

## Annotated Bibliography

From work done for the Canadian Population Health Initiative's report  
*Improving the Health of Canadians: Exploring Positive Mental Health*  
(Released March 2009)

Abbe, A., C. Tkach and S. Lyubomirsky. "The Art of Living by Dispositionally Happy People." *Journal of Happiness Studies* 4 (2003): pp. 385–404.

- Type of publication: Literature review
- Keywords: art of living, happiness, self-reflection, social comparison

Abu-Bader, S. H., A. Rogers and A. S. Barusch. "Predictors of Life Satisfaction in Frail Elderly." *Journal of Gerontological Social Work* 38, 3 (2002): pp. 3–17.

- Purpose: To examine how physical/mental health, social support and control affect the life satisfaction of frail, elderly individuals.
- Location and date: Salt Lake City, Utah, United States; no date provided
- Sample size and target population: A random sample of 99 frail elderly, age 60 or older, with low incomes
- Keywords: frail, elderly, life satisfaction, physical health, locus of control, emotional balance

Ackerman, S., D. C. Zuroff and D. S. Moskowitz. "Generativity in Midlife and Young Adults: Links to Agency, Communion, and Subjective Well-Being." *International Journal of Aging and Human Development* 50, 1 (2000): pp. 17–40.

- Purpose: To examine the theory of generativity in relation to well-being and its role in midlife. The study also examines potential factors associated with generativity.
- Location and date: Montréal, Quebec, Canada; no date provided
- Sample size and target population: 112 participants recruited from three Young Men's Christian Organizations (YMCAs) (55 men, 57 women)
- Keywords: generativity, subjective well-being

Agic, B. *Health Promotion Programs on Mental Health/Illness and Addiction Issues in Ethno-Racial/Cultural Communities: A Literature Review*. Toronto, Ont.: Centre for Addiction and Mental Health, 2003.

- Type of publication: Literature review
- Location of publication: Ontario, Canada
- Keywords: health promotion strategies, culture, diversity, minority groups, immigrants

Alberta Health and Wellness Communications. *Positive Futures-Optimizing Mental Health for Alberta's Children & Youth: A Framework for Action (2006-2016)*. Edmonton, Alta.: Government of Alberta, 2006.

- Type of publication: Policy framework

- Purpose: To illustrate a framework for action for the province of Alberta during the course of 10 years. The report suggests three strategic directions to provide appropriate services and support for Albertans' mental well-being.
- Location of publication: Alberta, Canada
- Keywords: policy framework, Alberta, mental health, capacity, risk factors, mental health interventions

Alberta Mental Health Board. *Aboriginal Mental Health: A Framework for Alberta-Healthy Aboriginal People in Healthy Communities*. Edmonton, Alta.: AMHB, 2006.

- Type of publication: Provincial report
- Purpose: To provide strategic directions and strategies for better planning and implementation of mental health service delivery and related research. The framework draws extensively on previous research findings on mental health of Aboriginal populations in Alberta.
- Location of publication: Alberta, Canada
- Keywords: Aboriginal, First Nations, Métis, Inuit, Alberta, mental health, Aboriginal Policy Initiative

Alberta Mental Health Board. *Advancing the Mental Health Agenda: A Provincial Mental Health Plan for Alberta*. (Provincial Mental Health Planning Project) Edmonton, Alta.: AMHB, 2004.

- Type of publication: Provincial report
- Purpose: To describe the provincial mental health plan for Alberta.
- Location of publication: Alberta, Canada
- Keywords: Alberta, mental health action plan

Alder Group Inc. *Growing Healthy Canadians: A Guide for Positive Child Development*. Ottawa, Ont.: The Alder Group Inc., 1999.

- Type of publication: Guide to well-being
- Purpose: To convey a simple yet essential idea that positive child development is "a shared responsibility among families, communities, schools, workplaces, and governments."
- Location of publication: Ontario, Canada
- Keywords: healthy development, developmental transitions, Growing Healthy Canadians

Anderson, S. and M. Doyle. "Intervention and Prevention Programs to Support Student Mental Health: The Literature and Examples From the MindMatters Plus Initiative." *Australian Journal of Guidance & Counselling* 15, 2 (2005): pp. 220–227.

- Type of article: Literature review
- Keywords: MindMatters, mental illness prevention, mental health promotion

Araya, R. et al. "Perceptions of Social Capital and the Built Environment and Mental Health." *Social Science & Medicine* 62, 12 (2006): pp. 3072–3083.

- Purpose: To examine the links between social and built environments and health, a self-administered questionnaire exploring perceptions of the social and built environments was implemented.
- Location and date: South Wales, U.K.; 2001
- Sample size and target population: A district of South Wales with a population of 140,000 residents
- Keywords: social capital, mental health, social environment, built environment, South Wales

Association of Professional Executives of the Public Service of Canada. *Executive Health in the Federal Public Service: Individual Health and Organizational Implications*. (An Overview.) Ottawa, Ont.: APEX, 2005.

- Type of publication: Report
- Purpose: This report highlights the results of the Association of Professional Executives of the Public Service of Canada's 2002 epidemiologic study on the health status of federal public service executives.
- Location of publication: Canada
- Keywords: mental health, organizational culture, workplace health

Austen, P. *Community Capacity Building and Mobilization in Youth Mental Health Promotion: The Story of the Community of West Carleton*. Ottawa, Ont.: Mental Health Promotion Unit, Health Canada, 2003.

- Type of publication: Report
- Purpose: To explore the fundamental concepts of youth mental health promotion and how they can be implemented at the community level.
- Location of publication: Canada
- Keywords: community, community assets, mental health promotion, youth

Austenfeld, J. L. and A. L. Stanton. "Coping Through Emotional Approach: A New Look at Emotion, Coping, and Health-Related Outcomes." *Journal of Personality* 72, 6 (2004): pp. 1335–1363.

- Type of article: Literature review
- Keywords: emotional coping, coping processes, stress

Australian Government Department of Health & Ageing. *MindMatters Evaluation Summaries 2006*. Canberra, Australia: Australian Principals Association Professional Development Council, 2006.

- Type of publication: Report
- Purpose: To present summaries and evaluations of MindMatters programs, which aim to promote mental health in youth attending secondary schools in Australia.
- Location of publication: Australia
- Keywords: mental health promotion, schools, youth

Barrett, A. E. "Social Support and Life Satisfaction Among the Never Married: Examining the Effects of Age." *Research on Aging* 21, 1 (1999): pp. 46–72.

- Purpose: To explore the association between social support and life satisfaction for individuals of varying marital status.
- Location and date: United States; data from American's Changing Lives Wave 1; 1986
- Sample size and target population: Adults, 266 never married, 1,765 married and 1,147 previously married
- Keywords: social support, life satisfaction, family

Barry, M. M. "Researching the Implementation of Community Mental Health Promotion Programs." *Health Promotion Journal of Australia* 18, 3 (2007): pp. 240–246.

- Type of article: Commentary
- Keywords: community mental health promotion, evaluation

Barry, M. M. "Promoting Positive Mental Health: Theoretical Frameworks for Practice." *International Journal of Mental Health Promotion* 3, 1 (2001): pp. 25–34.

- Type of article: Literature review
- Keywords: positive mental health framework, mental health

Bauer, J. J., D. P. McAdams and A. R. Sakaeda. "Interpreting the Good Life: Growth Memories in the Lives of Mature, Happy People." *Journal of Personality and Social Psychology* 88, 1 (2005): pp. 203–217.

- Purpose: To examine the relationship between memories, maturity and well-being.
- Location and date: Illinois, United States; no date provided
- Sample size and target population: Study 1: 125 students at Northwestern University; study 2: 51 adults from Evanston, Illinois, age 30 to 72
- Keywords: well-being, maturity, memory

Beasley, M., T. Thompson and J. Davidson. "Resilience in Response to Life Stress: The Effects of Coping Style and Cognitive Hardiness." *Personality and Individual Differences* 34 (2003): pp. 77–95.

- Purpose: To examine the effectiveness of "cognitive hardiness and coping style" in response to stress, and to investigate how this affects general mental and physical health.
- Location and date: Tasmania, Australia; no date provided
- Sample size and target population: 187 students at the University of Tasmania (age 25 or older)
- Keywords: stress, cognitive hardiness, coping style, psychological health

Beeber, L. S. et al. "The Early Promotion and Intervention Research Consortium (e-PIRC): Five Approaches to Improving Infant/Toddler Mental Health in Early Head Start." *Infant Mental Health Journal* 28, 2 (2007): pp. 130–150.

