

## Systematic review

A list of fields that can be edited in an update can be found [here](#)

### 1. \* Review title.

Give the title of the review in English

Character strengths, mental health, and well-being: A systematic review and meta-analysis

### 2. Original language title.

For reviews in languages other than English, give the title in the original language. This will be displayed with the English language title.

### 3. \* Anticipated or actual start date.

Give the date the systematic review started or is expected to start.

01/02/2024

### 4. \* Anticipated completion date.

Give the date by which the review is expected to be completed.

31/01/2025

### 5. \* Stage of review at time of this submission.

**This field uses answers to initial screening questions. It cannot be edited until after registration.**

Tick the boxes to show which review tasks have been started and which have been completed.

Update this field each time any amendments are made to a published record.

The review has not yet started: No

Review stage	Started	Completed
Preliminary searches	Yes	Yes
Piloting of the study selection process	Yes	Yes
Formal screening of search results against eligibility criteria	Yes	Yes
Data extraction	Yes	Yes
Risk of bias (quality) assessment	No	No
Data analysis	Yes	Yes

Provide any other relevant information about the stage of the review here.

## 6. \* Named contact.

The named contact is the guarantor for the accuracy of the information in the register record. This may be any member of the review team.

Nicole Casali

Email salutation (e.g. "Dr Smith" or "Joanne") for correspondence:

Dr Casali

## 7. \* Named contact email.

Give the electronic email address of the named contact.

n.casali@csl.mpg.de

## 8. Named contact address

Give the full institutional/organisational postal address for the named contact.

Günterstalstraße 73, 79100 Freiburg · Germany

## 9. Named contact phone number.

Give the telephone number for the named contact, including international dialling code.

+393801211506

## 10. \* Organisational affiliation of the review.

Full title of the organisational affiliations for this review and website address if available. This field may be

completed as 'None' if the review is not affiliated to any organisation.

Max Planck Institute for the Study of Crime, Security and Law

**Organisation web address:**

<https://csl.mpg.de/>

**11. \* Review team members and their organisational affiliations.**

Give the personal details and the organisational affiliations of each member of the review team. Affiliation refers to groups or organisations to which review team members belong. **NOTE: email and country now MUST be entered for each person, unless you are amending a published record. PLEASE USE AN INSTITUTIONAL EMAIL ADDRESS IF POSSIBLE.**

Dr Nicole Casali. Max Planck Institute for the Study of Crime, Security and Law  
Dr Tommaso Feraco. University of Padova

**12. \* Funding sources/sponsors.**

Details of the individuals, organizations, groups, companies or other legal entities who have funded or sponsored the review.

None

**Grant number(s)**

State the funder, grant or award number and the date of award

**13. \* Conflicts of interest.**

List actual or perceived conflicts of interest (financial or academic).

None

**14. Collaborators.**

Give the name and affiliation of any individuals or organisations who are working on the review but who are not listed as review team members. **NOTE: email and country must be completed for each person, unless you are amending a published record.**

**15. \* Review question.**

State the review question(s) clearly and precisely. It may be appropriate to break very broad questions down into a series of related more specific questions. Questions may be framed or refined using PI(E)COS or similar where relevant.

Which character strengths relate with mental health (e.g., depression, anxiety) and well-being (e.g., life satisfaction, positive affect)? Do the type of condition (mental, physical, none), of outcome (mental health condition, well-being type) or the VIA measure used moderate these correlations?

## 16. \* Searches.

State the sources that will be searched (e.g. Medline). Give the search dates, and any restrictions (e.g. language or publication date). Do NOT enter the full search strategy (it may be provided as a link or attachment below.)

Sources: Databases, CIVIC (Ng et al., 2018) related publications Databases used: Scopus, PsycINFO, Web of Science Publication period: 2004 – 2023 Language restrictions: English, Italian, Spanish, French, Portuguese, German Searches will be re-run once prior to the final analysis Unpublished studies will not be considered

## 17. URL to search strategy.

Upload a file with your search strategy, or an example of a search strategy for a specific database, (including the keywords) in pdf or word format. In doing so you are consenting to the file being made publicly accessible. Or provide a URL or link to the strategy. Do NOT provide links to your search **results**.

[https://www.crd.york.ac.uk/PROSPEROFILES/488089\\_STRATEGY\\_20231129.pdf](https://www.crd.york.ac.uk/PROSPEROFILES/488089_STRATEGY_20231129.pdf)

Alternatively, upload your search strategy to CRD in pdf format. Please note that by doing so you are consenting to the file being made publicly accessible.

