

2004

Health is more than the absence, it is
something positive

6 Basic Emotions



EMOTIONAL WELL-BEING



Happy

Satisfied

Interested in Life

Happiness is an activity ...

PSYCHOLOGICAL WELL-BEING



Self-Acceptance

Positive Relations with Others

Personal Growth

Purpose in Life

Environmental Mastery

Autonomy

SOCIAL WELL-BEING



Social Acceptance

Social Integration

Social Contribution

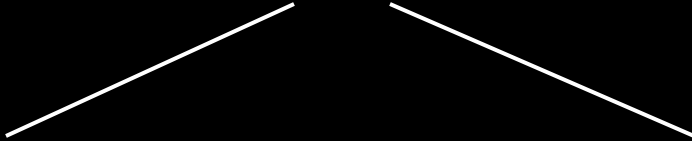
Social Coherence

Social Growth

Aristotle



**POSITIVE
FUNCTIONING**



**PSYCHOLOGICAL
WELL-BEING**



**SOCIAL
WELL-BEING**



Epicurus



**POSITIVE
FEELING**



**EMOTIONAL
WELL-BEING**



6

+

1

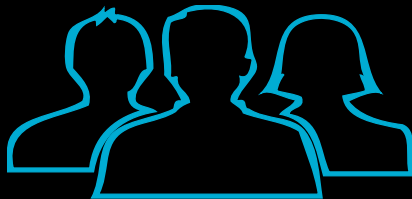
**POSITIVE
FUNCTIONING**

**POSITIVE
FEELING**

**PSYCHOLOGICAL
WELL-BEING**



**SOCIAL
WELL-BEING**

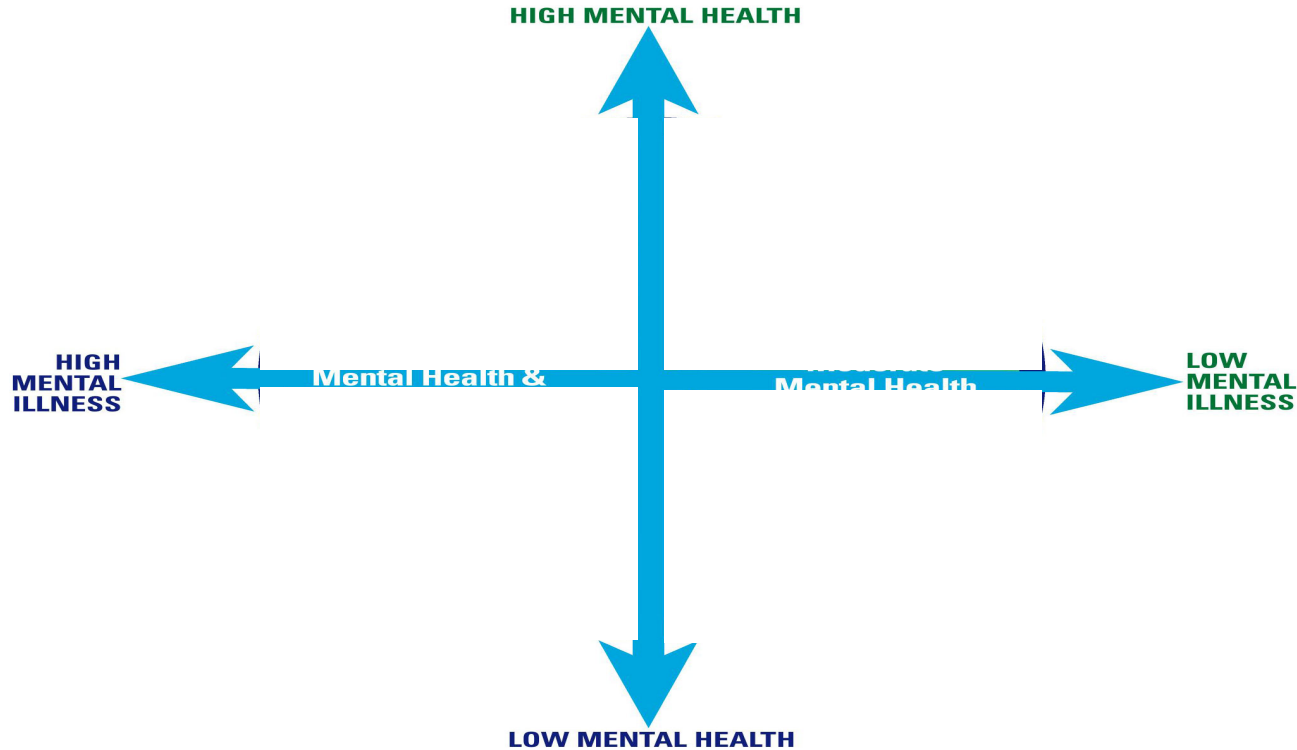


**EMOTIONAL
WELL-BEING**



Two Continua?