- Type of article: Commentary (research projects review)
- Keywords: Early Head Start, infant mental health, toddler mental health, intervention

Bell, L. G. and D. C. Bell. "Family Dynamics in Adolescence Affect Midlife Well-Being." *Journal of Family Psychology* 19, 2 (2005): pp. 198–207.

- Purpose: To examine the relationship between family characteristics (including connection and individuation) during adolescent and midlife well-being.
- Location and date: United States; 1970 and 1995
- Sample size and target population: A sample of 99 families with two parents and two or three children; the second part of the study involved a sample of 199 individuals who were adolescents in the 99 families during the first part of the study
- Keywords: family, connection, individuation, well-being

Benyamini, Y. et al. "Positive Affect and Function as Influences on Self-Assessments of Health: Expanding Our View Beyond Illness and Disability." *Journals of Gerontology: Series B: Psychological Sciences and Social Sciences* 55B, 2 (2000): pp. P107–P116.

- Purpose: To examine factors that may influence older adults' self-assessments of health.
- Location and date: Longitudinal study, United States; no date provided
- Sample size and target population: 851 elderly residents (60% female, 40% male) living in a retirement community
- Keywords: health, illness, disability, older adults

Berger-Schmitt, R. "Considering Social Cohesion in Quality of Life Assessments: Concept and Measurement." *Social Indicators Research* 58 (2002): pp. 403–428.

- Type of article: Commentary
- Keywords: social cohesion, quality of life

Blanchflower, D. G. and A. J. Oswald. "Well-Being Over Time in Britain and the USA." *Journal of Public Economics* 88 (2004): pp. 1359–1386.

- Purpose: To examine the level of happiness in the United States and Britain over time. Overall trends and levels of life satisfaction are calculated using functions of well-being and comparisons are made within as well as between countries.
- Location and date: United States (1972 to 1998) and Britain (1973 to 1998)
- Sample size and target population: Data from General Social Survey (U.S.) and Eurobarometer Survey Series (Britain)
- Keywords: well-being, happiness, Britain, U.S.

Bonanno, G. A. "Loss, Trauma, and Human Resilience: Have We Underestimated the Human Capacity to Thrive After Extremely Aversive Events?" *American Psychologist* 59, 1 (2004): pp. 20–28.

- Type of article: Commentary
- Purpose: To reason through evidence that resilience is more common than usually perceived.

- Keywords: resilience, recovery process

Bond, L. et al. "Building Capacity for System-Level Change in Schools: Lessons From the Gatehouse Project." *Health Education & Behavior* 28, 3 (2003): pp. 368–383.

- Type of article: Commentary
- Keywords: intervention, individual intervention, school intervention, Gatehouse Project, capacity-building, health promotion

Bourget, B. and R. Chenier. *Mental Health Literacy in Canada: Phase One Report Mental Health Literacy Project*. Ottawa, Ont.: Canadian Alliance on Mental Illness and Mental Health, 2007.

- Type of publication: Report
- Purpose: To better understand mental health literacy in Canada, the report presents the findings of the first phase of the Mental Health Literacy project. The first phase involved a literature review, data review, national survey on mental health literacy and results from focus groups.
- Location of publication: Canada
- Keywords: mental health, mental disorders, mental health literacy

Bourque, P. et al. "Contextual Effects on Life Satisfaction of Older Men and Women." *Canadian Journal on Aging* 24, 1 (2005): pp. 31–44.

- Purpose: To explore satisfaction differences between men and women. This includes differences in satisfaction across various life domains as well as overall life satisfaction.
- Location and date: Moncton, New Brunswick, Canada; 1998
- Sample size and target population: 958 adults (age 65 to 94)
- Keywords: life satisfaction, older men and women, contextual effects, aging

Boyle, M. H. et al. "Mental Health Supplement to the Ontario Health Survey: Methodology." *Canadian Journal of Psychiatry* 41, 9 (1996): pp. 549–558.

- Type of article: Commentary
- Purpose: To describe and explain the development and data collection processes of the Ontario Health Survey—a province-wide community survey that describes the epidemiology of mental disorders in Ontario, with a focus on people age 15 and older
- Keywords: mental disorders, survey methodology

Brackett, M. A. et al. "Relating Emotional Abilities to Social Functioning: A Comparison of Self-Report and Performance Measures of Emotional Intelligence." *Journal of Personality and Social Psychology* 91, 4 (2006): pp. 780–795.

- Purpose: The article is composed of three studies that examine the relationship between emotional abilities and social functioning.
- Location and date: United States; no date provided
- Sample size and target population: Study 1: 291 undergraduate students; study 2: 355 undergraduate students; study 3: 53 college students

- Keywords: emotion, emotional intelligence, MSCEIT, gender, social competence

Bradley, B. S., J. Deighton and J. Selby. "The 'Voices' Project: Capacity-Building in Community Development for Youth at Risk." *Journal of Health Psychology* 9, 2 (2004): pp. 197–212.

- Purpose: To conduct an action research project focusing particularly on the perceptions of youth at risk. The study aims to measure the capacity (such as the capacity to overcome "risks") of youth at risk as well as to understand what makes youth vulnerable in general.
- Location and date: Rural Australia; three cycles between the years 2000 and 2001
- Sample size and target population: The participants are from various dimensions of the community: action cycle I: 35 participants; action cycle II: 10 participants; action cycle III: 9 participants
- Keywords: action research, capacity-building, collective efficacy, community, health, at-risk youth

Brisette, I., M. F. Scheier and C. S. Carver. "The Role of Optimism in Social Network Development, Coping, and Psychological Adjustment During a Life Transition." *Journal of Personality and Social Psychology* 82, 1 (2002): pp. 102–111.

- Purpose: To examine how optimism facilitates adjustment to stressful life transitions. Optimism, social support and adjustment were examined in first-year college students.
- Location and date: United States; no date given
- Sample size and target population: A sample of 89 first-year college students (age 17 to 20)
- Keywords: optimism, stress, life transition, adjustment, coping, social support

Brown, J. H. "Resilience: From Program to Process." *The California School Psychologist* 9, (2004): pp. 89–98.

- Type of article: Commentary
- Keywords: resilience, school engagement, youth development

Browne, G. et al. "Effective/Efficient Mental Health Programs for School-Age Children: A Synthesis of Reviews." *Social Science & Medicine* 58, 7 (2004): pp. 1367–1384.

- Type of article: Literature review
- Keywords: children, mental health, mental health programming

Bruininks, P. and B. F. Malle. "Distinguishing Hope From Optimism and Related Affective States." *Motivation and Emotion* 29, 4 (2005): pp. 327–355.

- Purpose: To examine hope in relation to five other mental states: optimism, want, desire, wish and joy.
- Location and date: United States; no date provided

- Sample size and target population: Study 1: 52 undergraduate students; study 2: 88 undergraduate students; study 3: 81 undergraduate students
- Keywords: hope, optimism, positive psychology, emotion

Bryant, T. et al. "What Do Canadian Seniors Say Supports Their Quality of Life?" *Canadian Journal of Public Health* 95, 4 (2004): pp. 299–303.

- Purpose: To examine factors that influence the quality of life of seniors.
- Location and date: Data collected in Montréal and Quebec City, Quebec, Ottawa and Toronto, Ontario, Regina, Saskatchewan, Vancouver, British Columbia, and Whitehorse, Yukon, Canada; no date provided
- Sample size and target population: Qualitative research; participants were seniors living in the aforementioned Canadian cities
- Keywords: seniors, quality of life, life satisfaction

Buckner, J. C., E. Mezzacappa and W. R. Beardslee. "Characteristics of Resilient Youths Living in Poverty: The Role of Self-Regulatory Processes." *Development and Psychopathology* 15, 1 (2003): pp. 139–162.

- Purpose: To better understand factors that affect youth resiliency.
- Location and date: United States, longitudinal study; the project started in 1992
- Sample size and target population: 155 youth age 8 to 17 and their mothers
- Keywords: youth, resiliency, self-regulation skills

Burton, C. M. and L. A. King. "The Health Benefits of Writing About Intensely Positive Experiences." *Journal of Research in Personality* 38, 2 (2004): pp. 150–163.

