

**Manuscript version: Author's Accepted Manuscript**

The version presented in WRAP is the author's accepted manuscript and may differ from the published version or Version of Record.

**Persistent WRAP URL:**

<http://wrap.warwick.ac.uk/110620>

**How to cite:**

Please refer to published version for the most recent bibliographic citation information. If a published version is known of, the repository item page linked to above, will contain details on accessing it.

**Copyright and reuse:**

The Warwick Research Archive Portal (WRAP) makes this work by researchers of the University of Warwick available open access under the following conditions.

Copyright © and all moral rights to the version of the paper presented here belong to the individual author(s) and/or other copyright owners. To the extent reasonable and practicable the material made available in WRAP has been checked for eligibility before being made available.

Copies of full items can be used for personal research or study, educational, or not-for-profit purposes without prior permission or charge. Provided that the authors, title and full bibliographic details are credited, a hyperlink and/or URL is given for the original metadata page and the content is not changed in any way.

**Publisher's statement:**

Please refer to the repository item page, publisher's statement section, for further information.

For more information, please contact the WRAP Team at: [wrap@warwick.ac.uk](mailto:wrap@warwick.ac.uk).

Paper submitted to the Division of Researchers and Teachers in Psychology (DARTP)  
Inaugural Conference, 6-8 June 2018, Birmingham City University, Birmingham, UK

Making psychometric resources in positive psychology available in Russian:  
The “Methodlet”

Christopher Alan Lewis<sup>1,2</sup>, Mikhail Khukhrin<sup>2</sup>, Svetlana Galyautdinova<sup>2</sup>, Sadia  
Musharraf<sup>3</sup>, Mary Jane Lewis<sup>4</sup>

<sup>1</sup>Warwick Religions & Education Research Unit, Centre for Education Studies,  
University of Warwick, Coventry , England UK.

<sup>2</sup>Department of Psychology, Bashkir State University, Ufa, Republic of  
Bashkortostan, Russia.

<sup>3</sup>National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

<sup>4</sup>Department of Psychology, Glyndŵr University, Wrexham, Wales, UK.

Conflict of Interest: None

Author note:

\*Corresponding author:

Professor Christopher Alan Lewis

Warwick Religions & Education Research Unit

Centre for Education Studies

Faculty of Social Sciences

University of Warwick

Coventry CV4 7AL

United Kingdom

Email: christopher.lewis.1@warwick.ac.uk

Review/Theoretical and Practice applicable papers/posters:

## ABSTRACT

**Purpose:** The present aim was first to describe the medium of the “Methodical Recommendations” or “Methodlets” commonly used in Russian psychology and second to describe three recent “Methodlets” in positive psychology.

**Background:** Within contemporary Russian psychology, there is growing interest in the examination of human character strengths and virtues within the context of positive psychology. Such interest has led to a growing number of scales being translated from the original English version into the Russian language for clinical and research purposes. However, such translated materials are often difficult to gain access to for clinicians and researchers, and this is especially the case for students. To address this matter, one initiative involves the development and publication of “Methodical Recommendations” or “Methodlets”, brief books focused on providing methodological guidance and resources to researchers and students.

**Methods:** Pertinent searches in the Russian language of the Russian psychological literature databases were undertaken.

**Results/Outcomes:** Three “Methodlets” specifically concerned with positive psychology were identified. Each of these “Methodlets” were obtained and examined. Each of the “Methodlets” contained Russian translations of five commonly used scales and associated information concerning administration instructions, scoring information, and published psychometric information, respectively.

**Conclusions:** In total, these three “Methodlets” contain 15 scales and comprise of a significant proportion of the positive psychology measures currently available in Russian. As such they provide an effective way of making Russian translations of positive psychology scales and associated information available to Russian speaking researchers, clinicians, and students.