Positive Psychology Intervention for Dyslexia: A Qualitative Study

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Abstract : The objective of this research is to identify strengths among the individuals with dyslexia and design a positive psychology intervention to support such individuals. Dyslexia is a combination of abilities and difficulties that affect the learning process in areas as such reading, spelling and writing. It is a persistent condition. The research aims to adapt positive psychology techniques to support individuals with dyslexia. Population of the research will be undergraduate and college level students with dyslexia. First phase of the study will be conducted on a sample of undergraduate and college level students with dyslexia in Bolton, UK. The concept of treatment in positive psychology is not only to fix the component just what is wrong, instead it is also to develop and construct on what is right in the individual. The first phase of the research aims to identify the signature strengths among the individuals with dyslexia using Interviews, Descriptions on personal experiences on 'My life with Dyslexia', and Values in Action (VIA) strength survey. In order to conduct the survey for individuals with dyslexia, the VIA survey has been hosted in a website which is solely developed in the form of dyslexia friendly context. Dyslexia friendly website for surveys had designed and developed following the British Dyslexia Association guidelines. The findings of the first phase would be utilized for the second phase of the research to develop the positive psychology intervention.