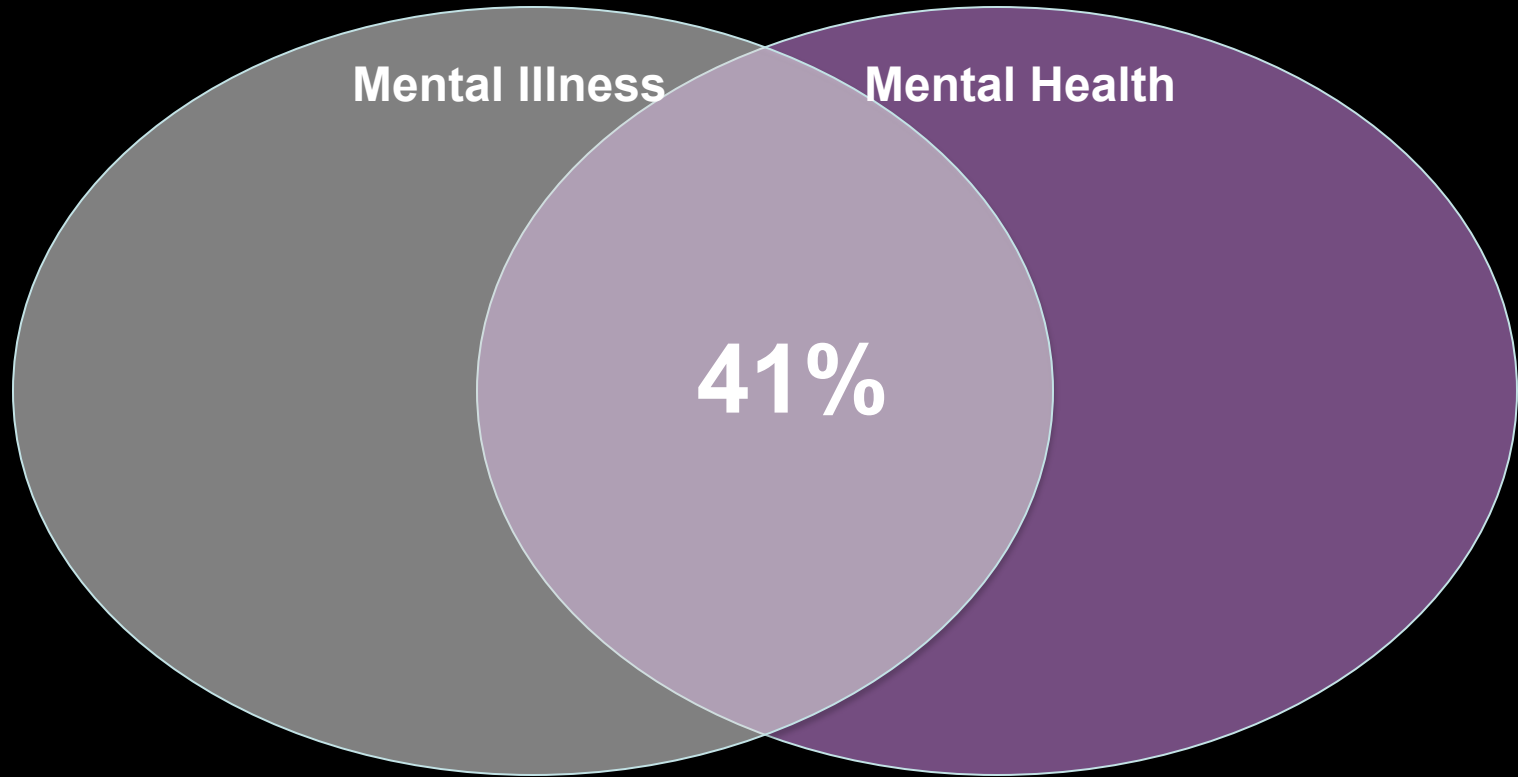
Two Continua Model



Two Continua Model



Amount Shared Genes



1

The absence of mental illness does
not mean everyone is flourishing.



86%



No Mental
Illness



87%

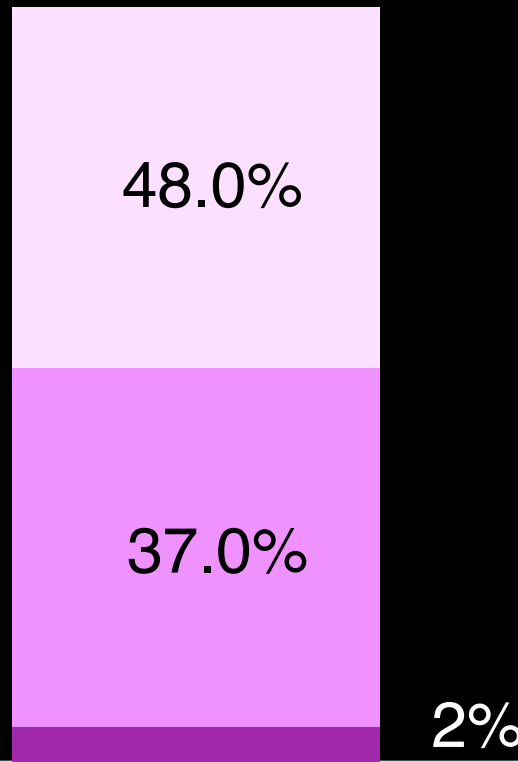
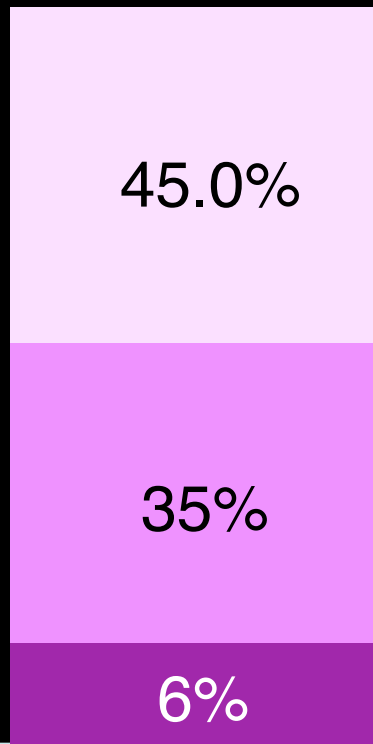


