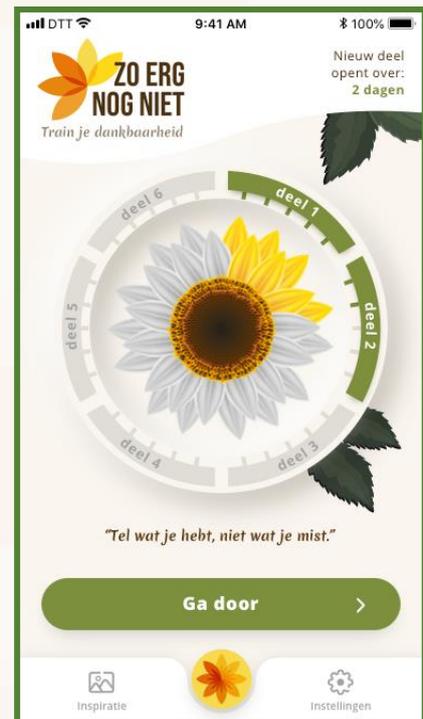


Appreciating the good things in life: presenting a Gratitude app

On Wednesday 2 December 17:00, Dutch Positive Psychology professor Ernst Bohlmeijer will present his newly developed Gratitude app. The app helps users to be more grateful: appreciate the good things in life and the goodness of others. There is scientific evidence that people who are more grateful can deal better with adversity, experience more positive emotions, worry less and develop better relationships. These are things that contribute to mental resilience and well-being.

Professor Bohlmeijer will talk about his research that showed that gratitude can be trained and can greatly improve people's mental well-being. This training is now available as an app and will be examined in a trial with people struggling with the consequences of the Covid-19 crisis. However, the app also has great potential for other contexts, such as with students, at work, or in healthcare.

Post-doc researcher dr. Noortje Kloos will provide a short demonstration of the app, including beautiful quotes, uploading own gratitude photos, and keeping a (paper) diary that deals with a different theme every week. The gratitude app is currently available in Dutch, but will be translated into English. Dr. Kloos will be visiting La Trobe as collaborating researcher next year to examine the applicability of the app in the healthcare setting.



Ernst Bohlmeijer graduated in 2007 on the effects of life-review on depression in older adults. Since 2007 he worked as an associate professor and since 2011 as full professor at the department of Psychology, Health & Technology at the Faculty of Behavioural Sciences at Twente University. His research comprises topics such as: 1) flourishing and well-being in the general population and their relationship with psychopathology and 2) the evaluation of positive psychology interventions in various settings.

Noortje Kloos defended here thesis on positive psychology in the nursing home in February this year. Her work was centred around monitoring and improving the well-being of both nursing staff and nursing home residents. As a postdoc, she is currently involved with the development and testing of the gratitude app.

