

Sheyla Christine Santos-erandes<sup>1</sup>  
Alanda Maria Ferro-Pereira<sup>1</sup>  
Amarillys Rayzza Félix-da-Silva<sup>1</sup>  
Ig Ibert Bittencourt<sup>2</sup>  
Leogildo Alves Freires<sup>1</sup>  
Claudio Simon Hutz<sup>3</sup>

## *Positive psychology in Brazil: current scenario and future indications*

## **Psicologia positiva no Brasil: cenário atual e indicações futuras**

### **ABSTRACT**

In order to analyze the Brazilian scientific production about Positive Psychology and understand how this approach has been used in this context, a systematic review was carried out. The terms "positive psychology" AND "Brazil" OR "Brazilian" OR "Portuguese" and "positive psychology" AND "Brazil" OR "Brazilian" OR "Portuguese" were applied in the SciELO, Index Psi, LILACS, PePSIC and PsycINFO databases. Works in Portuguese were selected with Positive Psychology as the central theme. A textual database was generated, analyzed using the Iramuteq software. It was evident that Positive Psychology has grown significantly in the Brazilian scenario, however in a non-systematic way, being used predominantly in the area of Psychology, in the interpretation and elaboration of assessment instruments, and in works about resilience, well-being, subjective well-being, marital and family satisfaction and affections in relationships.

**HEADINGS:** Psychology, Positive; Brazil; review.

### **RESUMO**

In order to analyze the Brazilian scientific production about Positive Psychology and understand how this approach has been used in this context, a systematic review was carried out. The terms "positive psychology" AND "Brazil" OR "Brazilian" OR "Portuguese" and "positive psychology" AND "Brazil" OR "Brazilian" OR "Portuguese" were applied in the SciELO, Index Psi, LILACS, PePSIC and PsycINFO databases. Works in Portuguese were selected with Positive Psychology as the central theme. A textual database was generated, analyzed using the Iramuteq software. It was evident that Positive Psychology has grown significantly in the Brazilian scenario, however in a non-systematic way, being used predominantly in the area of Psychology, in the interpretation and elaboration of assessment instruments, and in works about resilience, well-being, subjective well-being, marital and family satisfaction and affections in relationships.

**DESCRIPTORES:** Psicologia Positiva; Revisão; Brasil.

<sup>1</sup> Universidade Federal de Alagoas (UFAL),  
Instituto de Psicologia (IP) - Maceió - Alagoas  
- Brasil

<sup>2</sup> Universidade Federal de Alagoas (UFAL),  
Instituto de Computação (IC) - Maceió - Alagoas  
- Brasil

<sup>3</sup> Universidade Federal do Rio Grande do Sul  
- UFRGS, Instituto de Psicologia (IP) - Porto  
Alegre - Rio Grande do Sul - Brasil

#### **Correspondence:**

Sheyla Christine Santos-erandes  
E-mail: sheyla.fernandes@ip.ufal.br  
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## INTRODUCTION

Positive psychology was developed in the United States by Martin Seligman, with the goal of analyzing human beings' positive qualities and characteristics (Hutz, 2014), centering its interest in the knowledge of useful points, such as virtues and beneficial feelings (Seligman, 2004).

According to Seligman (2002), three pillars support this perspective, (1) the study of positive emotions, (2) the knowledge of individuals' optimistic traits, such as abilities and effective strengths, and (3) positive entities, which are the spaces individuals inhabit that provide them the development of favorable aspects (Rocha et al., 2017). Furthermore, there is the intention to understand how to achieve these states, valuing each and every moment of well-being in daily life, providing means of expression so that it is prolonged or welcomed with a different outlook.

Prior to World War II, some studies in Psychology were immersed in the field of positive aspects, such as researches done by Terman, Bottenwieser, Ferguson and Wilson (1938) regarding gifted individuals and conjugal happiness (Seligman, 2011). Subsequently, Psychology began to worry about pathological issues, such as mental illness and disorders developed during the war and, from those, identify means of treatment (Paludo & Koller, 2007).