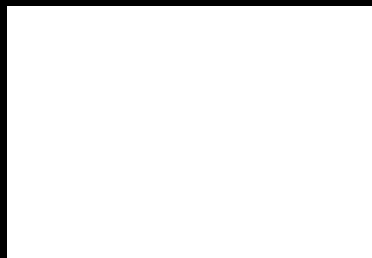
No Mental
Illness



Free of MI and

- Flourishing
- Moderate
- Languishing





Any Mental
Illness

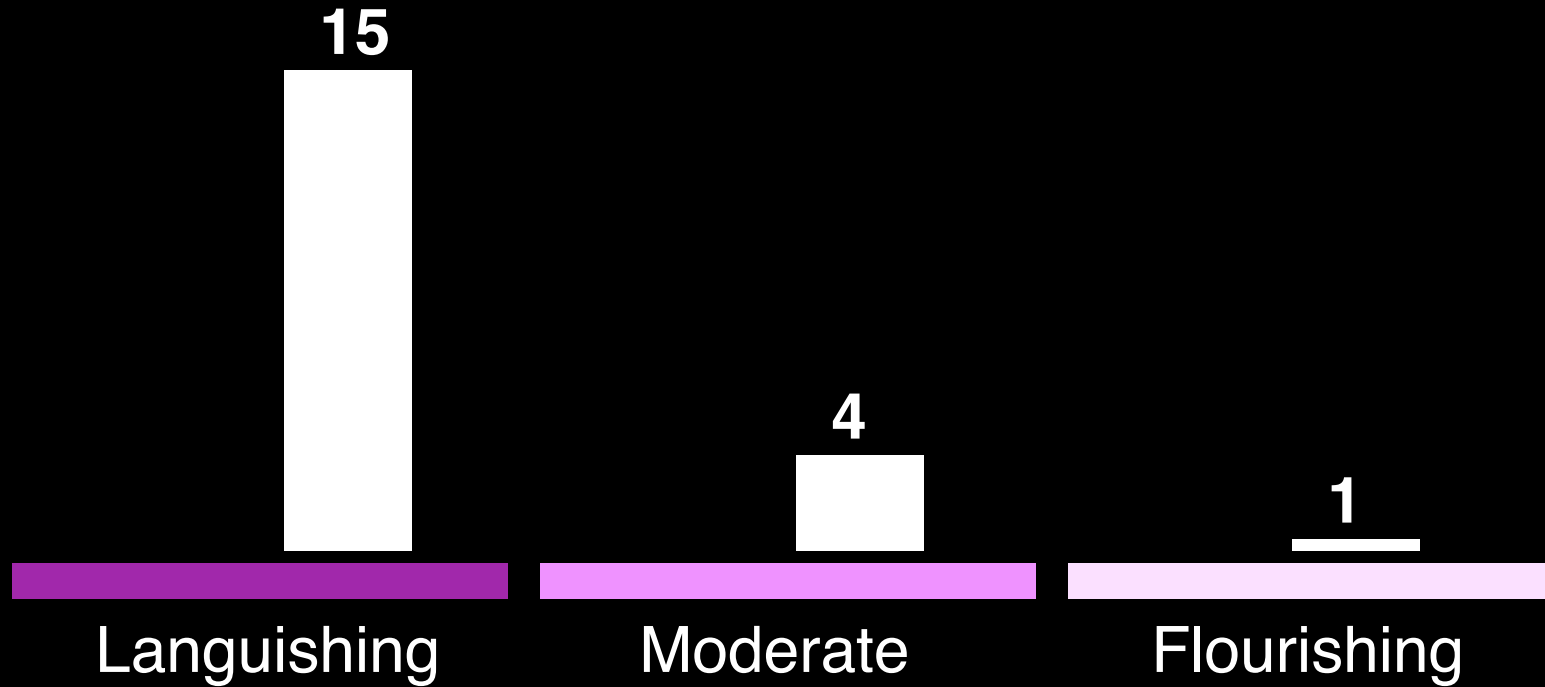
Any Mental
Illness

Too much mental illness
Not enough mental health

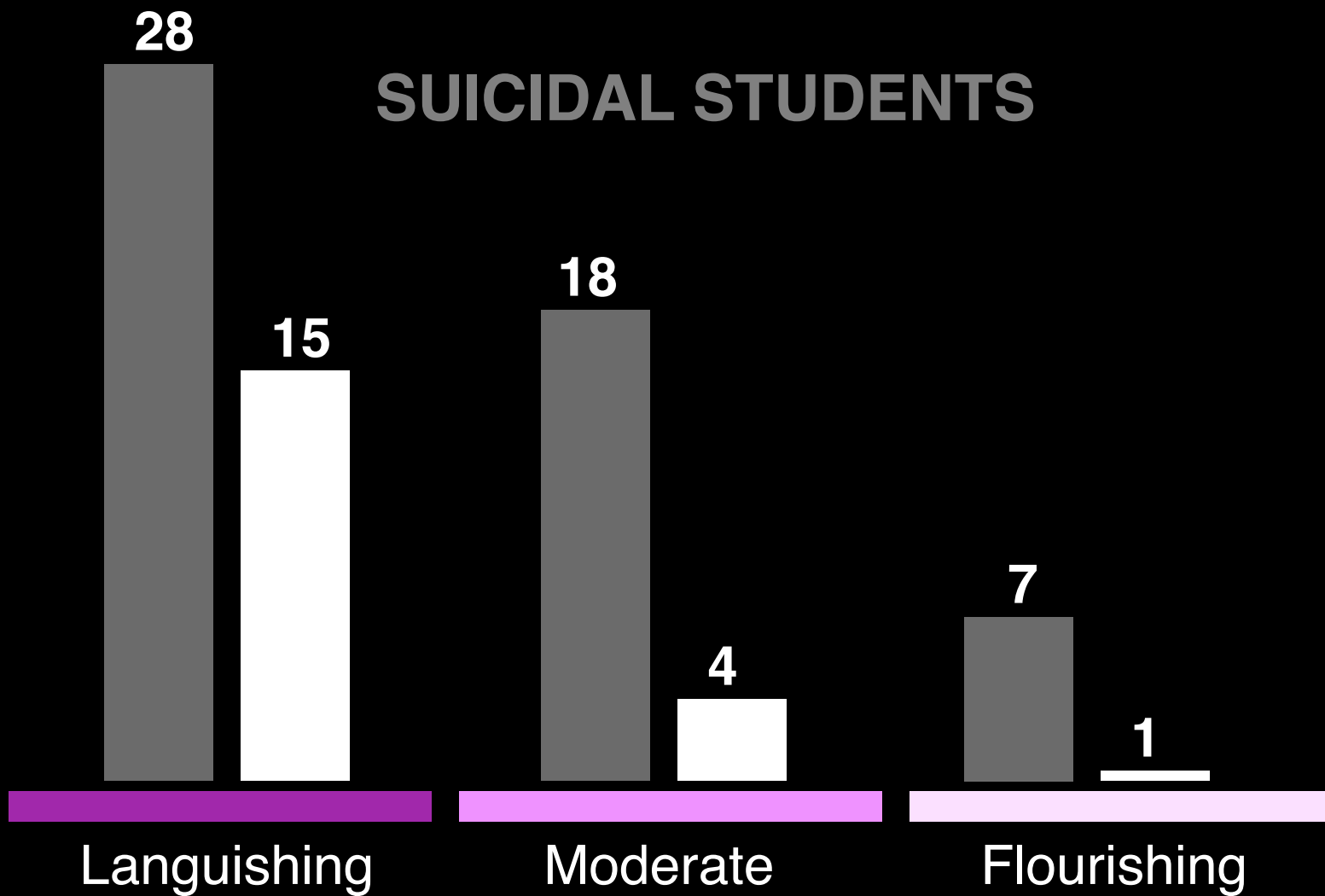
2

Anything less than flourishing
results in problems.

SUICIDAL STUDENTS



SUICIDAL STUDENTS



A Multi-institutional Study Exploring the Impact of Positive Mental Health on Medical Students' Professionalism in an Era of High Burnout

Liselotte N. Dyrbye, MD, William Harper, MD, Christine Moutier, MD, Steven J. Durning, MD, David V. Power, MD, F. Stanford Massie, MD, Anne Eacker, MD, Matthew R. Thomas, MD, Daniel Satele, Jeff A. Sloan, PhD, and Tait D. Shanafelt, MD



Cheating and dishonest clinical behaviors

Signed an attendance sheet for a friend who was not present

Copied from a crib sheet or another student during a closed-book exam

Permitted another student to copy from you during a closed-book exam

Took credit for another person's work (e.g., papers, projects, clinical work, or research)

Reported a lab test or X-ray as pending when not sure it was ordered or knew it had not been[‡]

Reported result as normal when you knew it had been inadvertently omitted from the physical exam[‡]

Said you ordered a test when you actually had not[‡]

Reported a lab test or X-ray as pending when not sure it was ordered or knew it had not been[‡]

Reported result as normal when you knew it had been inadvertently omitted from the physical exam[‡]

Said you ordered a test when you actually had not[‡]

3

The absence of flourishing can be as bad as the presence of mental illness.

Interacting

A diagram consisting of six purple ovals of varying sizes arranged on a black background. Each oval contains white text. The ovals are positioned as follows: 'Interacting' (top-left), 'Helping Others' (top-center), 'Learning Something New' (top-right), 'Playing' (center), 'Spiritual Activity' (bottom-left), and 'Exercising' (bottom-right). The ovals are arranged in a roughly circular pattern around a central point.

