



Susana C. Marques is a PhD candidate in the Department of Psychology at Porto University, Portugal. Her doctoral program is co-chaired by J. L. Pais Ribeiro, Porto University, and Shane J. Lopez, The Clifton Strengths School and Gallup. Susana specializes in health psychology and her research examines positive psychological variables, with special emphasis on hope and its relationship with health, academic, psychosocial, and context-demographic factors. As a researcher, Susana leads validation studies of several instruments to the Portuguese population, develops positive psychology programs and she has served as a community psychologist promoting healthy behaviours and positive functioning. We asked Susana a few questions about her research and current activities:

1. **Why did you originally begin researching this topic, and why do you think it's an important topic for the workshop you developed?**

The work of Rick Snyder, Shane Lopez and colleagues inspired me to study the positive aspects of human functioning, with a special emphasis on hope. Over the years, Dr. Lopez and Dr. Pais Ribeiro have encouraged me to explore positive traits, to validate positive measures in Portuguese, and to develop and test positive interventions. Also, Gallup (Clifton Strengths scholar) and a grant from the Portuguese government (FCT) have supported my work on human strengths and strengthening important institutions.

2. **How can the information and lessons you've learned from your research be applied to society/individuals in general?**

Over the last 5 years, I have completed numerous projects that have resulted in an empirically supported intervention and validated the measures needed to assess this program and others. Specifically, I have developed a social ecological program (included family and school resources:

parents, teachers and classroom peers) to foster strengths in school that has been applied with Portuguese students (Marques, Lopez, & Pais-Ribeiro, 2009). This program, which was able to enhance hope, life satisfaction and self-worth for at least eighteen months, can be adapted and applied in other countries to complement other empirically supported interventions. Additionally, some of the most well-established positive psychology instruments, such as the Children Hope Scale and the Students Life Satisfaction Scale, for use with children and adolescents have been validated and can be used with Portuguese speaking individuals (Marques, Pais-Ribeiro, & Lopez, 2007; Marques, Pais-Ribeiro, & Lopez, 2009). Further, the positive characteristics involved in my research were inspected by cross-sectional, longitudinal and time-lag methods (Marques, Pais-Ribeiro, & Lopez, in press) and this information can be applied in terms of comparability across cultures and may provide important information for educators and clinicians attempting to understand and further develop these positive psychology constructs in Portuguese samples. For example, this last study (Marques, Pais-Ribeiro, & Lopez, in press) found that positive variables such as hope and life satisfaction predict future measures of mental health and academic achievement in early adolescents, as much as 2 years later.

SIPPA would like to congratulate Susana for her great and innovative work. We also extend our thanks to Jason Van Allen, M.A. for writing this article.



SIPPA is accepting nominations for outstanding students in Positive Psychology. Students will be selected to be interviewed and written about in upcoming issues of IPPA's e-newsletter based on their commitment to positive psychology and contributions to the scientific advancement of our field. This is a great opportunity to honor talented students and encourage them to become more engaged in IPPA/SIPPA. Please email the following information to Jade at [jade.a.bender@gmail.com](mailto:jade.a.bender@gmail.com) if you would like to nominate a student:

1. Name, title, and affiliation of advisor/mentor
2. Name, title, and email address of nominee
3. A letter from the advisor/mentor describing the nominee's contributions to the field (Please no more than one page).
4. A copy of the nominee's current CV