- Purpose: To examine if writing about intensely positive experiences has an effect on mental health.
- Location and date: United States; no date provided
- Sample size and target population: 90 students of a first-year psychology university course (24 male, 66 female)
- Keywords: mental health, positive experiences

Butler, E. A., T. L. Lee and J. J. Gross. "Emotion Regulation and Culture: Are the Social Consequences of Emotion Suppression Culture-Specific?" *Emotion* 7, 1 (2007): pp. 30–48.

- Purpose: To examine how cultural values influence the relationship between suppressed emotions and health outcomes.
- Location and date: Stanford, California, United States; no date provided
- Sample size and target population: 160 women from the community surrounding Stanford University
- Keywords: emotion regulation, emotion suppression, culture, social interaction

Canadian Institute for Health Information. *Improving the Health of Canadians: Mental Health, Delinquency and Criminal Activity*. Ottawa, Ont.: CIHI, 2008.

- Type of publication: Report

- Purpose: To provide an overview of the latest research, analyses and policy initiatives related to mental health, delinquency and criminal activity. It also presents data on the characteristics of and issues facing individuals with a mental illness who were or are involved with the criminal justice system.
- Location of publication: Canada
- Keywords: Canada, mental health, delinquency, criminal activity

Canadian Institute for Health Information. *Improving the Health of Canadians: Mental Health and Homelessness*. Ottawa, Ont.: CIHI, 2007.

- Type of publication: Report
- Purpose: The report provides an overview of the latest research, surveys and policy initiatives related to mental health and homelessness and presents data on hospital use by homeless Canadians.
- Location of publication: Canada
- Keywords: mental health, homelessness

Canadian Institute for Health Information. *The Canadian Population Health Initiative Action Plan 2007–2010*. Ottawa, Ont.: CIHI, 2006.

- Type of publication: Action plan
- Purpose: To outline the key functions of the Canadian Population Health Initiative, including knowledge generation and synthesis, policy synthesis, knowledge transfer and reporting, and knowledge exchange. It also discusses key themes of CPHI: mental health and resilience, place and health, reducing gaps in health and promoting healthy weights.
- Location of publication: Canada
- Keywords: population health, mental health and resilience, place and health, reducing gaps in health, promotion of healthy weights

Canadian Institute for Health Information. *Improving the Health of Young Canadians*. Ottawa: Ont.: CIHI, 2005.

- Type of publication: Report
- Purpose: To highlight research relevant to understanding adolescent health and development as well as to explore the association between positive assets in adolescents' social environments and their health behaviours/outcomes.
- Location of publication: Canada
- Keywords: youth, health, mental health

Canadian Institute for Health Information. *Hospital Mental Health Services in Canada 2002–2003*. Ottawa, Ont.: CIHI, 2005.

- Type of publication: Annual report
- Purpose: To identify the patterns of service use of patients hospitalized in Canadian mental health beds during 2002–2003, through analyses of inpatient service usage and discharge records. The analyses are conducted for different categories of mental disorders at pan-Canadian and at provincial/territorial levels.
- Location of publication: Canada

- Keywords: mental health services, mental disorders, inpatient, hospitalization, length of hospitalization

Canadian Mental Health Association. *Welcome to the CMHA Mental Health Promotion Tool Kit!* CMAH. [Online], cited July 15, 2008, from <[http://www.cmha.ca/mh\\_toolkit/intro/index.htm](http://www.cmha.ca/mh_toolkit/intro/index.htm)> .

- Type of publication: Online resource
- Purpose: A mental health promotion tool kit designed to be a practical resource for planning community programs and initiatives.
- Location of publication: Canada
- Keywords: mental health, mental health promotion

Canadian Mental Health Association, Ontario. *Mental Health Promotion: Issues, Opportunities and Resources*. Toronto, Ont.: CMHA, Ontario, 2006.

- Type of publication: Report
- Purpose: To address issues related to mental health promotion and to guide CMHA branches in Ontario through the growing field of mental health and mental health promotion. The report includes definitions, frameworks, initiatives and resources as well as potential opportunities for future research and funding.
- Location of publication: Canada
- Keywords: mental health promotion, community mental health, support programs, agencies

Canadian Mental Health Association. *Full Compas Survey*. (Canadian Mental Health Survey COMPAS Inc.: Multi-Audience Research.) CMHA. [Online], cited April 20, 2001, from <[http://www.cmha.ca/bins/content\\_page.asp?cid=5-34-212-213](http://www.cmha.ca/bins/content_page.asp?cid=5-34-212-213)> .

- Type of publication: Nationally representative survey
- Purpose: To examine Canadians' perceptions of depression and stress based on personal and public experiences. The survey also provides comparisons between the current and previous findings.
- Location of publication: Canada
- Keywords: national-level survey, depression, stress, mental health, workplace stress

Canadian Public Health Association. *Mental Health Promotion Resource Directory*. Ottawa, Ontario: CPHA, 1998.

- Type of publication: Report
- Purpose: The document serves to provide a wide range of information related to mental health promotion, such as goals, principles, strategies and current programs.
- Location of publication: Canada
- Keywords: mental health promotion

Canadian Women's Health Network and Centres of Excellence for Women's Health. *Women, Mental Health, Mental Illness and Addiction in Canada: An Overview*. Winnipeg, Man.: CWHN, 2006.

- Type of publication: Report
- Purpose: To explore historical as well as current perceptions of women and mental health through studying roles of sex and gender and their relations to mental health, mental illness and addiction. The report's appendix includes abstracts (issues, analyses, recommendations and references) of previous studies on women and various mental health issues.
- Location of publication: Canada
- Keywords: women, gender, sex, mental health, mental illness, risk, vulnerability

Carr, E. G. "The Expanding Vision of Positive Behavior Support: Research Perspectives on Happiness, Helpfulness, Hopefulness." *Journal of Positive Behavior Interventions* 9, 4 (2007): pp. 3–14.

- Type of article: Qualitative article
- Keywords: positive prevention, positive behaviour, quality of life, support

Carver, C. S. "Resilience and Thriving: Issues, Models, and Linkages." *Journal of Social Issues* 54, 2 (1998): pp. 245–266.

- Type of article: Literature review
- Keywords: resilience, psychological thriving

Cassidy, T. "Social Background, Achievement, Motivation, Optimism and Health: A Longitudinal Study." *Counselling Psychology Quarterly* 13, 4 (2000): pp. 399–412.

- Purpose: To examine the influence that home background, achievement motivation and optimism have on psychological well-being and self-rated health.
- Location and date: United Kingdom; a longitudinal study over four years; no date provided
- Sample size and target population: 149 individuals, age 16 at stage one and age 20 at stage three (the end of the longitudinal study)
- Keywords: social background, achievement motivation, optimism, well-being, longitudinal

Catalano, R. F. et al. "Positive Youth Development in the United States: Research Findings on Evaluations of Positive Youth Development Programs." *The Annals of the American Academy of Political and Social Science* 591, 1 (2004): pp. 98–124.

- Type of article: Literature review
- Keywords: positive development, intervention, prevention, youth

Cava, M. J. and G. Musitu. "Evaluation of an Intervention Programme for the Empowerment of Self-Esteem." *Psychology in Spain* 4, 1 (2000): pp. 55–63.

- Purpose: To examine the effectiveness of a school-based intervention designed to enhance self-esteem and improve social integration of children with socio-affective difficulties.
- Location and date: Valencia Autonomous Region, Spain; no date provided
- Sample size and target population: A sample of 21 teachers and 537 school children
- Keywords: self-esteem, cognitive psychology, intervention, Galatea

Centers for Disease Control and Prevention. *Healthy Youth! Coordinated School Programs*. [Online], last reviewed July 1, 2005, from <<http://www.cdc.gov/HealthyYouth/CSHP/>>.

- Type of publication: Online resource
- Purpose: To present a coordinated school health program model
- Location of publication: United States
- Keywords: health, school, education, counselling, psychological services

Centre for Addiction and Mental Health. *Best Practice Guidelines for Mental Health Promotion Programs: Children & Youth*. CAMH. [Online], from <[http://www.camh.net/About\\_CAMH/Health\\_Promotion/Community\\_Health\\_Promotion/Best\\_Practice\\_MHYouth/](http://www.camh.net/About_CAMH/Health_Promotion/Community_Health_Promotion/Best_Practice_MHYouth/)>.

