

## Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations

Sowmini P.N.<sup>1\*</sup>, Laveena D'Mello<sup>2</sup>, Ramaa Raju<sup>3</sup>

### ABSTRACT

**Purpose:** This article critically reviews and synthesizes existing empirical studies on positive emotion-based psychological interventions across clinical populations, particularly focusing on individuals diagnosed with cancer and those experiencing significant emotional distress. The review aims to explore how constructs like gratitude, hope, optimism, and emotional regulation contribute to psychological well-being and resilience, and to evaluate the efficacy of therapies grounded in positive psychology theories. **Design:** This is an overview of the literatures that incorporates results from quantitative and qualitative studies, systematic reviews, and theoretical frameworks. The review includes studies spanning multiple clinical populations, with a special focus on oncology, and considers a variety of methodologies such as quasi-experimental designs, cross-sectional surveys, longitudinal studies, and randomized controlled trials. **Findings:** Positive emotions such as gratitude, hope, and optimism are closely associated with better well-being, resilience, and better quality of life in clinical populations. Interventions like gratitude practices, PERMA-based programs, expressive writing, and emotion regulation strategies (e.g., mindfulness) effectively reduce distress and improve coping. **Implications:** Integrating positive psychology into clinical care, especially in oncology, can enhance emotional outcomes. Cancer care providers should be trained in implementing these strategies, supported by standardized protocols and long-term evaluations. Future research should prioritize diverse populations, digital delivery, and cultural adaptability.

**Keywords:** *Positive Emotions, Psychological Well-Being, Gratitude, Hope, Optimism, Resilience, Emotion Regulation, Psycho-Oncology*

It is typical for patients to experience an overwhelming surge of upsetting feelings and ideas after receiving a cancer diagnosis. As patients navigate through the complexities of their diagnosis and treatment, they may find themselves entrenched in a cycle of negative emotions. The relentless nature of chemotherapy, coupled with the fear of recurrence or progression, can create a daunting psychological landscape, making it difficult for patients to maintain a positive outlook. This stress can lead to cognitive decline, impairing decision-making abilities and emotional control, both of which are essential for managing the challenges of cancer treatment. Understanding the intricate relationship between cancer,

<sup>1</sup>Doctoral Research Scholar, Institute of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka. ORCID ID: 0009-0004-6995-9049

<sup>2</sup>Research Guide, Institute of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka

<sup>3</sup>Research Guide, Institute of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka

\*Corresponding Author

Received: March 2, 2026; Revision Received: March 23, 2026; Accepted: March 27, 2026

## **Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations**

stress, and treatment is essential for creating positive therapeutic interventions that can assist patients in building resilience.

Positive psychology is “the scientific study of positive experiences and positive individual traits, and the institutions that facilitate their development (Lee Duckworth, Steen, & Seligman, 2005, p. 630) [1].” Amidst the harsh realities of diagnosis and treatment, positive psychology has emerged as a promising approach to enhance well-being and resilience. Incorporating positive psychology into oncology practice aligns with Fredrickson's broaden-and-build theory, which emphasizes that positive emotions serve as vital resources in expanding individuals' cognitive and behavioural repertoires, enabling them to better cope with challenges. For cancer patients this theory is particularly relevant as the treatment often brings physical, emotional, and psychological stress. Positive emotions such as hope, gratitude, and joy help patients focus on more than just the discomfort they're experiencing and allowing them to develop resilience, social support networks, and adaptive coping mechanisms. By fostering an optimistic outlook, positive emotions enable patients to engage in more constructive activities, such as maintaining relationships or pursuing hobbies, which in turn create enduring resources like stronger social connections and improved emotional regulation. According to the broaden-and-build theory, developing happy emotions through positive psychology therapies may be crucial to improving cancer patients' quality of life and assisting them in overcoming the difficulties of treatment. This literature review synthesizes research evidence across multiple populations and settings, focusing on how positive emotions are cultivated through targeted interventions and how they contribute to psychological flourishing, resilience, and improved health outcomes.

