

Journal of Positive Psychology (JPP) — Author Guidelines

The *Journal of Positive Psychology (JPP)* (ISSN: 2249-6254) is a peer-reviewed, biannual journal published by the Indian Institute of Psychology, Prasad Psycho Pvt. Ltd. It provides a scholarly platform for psychologists, researchers, educators, counselors, mental health professionals, and students to publish high-quality work that advances positive psychology and human flourishing. JPP promotes research on well-being, resilience, strengths, and optimal psychological functioning across individuals, families, institutions, workplaces, and communities.

Scope and Objectives

JPP welcomes original, innovative, evidence-based, and interdisciplinary research in positive psychology and related areas, including psychological well-being, happiness, resilience, hope, optimism, gratitude, mindfulness, self-compassion, emotional intelligence, motivation, positive education, positive organizational psychology, mental health promotion, stress management, quality of life, healthy aging, family well-being, community psychology, spirituality, digital well-being, AI and positive mental health, and cross-cultural positive psychology. The journal's objective is to advance scientific knowledge and practical applications that support psychological well-being, resilience, happiness, and human flourishing.

Types of Manuscripts

- Original Research Articles: 3,000–6,000 words.
- Review Articles: 4,000–7,000 words.
- Brief Research Reports: 1,500–2,500 words.

General Author Requirements

Manuscripts must be original, unpublished, and not under consideration elsewhere. They should present scientifically sound and ethically conducted research, written in clear and grammatically correct English with inclusive, bias-free language. Authors must define technical terms clearly, include relevant tables and figures where needed, and ensure compliance with ethical standards, including ethics approval and informed consent for studies involving human participants. Authors are fully responsible for the originality, accuracy, and integrity of their work.

Manuscript Preparation

Prepare the manuscript in Microsoft Word and follow APA 7th edition style throughout. Use Times New Roman, 12 pt font, double spacing, 1-inch margins on all sides, left-aligned text, continuous page numbering, and APA heading styles. Tables and figures should be numbered consecutively, titled clearly, submitted in editable/high-resolution form, and cited in the text.

Manuscript Structure

Include a title page with the manuscript title, author name(s), affiliation(s), designation(s), ORCID ID (recommended), corresponding author's email, postal address, and contact number. The abstract should not exceed 250 words and should cover background, objectives, method, results, conclusion, and practical implications where relevant, followed by 3–6 keywords. The main manuscript should generally include the following: Title, Abstract, Keywords, Introduction, Literature Review, Methodology, Results and Discussion, Conclusion, Recommendations and Implications, Future Research Direction and Limitations (if applicable), and References in APA 7th edition.

APA Style and Ethics

Authors must follow APA 7th edition for citations, references, statistical reporting, abbreviations,

quotations, appendices, and bias-free language. Only references cited in the manuscript should appear in the reference list, and DOIs should be included where available. Research involving human participants must include an ethics statement and informed consent details.

Peer Review and Publication Ethics

All submissions undergo initial editorial screening followed by double-blind peer review by experts. Editorial decisions are based on originality, methodological rigor, scientific quality, ethical compliance, clarity, and contribution to positive psychology. The Editorial Board may accept, reject, or request revisions. Manuscripts should maintain originality, and similarity should generally not exceed 15%, excluding references and standard methodological text. Any use of AI tools for language editing or writing assistance must be disclosed; AI tools cannot be listed as authors.

Submission and Contact

Submit manuscripts to the Editor-in-Chief at journals@prasadpsycho.com.

Accepted manuscripts may require a copyright agreement signed by all authors