, and prosocial behavior: Moderators of morality

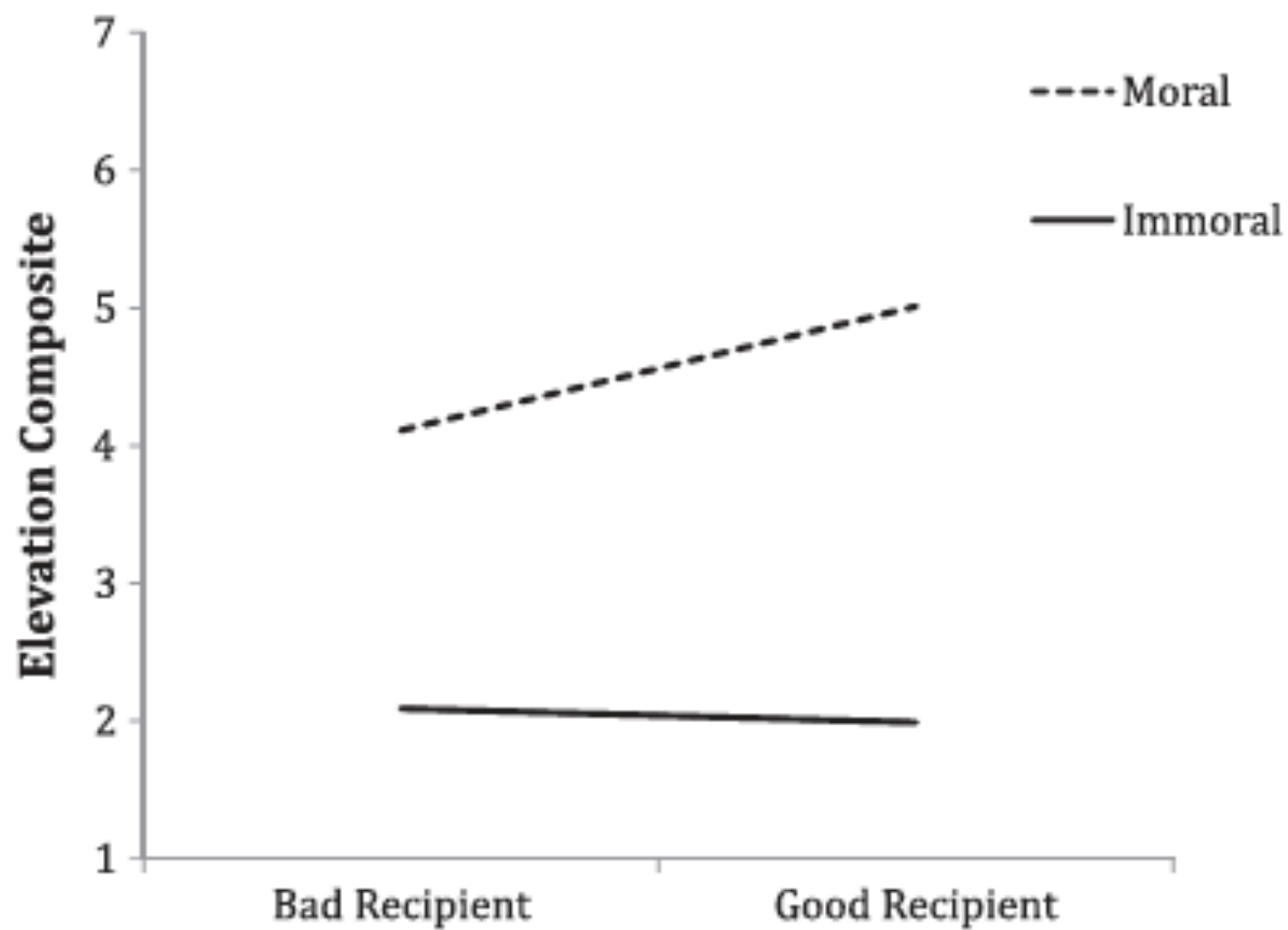
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Elevation refers to the feeling experienced when a moral act is witnessed. The current study sought to illuminate elevation by examining conditions under which elevation is amplified. Study 1 demonstrated that the character of the recipient of the moral deed moderates the relationship between witnessing a moral deed and experiencing elevation. Study 2 replicated the first and included a behavioral outcome measure: donation behavior. Study 3 considered an additional factor: the immoral act. Finally, to ensure the character of the recipient is not the sole moderator, Study 4 experimentally tested a second moderating variable (i.e. the effort required for completing the moral act). As a whole, these four studies consistently support Haidt's conceptualization of elevation, open the door for a new path of theoretical exploration, and introduce a new line of applied research seeking to maximize prosocial behavior by exposing people to acts of morality.