Some psychologists, such as Maslow (1954) and Rogers (1959), introduced thoughts on positive aspects in the development of individuals. However, according to Seligman (2011), their studies did not have much outreach, seen that they did not have the methodological rigor demanded, which made Humanistic Psychology decline.

Nevertheless, Humanistic Psychology consolidated its legacy by defending a perspective that aimed to showcase positive human aspects, which were then brought to light again by Martin Seligman, around 1998, when Seligman took over the presidency of the American Psychological Association (APA). For Seligman, more than providing improvements to the individual, Psychology should also pursue what is best about humans and propose ways to feed these potentials, so that they are acknowledged by the individual itself, which can avoid pathological issues in the future. Faced with this, Seligman proposes the strengthening of individuals' beneficial strengths in order to treat future impasses.

From this new conception of Psychology, several works have been developed around the world, focusing on different emphasis in the field of Psychology, such as education, coaching, public health, social services, philosophy, political sciences and management (Donaldson, Csikszentmihalyi & Nakamura, 2011). In 1996, Hutz, Koller and Bandeira presented a study on "Resilience and vulnerability in children at risk", which can be described as a landmark of the beginning of Positive Psychology in Brazil (Pacico & Bastianello, 2014; Paludo & Koller, 2007).

According to Pureza, Kuhn, Castro and Lisboa (2012), between 2007 and 2008 was registered the highest increase in scientific publications involving Positive Psychology in the

Brazilian context. The evolution of this theoretical approach in Brazil culminated in the creation of the "Associação Brasileira de Psicologia Positiva (ABP+)" (The Brazilian Association of Positive Psychology), which has the goal of expanding works and disseminating knowledge in this field. Nevertheless, the majority of the studies conducted in Brazil, using Positive Psychology, are still relatively limited, either because of the low production of empirical studies with scientific rigor, or because of the nonlinear and low growth of publications in the area (Pureza et al., 2012). In a posterior review, Reppold, Gurgel and Schiavon (2015) called attention to the increase in interest on this paradigm, especially considering theoretical studies that aim to deepen the understanding on Positive Psychology. Moreover, the authors point out a growing effort to adapt and validate measures for the Brazilian context, as well as the effort to evaluate interventions.

In this sense, to what extent has this advance been taking place? Are there the inclusion of new themes in the field? In fact, what is the scope of Positive Psychology in the Brazilian context, given that there has been an expansion of studies linked to the domain of evaluation and intervention? Understanding how the Brazilian scientific scenario has been working with the perspective of Positive Psychology allows to have a better outlook on this new conception of certain psychological aspects and, consequently, understand how and how much it has been developing, in order to elaborate new research objectives. Examining the course of Positive Psychology is useful, because it aids to identify the domains that can be explored when applying this approach, which can promote the expansion of the production of works in this field. Therefore, the present work aims to carry out a systematic literature review to understand how the scientific scenario has been conducting studies from the theoretical approach of Positive Psychology in Brazil, since its first studies, until the year of 2019.

## METHOD

### PREPARATION, SELECTION OF MATERIAL AND PROCEDURES

Initially, a search was conducted in the databases SciELO, (Scientific Electronic Library Online), Index Psi, LILACS (Literatura Latino-Americana e do Caribe em Ciências da Saúde), PePSIC e PsycINFO, adopting the following search descriptors and Boolean operators: "psicologia positiva" AND "Brasil" OR "brasileiro" OR "português" e "positive psychology" AND "Brazil" OR "brazilian" OR "portuguese." The aforementioned search descriptors were adopted following a previous research of the terminology used in Psychology, which is available in BVS-Psi (<http://newpsi.bvs-psi.org.br/cgi-bin/wxis1660.exe/iah/>). Considering that the interest of this review is to widely understand the usage of Positive Psychology, the time frame of the search was not delimited, avoiding the risk of exclusion of important studies. In order to comprehend the scope of Positive Psychology in the Brazilian context, the following question led the research: How are the scientific fields working with the approach

of Positive Psychology in the Brazilian context? Specifically, the present research intends to describe the scope of this approach, the fields that maintain an interest on it, the constructs investigated and its expansion.

