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Making psychometric resources in positive psychology available in Russian:
The “Methodlet”

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ABSTRACT

Purpose: The present aim was first to describe the medium of the “Methodical Recommendations” or “Methodlets” commonly used in Russian psychology and second to describe three recent “Methodlets” in positive psychology.

Background: Within contemporary Russian psychology, there is growing interest in the examination of human character strengths and virtues within the context of positive psychology. Such interest has led to a growing number of scales being translated from the original English version into the Russian language for clinical and research purposes. However, such translated materials are often difficult to gain access to for clinicians and researchers, and this is especially the case for students. To address this matter, one initiative involves the development and publication of “Methodical Recommendations” or “Methodlets”, brief books focused on providing methodological guidance and resources to researchers and students.

Methods: Pertinent searches in the Russian language of the Russian psychological literature databases were undertaken.

Results/Outcomes: Three “Methodlets” specifically concerned with positive psychology were identified. Each of these “Methodlets” were obtained and examined. Each of the “Methodlets” contained Russian translations of five commonly used scales and associated information concerning administration instructions, scoring information, and published psychometric information, respectively.

Conclusions: In total, these three “Methodlets” contain 15 scales and comprise of a significant proportion of the positive psychology measures currently available in Russian. As such they provide an effective way of making Russian translations of positive psychology scales and associated information available to Russian speaking researchers, clinicians, and students.