Keywords: elevation; morality; positive emotions; prosocial behavior; moderated mediation



Experimentally distinguishing elevation from gratitude: Oh, the morality

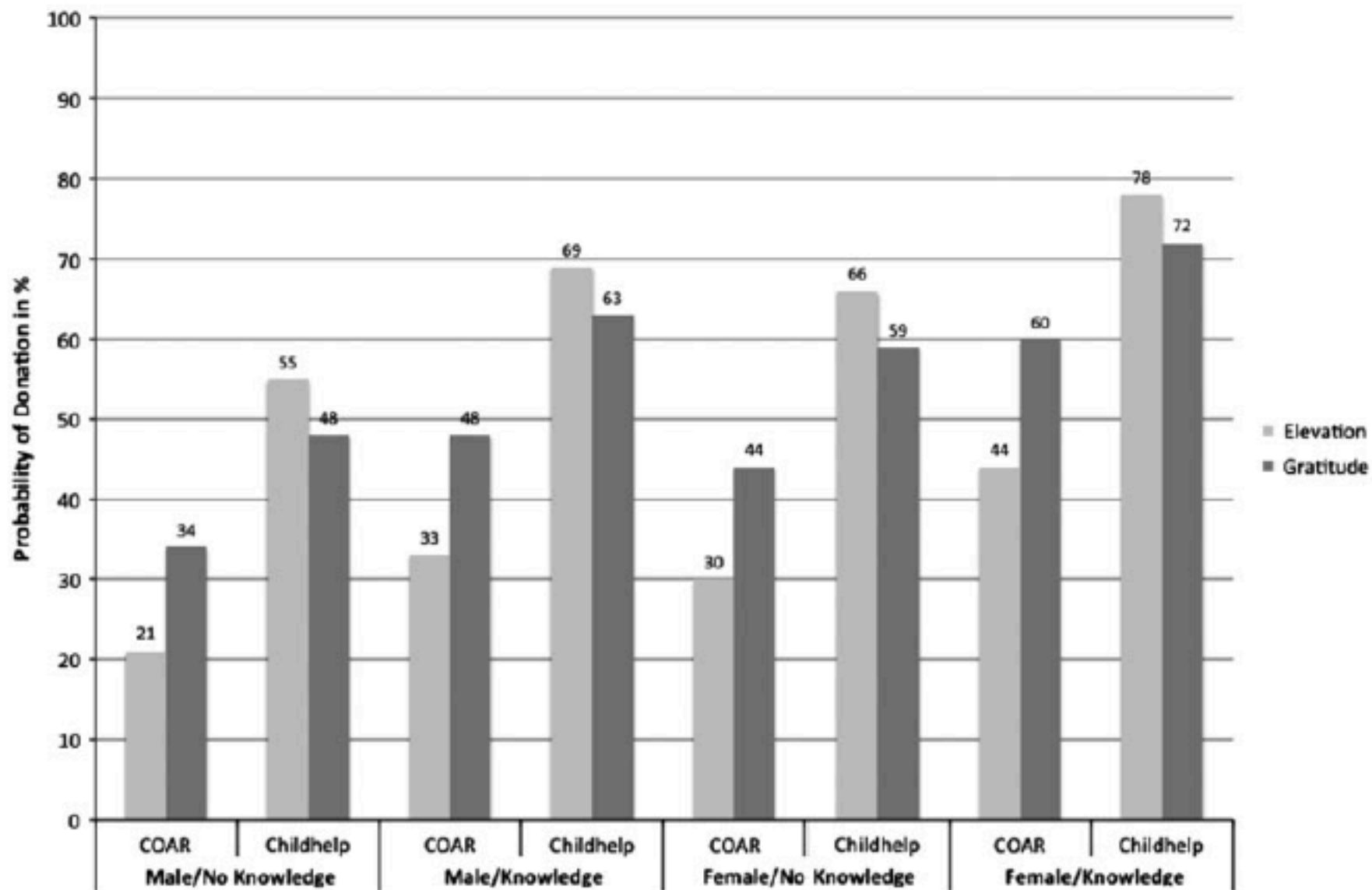
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Elevation has garnered empirical support as the emotional response to witnessing moral beauty. The current studies investigated elevation's construct validity by experimentally testing whether feelings of elevation are distinct from gratitude, another moral and 'other-praising' emotion. Study 1 demonstrated that feelings of elevation are distinct from gratitude, serenity (i.e. a secondary comparison condition), and boredom (i.e. a control condition). Study 2 added a behavioral outcome measure in the form of monetary donations to a moral charity. The third study expanded on Study 2 by randomly assigning participants to an elevation or gratitude mood induction and then randomly assigning them to have the opportunity to donate to either a moral or an amoral charity. Together, these studies support Haidt's conceptualization of elevation, clarify Algoe and Haidt's qualitative assessment of the emotional differences between elevation and gratitude, and reveal that elevation results in different behavioral responses than gratitude.

