

ABSTRACT

Background: Mental health is not only the absence of psychological distress, but also the presence of mental well-being. Mental well-being is associated with physical health, positive mental health, and lowered risks of mental disorders. The aim of this study was to examine the efficacy of a savoring intervention in promoting positive affect and mental well-being among Hong Kong adults. This study also examined whether positive affect would mediate the impact of the savoring intervention on the enhancement of psychological intervention under the theoretical framework of Broaden and Build Theory.

Methods: This study was a two-armed, randomized controlled trial with participants randomly assigned to either an active control group ($n = 51$) or an intervention group ($n = 50$). Participants in the intervention group took one photo a day that captured a positive moment, experience, or inspiration and wrote one to two sentences describing the experience for seven consecutive days; while participants in the active control group took photos with neutral meaning and wrote one to two sentences describing the photo for seven consecutive days. Outcome measures included positive and negative affect, psychological well-being, social well-being, emotional well-being, and savoring beliefs and capacity, which were assessed at baseline and post-intervention.

Results: Result from repeated measure ANOVA showed significant time by condition interaction for capacity in savoring the moment, positive affect and psychological well-being. Participants in the intervention group showed significantly larger increase in beliefs and capacity in savoring the moment, positive affect and psychological well-being. Serial mediation analysis showed that the increase in the capacity in savoring the moment and positive affect fully mediated the positive intervention effect in promoting the change of psychological well-being.