As inclusion criteria for the studies, were considered publications in an article format that had Positive Psychology as a main theme. In the case where that did not occur, the theoretical emphasis had to be present in the elaboration of the study, constituting, therefore, its theoretical framework. Moreover, the studies had to have been conducted in Brazil and, consequently, have been written in Portuguese and published by Brazilian researchers. In relation to the exclusion criteria, the studies with duplicated titles among the five databases adopted were excluded. Works that did not have the methodological rigor of a scientific article were also excluded. Hence, the studies that did not present the results of an investigation of a research problem and did not contribute to the knowledge produced in the Brazilian scientific domain (Gonçalves, Wanderley & Nascimento, 2014), as well as those not possible to gain access.

### ORGANIZATION AND DATA ANALYSIS

In order to meet the inclusion and exclusion criteria, initially, the titles of the studies, the abstracts and keywords were read.

When in these sections the work did not present the terminology “Positive Psychology,” the introductions and methods were read to identify the study’s theoretical framework. Subsequently, the scopes of the scientific journals were read, aiming to verify their field of publication. After applying all the criteria, the studies were recovered from the databases to be analyzed.

The articles found summed up 1,365, out of which 347 were from the database SciELO (Scientific Electronic Library Online), 510 from Index Psi (Periódicos Técnico-Científicos), 191 from LILACS (Literatura Latino-Americana e do Caribe em Ciências da Saúde), 241 from PsycInfo (American Psychological Association) and 76 from PePSIC (Periódicos Eletrônicos de Psicologia).

After being recovered from the platforms and submitted to the criteria, 483 studies were excluded through the analysis of the titles, given that those represented repetitions among the databases. The studies left were 882, out of which 832 did not have Positive Psychology as the main theme or did not fit the theoretical approach of Positive Psychology, as well as those that were not Brazilian studies or did not have open access. This screening stage resulted in a database of 50 studies (see Figure 1 - Flowchart of studies selection).