Helping
Others

Learning
Something
New

Playing

Spiritual
Activity

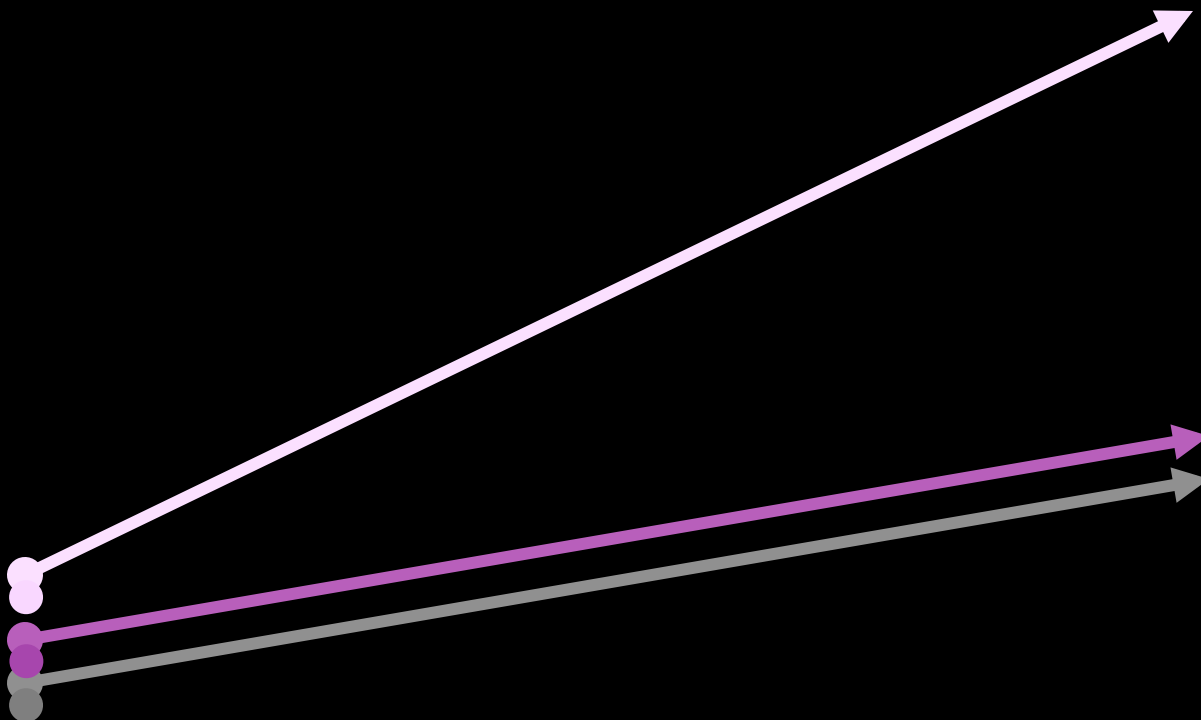
Exercising



Flourishing
Not Flourishing
Depressed

LESS

MORE





**Help, Spiritual,
Learn, Interact,
and Play**



Distress

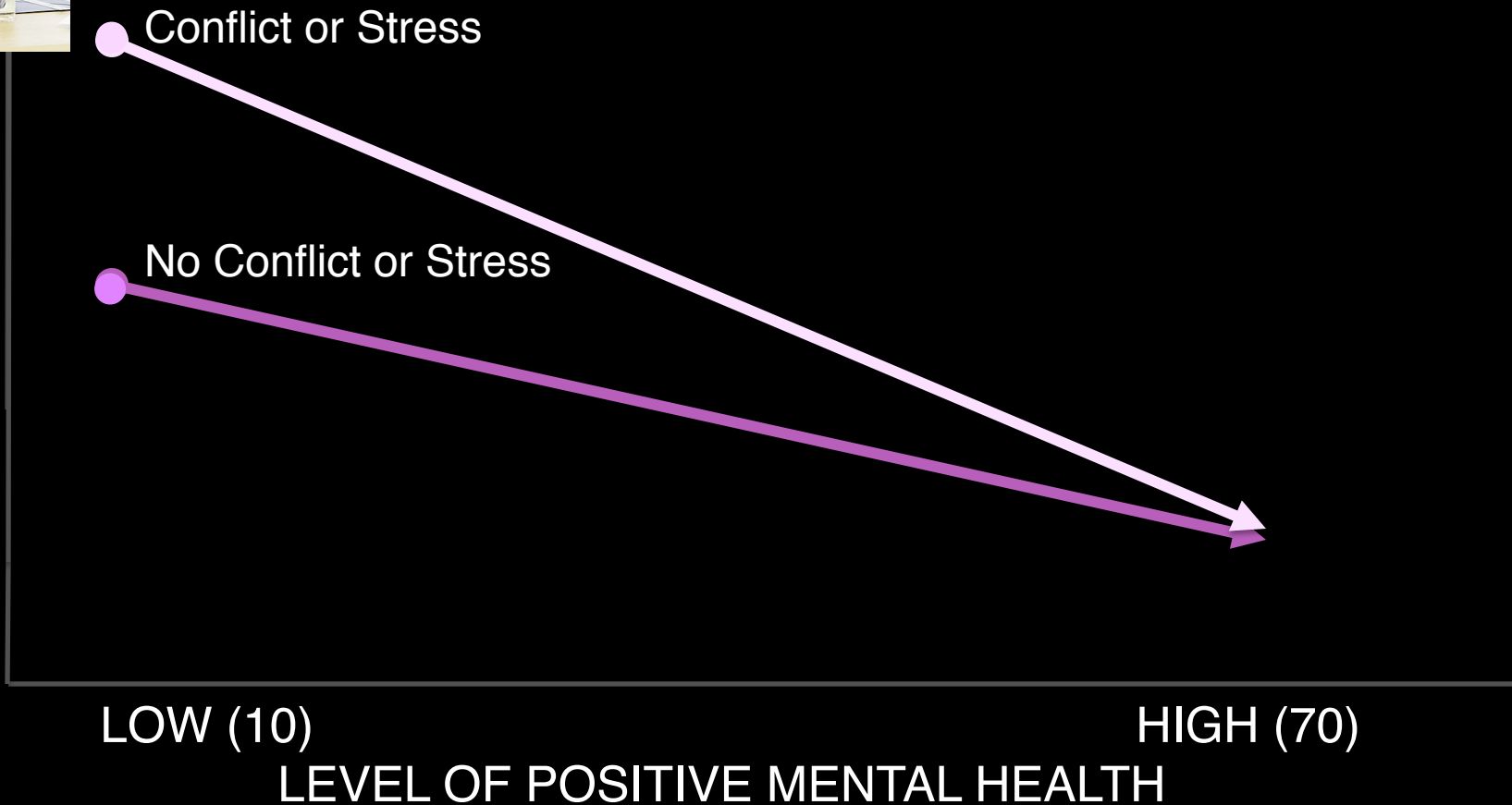
Conflict or Stress

No Conflict or Stress

LOW (10)

HIGH (70)

LEVEL OF POSITIVE MENTAL HEALTH



What's The Bigger Problem?