- Type of publication: Online resource
- Purpose: To aid health and social service practitioners involved in mental health promotion interventions with children and youth through the provision of web resources, including guidelines, theoretical concepts associated with mental health promotion and templates and tools that may be helpful in planning and implementing interventions.
- Location of publication: Canada
- Keywords: mental health promotion, best practice guidelines

Centre for Addiction and Mental Health. *Growing up Resilient: Ways to Build Resilience in Children and Youth*. CAMH. [Online], from <[http://www.camh.net/Publications/Resources\\_for\\_Professionals/Growing\\_Resilient/](http://www.camh.net/Publications/Resources_for_Professionals/Growing_Resilient/)>

- Type of publication: Online resource
- Purpose: The resource aims to provide and examine the role of resilience in mental health through exploring the developmental stages of resilience.
- Location of publication: Canada
- Keywords: resilience, mental well-being, healthy child and youth development

Centre for Addiction and Mental Health. *The 2003 OSDUS Mental Health and Well-Being Report Executive Summary*. (A companion document to the report *Drug Use Among Ontario Students, 1977-2003*.) Toronto, Ont.: CAMH, 2003.

- Type of publication: Executive summary
- Purpose: To provide a summary of the report *Drug Use Among Ontario Students, 1977-2003: Detailed OSDUS Findings*. The Ontario Student Drug

Use Survey consists of 14 surveys conducted every two years among students in grades 7 to 12 since 1977.

- Location of publication: Canada
- Keywords: framework, mental health, capacity, risk factors, intervention

Chandler, M. J. and C. Lalonde. "Cultural Continuity as a Hedge Against Suicide in Canada's First Nations." *Transcultural Psychiatry* 35, 2 (1998): pp. 191–219.

- Purpose: To examine cultural continuity as a protective factor against suicide.
- Location and date: British Columbia, Canada; 1987 to 1992
- Sample size and target population: 2,495 deaths designated by the Office of the Chief Coroner as being deaths by suicide; Aboriginals and non-Aboriginals
- Keywords: Amerindian, Canada, First Nations, identity, suicide, cultural continuity

Chang, E. C. and L. J. Sanna. "Optimism, Accumulated Life Stress, and Psychological and Physical Adjustment: Is It Always Adaptive to Expect the Best?" *Journal of Social and Clinical Psychology* 22, 1 (2003): pp. 97–115.

- Purpose: To examine the effects of optimism (or pessimism) on both physical and mental adjustment to life stress.
- Location and date: Data collected at an unspecified Midwestern university, United States; no date provided
- Sample size and target population: 560 undergraduate college students (age 16 to 52)
- Keywords: life stress, physical adjustment, psychological adjustment, optimism, pessimism

Chang, E. C. "Optimism-Pessimism and Stress Appraisal: Testing a Cognitive Interactive Model of Psychological Adjustment in Adults." *Cognitive Therapy and Research* 26, 5 (2002): pp. 675–690.

- Purpose: To explore the relationships between optimism and pessimism, stress appraisal and psychological adjustment.
- Location and date: Midwestern United States; no date provided
- Sample size and target population: 340 younger adults and 316 older adults
- Keywords: optimism, pessimism, stress, psychological adjustment, age differences

Chesney, M. A. et al. "Positive Emotions: Exploring the Other Hemisphere in Behavioral Medicine." *International Journal of Behavioral Medicine* 12, 2 (2005): pp. 50–58.

- Type of article: Literature review
- Keywords: Positive affect, emotion, health, behavioural medicine

Child & Youth Mental Health. *Friends for Life*. (Program Description.) British Columbia Ministry of Children and Family Development. [Online], from <[http://www.mcf.gov.bc.ca/mental\\_health/friends.htm](http://www.mcf.gov.bc.ca/mental_health/friends.htm)> .

- Type of publication: Online resource
- Purpose: To present the FRIENDS for life program, which aims to reduce anxiety and improve resilience in children.
- Location of publication: Canada
- Keywords: mental health, anxiety, resilience

Chipperfield, J. G. and B. Havens. "Gender Differences in the Relationship Between Marital Status Transitions and Life Satisfaction in Later Life." *Journal of Gerontology: Psychological Sciences* 56B, 3 (2001): pp. 176–186.

- Purpose: To examine life satisfaction in two groups of individuals: those whose marital status remained unchanged and those who experienced a transition in marital status over the course of seven years.
- Location and date: Manitoba, Canada; 1983 to 1990
- Sample size and target population: 2,180 men and women age 67 to 102
- Keywords: life satisfaction, marital status, gender differences

Chislett, G. and D. J. Kennett. "The Effects of the Nobody's Perfect Program on Parenting Resourcefulness and Competency." *Journal of Child and Family Studies* 16 (2006): pp. 473–482.

- Purpose: To evaluate the effectiveness of the Nobody's Perfect program.
- Location and date: Peterborough County, Ontario, Canada; no date provided
- Sample size and target population: 71 participants of the Nobody's Perfect program, age 16 to 47
- Keywords: Nobody's Perfect program, parent self-efficacy, parent resourcefulness, child neglect, child outcomes

Chiu, L. et al. "An Integrative Review of the Concept of Spirituality in the Health Sciences." *Western Journal of Nursing Research* 26, 4 (2004): pp. 405–428.

- Type of article: Literature review
- Keywords: spirituality, culture, integrative review, research methods

Clarke, A. T. "Coping With Interpersonal Stress and Psychological Health Among Children and Adolescents: A Meta-Analysis." *Journal of Youth and Adolescence* 35, 1 (2006): pp. 11–24.

- Type of article: Meta-analysis
- Keywords: meta-analysis, coping, control, interpersonal stress, psychosocial health

Clifford Beers Foundation. *The Clifford Beers Foundation-Promoting Mental Health World Wide*. [Online], from <<http://www.cliffordbeersfoundation.co.uk/>> .

- Type of publication: Online resource
- Purpose: Internet site of the Clifford Beers Foundation, which aims to promote mental health.
- Location of publication: United Kingdom
- Keywords: mental health, mental disorders

Comfort, D. et al. *The Evolving Workplace Series: Part-Time Work and Family-Friendly Practices in Canadian Workplaces*. Ottawa, Ont.: Statistics Canada, 2003.

- Type of publication: Report
- Purpose: To provide an outline of part-time work and family-friendly practices in the Canadian workplace.
- Location of publication: Canada
- Keywords: workplace, work, family

Commonwealth Department of Health and Aged Care. *Promotion, Prevention and Early Intervention for Mental Health: A Monograph 2000*. Canberra, Australia: Commonwealth Department of Health and Aged Care, 2000.

- Type of publication: Summary document (full report: *National Action Plan for Promotion, Prevention and Early Intervention for Mental Health—Action Plan 2000*)
- Purpose: "To summarize the theoretical and conceptual framework and background for *Action Plan 2000*. The report outlines a strategic framework and plan for action to address the promotion, prevention and early intervention priorities."
- Location of publication: Australia
- Keywords: promotion, prevention, early intervention, risk factors, protective factors, mental disorders

Compas, B. E. et al. "Coping With Stress During Childhood and Adolescence: Problems, Progress, and Potential in Theory and Research." *Psychological Bulletin* 127, 1 (2001): pp. 87–127.

- Type of article: Systematic review
- Keywords: coping, stress, child coping, adolescent coping, stressors, psychological adjustment

Condly, S. J. "Resilience in Children: A Review of Literature With Implications for Education." *Urban Education* 41, 3 (2006): pp. 211–236.

- Type of article: Literature review
- Keywords: at-risk children, thriving, resilience

Coyle, J. "Spirituality and Health: Towards a Framework for Exploring the Relationship Between Spirituality and Health." *Journal of Advanced Nursing* 37, 6 (2002): pp. 589–597.

- Type of article: Literature review
- Purpose: To build a conceptual framework (the trichotomy) based on published literature on spirituality, which will enable the empirical investigation of the role of spirituality in health. The study explores a transcendent approach, a structural–behaviourist approach and a value guidance approach to spirituality and attempts to integrate three approaches into one framework.
- Keywords: spirituality, health

Crocker, J. and C. T. Wolfe. "Contingencies of Self-Worth." *Psychological Review* 108, 3 (2001): pp. 593–623.