Do not make this file publicly available until the review is complete

## 18. \* Condition or domain being studied.

Give a short description of the disease, condition or healthcare domain being studied in your systematic review.

Mental health: Common mental health conditions, including depression, anxiety, stress, and distress symptoms Well-being: Subjective well-being (life satisfaction, positive and negative affect), psychological well-being, flourishing, and happiness

## 19. \* Participants/population.

Specify the participants or populations being studied in the review. The preferred format includes details of both inclusion and exclusion criteria.

Inclusion criteria: Individuals from the general population and from clinical populations (with either a mental or physical condition) Exclusion criteria: Severe mental health conditions (e.g., schizophrenia, bipolar disorder)

## 20. \* Intervention(s), exposure(s).

Give full and clear descriptions or definitions of the interventions or the exposures to be reviewed. The preferred format includes details of both inclusion and exclusion criteria.

Not applicable

## 21. \* Comparator(s)/control.

Where relevant, give details of the alternatives against which the intervention/exposure will be compared (e.g. another intervention or a non-exposed control group). The preferred format includes details of both inclusion and exclusion criteria.

Not applicable

## 22. \* Types of study to be included.

Give details of the study designs (e.g. RCT) that are eligible for inclusion in the review. The preferred format includes both inclusion and exclusion criteria. If there are no restrictions on the types of study, this should be stated.

Inclusion criteria: Correlational studies and experimental studies that report correlations at baseline

Exclusion criteria: Qualitative studies, experimental studies that do not report correlations at baseline, studies that use not validated measures

## 23. Context.

Give summary details of the setting or other relevant characteristics, which help define the inclusion or exclusion criteria.

## 24. \* Main outcome(s).

Give the pre-specified main (most important) outcomes of the review, including details of how the outcome is defined and measured and when these measurement are made, if these are part of the review inclusion criteria.

Correlations between character strengths and mental health and character strengths and well-being, measured using validated scales.

### Measures of effect

Please specify the effect measure(s) for you main outcome(s) e.g. relative risks, odds ratios, risk difference, and/or 'number needed to treat.

Pearson's r

## 25. \* Additional outcome(s).

List the pre-specified additional outcomes of the review, with a similar level of detail to that required for main outcomes. Where there are no additional outcomes please state 'None' or 'Not applicable' as appropriate to the review

None

### Measures of effect

Please specify the effect measure(s) for you additional outcome(s) e.g. relative risks, odds ratios, risk difference, and/or 'number needed to treat.

## 26. \* Data extraction (selection and coding).

Describe how studies will be selected for inclusion. State what data will be extracted or obtained. State how this will be done and recorded.

Study selection:

- Two coders will independently screen records for inclusion; the two authors (NC and TF) will adjudicate disagreements between them

Data extraction sheets will be used for recording decisions

- The following data will be extracted from study documents: Peer-review, Study author(s), Publication date, Study design (cross-sectional, longitudinal, experiment), Country, Study sample, Gender %, Mean age, Age classification (young, adult, old), Pearson's r for each of the 24 character strengths, Population (clinical-non), CS measure, outcome (mental health vs well-being), Outcome type (e.g., depression, anxiety, life satisfaction), Outcome measure.- Two coders will extract half of the received data and the two authors will check the extracted data- In case of missing data, study investigators will be contacted for unreported data or additional details- Data will be manually extracted and recorded in an Excel spreadsheet

## 27. \* Risk of bias (quality) assessment.

State which characteristics of the studies will be assessed and/or any formal risk of bias/quality assessment tools that will be used.

No specific risk of bias tool will be used, as we are only interested in correlations of character strengths with mental health and well-being.

## 28. \* Strategy for data synthesis.

Describe the methods you plan to use to synthesise data. This **must not be generic text** but should be **specific to your review** and describe how the proposed approach will be applied to your data. If meta-analysis is planned, describe the models to be used, methods to explore statistical heterogeneity, and software package to be used.

To determine the meta-analytical effect of the association between each character strength and both mental health and well-being, random-effects meta-analyses will be used. Moderator analyses will be used to estimate (i) the effects of different mental health or well-being outcomes (ii) the effect of character strengths in different conditions (mental, physical, none) and (iii) the effect of different measures of character strengths. Each analysis will be run only if the minimum number of effect size is reached. The R package 'metafor' will be used for all the analyses.

## 29. \* Analysis of subgroups or subsets.

State any planned investigation of 'subgroups'. Be clear and specific about which type of study or participant will be included in each group or covariate investigated. State the planned analytic approach.

