

## Summary of thesis

This academic text presents a literature review and research proposal for a PhD study examining the relationship between **alertness to positive ideas** and an individual's **wellbeing**. The author argues that contemporary digital media environments and the natural human **negativity bias** amplify negative news, contributing to increased anxiety, especially among young people, despite evidence that the world is improving in many areas. The research proposes a mixed-methods approach, including quantitative studies using the **Satisfaction with Life Scale** with university students and qualitative interviews with supporters of the **IdeaSpies** platform, to determine if a focus on positive ideas can serve as a beneficial intervention to enhance wellbeing and promote an "ideas-informed society." The overall aim is to establish a **causal relationship** between attention to positive ideas and improved wellbeing, potentially informing new interventions and encouraging constructive journalism.