### ***Objectives***

- (1) To synthesize empirical evidence on the effect of positive emotions on psychological well-being in clinical populations.
- (2) To evaluate the effectiveness of positive psychology interventions in reducing distress and enhancing resilience.
- (3) To identify research gaps and recommend directions for standardized and inclusive intervention practices.

## **REVIEW OF LITERATURE**

The growing field of positive psychology highlights the importance of emotional strengths in enhancing outcomes in health among clinical populations. This literature review explores key constructs such as gratitude, hope, optimism, and emotion regulation, and their relevance in cancer care and other chronic illnesses. The literatures reviewed provide clarity on how these positive emotions can be cultivated through targeted interventions to enhance psychological well-being and resilience.

### ***Theoretical Foundations of Positive Emotions:***

Fredrickson & Joiner (2018) [2] highlighted how positive emotions contribute to upward spirals of well-being and introduced the upward spiral theory of lifestyle change. Though primarily theoretical, it emphasized the need for rigorous research on the reciprocal effects of positive emotions in promoting long-term health and well-being.

Garland et al. (2010) [3] integrated the broaden and build theory with findings from affective neuroscience to investigate how the positive emotions can help address emotion regulation deficits in disorders like depression, anxiety, and schizophrenia. The review proposed that frequent instances of positive emotions build lasting emotional traits and psychological

## **Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations**

resilience. It also introduced a model of state trait interactions underlying affective disorders. Mindfulness and loving-kindness meditation were identified as effective interventions for generating positive emotions to counteract negative emotional states. The study emphasized the therapeutic potential of positive emotions in reshaping emotional dysfunctions in psychopathology.

Garland et al. (2015) [4] proposed the mindfulness-to-meaning theory to explain how emotion regulation is influenced by mindfulness and the experience of meaning in life. Unlike modern views that depict mindfulness as purely nonjudgmental awareness, this theory emphasizes its role in enhancing positive emotional regulation and meaning-making. Drawing on affective science, the model suggests that mindfulness increases interoceptive attention, allowing for more flexible cognitive appraisals, reappraisal of adversity, and savoring of positive experiences. This process ultimately fosters deeper engagement with life and eudaimonic well-being.

Pressman, Jenkins, & Moskowitz (2019) [5] emphasized the crucial role of positive affect (PA) in physical health, highlighting its correlation with better outcomes across diverse medical conditions. The authors explore biological (e.g., immune and cardiovascular function), behavioral (e.g., health-promoting behaviors), and social mechanisms through which PA may exert its influence. They also address methodological challenges in measuring PA and suggest future research directions to better recognize the contribution of positive emotions to long-term physical well-being. The review supports incorporating PA as a central element in psychological and medical health models.

This section lays the conceptual foundation for interpreting how positive emotions influence well-being. The Broaden-and-Build Theory, Mindfulness-to-Meaning Theory, and Positive Affect Model are discussed, each emphasizing the adaptive potential of positive emotions in promoting resilience, coping, and long-term mental health. These frameworks help explain why psychological interventions focused on positivity are effective in both general and clinical populations.

### ***Gratitude and Psychological Well-being:***

Yang et al. (2025) [6] examined how daily gratitude influences well-being, focusing on the mediating roles of resilience and social support. Using a daily diary method, participants reported their experiences over 21 days. Results showed that gratitude improved well-being indirectly by enhancing both resilience and social support. The study supports the Broaden-and-Build Theory, emphasizing how positive emotions influence the development of social and internal resources that support psychological wellness.

Lei et al. (2023) [7] explored how gratitude contributes to posttraumatic growth in 242 patients who have had coronary stents placed, focusing on the mediating roles of resilience and perceived social support (PSS). The study found that gratitude influenced PTG both directly and indirectly through resilience and PSS. Notably, both factors also showed a serial mediation effect, suggesting a combined pathway linking gratitude to PTG. These findings underline the importance of fostering gratitude, resilience, and social support to promote psychological recovery and enhance quality of life in medical populations.

Rashid & Abbasi (2025) [8] explored how gratitude influences life satisfaction, with positive emotions as a mediator and optimism as a moderator. Using tools like the SWLS, PANAS, Gratitude Questionnaire, and Life Orientation Test, the study found that gratitude boosts life

## **Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations**

satisfaction by increasing positive emotions. Optimism further strengthened this effect. The findings support the Broaden-and-Build Theory and suggest that enhancing gratitude and optimism can improve well-being.