We will focus on the following moderators: - Condition: Clinical and non-clinical populations might differ with respect to the strength of correlation of character strengths with mental health and well-being, therefore we will consider the moderating effect of mental, physical, or no condition. This analysis will only be conducted if there are at least five studies considering that population;

- VIA measure: Different measures of character strengths could result in different correlation sizes, therefore we will consider the moderating effect of long, short, or other types of VIA measures;

- Mental health/well-being type: Different kinds of mental health and well-being could result in different correlation sizes, therefore we will consider the outcome type (e.g., depression, anxiety, stress, general, positive affect, negative affect, life satisfaction, flourishing, happiness, psychological well-being). This analysis will only be conducted if there are at least five studies considering that outcome.

### 30. \* Type and method of review.

Select the type of review, review method and health area from the lists below.

#### Type of review

Cost effectiveness

No

Diagnostic

No

Epidemiologic

No

Individual patient data (IPD) meta-analysis

No

Intervention

No

Living systematic review

No

Meta-analysis

Yes

Methodology

No

Narrative synthesis

No

Network meta-analysis

No

Pre-clinical

No

Prevention

No

Prognostic

No

Prospective meta-analysis (PMA)

No

Review of reviews

No

Service delivery

No

Synthesis of qualitative studies

No

Systematic review

Yes

Other

No

### Health area of the review

Alcohol/substance misuse/abuse

No

Blood and immune system

No

Cancer

No

Cardiovascular

No

Care of the elderly

No

Child health

No

Complementary therapies

No

COVID-19



No

Crime and justice

No

Dental

No

Digestive system

No

Ear, nose and throat

No

Education

No

Endocrine and metabolic disorders

No

Eye disorders

No

General interest

No

Genetics

No

Health inequalities/health equity

No

Infections and infestations

No

International development

No

Mental health and behavioural conditions

Yes

Musculoskeletal

No

Neurological

No

Nursing

No

Obstetrics and gynaecology

No

Oral health

No

Palliative care

No

Perioperative care

No

Physiotherapy

No

Pregnancy and childbirth

No

Public health (including social determinants of health)

Yes

Rehabilitation

No

Respiratory disorders

No

Service delivery

No

Skin disorders

No

Social care

No

Surgery

No

Tropical Medicine

No

Urological

No

Wounds, injuries and accidents

No

Violence and abuse

No

### 31. Language.

Select each language individually to add it to the list below, use the bin icon to remove any added in error.

English

There is not an English language summary

### 32. \* Country.

Select the country in which the review is being carried out. For multi-national collaborations select all the countries involved.

Germany

Italy

### 33. Other registration details.

Name any other organisation where the systematic review title or protocol is registered (e.g. Campbell, or The Joanna Briggs Institute) together with any unique identification number assigned by them. If extracted data will be stored and made available through a repository such as the Systematic Review Data Repository (SRDR), details and a link should be included here. If none, leave blank.

### 34. Reference and/or URL for published protocol.

If the protocol for this review is published provide details (authors, title and journal details, preferably in Vancouver format)

Add web link to the published protocol.

Or, upload your published protocol here in pdf format. Note that the upload will be publicly accessible.

No I do not make this file publicly available until the review is complete

Please note that the information required in the PROSPERO registration form must be completed in full even if access to a protocol is given.

### 35. Dissemination plans.

Do you intend to publish the review on completion?

Yes

Give brief details of plans for communicating review findings.?

### 36. Keywords.

Give words or phrases that best describe the review. Separate keywords with a semicolon or new line. Keywords help PROSPERO users find your review (keywords do not appear in the public record but are included in searches). Be as specific and precise as possible. Avoid acronyms and abbreviations unless these are in wide use.

Character strengths; mental health; well-being; meta-analysis

### 37. Details of any existing review of the same topic by the same authors.

If you are registering an update of an existing review give details of the earlier versions and include a full bibliographic reference, if available.

Not applicable

### 38. ~~Change~~ Change review status.

Update review status when the review is completed and when it is published. New registrations must be ongoing so this field is not editable for initial submission.

Please provide anticipated publication date

Review\_Completed\_not\_published

### 39. Any additional information.

Provide any other information relevant to the registration of this review.

### 40. Details of final report/publication(s) or preprints if available.

Leave empty until publication details are available OR you have a link to a preprint (NOTE: this field is not editable for initial submission). List authors, title and journal details preferably in Vancouver format.

Give the link to the published review or preprint.