- Type of article: Literature review
- Keywords: self-esteem, social stigma, aging, depression, self-worth, self-respect

Croll, A., C. Langill and S. Pisterman. *Healthy Transitions: Promoting Resilience and Mental Health in Young Adolescents: 2005-2006 Program Report*. Ottawa, Ont.: Child and Youth Health Network of Eastern Ontario, 2006.

- Type of publication: Program review
- Purpose: To explore the implementation and evaluation stage of Healthy Transition—a universal mental health promotion/early identification/intervention program designed for young adolescents. The report separately evaluates youth, parent and teacher components as well as overall program impact.
- Location of publication: Canada
- Keywords: mental health, youth, adolescence, evaluation, resilience

Crosnoe, R. and G. H. Elder, Jr. "Family Dynamics, Supportive Relationships, and Educational Resilience During Adolescence." *Journal of Family Issues* 25, 5 (2004): pp. 571–602.

- Purpose: To examine the connection between parent–child relationships and education during adolescence and, furthermore, to explore how other relationships (such as those with friends and teachers) affect adolescent academic achievement.
- Location and date: United States; 1994 to 1996
- Sample size and target population: Nationally representative sample of 11,788 adolescents in grades 7 to 12
- Keywords: resilience, life course, education, race, gender, adolescence

Crowley, B. J., B. Hayslip, Jr. and J. Hobdy. "Psychological Hardiness and Adjustment to Life Events in Adulthood." *Journal of Adult Development* 10, 4 (2003): pp. 237–248.

- Purpose: To examine the effect of psychological hardiness on individuals who lost their job or had their youngest children leave the parental home.
- Location and date: United States; no date provided
- Sample size and target population: 88 individuals who had lost full-time employment and 227 individuals who had their youngest child leave the parental home
- Keywords: empty nest, job loss, hardiness, coping, unemployment

Daghofer, D. *A Population Health Research and Policy Environmental Scan on Mental Health*. Ottawa, Ont.: The Alder Group Inc, 2006.

- Type of publication: Research report
- Purpose: To review various personal and environmental determinants of health and their relation to the mental health of the population as a whole.

The role of determinants in population health–based initiatives (such as policies, programs and interventions) is also explored.

- Location of publication: Canada
- Keywords: environmental scan, mental health, determinants, policy design, linkage

Danhauer, S. C., C. R. Carlson and M. A. Andrykowski. "Positive Psychosocial Functioning in Later Life: Use of Meaning-Based Coping Strategies by Nursing Home Residents." *The Journal of Applied Gerontology* 24, 4 (2005): pp. 299–318.

- Purpose: To examine factors linked to psychosocial functioning, with a specific focus on the effect of meaning-based coping strategies on psychosocial functioning.
- Location and date: United States; no date provided
- Sample size and target population: Residents on an intermediate- or skilled-care nursing unit age 65 or older; 94 participants (86.2% female)
- Keywords: positive adaptation, psychological well-being, coping, older adults, long-term care

Danner, D. D., D. A. Snowdon and W. V. Friesen. "Positive Emotions in Early Life and Longevity: Findings From the Nun Study." *Journal of Personality and Social Psychology* 80, 5 (2001): pp. 804–813.

- Purpose: To explore the relationship between positive emotional content and life longevity/mortality risk.
- Location and date: United States; data from 1930 and onward
- Sample size and target population: 180 handwritten autobiographies of Catholic nuns
- Keywords: life expectancy, mortality, positive emotions, emotional content

Deaton, A. *Income, Aging, Health and Wellbeing Around the World: Evidence From the Gallup World Poll*. Princeton University: Center for Health and Wellbeing and National Bureau of Economic Research, 2007.

- Type of publication: Report
- Purpose: To examine possible relationships between age and self-reported well-being in 132 countries.
- Location of publication: United States
- Keywords: well-being, income, age, health, mental health

Decima Research. *Public Views on Mental Health and Resilience, 2007 Public Opinion Survey*. (Research Report—Draft) Ottawa, Ont.: Canadian Institute for Health Information, 2008.

- Type of publication: Report
- Purpose: To present the findings of a national survey concerning public perspectives on a wide range of health and mental health topics.
- Location of publication: Canada
- Keywords: population health, mental health, resilience

- DeNeve, K. M. and H. Cooper. "The Happy Personality: A Meta-Analysis of 137 Personality Traits and Subjective Well-Being." *Psychological Bulletin* 124, 2 (1998): pp. 197–229.
- Type of article: Meta-analysis
  - Keywords: subjective well-being, happiness, positive affect, life satisfaction
- Diener, E. and M. E. P. Seligman. "Beyond Money: Toward an Economy of Well-Being." *Psychological Science in the Public Interest* 5, 1 (2004): pp. 1–31.
- Type of article: Literature review
  - Keywords: life satisfaction, mental disorders, well-being indicators, national well-being index
- Diener, E. and M. E. P. Seligman. "Very Happy People." *Psychological Science* 13, 1 (2002): pp. 81–84.
- Purpose: To examine factors that may influence very high levels of happiness.
  - Location and date: Illinois, United States; no date provided
  - Sample size and target population: 222 students of the University of Illinois
  - Keywords: life satisfaction, happiness, well-being
- Diener, E. "Subjective Well-Being: The Science of Happiness and a Proposal for a National Index." *American Psychologist* 55, 1 (2000): pp. 34–43.
- Type of article: Literature review
  - Keywords: positive psychology, subjective well-being, happiness, life satisfaction
- Diener, E. et al. "Subjective Well-Being: Three Decades of Progress." *Psychological Bulletin* 125, 2 (1999): pp. 276–302.
- Type of article: Literature review
  - Keywords: subjective well-being, happiness, life satisfaction
- DiGiacomo, G. *Case Study: Dofasco's Healthy Lifestyles Program*. Ottawa, Ont.: Canadian Labour and Business Centre, 2002.
- Type of publication: Case study
  - Purpose: To evaluate the Healthy Lifestyle Program of Dofasco Incorporated to better understand practices that facilitate workplace health and wellness.
  - Location of publication: Canada
  - Keywords: workplace wellness, well-being, occupational health and safety
- Doughty, C. *The Effectiveness of Mental Health Promotion, Prevention and Early Intervention in Children, Adolescents and Adults: A Critical Appraisal of the Literature*. Christchurch, New Zealand: New Zealand Health Technology Assessment (NZHTA), 2005.
- Type of publication: Literature review
  - Location of publication: New Zealand
  - Keywords: literature review, mental health promotion

Duckworth, A. L., T. A. Steen and M. E. P. Seligman. "Positive Psychology in Clinical Practice." *Annual Review of Clinical Psychology* 1 (2005): pp. 629–651.

- Type of article: Literature review
- Keywords: well-being, character strength(s), meaning, flow, happiness

Dunn, E. W., L. B. Aknin and M. I. Norton. "Spending Money on Others Promotes Happiness." *Science* 319, 5870 (2008): pp. 1687–1688.

- Purpose: To examine the effects of income levels and the act of spending money on levels of individual happiness. A combination of longitudinal and cross-sectional studies was enclosed in the article.
- Location and date: United States and Canada; no date provided
- Sample size and target population: Study 1: 287 males and 345 females; study 2: 16 individuals; study 3: 46 individuals

Keywords: happiness, altruism, spending

Dyson, J., M. Cobb and D. Forman. "The Meaning of Spirituality: A Literature Review." *Journal of Advanced Nursing* 26 (1997): pp. 1183–1188.

- Type of article: Literature review
- Keywords: spirituality, meaning, religion, hope

Easterlin, R. A. "Life Cycle Happiness and Its Sources: Intersections of Psychology, Economics, and Demography." *Journal of Economic Psychology* 27, 4 (2006): pp. 463–482.

- Purpose: To examine happiness levels in the life cycle of the population.
- Location and date: United States; data from the United States General Social Survey; data for the period 1973–1974
- Sample size and target population: 93 birth cohorts
- Keywords: happiness, domain satisfaction, life cycle, set-point

Emmons, R. A. and M. E. McCullough. "Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life." *Journal of Personality and Social Psychology* 84, 2 (2003): pp. 377–389.

