

**OPTIMISM VERSUS EMOTIONAL VULNERABILITY IN  
ADOLESCENCE. ADAPTIVE EFFECTS OF AN OPTIMISM  
INCREASING TRAINING**

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**Abstract**

The study focuses on the consequences of a training designed to increase the level of optimism in adolescents, starting from the premise that a negative schemata about self, world and future arise from the perception of the causes for negative events as being permanent, general and personal. Our intentions were to explore the effectiveness of the optimism in depression, as well as in the improvement of the global well being and perceived social support. The experimental sample attended a three weeks optimism increasing training focused on cognitions-emotions relation, techniques for dysfunctional thoughts extinction and optimism vs. pessimism. The results shown that the programme lead to a diminished the level of depression and significantly improvements in well being and perceived social support. The causal attribution's of the failure in events' control seems to be a key factor of emotional vulnerability. On a low level of optimism and positive illusions background, the depressive deficits of adolescents depend on the expectations of uncontrollability, and on the other hand, the affective deficits are related to the consequences of their actions.

**Keywords:** *optimism, well-being, social support, emotional vulnerability*

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