

# Efficacy of Positive Psychology Interventions Delivered through Take2Minutes

TAKE2MINUTES founded by [Marc S Fussell](#)

## Introduction:

Take2Minutes is a text and web based service that promotes mental wellness and resiliency through daily practice by delivering simple evidence based activities directly to people across the globe.

Take2Minutes has upwards of 15 thousand accounts that connect users with positive messaging and actions via text message.

## Methods:

12 Take2Minutes users agreed to participate in a de-identified focus group. Participants completed an initial Modified Differential Emotions Scale (mDES) in the beginning of the study and a final mDES at the conclusion. The mDES is used as an assessment to determine how many positive emotions (pos score) and negative emotions (neg score) have been experienced within a designated time period. Positive and negative scores were then established as quotients to reflect change over time. Prior to completing a final mDES, participants agreed to practice 2-3 positive psychology activities, which were tracked as part of the study. Required positive psychology interventions included identifying 3 good things as a part of their day and gratitude journaling; an additional mindfulness intervention was made available as a supplemental option to study participants but was not required. Final participants, as reflected in table, are composed of users who completed initial and final mDES.

## Take2Minutes Focus Group

March 2022

USER	Pos Score	Neg Score	Score	1st mDES mDES	March 2022			2nd mDES			
					Target = 45 3GT Entries	Target = 21 Gratjo Entries	No Target Meditations	Pos Score	Neg Score	Score	mDES
2744	36	15	2.4	2.4/1	45	30		34	38	0.8947	0.9/1
3667	12	23	0.5217	0.5/1	21	10	2	14	33	0.4242	0.4/1
4026	11	32	0.3438	0.3/1	21	20	18	18	20	0.9	0.9/1
5132	8	24	0.3333	0.3/1	48	27	1	21	8	2.625	2.6/1
6855	35	27	1.2963	1.3/1	45	52	3	30	15	2	2/1
7130	14	25	0.56	0.6/1	45	4		40	12	3.3333	3.3/1
7627	21	15	1.4	1.4/1	45	19	1	32	7	4.5714	4.6/1
7637	33	34	0.9706	1/1	36	23	12	30	21	1.4286	1.4/1
10166	18	22	0.8182	0.8/1	3	21		23	13	1.7692	1.8/1
10583	12	28	0.4286	0.4/1	45	47	38	20	15	1.3333	1.3/1
10833	15	11	1.3636	1.4/1	45	37	1	22	8	2.75	2.8/1
10934	16	17	0.9412	0.9/1	45	17	12	12	10	1.2	1.2/1

## Results

Based on the Take2Minutes focus group:

- 100% of participants completed 2 included positive psychology interventions (identifying 3 good things as part of their day and gratitude journaling)
- 75% of participants completed additional mindfulness intervention (meditation)
- 83% of participants saw an increase in their positive mindset
- The *average* participant saw an improvement in mindset from first administration to second administration by .9917
- 25% of participants saw a *statistically significant* improvement in their mindset (at least 1 standard deviation increase) beyond the average, which was already positive

## Discussion

Take2Minutes focus group results affirmed the efficacy of SMS as communication platform; as cited by Forbes, SMS experiences a 98% open rate, meaning that the positive psychology activities that are shared with participants are received. As part of this study, all participants received and accessed activities. After establishing regular positive practice through Take2Minutes, as indicated through results, the majority (triquarter) of participants saw an improvement in positive mindset. These results correspond with other like research which suggests that positive psychology activities, such as practicing gratitude, are linked to a variety of positive outcomes, including improved emotional and, even, physical health. Despite a small sample size, outcomes align with a larger understanding of access and positive psychology practices to highlight the efficacy of this platform as a tool for mental well being.

## References

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- Jane Hart. Alternative and Complementary Therapies. Dec 2013.323-325. <http://doi.org/10.1089/act.2013.19609> in Volume: 19 Issue 6: December 23, 2013

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