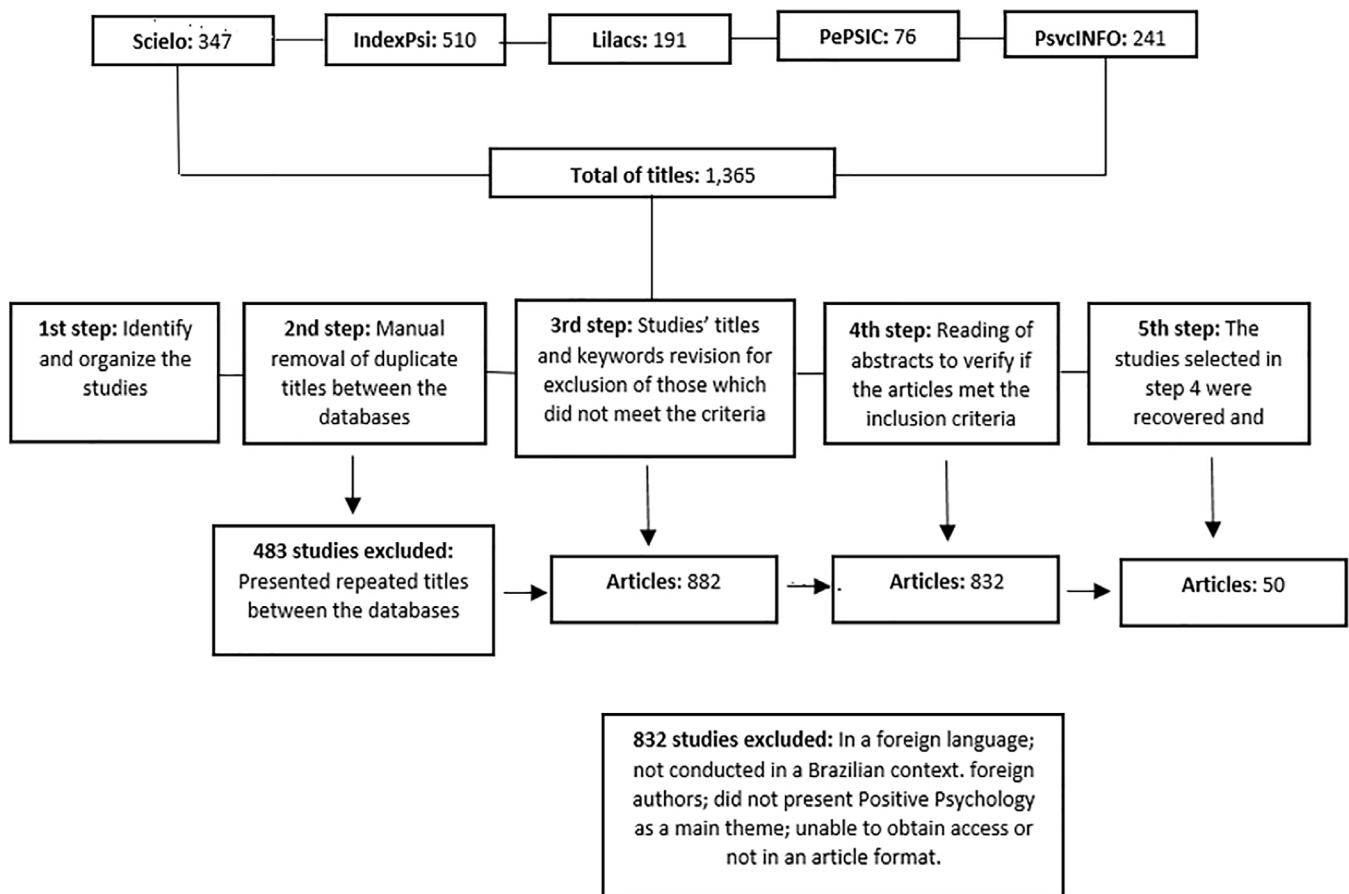


Figure 1: Article selection flowchart

Through the abstracts extracted out of the selected publications, textual data were reported and tabled in OpenOffice Writer. Subsequently, a unique corpus was elaborated and denominated "Positive Psychology in Brazil". The archive was imported to Windows' Notebook and saved in the UTF-8 codification for analysis through the software Iramuteq (Interface de R pour les Analyses Multidimensionnelles de Textes et de Questionnaires) (Ratinaud, 2009). For analysis of the content selected, two techniques were utilized: the word cloud, which has the goal of indicating the relevance of the words extracted out of the corpus, and the analysis of Descending Hierarchical Classification (DHC), which has the central purpose of categorizing and relating textual material. In this analysis, the following parts of speech were considered as active: adjectives and nouns. The remaining parts of speech were codified as supplementary. The analysis procedures utilized here allow the text segments (TS) of abstracts to be classified in consonance to their respective vocabulary, based on the frequency and the  $\chi^2$ , allowing the creation of lexical classes. After being created, the classes were named and described.

## RESULTS AND DISCUSSION

While analyzing the articles, it was noted that the published works, using Positive Psychology specifically in the Brazilian context, began to be developed starting from 1996. Which corroborates with what is made explicit by Pacico and Bastianello (2014), with resilience as a central construct. In the years of 2004 and 2005 no publications were found. However, from 2006, continuous publications emerged. The number of publications remained stable between the years of 2006 and 2014, having exponentially increased in 2015, reaching 9 articles published. Likely, with the foundation of the work group "Avaliação Psicológica em Psicologia Positiva e Criatividade" (Psychological evaluation in Positive Psychology and Creativity), in 2014, which reunited researchers of the field in the meeting of the Associação Nacional de Pesquisa e Pós-Graduação em Psicologia (ANPEPP) (National Association of Research and Post-Graduation in Psychology), there was a substantial growth in the field in the Brazilian context (ANPEPP, 2016) in the subsequent years.

When comparing the publications of the studies in the Brazilian context to the international context, there is a big divergence in quantitative terms. In a review carried out by Kim, Doiron, Warren and Donaldson (2018), considering the empirical contributions relevant to the international scenario of Positive Psychology, were found 863 products. The majority of those were from the United States, where the movement linked to this approach originated. In the same direction, Ackerman, Warren and Donaldson (2018) demonstrated that the set of empirical researches on the topics of Positive Psychology evolved in a significant manner around the world in the last two decades. Based on an archive of almost a thousand empirical articles linked to the field, the review stated that 762 articles utilized at least one scale of measurement and that 312 measures were created or adapted, which shows the close relationship between Psychological Evaluation and Positive Psychology.

