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Positive Bias in Positive Psychology

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Positive Bias in Positive Psychology

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Purpose

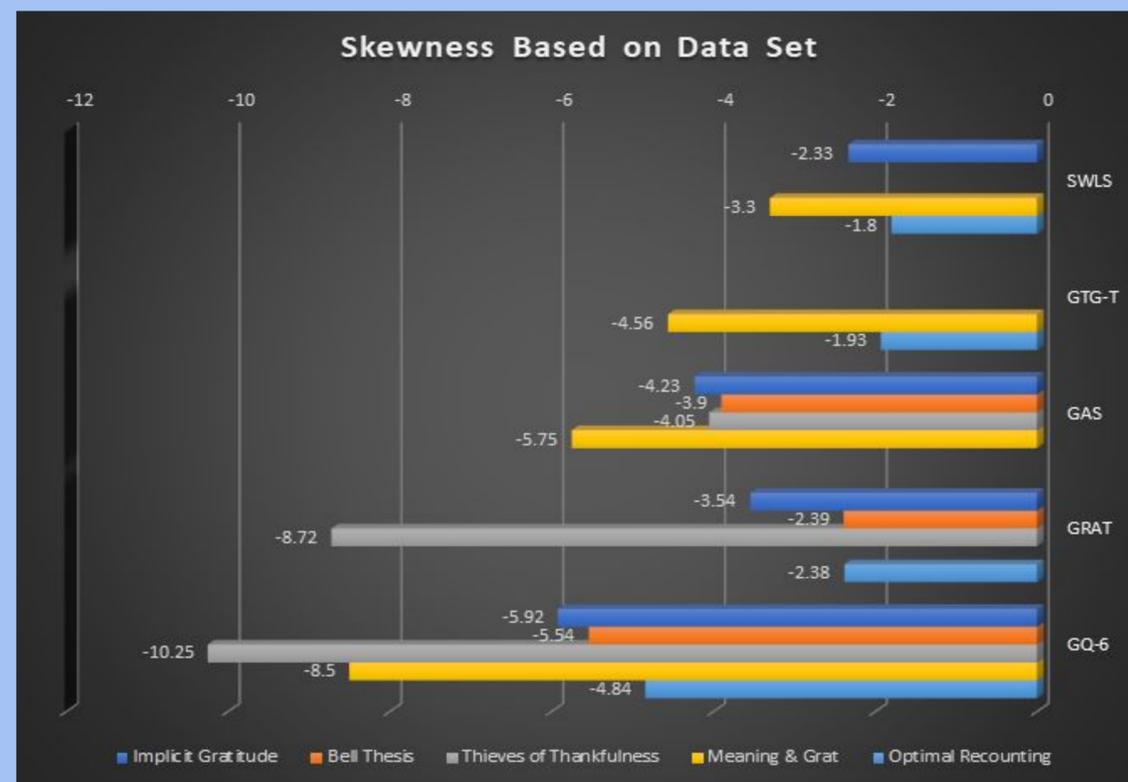
To investigate the distribution skew of commonly used positive self-report measurements for possible negative skew

Background and Significance

- Most research on positive emotions are conducted through self-report measures which can be subject to biases such as self-presentation bias.
 - *Self-Presentation Bias*- We tend to view ourselves in a positive light and therefore rate ourselves more positively on self-reports.
- If most participants are scoring the max score on these scales, then it is hard to create effective treatment plans, as there is no room for improvement.

Method

- Frequency distributions were ran on five studies (N = 900) consisting of positive emotion self-report questionnaires.
- Measures:
 - GQ-6: Gratitude Questionnaire
 - IGRAT: Gratitude, Resentment, and Appreciation Test
 - GAS: Gratitude Adjective Scale
 - GTG-T: Gratitude To God Test
 - SWLS: Satisfaction With Life Scale
- Questionnaires were analyzed for a significant skew by dividing the skew value by the standard error of the skew.



Implications/Future Directions

- How confident are we on the accuracy of self-report measures?
- What other biases or factors play a role in creating this negative skew?
- What measures can we use to prevent this problem?

Conclusions

- Negative skew is common with positive emotion self-report questionnaires.
- Factors such as self presentation bias and disposition to positive emotions may contribute to negative skew and should be further investigated.
- Controlling for self-presentation bias may give us more accurate results of participant's true score.

Negative Skew of the GQ-6