Avg. Workdays Missed Annually

$$281 \times 22.8 = 6,407 \text{ days}$$

$$1416 \times 5.5 = 7,816 \text{ days}$$

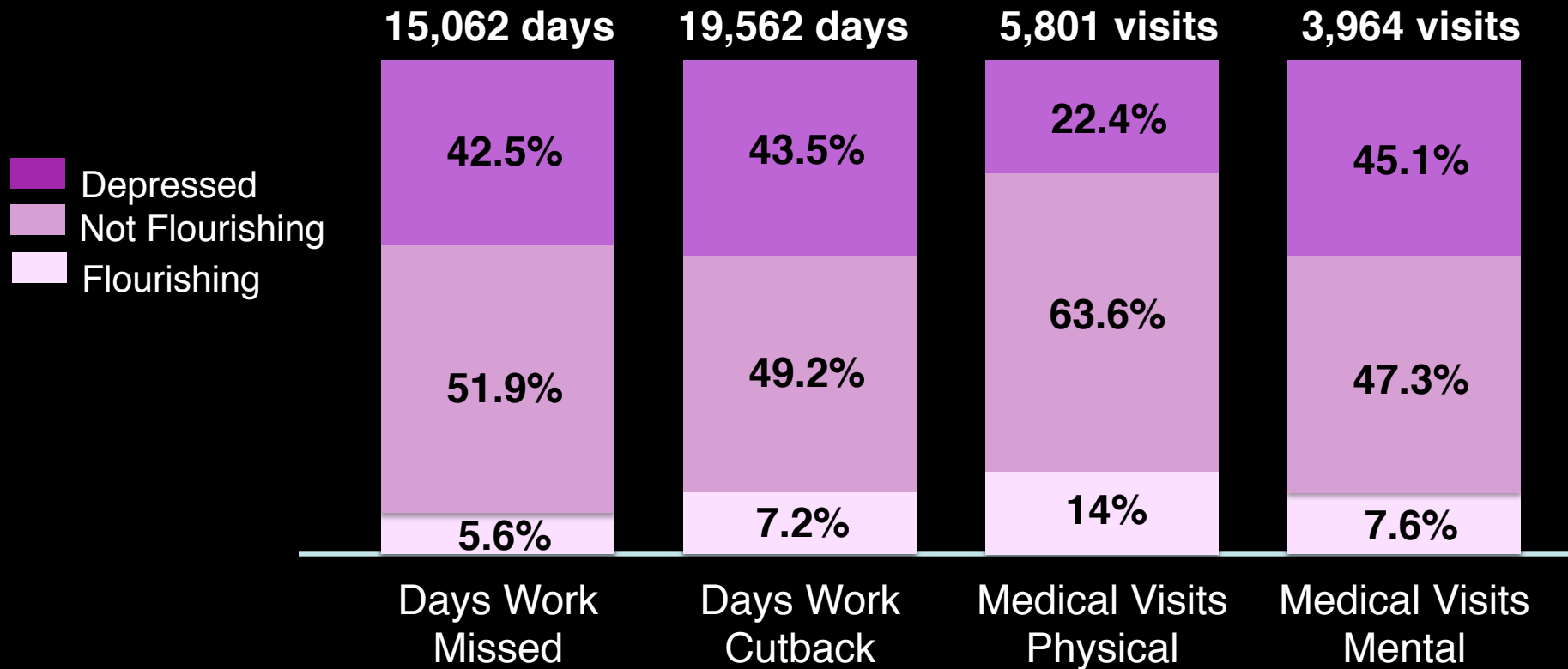
$$368 \times 2.3 = 846 \text{ days}$$

Depressed

Not Flourishing

Flourishing

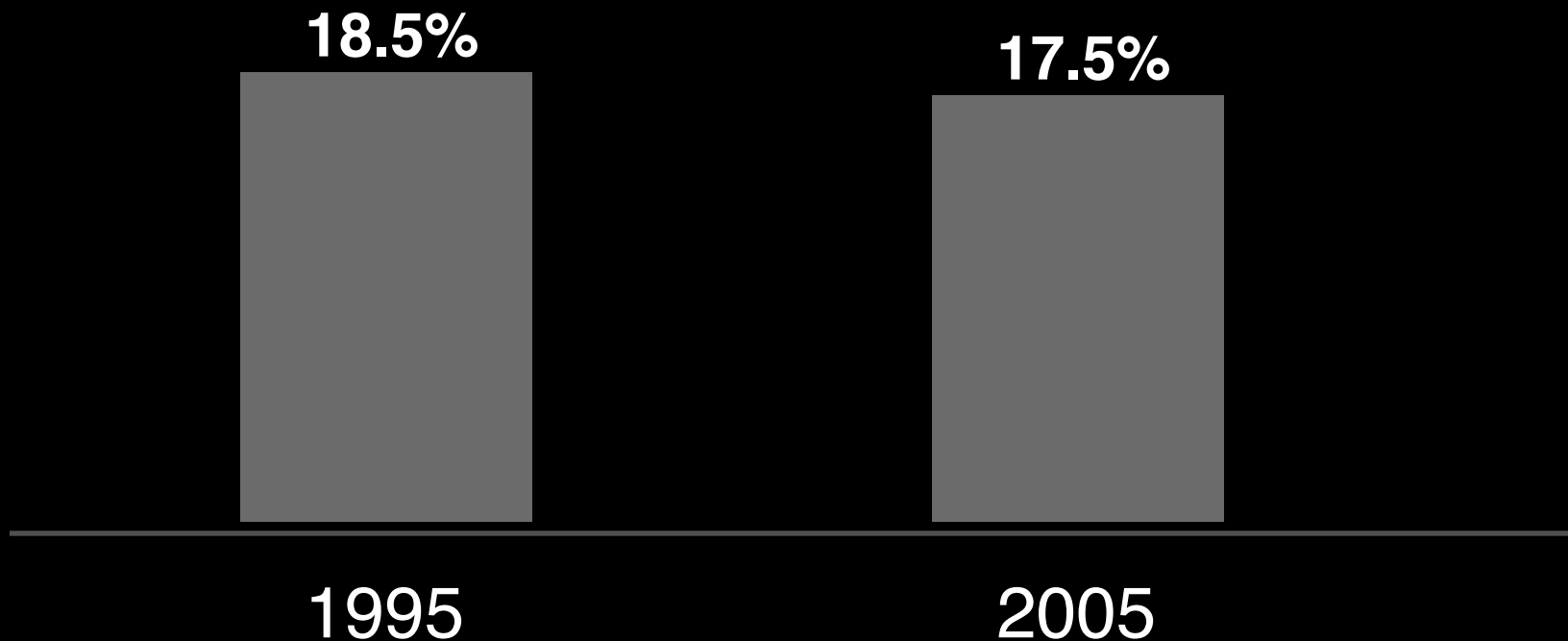
What's The Bigger Problem?



4

Health may be more serious
than illness.

MENTAL ILLNESS AMONG U.S. ADULTS



MENTAL ILLNESS AMONG U.S. ADULTS



1995

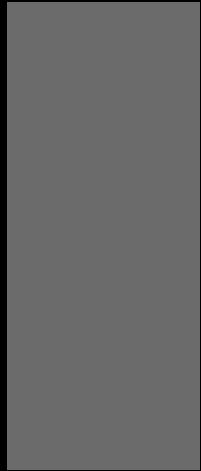


2005

**NEW
CASES**

RISK OF DEVELOPING MENTAL ILLNESS

5



Started with
Mental Illness

6.6



Stayed
Languishing

8.2



Declined to
Languishing

RISK OF DEVELOPING MENTAL ILLNESS

5



6.6

3.9%



8.2

6.5%



= 10.4%

of the U.S.
adult population

Started with
Mental Illness

Stayed
Languishing

Declined to
Languishing

RISK OF DEVELOPING MENTAL ILLNESS

48.1%

of the U.S.
adult population

5



4.4

35.5%

+

3.7

4.8%

+

3.4

7.8%

Started with
Mental Illness

Stayed
Moderate

Declined to
Moderate

Improved to
Moderate

The bidirectional relation between positive mental health and psychopathology in a longitudinal representative panel study

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(Received 12 May 2014; accepted 14 January 2015)

Background: There is accumulating evidence that positive mental health and psychopathology should be seen as separate indicators of mental health. This study contributes to this evidence by investigating the bidirectional relation between positive mental health and psychopathological symptoms over time. **Methods:** Positive mental health (MHC-SF) and psychopathological symptoms (BSI) were longitudinally measured in a representative adult sample ($N=1932$) on four measurement occasions in nine months. A cross-lagged panel design was applied and evaluated with a latent growth model combined with an item response theory measurement model. **Results:** Psychopathological symptoms were longitudinally related to positive mental health and vice versa, controlling for initial levels. The changes over time were even more important than the absolute levels of psychopathological symptoms and positive mental health, respectively. **Conclusions:** The results underline the need for a comprehensive perspective on mental health, incorporating both the treatment of symptoms and the enhancement of well-being.