Considering the domains of the journals responsible for publishing the 50 articles recovered in the present investigation, different types of journals were identified, although there was a predominance of publications in Psychology journals. The periodicals "Psico-USF" and "Estudos de Psicologia - Campinas" stood out with the highest number of publications. In second place came "Psicologia: Reflexão e Crítica" and "Trends in Psychology/Temas em Psicologia". The remaining journals had Psychology as their scope, however, with a lower number of publications. It was also observed that the amount of studies that have been published in journals with scopes that cover other fields of knowledge besides Psychology was restricted (see Table 1 – List of periodicals by field and number of articles).

To classify the studies' methods of research, the notions of theoretical and empirical research were both considered. Theoretical studies are defined as those which are dedicated to the reconstruction of theories, concepts and that carry explanations of reality (Baffi, 2002). On the other hand, empirical studies refer to the treatment of a factual reality, where there is data production and, through it, analyses are elaborated (Baffi, 2002). Hence, there was a predominance of theoretical studies in over half of the publications. From the methods presented in the studies, it was possible to identify the type of methodology utilized, when it comes to the notion of quantitative and qualitative research. Qualitative research is comprehended as that which describes the collected data in a subjective manner, taking into account specificities (Vergara & Molina, 2008). In its turn, quantitative research treats its data through statistical means, in an attempt to arrive at a generalization of the results, as well as an attempt to control the study performed (Günther, 2006).

Out of the theoretical studies, the majority used a qualitative methodology. As for empirical studies, mixed methodology characterized most. From these data it is possible to highlight that in the Brazilian context there is a predominance of qualitative studies, as opposed to the international context, where quantitative researches rank at the top for studies in Positive Psychology (Kim et al., 2018).

Referring to the context of elaboration of empirical studies, educational, labor and personal relations environments show up in a little more than one publication. The quantity of studies in other environments is also discrete, especially, due to the prevalence of works in which the debate and deepening of concepts of Positive Psychology and its interactions with other psychological constructs is dominant. Corroborating with this result, Reppold et al. (2015) mention that the interest on the topic of Positive Psychology in Brazil is standing out because it is a recent approach and, as such, it necessitates conceptual efforts for posterior development, through its application. Which justifies the large quantity of theoretical articles identified in the present review.

Specifically in relation to the content analysis of the articles, the corpus composed by the abstracts presented a rate of 81.86% of usage, generating 7,011 occurrences, 846 active words, 610 supplementary words and 204 text segments (TS), with 167 classified.

**Table 1.** - List of periodicals by area and number of articles

Estudos de Psicologia - Campinas	Psychology	1
Quadrimestral da Associação Brasileira de Psicologia Escolar e Educacional	Educational and School Psychology	1
Estudos de Psicologia (Campinas)	Psychology	1
Psicologia Escolar e Educacional (São Paulo)	Education and Psychology	4
Cadernos EBAPE BR	Management	1
Psicologia Clínica (Rio de Janeiro)	Psychology	1
Ciência & Saúde Coletiva	Medicine and Public Health	1
Psicologia em Estudo	Psychology, Human Sciences, Health Sciences and School and Educational Psychology	2
Avaliação Psicológica	Psychological and Educational Evaluation	4
Psicologia da Educação (São Paulo)	Psychology and Education	1
Revista Brasileira de Psicologia	Sport Psychology	1
Revista Semestral da Associação Brasileira de Psicologia Escolar e Educacional	Psychology and Education	1
Revista Brasileira de Orientação Profissional	Education, Work and Health	1
Revista Psicologia: Organizações e Trabalho	Organizations and Work	2
Psicologia: Teoria e Pesquisa (Brasília)	Psychology	1
Revista Latino-Americana de Enfermagem	Nursing	1
Arquivos Brasileiros de Psicologia	Psychology	1
Boletim Academia Paulista de Psicologia	Psychology	1
Psicologia: Ciência e Profissão	Psychology	2
Revista Brasileira de Terapias Cognitivas	Multi-thematic	2
Paidéia	Health Psychology, Development Psychology, School and Educational Psychology, Social Psychology and Psychological Evaluation	2
Estudos de Psicologia - I Campinas I	Psychology	3
Psicologia: Reflexão e Crítica	Psychology	3
Trends in Psychology/ Temas em Psicologia	Psychology	3
Psico - USF	Psychology	7
Revista da Abordagem Gestáltica - Phenomenological Studies	Psychology	1
Pesquisas e Práticas Sociais	Psychology	1