In a qualitative study, Amonoo et al. (2019) [9] explored the evolution and impact of positive emotions among 25 individuals receiving transplantation of hematopoietic stem cells. Using semi-structured interviews conducted during hospitalization and 100 days post-transplant, the study examined themes like optimism, determination, and gratitude. NVivo software facilitated thematic analysis, revealing that family support and engaging in meaningful activities were primary sources of psychological well-being. Patients reported a shift from initial gratitude toward their donors to growing hope for recovery and normalcy. These positive emotions were also associated to improved adherence to health behaviours, suggesting a reciprocal relationship between well-being and recovery actions. The findings highlight the relevance of integrating positive psychology into HSCT care.

Gratitude emerges as a powerful psychological resource that enhances life satisfaction, emotional functioning, and resilience. This section shows how gratitude is both a trait and a state, with direct and indirect effects on psychological well-being. It is essential in post-traumatic growth, supports adaptive coping strategies, and builds social support systems. These findings highlight gratitude as a core element in both mental health promotion and recovery in cancer patients and other vulnerable groups.

### ***Positive Psychology Interventions in Clinical Contexts:***

Early Palliative Care (EPC) offers long-term, value-based support for advanced cancer patients, going beyond symptom relief to promote positive psychological well-being (PPWB). Unlike late-stage palliative care, EPC enables emotional and existential support. This narrative review by Bandieri et al. (2024) [10] examined 9 studies (PubMed, up to Oct 2023) focusing on hope, gratitude, and death acceptance, key dimensions of PPWB observed in EPC settings. These factors appear to enhance EPC's clinical effectiveness, highlighting its potential to support both emotional and physical well-being in advanced cancer care.

A study conducted by (Kardas et al., 2019) [11] among 510 university students (70.4% female) aged 17 to 30 from four different universities explored how psychological well-being is predicted by gratitude, hope, optimism, and life satisfaction. Standardized psychometric tests were employed in order to assess each variable, though the specific instruments were not named in the summary. Using correlational and regression analysis, every variable was significantly and positively correlated, with gratitude emerging as the strongest individual predictor of well-being. Together, the four variables accounted for 50.7% of the variance in psychological well-being, with gratitude alone contributing 35.4%. These findings underscore the significance of gratitude-based interventions in mental health practices, especially for promoting psychological well-being in young adults. This report offers profound insights for both scholars and professionals seeking to design effective positive psychology interventions.

A study investigated the impact of a gratitude-based intervention on psychological well-being, social support, and coping strategies among females with a breast cancer diagnosis (Sztachńska, Krejtz, & Nežlek (2019) [12]. The sample included 42 women who took part in a two-week intervention in which they informed on their psychological state, support systems, and coping methods daily. Participants in the intervention group were asked to write down the things for which they were thankful every day, while pre-test assessments controlled for individual trait differences. Findings revealed that those in the gratitude intervention

experienced improved daily psychological functioning, enhanced perceptions of social support, and more frequent application of adaptive coping styles. The study conceptualized gratitude both as a temporary emotional state and a stable personal trait. These findings suggest that adding gratitude-focused exercises in psychosocial oncology settings can meaningfully enhance patient well-being.

Tu et al. (2021) [13] examined the effect of positive psychological intervention according to the PERMA framework on lung cancer patients undergoing chemotherapy. Among 100 patients, the intervention group showed reduced anxiety, depression, and fatigue, along with increased post-traumatic growth and hope, as measured by tools like the SAS, SDS, CFS, PTGI, and HHI. Results indicated significant improvements compared to the non-intervention group. The study highlights PERMA's effectiveness in enhancing psychological well-being during cancer treatment.

This section provides empirical proof for the efficacy of positive psychology-based interventions including PERMA frameworks, expressive writing, mindfulness, and emotional expression. These interventions are shown to improve outcomes like hope, post-traumatic growth, emotional regulation, and reduced anxiety/depression. The studies support the integration of structured, strengths-based programs into psycho-oncological and caregiving settings for sustainable emotional well-being.