- Purpose: To gain deeper understanding of the association between gratitude and well-being. Specifically, researchers explore the influence of a "grateful outlook" on both psychological and physical well-being. This article presents three separate studies.
- Location and date: United States; no date provided for all three studies
- Sample size and target population: Study 1: 192 undergraduate students in a health psychology class; study 2: 157 undergraduate students in a health psychology class; study 3: 65 individuals with either congenital or adult-onset neuromuscular disease
- Keywords: gratitude, grateful thinking, subjective well-being, life appraisal

Epel, E. S., B. S. McEwen and J. R. Ickovics. "Embodying Psychological Thriving: Physical Thriving in Response to Stress." *Journal of Social Issues* 54, 2 (1998): pp. 301–322.

- Purpose: To test the hypothesis that psychological thriving and the coping process are related to an individual's ability to physically adapt to stress.
- Location and date: Not provided
- Sample size and target population: Women (no other description or number of participants was provided)
- Keywords: psychological thriving, physical thriving, stress, coping, cortisol

Evans, S. W. et al. "Feasibility of the *MindMatters* School Mental Health Promotion Program in American Schools." *Journal of Youth and Adolescence* 34, 1 (2005): pp. 51–58.

- Purpose: To explore the implementation and evaluate the effectiveness of the MindMatters program in various sites throughout the United States. MindMatters was developed in Australia to aid and promote mental health of students through a school environment.
- Location and date: Four school districts in the United States (each representing urban, suburban, small city and rural districts); 2002–2003 school year
- Sample size and target population: 42 participants from four school districts described above; participants included teachers, parents, students, administrators and school mental health professionals
- Keywords: MindMatters, mental illness prevention, mental health promotion, school environment

Family Service Canada and Alliance for Children and Families. *Families and Schools Together Canada: Canadian National Evaluation of Outcomes 1996-2004*. Ottawa, Ont.: Family Service Canada, 2005.

- Type of publication: Report
- Purpose: To present the evaluation results of the Families and Schools Together (F&ST) program. F&ST aims to help all members of the family to thrive and to improve child academic, health and social outcomes.
- Location of publication: Canada
- Keywords: well-being, school environment, family relationships

Farzanfar, R. "Design and Development of a Mental Health Assessment and Intervention System." *Journal of Medical Systems* 31, 1 (2007): pp. 49–62.

- Type of article: Literature review
- Keywords: system design, automated assessment of mental health, workplace productivity

Fergus, S. and M. A. Zimmerman. "Adolescent Resilience: A Framework for Understanding Healthy Development in the Face of Risk." *Annual Reviews Public Health* 26 (2005): pp. 399–419.

- Type of article: Literature review
- Keywords: positive development, protective factors, alcohol, tobacco, illegal drugs, sexual behaviour, violent behaviour

Folkman, S. and J. T. Moskowitz. "Positive Affect and the Other Side of Coping." *American Psychologist* 55, 6 (2000): pp. 647–654.

- Type of article: Literature review
- Keywords: coping, positive affect, mental health

Folkman, S. "Positive Psychological States and Coping With Severe Stress." *Social Science & Medicine* 45, 8 (1997): pp. 1207–1221.

- Purpose: To better understand coping processes with a specific focus on the role of positive psychological states in addition to negative psychological states during times of bereavement.
- Location and date: San Francisco, California, United States; 1992 to 1994
- Sample size and target population: 273 self-identified gay or bisexual male couples
- Keywords: AIDS, caregiving, bereavement, coping, psychological well-being

Fox, M. T. "Physical Mobility and Social Integration: Their Relationship to the Well-Being of Older Canadians." *Canadian Journal on Aging* 17, 4 (1998): pp. 372–383.

- Purpose: To determine how social integration and physical mobility affect the well-being of elderly individuals.
- Location and date: Data collected across the 10 Canadian provinces in 1985
- Sample size and target population: A sample of 754 unmarried men and women age 75 and older; individuals living as a couple were excluded (including common-law couples)
- Keywords: health, well-being, mobility, elderly

Fredrickson, B. L. and M. F. Losada. "Positive Affect and the Complex Dynamics of Human Flourishing." *American Psychologist* 60, 7 (2005): pp. 678–686.

- Purpose: To explore the effect of the ratio of positive to negative affect on flourishing mental health.
- Location and date: Midwestern United States; no date provided
- Sample size and target population: Sample 1: 87 undergraduate university students; sample 2: 101 undergraduate university students
- Keywords: nonlinear systems, emotions, broaden-and-build theory, positive psychology, subjective well-being

Fredrickson, B. L. and T. Joiner. "Positive Emotions Trigger Upward Spiral Toward Emotional Well-Being." *Psychological Science* 13, 2 (2002): pp. 172–175.

- Purpose: To examine the relationship between positive affect and broad-minded coping.
- Location and date: United States; no date provided
- Sample size and target population: 138 college students (54% female and 46% male)
- Keywords: positive emotions, negative affect, coping response

- Fredrickson, B. L. "The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions." *American Psychologist* 53, 3 (2001): pp. 218–226.
- Type of article: Literature review
  - Keywords: positive emotions, psychological resiliency, emotional well-being
- Fredrickson, B. L. "What Good Are Positive Emotions?" *Review of General Psychology* 2, 3 (1998): pp. 300–319.
- Type of article: Literature review
  - Keywords: positive emotions, joy, interest, contentment, love, physical health, well-being
- Fry, P. S. "Religious Involvement, Spirituality and Personal Meaning for Life: Existential Predictors of Psychological Wellbeing in Community-Residing and Institutional Care Elders." *Aging & Mental Health* 4, 4 (2000): pp. 375–387.
- Purpose: To study religiosity, spirituality and personal meaning on predicting the well-being of older adults.
  - Location and date: Alberta, Canada; no date provided
  - Sample size and target population: 340 older adults age 60 to 90
  - Keywords: well-being, spirituality, meaning in life, religiosity, seniors
- Fujita, F. and E. Diener. "Life Satisfaction Set Point: Stability and Change." *Journal of Personality and Social Psychology* 88, 1 (2005): pp. 158–164.
- Purpose: To examine the stability and degree of change in levels of life satisfaction across the life course of participants.
  - Location and date: Germany; data from the German Socio-Economic Panel Study; waves 1984 to 2000
  - Sample size and target population: Adults: 1,709 males and 1,899 females
  - Keywords: life satisfaction, set-point, stability
- Gable, S. L. et al. "What Do You Do When Things Go Right? The Intrapersonal and Interpersonal Benefits of Sharing Positive Events." *Journal of Personality and Social Psychology* 87, 2 (2004): pp. 228–245.
- Purpose: To examine the benefits of sharing personal positive events with others.
  - Location and date: United States; no date provided
  - Sample size and target population: Study 1: 154 undergraduate students (age 17 to 26); study 2: 59 heterosexual couples (dating for at least three months) from an unspecified campus; study 3: 178 heterosexual married couples from Rochester, New York; study 4: 99 undergraduate students (age 17 to 49)
  - Keywords: positive events, communication, mental health
- Gallagher, E. N. and D. A. Vella-Brodick. "Social Support and Emotional Intelligence as Predictors of Subjective Well-Being." *Personality and Individual Differences* 44 (2008): pp. 1551–1561.

- Purpose: To examine the role of social support and emotional intelligence in subjective well-being. The study focuses on determining the predictive validity of social support and emotional intelligence on measuring subjective well-being after controlling for personality and socio-demographic variables.
- Location and date: Australia; no date provided
- Sample size and target population: a random sample of 157 participants age 18 to 80
- Keywords: subjective well-being, social support, source of support, emotional intelligence, personality, happiness

Goering, P., D. Wasylenki and J. Durbin. "Canada's Mental Health System." *International Journal of Law and Psychiatry* 23, 3-4 (2000): pp. 345–359.

- Type of article: Commentary
- Keywords: mental health care system, mental illness treatment, mental illness rehabilitation

Government of Canada. *The Human Face of Mental Health and Mental Illness in Canada 2006*. Ottawa, Ont.: Government of Canada, 2006.

- Type of publication: Research report
- Purpose: To increase awareness, knowledge and understanding about issues pertaining to mental health and mental illness in Canada. The report provides information on various types of mental illnesses, mental health and areas of concern for Canada's diverse population.
- Location of publication: Canada
- Keywords: mental illness, mental health, determinants of mental health

Government of Newfoundland and Labrador. *Working Together for Mental Health: A Provincial Policy Framework for Mental Health & Addictions Services in Newfoundland and Labrador*. St. John's, N.L.: Government of Newfoundland and Labrador, 2005.