Keywords: elevation; gratitude; emotion; charitable donation



An elevating adventure

Application, oh application

Elevation and mentoring: An experimental assessment of causal relations

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Mentoring is a prosocial behavior in which an experienced person guides someone with less experience. Elevation refers to the responses elicited when a person witnesses others upholding the highest standards of moral virtue. Three experimental studies bring these two domains together. For all three studies, participants were randomly assigned to either read a story of someone exhibiting moral excellence or to a control condition. Participants in the elevation condition reported feeling more elevated, more positive attitudes toward mentoring, less negative attitudes toward mentoring, greater intentions to become a mentor (Study 1); an increased proclivity to gather information about becoming a mentor (Study 2a); and, an increased tendency to engage in mentoring directly via submitting advice to students (Study 2b). In their totality, the current studies link another prosocial outcome with elevation and demonstrate a condition under which individuals are more likely to be motivated to become a mentor.

Keywords: mentoring; elevation; positive emotions; prosocial behavior

And then there was funding....



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Short communication

The impact of overtly listing eligibility requirements on MTurk: An investigation involving organ donation, recruitment scripts, and feelings of elevation



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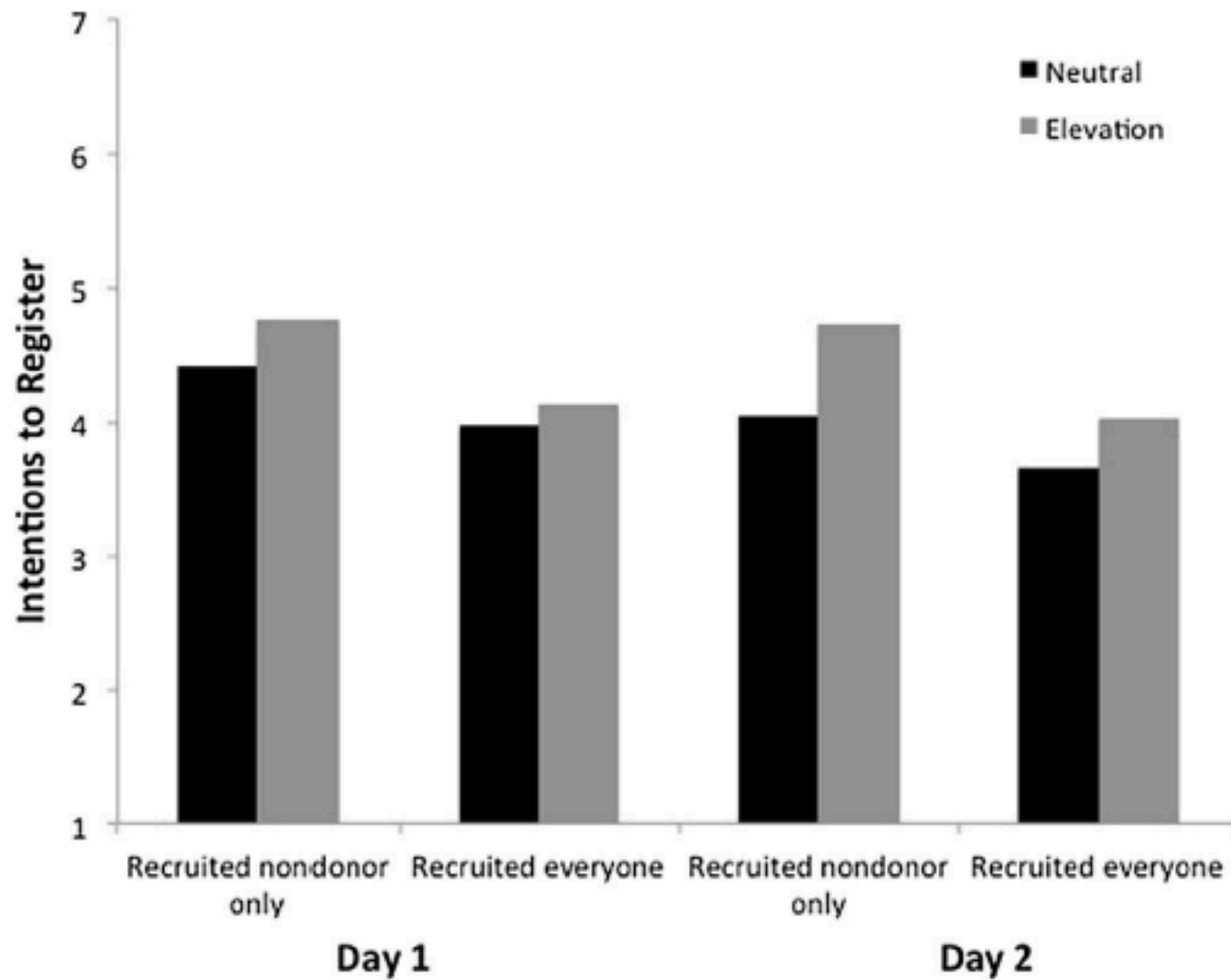
Organ donation

ABSTRACT

Rationale: Investigations conducted through Amazon's Mechanical Turk (MTurk) sometimes explicitly note eligibility requirements when recruiting participants; however, the impact of this practice on data integrity is relatively unexplored within the MTurk context.

Objective: Contextualized in the organ donor registration domain, the current study assessed whether overtly listing eligibility requirements impairs the accuracy of data collected on MTurk.

Methods: On day 1, the first and third round of data collection did not list eligibility requirements; the second and fourth round overtly listed a qualification requirement: status as a non-registered organ donor. On day 2, the approach was identical, except the order was reversed—the first and third round overtly listed the study qualifications, while the second and fourth did not. These procedures provided





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Anger, frustration, boredom and the Department of Motor Vehicles: Can negative emotions impede organ donor registration?



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ABSTRACT

Rationale: The IIFF Model (Information, Immediate and Complete Registration Mechanism, Focused Engagement, Favorable Activation) offers a checklist of considerations for interventions seeking to influence organ donor registration behavior. One aspect of the model, favorable activation, recommends considering the emotional and motivational state of a potential donor registrant. Given that most donor

Table 3

Study 1b: Tests of significance between DMV and control (Today) conditions.

