



Notice for the PhD Viva-Voce Examination

Ms Amreen Shaik (Registration Number: 1981007), PhD scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Tuesday, 26 November 2024 at 2.30 pm in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

- Title of the Thesis** : **Actualizing the Inner Self: Impact of an Online Signature Strengths Intervention on Well-Being**
- Discipline** : **Psychology**
- External Examiner - I** : **Dr Krishan K Sony**
Associate Professor
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- External Examiner – II** : **Dr V Vijayalakshmi**
Associate Professor in Psychology
Department of Management Studies
Indian Institute of Technology, Chennai
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- Supervisor** : **Dr Smitha Baboo**
Associate Professor
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The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.



Registrar

Place: Bengaluru

Date: 21 November 2024

ABSTRACT

The PERMA Theory of Well-being states that exercising signature strengths – one’s most prominent character strengths – enhances five distinct dimensions of well-being, namely, positive emotions, engagement, relationships, meaning, and accomplishment. The present study tests this theory by examining the impact of an online signature strengths intervention on each of the aforementioned dimensions of well-being and overall well-being. The quantitative phase of the study adopted a pre-test post-test experimental design with a wait-list control group to implement a randomized controlled trial (RCT) of the intervention. A total of 82 participants recorded their levels of well-being and its dimensions at pre-test and post-test using a standardized tool.

A one-month follow-up measure of well-being was also taken among participants in the experimental group to determine the long-term effectiveness of the intervention. Focus Group Discussions (FGDs) were conducted in the qualitative phase of the study among participants in the experimental group to explore the subjective experiences and mental processes underlying the identification and utilization of signature strengths. Results demonstrated medium to large increases in all the dimensions of well-being except for the dimension of engagement which did not show a significant increase at either time points. Qualitative findings validated the quantitative findings and revealed important mental and emotional mechanisms underlying the experience of utilizing signature strengths, thereby providing a deeper insight into the nature and working of the intervention.

Keywords: signature strengths, online interventions, PERMA theory of well-being, character strengths, well-being, emerging adult women

Publications:

1. **Amreen Shaik**, Smitha Baboo & Santhosh K R. (2023). A normative study assessing the factorial validity of the PERMA Profiler in Indian emerging adult women. *Journal of Mental Health and Human Behaviour*, 28(2), 167–174.
2. **Amreen Shaik**, Smitha Baboo & Santhosh K R. (2023). Scope of a signature strengths intervention in improving the mental health of low-income Indian emerging adult women: Results from a Randomized Controlled Trial. *Journal of Mental Health and Human Behaviour*, 28(2), 175–181.
3. **Amreen Shaik** & Smitha Baboo. (2023). A positive psychology intervention to enhance well-being and lower depression: Results from a Randomized Controlled Trial of a signature strengths intervention among Indian college students. *Advances in Bioresearch*, 14(6), 1–10.