- Type of publication: Report
- Purpose: Provincial policy framework on mental health and addictions services, it also presents a service accessibility model and an indicator framework.
- Location of publication: Canada
- Keywords: mental health, mental illness

Governor General of Canada. *Speech From the Throne to Open the First Session of the 37th Parliament of Canada*. Ottawa, Ont.: Privy Council Office, Government of Canada, 2001.

- Type of publication: Transcript
- Location of publication: Canada

Graham, C. "Happiness and Health: Lessons—And Questions—For Public Policy." *Health Affairs* 27, 1 (2008): pp. 72–87.

- Type of article: Literature review

- Keywords: economics of happiness, health–happiness relationship, obesity, public health policy

Gravel, R. and Y. Beland. "The Canadian Community Health Survey: Mental Health and Well-Being." *Canadian Journal of Psychiatry* 50, 10 (2005): pp. 573–579.

- Type of article: Commentary
- Purpose: To give an overview of planning, development of the questionnaires, interviewer training and data collection as well as coding processes for cycle 1.2 of the Canadian Community Health Survey (CCHS).
- Keywords: survey, cross-sectional, mental health, well-being

Greaves, C. J. and L. Farbus. "Effects of Creative and Social Activity on the Health and Well-Being of Socially Isolated Older People: Outcomes From a Multi-Method Observational Study." *The Journal of the Royal Society for the Promotion of Health* 126, 3 (2006): pp. 134–142.

- Purpose: To both qualitatively and quantitatively evaluate active interventions designed to promote the development of meaningful social roles among aging populations.
- Location and date: Upstream Healthy Living Centre, United Kingdom; participant selection occurred between July 2003 and December 2004; follow-up analyses at 6 months and 12 months were conducted
- Sample size and target population: 229 participants age 50 and older who are experiencing life transition(s) or change(s)
- Keywords: creative activity, mentoring, older people, social isolation, social networking

Haller, M. and M. Hadler. "How Social Relations and Structures Can Produce Happiness and Unhappiness: An International Comparative Analysis." *Social Indicators Research* 75, 2 (2006): pp. 169–216.

- Purpose: To differentiate life satisfaction and happiness and to examine what factors working at the micro- and macro-social levels influence their levels within national populations.
- Location and date: International; data from the World Values Survey; 1995 to 1997
- Sample size and target population: Data from 41 countries
- Keywords: happiness, international comparison, life satisfaction, social institutions, social structure

Hao, L. and R. W. Johnson. "Economic, Cultural, and Social Origins of Emotional Well-Being." *Research on Aging* 22, 6 (2000): pp. 599–629.

- Purpose: To examine the factors that affect emotional health and well-being among the general population and explore the differences that may occur for immigrant populations.
- Location and date: Data collected throughout the United States in 1992
- Sample size and target population: A random sample of 9,196 individuals (8,852 individuals born in the U.S. and 614 immigrants)
- Keywords: emotional health, well-being, immigrants, midlife

Harden, A. et al. *Young People and Mental Health: A Systematic Review of Research on Barriers and Facilitators*. London, U.K.: EPPI-Centre, 2001.

- Type of publication: Systematic review
- Purpose: To conduct a systematic review of literature on mental health promotion, focusing in particular on the prevention of suicide and self-harm, depression, the promotion of self-esteem and coping strategies. This review integrates findings from both quantitative and qualitative studies.
- Location of publication: United Kingdom
- Keywords: mental health, education, determinants of mental health, health promotion, youth

Health Canada. *Minister Dosanjh Announces That the Government of Canada Will Establish a Canadian Mental Health Commission*. Health Canada, 2005. [Online], from <[http://www.cmha.ca/bins/content\\_page.asp?cid=5-26-951](http://www.cmha.ca/bins/content_page.asp?cid=5-26-951)> .

- Type of publication: News release
- Purpose: The Government of Canada will establish the Canadian Mental Health Commission.
- Location of publication: Canada
- Keywords: Mental Health Commission

Health Canada. *A Report on Mental Illnesses in Canada*. Ottawa, Ont.: Health Canada, 2002.

- Type of publication: Research report
- Purpose: The report describes a number of factors related to mental health and illness in an attempt to raise the profile of these issues across various sectors. Topics include issues related to mental illness stigma, incidence and prevalence rates of major mental illnesses, factors related to causation and issues pertaining to the consequences, prevention and treatment of mental illness.
- Location of publication: Canada
- Keywords: mental illness, mental illness surveillance, mental health

Health Promotion Clearinghouse (HPC). *HPC Resource List: Mental Health Promotion*. Halifax, N.S.: Health Promotion Clearinghouse, 2007.

- Type of publication: Resource list
- Purpose: To provide a list of documents, organizational links and other tools and resources (such as surveys and directories) published or made available to the public concerning the topic of mental health promotion. The list provides author, date, source, short description as well as URL.
- Location of publication: Canada
- Keywords: resource directory, mental health, public health

Healthy U. *What Is Workplace Wellness?* Government of Alberta. [Online], from <<http://www.healthyalberta.com/HealthyPlaces/205.htm>> .

- Type of publication: Information resource

- Purpose: To emphasize the importance and impact of workplace characteristics on the health of both employees and employers. It discusses the roles each of these groups can play in creating a healthy work environment.
- Location of publication: Canada
- Keywords: workplace wellness, healthy workplace, healthy work environment, workplace stress

Helliwell, J. F. and R. D. Putnam. "The Social Context of Well-Being." *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences* 359, 1449 (2004): pp. 1435–1446.

- Purpose: To examine the relationship between social capital and subjective well-being.
- Location and date: International; data from the mid-1980s to 2003
- Sample size and target population: Multiple data sources including the World Values Survey (88,000 observations), the U.S. Social Capital Benchmark Survey (29,000 observations) and Canadian data (7,500 observations)
- Keywords: subjective well-being, social capital, life satisfaction, happiness, trust, suicide

Helliwell, J. F. "How's Life? Combining Individual and National Variables to Explain Subjective Well-Being." *Economic Modelling* 20 (2003): pp. 331–360.

- Purpose: To explore general trends in subjective well-being over the last 20 years of 20th century in multiple countries across the globe.
- Location and date: The World Values Survey was used to collect data from 46 different countries; 1980 to 1982, 1990–1991 and 1995 to 1997
- Sample size and target population: The general population of 46 different countries, consisting of 87,806 observations collected over three waves
- Keywords: subjective well-being, social capital, international comparison

HereToHelp. *Achieving Positive Mental Health*. BC Partners for Mental Health and Addictions Information. [Online], last updated June 2006, from <<http://www.heretohelp.bc.ca/publications/factsheets/positive-mh>> .

- Type of publication: Online resource
- Purpose: To describe how current perceptions of mental health and a failure to take preventive measures can hinder people from achieving positive mental health. The article suggests ways to minimize the impact of mental illness and emphasizes the importance of managing stress.
- Location of publication: Canada
- Keywords: mental illness, mental fitness, positive mental health, prevention of mental illness

Herman, H. and E. Jane-Llopis. "Mental Health Promotion in Public Health." *Promotion & Education* 12, Suppl. 2 (2005): pp. 42–47.

- Type of article: Commentary

- Purpose: To explore misunderstandings and misconceptions in the areas of mental health and mental health promotion. The paper covers actions and strategies that could potentially address these issues and stresses the importance of mental health as integral part of general well-being.
- Keywords: physical health, public health, comorbidity, mental health, mental health promotion

Hodges, S. "Mental Health, Depression, and Dimensions of Spirituality and Religion." *Journal of Adult Development* 9, 2 (2002): pp. 109–115.

- Type of article: Literature review
- Keywords: meaning, bereavement, intrinsic faith, extrinsic faith

Holahan, C. K., C. J. Holahan and N. L. Wonacott. "Psychological Well-Being at Age 80: Health-Related and Psychosocial Factors." *Journal of Mental Health and Aging* 7, 4 (2001): pp. 395–411.

- Purpose: To gain a better understanding of positive, healthy or "robust" aging by examining the relationships between health-related/psychosocial factors and psychological well-being at age 80.
- Location and date: United States; 1992
- Sample size and target population: 399 individuals age 75 to 84 who participated in the Terman Study of the Gifted
- Keywords: psychological well-being, life goals, healthy aging, positive aging

Hunter, J. P. and M. Csikszentmihalyi. "The Positive Psychology of Interested Adolescents." *Journal of Youth and Adolescence* 32, 1 (2003): pp. 27–35.

