

## Multicomponent Positive Psychology Intervention for Health Promotion of Retirees: A Feasibility Study

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**Abstract :** Health promotion programmes for retirees, based on Positive Psychology perspectives for the development of strengths and virtues, demand broadened empirical investigation in Brazil. In the case of evidence-based applied research, it is suggested feasibility studies are conducted prior to efficacy trials of the intervention, in order to identify and rectify possible faults in the design and implementation of the intervention. The aim of this study was to evaluate the feasibility of a multicomponent Positive Psychology programme for health promotion of retirees, based on Cognitive Behavioural Therapy and Positive Psychology perspectives. The programme structure included six weekly group sessions (two hours each) encompassing strengths such as Values and self-care, Optimism, Empathy, Gratitude, Forgiveness, and Meaning of life and work. The feasibility criteria evaluated were: Demand, Acceptability, Satisfaction with the programme and with the moderator, Comprehension/Generalization of contents, Evaluation of the moderator (Social Skills and Integrity/Fidelity), Adherence, and programme implementation. Overall, 11 retirees ( $F=11$ ), age range 54-75, from the metropolitan region of Porto Alegre-RS-Brazil took part in the study. The instruments used were: Qualitative Admission Questionnaire; Moderator Field Diary; the Programme Evaluation Form to assess participants satisfaction with the programme and with the moderator (a six-item 4-point likert scale), and Comprehension/Generalization of contents (a three-item 4-point likert scale); Observers' Evaluation Form to assess the moderator Social Skills (a five-item 4-point likert scale), Integrity/Fidelity (a 10 item 4-point likert scale), and Adherence (a nine-item 5-point likert scale). Qualitative data were analyzed using content analysis. Descriptive statistics as well as Intraclass Correlations coefficients were used for quantitative data and inter-rater reliability analysis. The results revealed high demand ( $N = 55$  interested people) and acceptability ( $n = 10$  concluded the programme with overall 88.3% frequency rate), satisfaction with the program and with the moderator ( $X = 3.76$ ,  $SD = .34$ ), and participants self-report of Comprehension/Generalization of contents provided in the programme ( $X = 2.82$ ,  $SD = .51$ ). In terms of the moderator Social Skills ( $X = 3.93$ ;  $SD = .40$ ;  $ICC = .752$  [ $IC = .429-.919$ ]), Integrity/Fidelity ( $X = 3.93$ ;  $SD = .31$ ;  $ICC = .936$  [ $IC = .854-.981$ ]), and participants Adherence ( $X = 4.90$ ;  $SD = .29$ ;  $ICC = .906$  [ $IC = .783-.969$ ]), evaluated by two independent observers present in each session of the programme, descriptive and Intraclass Correlation results were considered adequate. Structural changes were introduced in the intervention design and implementation methods, as well as the removal of items from questionnaires and evaluation forms. The obtained results were satisfactory, allowing changes to be made for further efficacy trials of the programme. Results are discussed taking cultural and contextual demands in Brazil into account.

**Keywords :** feasibility study, health promotion, positive psychology intervention, programme evaluation, retirees

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