

towards valued goals. In study 1, we tested the elicitation of mindfulness mindset with brief instructions in a lab setting. In study 2, we tested the role of different mindsets (control, abstract, concrete and mindfulness) on the identification of critical situational cues. For that purpose, 139 participants were randomly assigned into one of the four experimental conditions. In each condition they were primed with either control, abstract, concrete or mindfulness-mindset. Then, they were asked both: to identify critical situational cues to solve present personal conflicts within a value-context. Results show significant effects regarding the identification of critical situational cues ($F=2.899$, $p=.037$). Participants under the mindfulness-mindset condition identify more critical situational cues ($M=6.21$) than the other conditions ($M(\text{control})=5.16$, $M(\text{concrete})=5.09$ and $M(\text{abstract})=5.23$). Mindfulness shows that bringing the attention to the present moment might help other psychological processes such as perception and identification of critical cues and the subsequent formation of plans that subsequently enhance value-oriented behavior and well-being.

Mood enhancement using smartphone apps

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Field of research

Positive technology

Keywords

"emotion-regulation", "wellbeing", "adolescence", "music", "application"

Abstract

The significant physical, emotional, educational and social developmental challenges faced by adolescents and young adults are associated with high levels of emotional vulnerability. Thus, the development and use of effective emotion-regulation strategies during this period is critical. Music listening is commonly used by young people to identify, express, enhance and regulate their emotions. Modern mobile technology provides an engaging, easily accessible means of assisting young people with identifying and managing emotions through music.

A systematic contextual review of iPhone applications addressing emotions through music was conducted. Their quality was evaluated by two independent raters using the Mobile App Rating Scale (MARS). Three participatory design workshops (PDW; $N=13$, 6 males, 7 females; age 15-25) were conducted, exploring young people's use of music to enhance wellbeing. Young people were also asked to trial existing mood and music apps and to conceptualise their ultimate mood-targeting music application.

Of the identified 117 music apps, 20 met inclusion criteria (to play songs, not sounds; priced below \$5.00). Characteristics and overall quality of the music apps are described and key features of the five highest-rating apps are presented. Thematic analysis of the PDW content identified the following music affect-

regulation strategies: relationship building, modifying cognitions, modifying emotions, and immersing in emotions (i.e. habituation or mood enhancement).

The application of key learnings from the mobile app review and PDW to the design and development of the new music eScape app will be presented. Implications for future research and for applying the new app in clinical practice are discussed.

Mothers' perception of marital quality over two years following childbirth

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Field of research

Quality of Life and Well-being

Keywords

"mothers", "marital quality", "childbirth"

Abstract

Couple relationship is one of the most significant relationships in adult life. The present longitudinal study sought to investigate changes in this relationship following childbirth. Moreover, it aimed to examine the contribution of three factors to marital quality over a two-year period: the circumstances of the birth (single child vs. twins, pre-term vs. full-term birth, first vs. non first motherhood); personality factors (attachment orientations); and social support (provided by maternal and paternal grandmothers). Seven hundred and seven Israeli mothers participated in the study one month, one year and two years after childbirth. Results indicated a significant decline in marital relationship during the first two years following childbirth. In addition, being a mother to additional children was related to a lower marital quality a month after childbirth on the one hand, and to an increase in marital quality over time on the other. However, being a mother to twins or to premature children did not play a role in marital quality neither one month nor two years after childbirth. Higher avoidant or anxious attachment orientations were related to lower marital quality one month after childbirth. Mother's and mother in law's emotional support were positively associated with marital quality one month after childbirth, while mother in laws' instrumental support was negatively associated with it. Grandmothers' support partly mediated the associations between attachment avoidance and anxiety and marital quality one month after childbirth. Several explanations for the findings are proposed, relevance to positive psychology and practical implications are discussed.

Music Listening and Well-Being: A Developmental Perspective

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