Table 5. Positive Psychology Exercises for Depression following SCI

Author Year Country Research Design PEDro Score Total Sample Size	**Methods**	**Outcome**
Müller et al. (2022) Switzerland RCT Pedro=6 Level 1b NInitial=168 NFinal=116	**Population:** *Intervention group* (positive psychology exercise; n=87): Mean age=55±11.99yr; Gender: males=56, females=31; Mean time post injury=18.5±12.6yr; Level of injury: paraplegia=59, tetraplegia=28; Severity of injury: incomplete=55, complete=32; Depression status=no depression as assessed by the HADS-D. *Control group*: Mean age=56±12yr; Gender: males=52, females=29; Mean time post injury=16±12.3yr; Level of injury: paraplegia=59, tetraplegia=22; Severity of injury: incomplete=53, complete=28; Depression status=no depression according to mean HADS-D score at baseline. **Intervention:** Two randomized parallel groups were	1. None of the baseline to follow-up Time x Group interactions were statistically significant, indicating no significant between-group differences in changes in any of the outcomes during this time- period (p>.05).

	investigating chronic pain after SCI, where the intervention group worked through four positive psychology exercises over 8wk, while the control group wrote about current life events mindfully. Outcome measures were assessed at baseline, 8wk, and 3mo post intervention. **Outcome Measures:** Numerical rating scale (NRS) for pain intensity, Pain catastrophizing scale, 10-item Survey of Pain Attitude (SOPA) Control subscale, disability-modified 12-item Pain Interference scale of the Brief Pain Inventory (BPI), Positive and Negative Affect Schedule (PANAS), Depressive subscales of Hospital Anxiety and Depression Scale (HADS-D), World Health Organization quality of Life scale (WHOQOL-Brief), participants' ratings of benefit and satisfaction with treatment, assessment of adverse events	