### ***Hope, Meaning, and Purpose in Health and Illness:***

Casellas-Grau, Font, & Vives (2014) [14] conducted a comprehensive analysis of 16 studies to evaluate positive psychology interventions used in the care of breast cancer patients. Interventions included mindfulness, emotional expression, spirituality, hope therapy, and meaning-making, all of which were linked to advancements in quality of life, well-being, and optimism. The review involved studies sourced from major databases and focused specifically on breast cancer patients. Despite positive outcomes, methodological inconsistencies and intervention variability limited the findings. The study highlights the need for standardized classification of positive psychology therapies to advance research and clinical application.

Damreihani et al. (2018) [15] implemented a positive psychology intervention to enhance emotional well-being, hope, life satisfaction, and meaning in 50 mothers of children with cancer. Using tools like the PWBS, SWLS, HS, and MLQ, pre and post-assessments were carried out for the control and experimental groups. Results showed significant improvements in all variables for the experimental group, sustained even one month post intervention. The findings support the effectiveness of positive psychology approaches in improving psychological outcomes in caregivers of pediatric cancer patients.

A quasi-experimental study examined the effects of positive psychology interventions on psychological flourishing, optimism, and hope among individuals with depression (Shehata, 2024) [16]. Conducted at a mental health hospital in Egypt, the study involved 50 patients who participated in both pre- and post-assessments. Tools used included the Beck Depression Inventory-II, Short Flourishing Scale, Life Orientation Test-Revised, and the Adult Hope Scale. Results showed a significant reduction in depression severity and notable improvements in flourishing, optimism, and hope following the intervention. Strong positive correlations were found post intervention in the data between flourishing, hope, and optimism, and a negative correlation between optimism and depression. These findings support the effectiveness of positive psychology techniques in enhancing emotional well-being among individuals with depression.

## Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations

Xiong et al. (2025) [17] conducted a study on breast cancer patients to identify hope level subtypes and their influencing factors. Latent Profile Analysis with tools like the Herth Hope Index, Distress Thermometer, and others, three hope profiles were found: low, moderate, and high. Factors such as social support, self-efficacy, psychological distress, and quality of life were significant predictors. The study highlights the need for targeted interventions to enhance hope in cancer care by addressing both psychosocial and demographic factors.

Teques et al. (2016) [18] examined the link between emotional intelligence, having a purpose in life, and satisfaction with life in cancer patients compared to healthy individuals. Structural path analysis on two Portuguese samples (214 healthy participants and 202 cancer patients) found emotional intelligence was more strongly linked to life satisfaction and meaning among cancer patients. The study shows how important emotional intelligence and meaning-making in enhancing psychological well-being are, especially in oncology settings.

Hope and meaning-making are essential for psychological adaptation in life-threatening or life-altering conditions. This section reviews interventions that increase hope, identify subtypes of hope, and examine life purpose. Research indicates that emotional intelligence and goal-setting techniques are linked to improved life quality and reduced psychological distress, especially in cancer survivors. This theme emphasizes the importance of purpose-driven care in improving resilience and existential well-being.

### ***Emotion Regulation and Psychological Flexibility:***

Chan, Wong, & Lee (2019) [19] conducted a study on a Brief Hope Intervention (BHI) involving 40 community-dwelling cancer survivors (mean age: 57.2 years; 92% female) assessed its impact on psychological and physical outcomes. The BHI included four sessions two face-to-face and two phone calls focusing on goal setting, pathways to goals, and self-motivation. Results showed moderate-to-large improvements in physical symptoms (Memorial Symptom Assessment Scale), but minimal change in hope and depression levels. Despite small psychological gains, BHI appeared feasible and beneficial in reducing symptom burden.

Zheng et al., (2025) [20] explored how cognitive emotion regulation strategies relate to subjective well-being in breast cancer patients, with psychological flexibility as a mediator. Using a cross-sectional design, 313 patients were assessed with the Cognitive Emotion Regulation Questionnaire-short, Acceptance and Action Questionnaire-II, and Index of Well-Being. Latent profile analysis identified three coping profiles: “low copers,” “high copers,” and “flexible copers.” Findings showed that psychological flexibility mediated the link between coping style and well-being. The study emphasizes the significance of targeting flexible emotion regulation to enhance psychological outcomes in cancer care.

