

# STUDENT RESEARCH WEEK

POSTERS · TALKS CREATIVE WORK

## Fixed and Incremental Mindsets Regarding Well-being

**Poster:** Karlen Hutlet

*Bachelor of Arts: Psychology Honors, MacEwan University*

**Faculty mentor:** Dr. Andrew J. Howell

*Arts & Science: Psychology, MacEwan University*

### Abstract

Some people have a "fixed" view of well-being, believing their level of well-being cannot change, whereas others have a "growth" view of well-being, believing that their level of well-being can change. Previous research in our laboratory indicates that these "implicit theories of well-being" have important implications; for example, having a growth mindset regarding well-being predicts greater well-being, and cultivating a growth mindset causes greater endorsement of well-being activities. The current study examines whether experimentally inducing a fixed versus growth mindset regarding well-being affects people's implicit theories of well-being as well as the endorsement of positive psychology interventions, such as practicing mindfulness, writing about one's goals, or savouring positive experiences. Fixed and growth mindsets are induced by having participants read an article supporting either a fixed or growth theory of well-being. It is predicted that those led to have a growth mindset regarding well-being will endorse positive psychology interventions to a greater degree than those led to have a fixed view of well-being. It is also predicted that those led to have a growth or fixed view of well-being will alter their implicit theory of well-being in the corresponding direction, and that this change in perspective will mediate changes in the endorsement of positive psychology interventions. Implications of this research include improvements in the prediction of who is most likely to engage in, and respond to, positive psychology interventions. Also, the cultivation of a growth mindset regarding well-being prior to involvement in a positive psychology intervention may heighten responsiveness to that intervention. This research will be presented at the Canadian Psychological Association convention. In addition, our findings will be sent for review in journals such as the *Journal of Happiness Studies* or *Journal of Positive Psychology*.