A Second Bullet for Cholesterol

Drugmakers are seeking a way to raise the “good,” not just lower the “bad”

BY CATHERINE ARNST

THERE IS NOTHING THE pharmaceutical industry likes better than a pill that can reduce the risk of disease for millions of people if taken every day. In other words, drugmakers love statins. These cholesterol-lowering medicines, first introduced a decade ago, can cut the risk of heart attack and stroke by a third when taken regularly. As a result, they have become the best-selling drugs in the world, earning billions upon billions for their makers.

But evidence is mounting that lowering bad cholesterol, otherwise known as low-density lipoprotein (LDL) chole-

sterol, can improve heart health only so much. A just-released study found that upping statin dosages to bring LDL down to extremely low levels offers symptomatic improvement but does not reduce the overall chances of dying from a heart attack.

NO CANNIBALIZING

SOMETHING ELSE is needed, and drugmakers are betting that the next new thing could be a drug that raises high-density lipoprotein (HDL) cholesterol, i.e., the “good” cholesterol. Best of all for the drugmakers: HDL drugs would probably be taken in addition to a statin, so they wouldn’t cannibalize the industry’s cash cows. Pfizer Inc. is confident

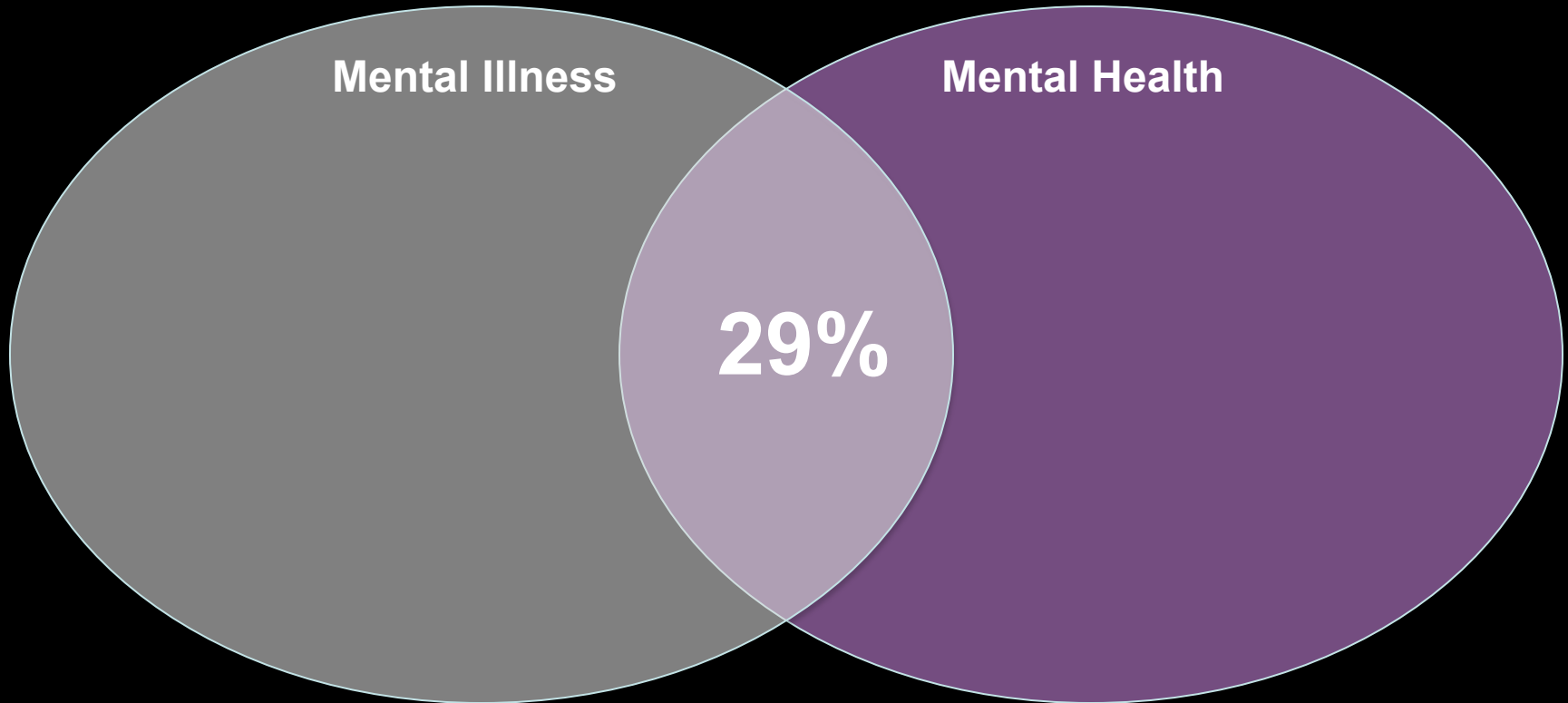


Heavy Lifting

All cells need the fatty molecules called cholesterol for energy. But too much is dangerous, so the body constantly struggles to move it out.

- LDL molecules cause cholesterol to stick to artery walls, where it can harden into dangerous plaque.
- HDL molecules scrape the cholesterol off and ship it away.

Amount Shared Environmental Causes



Acceptance and commitment therapy as guided self-help for psychological distress and positive mental health: a randomized controlled trial

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² Roessingh Rehabilitation Centre, Enschede, The Netherlands

MHC-SF

ACT Intervention
Waiting List

Baseline

Post
Treatment

5 Months After
Baseline

$d = .56$

$d = .85$