Sharifibastan, Yazdi, & Zahraei (2016) [21] conducted a correlational study on 120 women with breast cancer to examine the relationship between resiliency, cognitive emotion regulation strategies, and affect. Using standardized tools including the Connor-Davidson Resilience Scale and Garnefski’s cognitive emotion regulation scale, the study found that positive strategies such as positive reappraisal and planning significantly predicted resiliency ( $R^2 = 0.65$ ,  $p < 0.001$ ). However, positive and negative affect alone did not significantly predict resilience. Positive regulation strategies correlated positively with resilience, while negative strategies and negative affect showed a negative correlation. The findings suggest that interventions aiming to enhance resilience in cancer patients should focus on strengthening adaptive cognitive emotion regulation.

## **Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations**

Emotional distress is a significant concern in cancer patients, yet managing this distress goes beyond merely understanding emotional reactions it involves examining how emotions are regulated. A comprehensive review by Conley et al. (2016) [22] highlights the central role of emotion regulation (ER) across the cancer trajectory. The paper discusses current frameworks of ER, assessment tools, and introduces a model suggesting ER as a mediator of psychosocial outcomes. Using recurrent breast cancer as an illustrative example, the review shows how ER affects patients' psychological resilience over time. As cancer survivorship increases, the study emphasizes the significance of conducting extensive study on the evolving interplay between emotional responses and regulatory strategies to enhance adaptive functioning in survivors.

Here, the emotion regulation strategies and psychological flexibility are explored in connection with well-being, particularly in cancer patients and survivors. Studies demonstrate that adaptive strategies (e.g., reappraisal, planning, mindfulness) are linked to greater resilience and lower distress, while maladaptive strategies worsen outcomes. This theme underscores the need for interventions that teach patients to manage emotions constructively, especially in chronic illness contexts.

### ***Psychosocial and Psycho-Oncology Interventions:***

A study explored how emotional processing and emotional expression, two emotion-regulating coping strategies, relate to psychological outcomes in young adults with cancer (Darabos, 2021) [23]. Fifty-seven participants (mean age 34.68) completed measures assessing coping style, psychological distress (depressive symptoms and fear of recurrence), resilience, and posttraumatic growth (PTG). Results indicated that higher use of EP was linked to greater resilience and PTG, while higher EE was associated with lower resilience. An interaction effect showed that low EE combined with high EP was related to reduced fear of cancer recurrence. These findings suggest that EP and EE influence well-being differently and that interventions promoting effective emotion-focused coping may enhance positive adjustment in young adult cancer survivors.

Goerling et al. (2011) [24] examined the impact of psycho-oncological support on anxiety and depression in 131 surgical oncology patients, using the HADS scale. Patients were categorized as high- or low-risk and allocated to experimental or observation group. High-risk patients who received intervention showed significant reductions in anxiety and depression both at discharge and 12 months later. No significant changes were observed in the other groups. The study underscores the long-term benefits of early psycho-oncological intervention in reducing psychological distress and improving quality of life in cancer patients.

Teo, Krishnan, & Lee (2019) [25] conducted a systematic review of 68 randomized controlled trials to evaluate psychosocial interventions for advanced cancer patients. Interventions were categorized into six types, including CBT-based, meaning-centered, dignity and life review, general counseling, education-only, and creative therapies. Evidence supports meaning-centered therapy for enhancing life meaning and quality of life, and communication skills training for improving patient-provider interaction. Intervention characteristics varied widely in format and delivery. The study highlights the expanding range of effective psychosocial care options tailored to the complex needs of advanced cancer patients.

Deshields et al. (2010) [26] proposed the Psycho-Oncology Consultation Model (POCM) to guide psychosocial care for cancer patients, aligning with the Institute of Medicine's call for whole-patient care. The model aims to reduce distress, boost self-efficacy, strengthen coping

## **Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations**

strategies, and address patients' informational needs. It emphasizes building on individual strengths while managing psychological symptoms. The paper outlines practical interventions clinicians can use and highlights the challenges of delivering mental health care within medical settings. This model offers a structured, integrative approach to psycho-oncology practice.