Considering a global analysis of the frequency of words, the word “study” ( $n = 73$ ) was the most frequent in the publications, followed by the words “positive” ( $n = 57$ ), “psychology” ( $n = 47$ ), “work” ( $n = 40$ ) and “factor” ( $n = 34$ ). These results can demonstrate the investigative character present in the publications, whose interest is centered around presenting Positive Psychology and analyzing the psychological constructs pertinent to the field. The word “intervention” presented a relatively low frequency ( $n = 14$ ). Even less frequent were the terms “teaching” ( $n = 6$ ), “school” ( $n = 5$ ) and “education” ( $n = 4$ ). Therefore, it is viable to assume that the study and interventions of Positive Psychology destined to educational themes seem to be little explored in the Brazilian context when compared to review studies and conceptual discussions (see Figure 2 - Word cloud of the Positive Psychology in Brazil corpus)

Posterior to this initial analysis, the classification of the corpus was processed through the Reinert method, generating the DHC.

Results presented three structured classes from two partitions. The first partition generated two blocks, presenting class 3 as separate from the remaining textual product. In a second partition, classes 1 and 2 emerged. Facing the set of words grouped in each class, classes 1 and 2 showed descriptive aspects of Positive Psychology, as well as themes and processes of interest for the field. Class 3 emphasized methodological aspects referring to empirical studies. In each class were considered the words which presented a more elevated chi-square associated to a more relevant TS (see Figure 3 - DHC Positive Psychology in Brazil corpus dendrogram).

The class denominated “Positive Psychology Paradigm” (class 1) represents 41.3% of the corpus and shows up associated to the delimitation of a new psychological approach. Along with the discussion of specific elements that distinguish Positive Psychology from other areas of Psychology, as well as the importance of considering positive human aspects.



As an expanding approach, the articles bring light to the information regarding development and interdisciplinarity of this field, as well as propositions of research, intervention and contribution to the science as a whole. The following excerpts illustrate this class:

“The attention towards people who experiment situations that favor physical and psychological disablement will become more common, considering contemporary reality, and Psychology must provide assistance aiming to strengthen coping abilities in critical situations.” (Paranhos & Werlang, 2015, p. 558).

“(…) it is suggested the development of studies on the subject, focused on the investigation of healthy aspects present in the relationship between creativity and mental health within the current trend of Positive Psychology.” (Oliveira, Nakano & Wechsler, 2016, p. 1493).

“(…) The majority of studies deal with the pathogenesis of psychosocial factors, however, there is a growing production that combines analysis of pathogenic factors and motivational factors in the promotion of health and the study of positive aspects preserved.” (Vazquez, Pianezolla & Hutz, 2018, p. 06)

“(…) Also highlighted are the advancements in empirical studies of adolescence, pointing to trends in science and the emergence of investigations originated from the application of theories under a positive view of the young. Finally, a brief contextualization of the national programmes focused on Positive Psychology is presented.” (Franco & Rodrigues, 2014, p. 677).

Class 2, named “The Scope of Positive Psychology”, comprehends 22.2% of the content analyzed and is associated to the definition of concepts and processes that are a part of this field’s scope. Its content presents the themes addressed by Positive Psychology, which related to class 1, as it can be observed in the dendrogram, measure the potential of this perspective to expand the knowledge of positive emotions, as a basis for a more comprehensive understanding of the human condition when facing adversities. This class also reports the large quantity of review studies that characterize Brazilian Positive Psychology, with one of the prominent words being “review”.

The following excerpts represent this configuration:

“(…) In relation to theoretical constructs, it was observed that well-being is the central theme for most of the studies, and seven different research tools for the evaluation of different Positive Psychology constructs were identified.” (Pureza et al., 2012, p. 109).

