Depression is a serious health problem that can affect people of all ages, including children and adolescents. It is generally defined as a persistent experience of a sad or irritable mood as well as anhedonia, a loss of the ability to experience pleasure in nearly all activities. It also includes a range of other symptoms such as change in appetite, disrupted sleep patterns, increased or diminished activity level, impaired attention and concentration, and markedly decreased feelings of self-worth.

The purpose of this study was to investigate the effect of positive interventions on decrease of depression in high school girls.

To do so, 30 high school girls students selected via access cluster sampling method and were randomly assigned into experimental and control groups. The experimental group received positive interventions through six sessions and the control group did not receive any intervention.

The result showed that positive interventions therapy significantly reduced the depression mean scores. The results showed that positive interventions as a useful method of intervention could be applied to decrease the depression in high school girls.