



The Shift From Happiness to Flourishing

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A two-continua model of mental health and illness

PATHOGENIC

- The epidemiological transition
- We need to shift our ideas of health care for a new reality

SALUTOGENIC

The Shift From Happiness to Flourishing (cont.)

- Construct definition—conceptual and operational
- Mental health(MH)—13 scales
 - Positive emotions
 - Positive affect
 - Satisfaction

Positive Psychological Functioning

- Self-acceptance
- Personal growth
- Purpose in life ~~to~~
- Environmental mastery
- Autonomy
- Positive relations with others

Positive Social Functioning

- Tolerant of different kinds of people ✓
- Sees potential for social improvement ✓
- Sees daily activities as useful and valuable for society ✓ ✗
- Interested in social life and the social world ✓
- Has a sense of belonging ✓

Flourishing and Languishing Scores

- Flourishing equals at least one high score on a measure of positive emotions and high scores on at least 6 of the remaining 11 measures of mental health
- Languishing equals at least one low score on a measure of positive emotions and low scores on at least six measures of mental health

A Factor Analytic Study of the Two-Continua Model

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- Sample—national sample of adults from 25 to 74

Mental Illness (MI)

Symptoms of

- Major depression
- Generalized anxiety disorder
- Panic disorder
- Alcohol dependence

Single Factor Solution

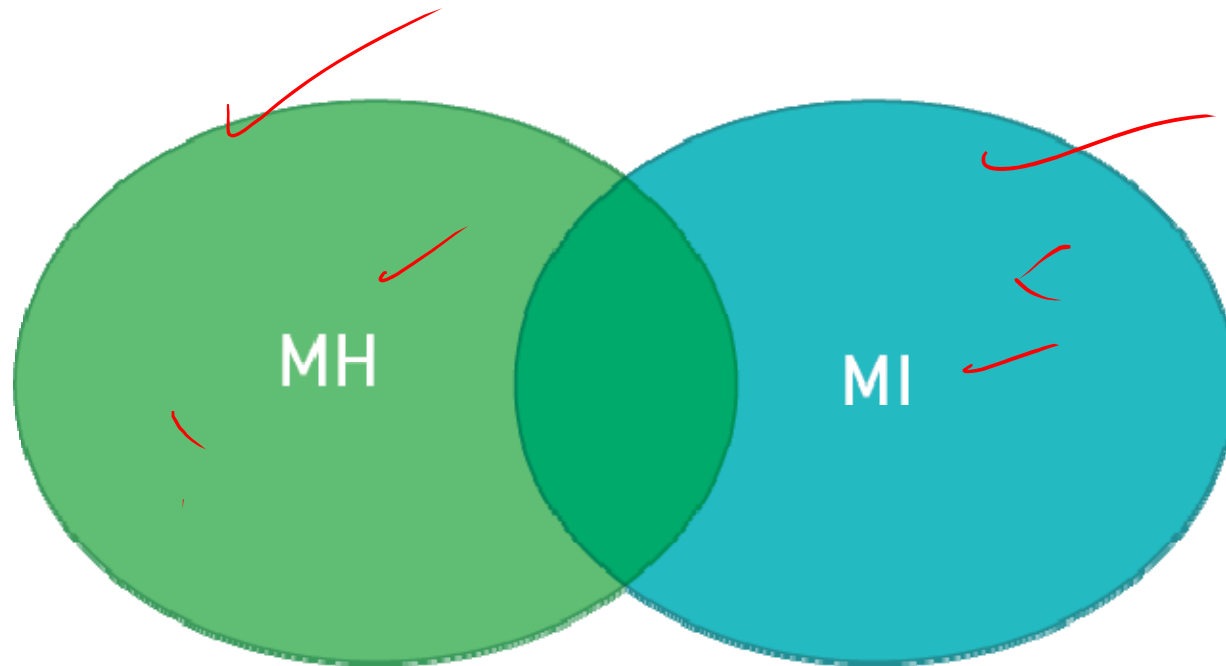
High MH ←————→ Low MI

Two Factor Solution

Flourishing ←————^{MH}————→ Languishing

Low Mental
Illness ←————^{MI}————→ High Mental
Illness





$$r = -.53$$

MH + MI = CMH (Complete Mental Health)

C M H → Some Findings in Relation to Indices of Health

- Fewest workdays missed ✓
 - Health limitations for activities of daily living
 - Chronic diseases ✓
 - Levels of health care utilization
 - Levels of psychosocial functioning
-

People high on MH and low on MI
did the best overall on most
measures.

Some Findings in Relation to Chronic Health Conditions

- People high on MI (depression) and low on MH—4.5 chronic conditions
- People high on MI (depression) and high on MH—3.5 chronic conditions
- People low on MI (depression) and low on MH—3.5 chronic conditions
- People high on complete mental health—1.5 chronic conditions

The absence of flourishing (or presence of languishing) along with MI compounds the risk of chronic disease with age.

Policy Implications

- Invest in pathogenic approaches
- Invest in salutogenic (wellness) approaches
- A rationale for a program in Counseling for Mental Health and Wellness

Language for a Two-Continua Model

Language for a Two-Continua Model

- Keyes ✓
 - Mental health (MH) (flourishing to languishing)
 - Mental illness (MI) ✓
 - Complete mental health (high MH plus low MI) ✓
- NYU
 - Mental health ✓
 - Wellness ✓
 - ??



Diagnostic Implications

Diagnostic Implications

- The need for measurement and labels
- The problem with measurement and labels

A Different Approach

- Dimensions instead of categories
 - Symptoms don't signal underlying pathology
 - Include positive and negative dimensions of personal functioning
 - Include positive and negative aspects of the context in which the person lives
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LOCUS

Person

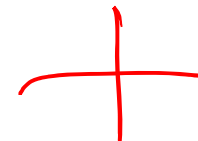
Environs




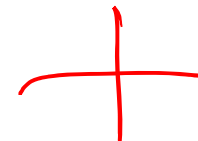
Liabilities



CONTENT

Assets



	Person	Environs
Liabilities		
Assets		



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- Data synthesis, including social location and culture
 - Leading to a “tentative working client model”
 - In interaction with counseling/treatment
-

A C "D" → T | C | P