Ren et al. (2025) [27] conducted a quasi-experimental study to assess the effect of expressive writing of positive emotions on post-traumatic growth (PTG) and psychological distress in ovarian cancer patients undergoing chemotherapy. Using tools like the Post-Traumatic Growth Inventory, Self-Rating Anxiety Scale, and Self-Rating Depression Scale, the study concluded that patients in the expressive writing group revealed markedly higher PTG and lower anxiety and depression scores after six weeks. In contrast to the non-intervention group, improvements were seen across all PTG dimensions. These results suggest that expressive writing is an effective, low-cost intervention to improve emotional well-being in cancer care.

Mazzocco et al. (2019) [28] reviewed 39 studies to explore how emotions affect decision-making in cancer care. Emotions like fear, anxiety, and worry were found to influence decisions about screening, treatment, and help-seeking behaviors. Moderate emotional arousal tended to enhance decision-making, while too little or too much hindered it. The review emphasizes that decision-making is shaped by both cognitive and emotional factors, and calls for more research on emotional moderators using big data and digital tools.

This longitudinal study by Fong et al. (2017) [29] explored the changes in social support and its impact on emotional well-being in 157 breast cancer survivors over one year following the completion of surgery and adjuvant treatment. Findings revealed a significant decline in the quantity of social support, whereas the support quality remained stable. Importantly, decreases in the social support quality significantly predicted increases in depression, stress, and negative affect, accounting for an additional 4–6% variance in emotional outcomes beyond the effect of support quantity. These results emphasize the vital role of maintaining high-quality social support for the emotional health of breast cancer survivors in the post-treatment phase.

Cancer impacts not only the body but also a person's self-perception and social relationships, often leading to psychological distress that varies by cancer type and stage (De Vries, M., & Stiefel, 2013) [30]. Despite its high prevalence, emotional distress in oncology patients is frequently underdiagnosed and undertreated, largely due to time constraints, misinterpretation of symptoms, or lack of psychological resources in medical settings. Common psychiatric issues include adjustment disorders, anxiety, and depression, influenced both by disease-related stress and pre-existing vulnerabilities. In some cases, these disturbances may also stem from the biological effects of cancer or its treatment. The reviewed chapter emphasizes psycho-oncological interventions, particularly verbal therapies such as psychotherapy, and provides both theoretical context and practical guidance for clinical application.

This section synthesizes research on system-level and clinical approaches in psycho-oncology. Models like POCM and early psycho-oncological interventions are shown to reduce anxiety, depression, and distress over time. Systematic reviews confirm the effectiveness of diverse interventions (e.g., CBT, meaning-centered therapy) in addressing complex emotional needs in cancer patients. This theme supports a holistic, integrated approach to cancer care that combines physical and psychological support.

## CRITICAL ANALYSIS

The literature reviewed in this article offers a compelling synthesis of 30 studies examining the impact of positive psychological interventions on clinical populations, particularly individuals with cancer. Drawing from diverse methodologies including randomized controlled trials, qualitative interviews, and systematic reviews the references collectively underscore the advantages of gratitude, hope, optimism, and emotion regulation in enhancing psychological well-being, resilience, and quality of life. Theoretical frameworks like the Broaden-and-Build Theory and Mindfulness-to-Meaning Theory provide a strong conceptual base, while applied studies validate interventions such as PERMA-based programs, expressive writing, and hope therapy. However, the review tends to emphasize positive outcomes while largely overlooking methodological limitations, inconsistent findings, and cultural variability across studies. Despite some duplication of sources and limited critique of individual study designs, the references effectively support the review's central argument for integrating strengths-based approaches into psycho-oncology and clinical practice. Overall, the referenced works form a robust foundation that highlights the growing empirical support for emotion-focused interventions in health care.