Dependent measure	DMV <i>M</i> (<i>SE</i>)	Today <i>M</i> (<i>SE</i>)	<i>F</i>	<i>p</i>	η^2
Anger	37.50 (5.54)	27.51 (5.90)	1.52	.221	.02
Boredom	57.00 (5.10)	30.49 (5.44)	12.65	<.001	.14
Courage	39.17 (4.89)	46.00 (5.21)	.92	.342	.01
Elevation	24.50 (4.41)	49.76 (4.70)	15.34	<.001	.17
Empathy	35.86 (4.39)	48.62 (4.68)	3.96	.050	.05
Frustration	46.14 (5.70)	30.68 (6.08)	3.44	.067	.04
Gratitude	45.83 (4.98)	65.03 (5.30)	6.97	.010	.08
Happiness	41.81 (4.68)	64.03 (4.99)	10.54	.002	.12
Respect	49.10 (4.86)	51.11 (5.18)	.08	.778	<.01

Note: All tests had one degree of freedom in the numerator and 77 in the denominator.

Organ Donation (Blazek & Siegel, under review)

Binary Logistic Regression Analyses Results on Registration Behavior with Age and Sex as Covariates

Variables	B	S.E.	Wald	<u>p</u>	<u>odds ratio</u>
Age	-.01	.01	.27	.60	.99
Constant	-2.71	.43	40.65	.00	.07
Elevation	.59	.30	3.86	.05	1.80
Humor	.09	.33	.09	.77	1.10
Hubris	-.14	.34	.17	.68	.87
Sex	.67	.23	8.57	.00	1.95

|

Elevation: A cross cultural assessment (Navarro et al., it's complicated)

Spanish Dominant Hispanics

- Responses included a focus on community
- Responses included a focus on spirituality

Elevation, meet depression.

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 **Routledge**
Taylor & Francis Group

Positive emotion infusions of elevation and gratitude: Increasing help-seeking intentions among people with heightened levels of depressive symptomatology

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ABSTRACT

Three online studies assessed a new approach for increasing help seeking among people with depressive symptomatology (i.e. a positive emotion infusion, PEI). A PEI refers to the induction of positive emotion such that people's mindsets – including perceptions of help-seeking – are temporarily altered. Study 1 ($n = 382$) indicated that help-seeking intentions are negatively correlated with depressive symptomatology and positively correlated with elevation and gratitude. Studies 2 and 3 implemented fully randomized experimental designs. In Study 2, two elevation-based (Study 2a, $n = 285$) and two gratitude-based (Study 2b, $n = 338$) emotion inductions increased levels of elevation and gratitude, respectively. Results of Study 3a ($n = 390$) indicate a causal relationship between experiencing the story-based elevation induction and increased help-seeking intentions. The two gratitude-based PEIs (Study 3b, $n = 466$) were unsuccessful at influencing help-seeking;

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KEYWORDS

Depression; elevation;
emotion; positive emotions;
help-seeking

Time for a review?

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 **Routledge**
Taylor & Francis Group

Elevation: A review of scholarship on a moral and other-praising emotion

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ABSTRACT

The term *elevation* (also referred to as *moral elevation*), described by Thomas Jefferson and later coined by Jonathan Haidt, refers to the suite of feelings people may experience when witnessing an instance of moral beauty. The construct of elevation signifies the emotion felt when a person is a witness to, but not a recipient of, the moral behavior of others. Scholarship examining elevation has burgeoned since Haidt first introduced the construct. Researchers have explored the antecedents of, and outcomes associated with, witnessing instances of moral beauty. The current review will outline the existing scholarship on elevation, highlight conflicting findings, point out critical gaps in the current state of elevation research, and delineate fertile future directions for basic and applied research. Continued investigation of the affective, motivational, and behavioral responses associated with witnessing virtuous actions of others is warranted.

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KEYWORDS

Elevation; moral elevation;
emotion; prosocial behavior

As a scholar who dedicated years to the study of social

In fact, Jefferson outlined the construct similarly to how

Beyond elevation...

Naches (Family Pride) and organ donation
Savoring and depression



In summary....

Thank you!