“(…) It was observed an increase in the production on evaluation, involving the study of diverse constructs, with life quality, resilience, coping and well-being standing out. As well as studies on the construction and adaptation of instruments to evaluate those.” (Pires, Nunes & Nunes, 2015, p. 287)

“Well-being theory adds achievement and interpersonal relationships to the elements already included in the first theory (positive emotions, engagement, sense), highlighting that well-being is not exclusively dependent on individual aspects, but

also on questions related to the environment and interpersonal relationships. (...) Well-being theory opens up the possibility to develop public policies related to the promotion of life quality, without excluding the necessity of constant revision of this approach.” (Scorsolini-Comin, Fontaine, Koller & Santos, 2013, p. 663)

Class 3, named “Theoretical and Methodological aspects of Positive Psychology”, (36.5%), presents informative content on measures and strategies of evaluation considering Positive Psychology constructs. In this sense, the evaluation of scales and validation of psychometric instruments are themes which show up in a significant number of publications in Positive Psychology in Brazil. The following excerpts can illustrate this class:

“(…) The results indicate a medium level of well-being in the work space, as well as differences between professional categories and hiring regimes, regarding the satisfaction with salaries and promotions, which can reflect on the quality of services provided to the patients” (Alves, Neves, Coleta & Oliveira, 2012, p. 01).

“(…) All the sub scales showed positive correlations with authentic leadership, satisfaction in work and positive affections, and negative correlations with negative affections. It is concluded that the Virtuous Leadership Scale presented good psychometric qualities in a Brazilian sample.” (Guimarães et al., 2019, p. 01)

“(…) It is highlighted the role of positive affections (factor for subjective well-being) in the perception of conjugal satisfaction (conjugal satisfaction), which is congruent with the emphasis, which attests that people who experiment positive emotions tend to engage in more satisfactory relationships.” (Scorsolini-Comin & Santos, 2010, p. 658)

These results showcase that Positive Psychology, as a relatively new line of thought, presents, in its search for theoretical and methodological rigor, a commitment to systematic advances in the field. It was possible to demonstrate that the majority of publications lead to arguments that aim to clarify the plurality and methodological fluidity of the thematic to the scientific community without, nevertheless, neglecting the use of a careful methodology. Furthermore, the results could demonstrate a constant articulation between theory and practice, very present in this strand, once a large portion of the studies analyzed in the present investigation proposes an evaluation of measurements for the proposition of adequate and efficient interventions.

The responses to the research questions raised in this investigation present an overview of the field of Positive Psychology, which reveals at least four significant aspects: (Q1) the areas that use Positive Psychology as a theoretical approach range from Psychology in general to other new areas, such as Medicine, Nursing and Administration, even though only Psychology stands out; (Q2) regarding methodological aspects, there is a prevalence of theoretical studies of a quantitative nature; (Q3)

it can be considered as growing, even if not linearly, the number of publications in this field, with the year of 2015 as a highlight; the journals which publish the most in this theoretical approach are “Psico-USF” and “Estudos de Psicologia – Campinas”; (Q4) the publications in the field of Positive Psychology in the Brazilian scenario revolve around theories on Positive Psychology’s paradigm, scope of the field and description/discussion regarding methodological, evaluative and intervention aspects.

Additionally, the studies present diverse constructs addressed through Positive Psychology, with a bigger focus on resilience (Ex.: Yunes, 2003) and subjective well-being (SWB) (Ex.: Siqueira & Padovam, 2008). With this first study approaching the labor environment in comparison to pro-sociality (Ex.: Farias & Monteiro, 2006). SWB is more explored when it refers to measurement instruments (Ex.: Scorsolini-Comin & Santos, 2010), for the measurement of professional interest (Ex.: Alves et al., 2012), satisfaction in work (Ex.: Siqueira & Padovam, 2008), conjugal satisfaction (Ex.: Silva, Scorsolini-Comin & Santos, 2017) and personality (Ex.: Santos, Almeida & Werlang, 2012).