## CONCLUSION

This review consolidates a growing body of evidence demonstrating the part played by positive emotions in enhancing psychological well-being and health outcomes in individuals facing serious illness. Across various populations and clinical settings, constructs like gratitude, hope, resilience, and emotional intelligence emerge as key factors promoting recovery, adaptation, and personal growth. Interventions grounded in positive psychology, whether based on expressive writing, mindfulness, or PERMA offer effective, low-cost strategies for improving mental health and quality of life. Clinical models such as POCM and EPC further support the integration of emotional strengths into patient care. As the field advances, future research should focus on refining these interventions, standardizing methodologies, and expanding access to emotion-focused therapies to support holistic health and healing.

## REFERENCES

- [1] Lee Duckworth, A., Steen, T. A., & Seligman, M. E. (2005). Positive psychology in clinical practice. *Annu. Rev. Clin. Psychol.*, 1(1), 629-651.
- [2] Fredrickson, B. L., & Joiner, T. (2018). Reflections on positive emotions and upward spirals. *Perspectives on psychological science*, 13(2), 194-199.
- [3] Garland, E. L., Fredrickson, B., Kring, A. M., Johnson, D. P., Meyer, P. S., & Penn, D. L. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits in psychopathology. *Clinical psychology review*, 30(7), 849-864.
- [4] Garland, E. L., Farb, N. A., R. Goldin, P., & Fredrickson, B. L. (2015). Mindfulness broadens awareness and builds eudaimonic meaning: A process model of mindful positive emotion regulation. *Psychological inquiry*, 26(4), 293-314.
- [5] Pressman, S. D., Jenkins, B. N., & Moskowitz, J. T. (2019). Positive affect and health: What do we know and where next should we go?. *Annual review of psychology*, 70(1), 627-650.
- [6] Yang, K., Zhang, L., Li, W., Jia, N., & Kong, F. (2025). Gratitude predicts well-being via resilience and social support in emerging adults: A daily diary study. *The Journal of Positive Psychology*, 20(2), 360-372.

- [7] Lei, S., Zhang, Y., & Yang, F. (2025). Impact of gratitude on posttraumatic growth in patients with coronary stent implantation: the mediating role of resilience and perceived social support. *Frontiers in Public Health*, *13*, 1513861.
- [8] Rashid, A., & Abbasi, P. N. (2025). Gratitude, Life Satisfaction, and Well-Being: Unpacking the Power of Positive Emotions and Optimism in Young Adults. *The Critical Review of Social Sciences Studies*, *3*(1), 1652-1663.
- [9] Amonoo, H. L., Brown, L. A., Scheu, C. F., Millstein, R. A., Pirl, W. F., Vitagliano, H. L., ... & Huffman, J. C. (2019). Positive psychological experiences in allogeneic hematopoietic stem cell transplantation. *Psycho-oncology*, *28*(8), 1633-1639.
- [10] Bandieri, E., Borelli, E., Bigi, S., Mucciarini, C., Gilioli, F., Ferrari, U., ... & Potenza, L. (2024). Positive psychological well-being in early palliative care: a narrative review of the roles of hope, gratitude, and death acceptance. *Current Oncology*, *31*(2), 672-684.
- [11] Kardas, F., Cam, Z., Eskisu, M., & Gelibolu, S. (2019). Gratitude, hope, optimism and life satisfaction as predictors of psychological well-being. *Eurasian Journal of Educational Research*, *19*(82), 81-100.
- [12] Sztachańska, J., Krejtz, I., & Nezelek, J. B. (2019). Using a gratitude intervention to improve the lives of women with breast cancer: A daily diary study. *Frontiers in Psychology*, *10*, 1365.
- [13] Tu, M., Wang, F., Shen, S., Wang, H., & Feng, J. (2021). Influences of psychological intervention on negative emotion, cancer-related fatigue and level of hope in lung cancer chemotherapy patients based on the PERMA framework. *Iranian Journal of Public Health*, *50*(4), 728.
- [14] Casellas-Grau, A., Font, A., & Vives, J. (2014). Positive psychology interventions in breast cancer. A systematic review. *Psycho-Oncology*, *23*(1), 9-19.
- [15] Damreihani, N., Behzadipour, S., Haghpanh, S., & Bordbar, M. (2018). The effectiveness of positive psychology intervention on the well-being, meaning, and life satisfaction of mothers of children with cancer: A brief report. *Journal of psychosocial oncology*, *36*(3), 382-388.
- [16] Shehata, H. S. E., Farag, N. A. K., & Mohamed, B. E. S. (2024). Effect of Positive Psychology Interventions on Psychological Flourishing, Optimism, and Hope among Depressive Patients. *Assiut Scientific Nursing Journal*, *12*(46), 280-292.
- [17] Xiong, M., Yao, H., Cheng, Y., Zhang, Q., Luo, Y., Guo, Y., ... & Zhang, C. (2025). Attributes and influencing factors of hope levels in breast cancer patients: A latent profile analysis. *British Journal of Health Psychology*, *30*(1), e12773.
- [18] Teques, A. P., Carrera, G. B., Ribeiro, J. P., Teques, P., & Ramón, G. L. (2016). The importance of emotional intelligence and meaning in life in psycho-oncology. *Psycho-Oncology*, *25*(3), 324-331.
- [19] Chan, K., Wong, F. K., & Lee, P. H. (2019). A brief hope intervention to increase hope level and improve well-being in rehabilitating cancer patients: a feasibility test. *SAGE Open Nursing*, *5*, 2377960819844381.
- [20] Zheng, X., Xie, Y., Huang, Y., Tian, X., Xiao, J., & Xiao, W. (2025). Association among cognitive emotion regulation strategies, psychological flexibility and subjective well-being in patients with breast cancer: a cross-sectional latent profile and mediation analysis. *Supportive Care in Cancer*, *33*(3), 1-13.
- [21] Sharifibastan, F., Yazdi, S. M., & Zahraei, S. (2016). The role of cognitive emotion regulation and positive and negative affect in resiliency of women with breast cancer. *Iran J Psychiatr Nurs*, *4*(2), 38-49.
- [22] Conley, C. C., Bishop, B. T., & Andersen, B. L. (2016, August). Emotions and emotion regulation in breast cancer survivorship. In *Healthcare* (Vol. 4, No. 3, p. 56). MDPI.

## Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations

- [23] Darabos, K., Renna, M. E., Wang, A. W., Zimmermann, C. F., & Hoyt, M. A. (2021). Emotional approach coping among young adults with cancer: Relationships with psychological distress, posttraumatic growth, and resilience. *Psycho-Oncology*, 30(5), 728-735.
- [24] Goerling, U., Foerg, A., Sander, S., Schramm, N., & Schlag, P. M. (2011). The impact of short-term psycho-oncological interventions on the psychological outcome of cancer patients of a surgical-oncology department—A randomised controlled study. *European journal of cancer*, 47(13), 2009-2014.
- [25] Teo, I., Krishnan, A., & Lee, G. L. (2019). Psychosocial interventions for advanced cancer patients: a systematic review. *Psycho-oncology*, 28(7), 1394-1407.
- [26] Deshields, T. L., & Nanna, S. K. (2010). Providing care for the “whole patient” in the cancer setting: The psycho-oncology consultation model of patient care. *Journal of clinical psychology in medical settings*, 17, 249-257.
- [27] Ren, H., Meng, S., Yin, X., Li, P., Xue, Y., Xin, W., & Li, H. (2025). Effects of expressive writing of positive emotions on mental health among patients with ovarian cancer undergoing postoperative chemotherapy. *European Journal of Oncology Nursing*, 74, 102756.
- [28] Mazzocco, K., Masiero, M., Carriero, M. C., & Pravettoni, G. (2019). The role of emotions in cancer patients’ decision-making. *Ecancermedicalscience*, 13, 914.
- [29] Fong, A. J., Scarapicchia, T. M., McDonough, M. H., Wrosch, C., & Sabiston, C. M. (2017). Changes in social support predict emotional well-being in breast cancer survivors. *Psycho-oncology*, 26(5), 664-671.
- [30] De Vries, M., & Stiefel, F. (2013). Psycho-oncological interventions and psychotherapy in the oncology setting. *Psycho-oncology*, 121-135.

### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Sowmini, P.N., D’Mello, L. & Raju, R. (2026). Positive Emotions and Psychological Well-being: A Review of Interventions in Clinical Populations. *International Journal of Indian Psychology*, 14(1), 2090-2100. DIP:18.01.211.20261401, DOI:10.25215/1401.211