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Beyond money: Progress in the economy of well-being. *Perspect Psychol Sci.* 2018;13(2):171-5.PubMed Article PubMed Central Google Scholar Page 2Positive Psychology (PP) InterventionPsychological Well-being and Other Psychosocial Outcomes Actually Changed Used LinksGratuity (e.g., gratitude for positive events, counting blessings, thank you visit, or thank you letters) Life satisfaction (l), optimism (l), positive influence (l), happiness (l), symptoms of depression (l), negative impact (No)A1- A5Best possible selfLife satisfaction (l), optimism (l), positive impact (A4, A6-A8Acts Satisfaction kindnessLife (l), optimism (l), symptoms of anxiety (l), symptoms of anxiety (l) A5, A9Use of the character of strong happiness (l), depressive symptoms (A3Savoring or capitalization on positive events Positive effect (l), life satisfaction (l), symptoms of depression (A10ForgivenessOus Influence (l), anxiety symptoms (l), symptoms of depression (No)A11, A12MindfulnessPositive influence (l), post-traumatic growth (c), perceived stress (c), symptoms of depression (c), anxiety symptoms (c), quality of life (l)A13-A16Multicomponent PP intervention (i.e. two or more interventions As Above, provided after several sessions)Positive effect (l), symptoms of depression (l), symptoms of anxiety (l), quality of life (l)A17-A23Note. Increase; Decrease (decrease) (decrease)

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