The studies also discuss the relationship between mental health and creativity (Ex.: Oliveira et al., 2016), strategies utilized by couples in long term relationships (Ex.: Silva et al., 2017), bring discussions from the concept of happiness for adolescents (Ex.: Camargo, Abaid & Giacomoni, 2011), verify the existence of strategies which use the concepts of happiness, optimism, hope and spirituality in rehabilitation (Ex.: Machado, Gurgel & Reppold., 2017). Are also addressed, the concepts of friendship and leisure, bringing childhood as an important stage for development (Ex.: Souza, Silveira & Rocha, 2013).

Whilst different constructs are being investigated under the Positive Psychology bias, in general terms, the constructs worked the most in the Brazilian context remain subjective well-being and resilience (Ex.: Siqueira & Padovam, 2008). It is relevant to highlight that the field of Positive Psychology has investigated different constructs through the conceptual models of well-being proposed by Seligman (2018), known as PERMA. PERMA involves: i) Positive Emotions (P); ii) Engagement and flow (E); Relationships (R); iv) Meaning and purpose (M); Achievement (A). From this perspective, various works on optimism, hope, flow, engagement, among others, were published in the last decade.

## FINAL CONSIDERATIONS

Based on the above, it is noted that scientific production using Positive Psychology in the Brazilian context has advanced, not in a systematic manner, however. Despite being an approach still in expansion, Positive Psychology is being worked on in a significant manner regarding interpretation and elaboration of evaluation instruments, in the understanding of resilience and in works which revolve around the constructs of well-being, subjective well-being, conjugal and family satisfaction and affections in relationships. However, a predominance of studies in the field of Psychology is still perceived, which is evidenced

by the quantity of studies published in this domain. Little studies in different domains were found, being present, respectively, in the domains of Medicine, Nursing and Administration.

It is highlighted the fact that this review was restricted to the search on online databases, as well as only counting with articles, since it did not comprehend books, book chapters and gray literature, for example. It is also important to note that in the present review were not considered the constructs of Positive Psychology, specifically, as descriptors for the search on the databases, which limited the articles selection to those which presented in an evident manner the term “Positive Psychology” or mentioned Positive Psychology as a theoretical framework.

The results of the present review show an overview of the studies in the field of Positive Psychology published in national periodicals available in the digital databases, responding to the research questions raised. Such evidence points to the relevance of scientific productions in the field of Positive Psychology with the goal of collaborating with new works. The identification of distinct domains may be explored by applying Positive Psychology and highlighting the expansion of this theoretical approach, so that new research objectives are elaborated.

Aspects that may be explored in future researches revolve around three general questions:

(1) Which evidences are available on investigation instruments in the Positive Psychology approach? Regarding these aspects, works that can be considered as fundamental for the deepening and investigation of evaluation instruments are books produced on psychological evaluation, for example Hutz (2016) and Hutz (2014).

(2) How is Positive Psychology being worked on in a different locus, for example, in the educational, health and labor settings? Despite being scarce in this review, these settings aggregate a considerable portion of the interest of study within this field. Some studies were published on the field of Positive Health, Positive Education and the organizational domain, where the works in Portuguese of Cintra and Guerra (2017), Hutz e Reppold, (2018), Vasquez and Hutz (2021) and the meta-analyses of Waters and Loton (2019), Jachimowicz, Wihler, Bailey and Galinsky (2018) and Credé, Tynan and Harms (2016).

(3) How is Positive Psychology being used in the daily practice, considering that most studies in Portuguese focus on the theoretical domain? Two international meta-analyses were conducted on interventions in Positive Psychology and can be used as a basis for the reflection on the daily practice of Positive Psychology (Koydemi, Sökmez & Schütz, 2020; White, Uttl & Holder, 2019).

Finally, it can be considered that Positive Psychology is a growing approach in the Brazilian context, however, when compared to the international scenario, it seems to be little utilized (Kim et al., 2018). Scholars of Positive Psychology have been presenting important progress around the world while emphasizing human virtues in the name of well-being (Ackerman et al., 2018). Therefore, it is hoped that studies and



interventions in this approach can be not only prosperous in the psychological sciences, but can also be beneficial to different contexts and fields.

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