- Purpose: To explore the effects of interest and engagement in life experiences among students in relation to psychological well-being.
- Location and date: 33 schools in the United States; 1992 (first year of a five-year longitudinal project)
- Sample size and target population: 1,215 high school students
- Keywords: interest, boredom, adolescence, positive psychology, flow theory

Ingersoll, R. E. "Spirituality, Religion, and Counseling: Dimensions and Relationships." *Counseling and Values* 38, 2 (1994): pp. 98–111.

- Type of article: Literature review
- Purpose: To describe different dimensions of spirituality, its relationship to religion and how to incorporate and integrate spiritual issues into counselling.
- Keywords: dimensions of spirituality, spirituality, religion, divinity, counselling

Inglehart, R. et al. "Development, Freedom and Rising Happiness: A Global Perspective (1981-2007)." *Perspectives on Psychological Science* 3, 4 (2008): pp. 264–285.

- Purpose: To examine if happiness levels of nations have risen over time and if certain factors, notably the free choice of individuals, affect the level of happiness.

- Location and date: Data from the World Values Survey and European Values Study; 1981 to 2007
- Sample size and target population: 52 nations
- Keywords: happiness, set-point theory, freedom, social tolerance

Isaacowitz, D. M. "Correlates of Well-Being in Adulthood and Old Age: A Tale of Two Optimisms." *Journal of Research in Personality* 39, 2 (2005): pp. 224–244.

- Purpose: To explore the relationships between optimism, age and well-being.
- Location and date: Philadelphia, Pennsylvania area, United States; no date provided
- Sample size and target population: 280 adult participants in three age groups: 18 to 25, 36 to 59 and 60 and older
- Keywords: well-being, optimism, age

Jane-Llopis, E. "Mental Health Promotion: Concepts and Strategies for Reaching the Population." *Health Promotion Journal of Australia* 18, 3 (2007): pp. 191–197.

- Type of article: Literature review
- Keywords: mental health promotion, public health, mental disorder prevention

Jane-Llopis, E. and M. M. Barry. "What Makes Mental Health Promotion Effective?" *Promotion & Education* 12, Suppl. 2 (2005): pp. 47–54.

- Type of article: Literature review
- Keywords: mental health promotion, evidence-based interventions, health

Jane-Llopis, E. et al. "Mental Health Promotion Works: A Review." *Promotion & Education* 12, Suppl. 2 (2005): pp. 9–25.

- Type of article: Literature review
- Keywords: mental health promotion, mental illness prevention, evidence-based interventions

John, O. P. and J. J. Gross. "Healthy and Unhealthy Emotion Regulation: Personality Processes, Individual Differences, and Life Span Development." *Journal of Personality* 72, 6 (2004): pp. 1301–1333.

- Type of article: Literature review
- Keywords: emotions, emotion regulation, mental health, well-being

Joubert, N. "Promoting the Best of Ourselves: Mental Health Promotion in Canada." *International Journal of Mental Health Promotion* 3, 1 (2001): pp. 35–40.

- Type of article: Commentary
- Keywords: Canada, mental health promotion

Joubert, N. and J. Raeburn. "Mental Health Promotion: People, Power and Passion." *International Journal of Mental Health Promotion* 1, 1 (1998): pp. 15–22.

- Type of article: Commentary/literature review
- Keywords: mental health, mental health promotion

Kaplan, G. A. et al. "Socioeconomic Determinants of Psychological Well-Being: The Role of Income, Income Change, and Income Sources During the Course of 29 Years." *Annals of Epidemiology* 18 (2008): pp. 531–537.

- Purpose: To illustrate the impact of income, income change, change in economic status and other factors on psychological well-being through the measurement of several different dimensions, including purpose in life, self-acceptance, personal growth, environmental mastery and autonomy.
- Location and date: Alameda County, California, United States; 1965
- Sample size and target population: 1,127 respondents age 50 to 102 in 1994 (they all had participated in the Alameda County Study in 1965, 1974, 1983 and 1994)
- Keywords: psychological well-being, socio-economic status

Kashdan, T. B. et al. "Hope and Optimism as Human Strengths in Parents of Children With Externalizing Disorders: Stress Is in the Eye of the Beholder." *Journal of Social and Clinical Psychology* 21, 4 (2002): pp. 441–468.

- Purpose: To examine whether hope and optimism encourage resiliency in parents of kids with behavioural disorders.
- Location and date: Pittsburgh, Pennsylvania, United States; no date provided
- Sample size and target population: A sample of 252 parents of boys age 5 to 12
- Keywords: parents, behaviour disorders, hope, optimism, resiliency

Keleher, H. and R. Armstrong. *Evidence-Based Mental Health Promotion Resource*. Melbourne, Australia: Public Health Group, Victorian Government Department of Human Services, 2005.

- Type of publication: Report
- Purpose: To explore key findings on successful mental health promotion programs that use a population-based approach. The intention of this report is to increase awareness among health care professionals and policy-makers of the importance of promoting the mental health and well-being of the whole population. Strategies for successful program development, implementation and evaluation are provided as well.
- Location of publication: Australia
- Keywords: mental health promotion, evidence-based interventions, population health

Keyes, C. L. M. "Mental Health in Adolescence: Is America's Youth Flourishing?" *The American Journal of Orthopsychiatry* 76, 3 (2006): pp. 395–402.

- Purpose: To examine the prevalence of flourishing mental health, depressive symptoms and psychosocial functioning in youth.
- Location and date: United States; data from the Child Development Supplement of the Panel Study of Income Dynamics; 2003
- Sample size and target population: 1,234 youth age 12 to 18
- Keywords: flourishing, mental health, depression, psychosocial functioning, adolescence

- Keyes, C. L. M. "Mental Illness and/or Mental Health? Investigating Axioms of the Complete State Model of Health." *Journal of Consulting and Clinical Psychology* 73, 3 (2005): pp. 539–548.
- Purpose: To explore the prevalence of positive mental health (flourishing) and its relationship to mental illness and psychosocial functioning.
  - Location and date: United States; data from the Midlife in the United States Survey; 1994–1995
  - Sample size and target population: 3,032 adults age 25 to 74
  - Keywords: flourishing, depression, mental health, mental illness, mental disorder, psychopathology
- Keyes, C. L. M. and C. D. Ryff. "Subjective Change and Mental Health: A Self-Concept Theory." *Social Psychology Quarterly* 63, 3 (2000): pp. 264–279.
- Purpose: To examine perceived improvements and perceived declines in life-domain functioning on mental health.
  - Location and date: 48 states, United States; 1993
  - Sample size and target population: A probability sample of 1,108 individuals (age 25 or older and non-institutionalized)
  - Keywords: self-concept theory, life-domain functioning
- Keyes, C. L. M. "Social Well-Being." *Social Psychology Quarterly* 61, 2 (1998): pp. 121–140.
- Purpose: To empirically explore a social model of well-being with an emphasis on understanding the role of positive social health.
  - Location and date: Study 1: Dane County, Wisconsin, United States—data collected from April to June 1994; study 2: 48 contiguous states of United States—data collected from January 1995 to February 1997
  - Sample size and target population: Study 1: a random-digit-dialing sample of 235 adults; study 2: 1,850 random-digit-dialing sample of non-institutionalized English speaking adults age 25 to 74
  - Keywords: social well-being, social health
- Kilmer, R. P., E. L. Cowen and P. A. Wyman. "A Micro-Level Analysis of Developmental, Parenting, and Family Milieu Variables That Differentiate Stress-Resilient and Stress-Affected Children." *Journal of Community Psychology* 29, 4 (2001): pp. 391–416.
- Purpose: To explore the factors that influence resiliency to stress among children.
  - Location and date: United States; no date provided
  - Sample size and target population: 253 parents of children classified as stress-resilient or stress-affected (in grades 2 to 3 or 4 to 6)
  - Keywords: stress, resiliency, children
- King, L. A. "The Hard Road to the Good Life: The Happy, Mature Person." *Journal of Humanistic Psychology* 41, 1 (2001): pp. 51–72.
- Type of article: Literature review
  - Keywords: happiness, maturity, older adults, well-being

Kirby, M. J. L. and W. J. Keon. *Out of the Shadow at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada*. Ottawa, Ont.: The Standing Senate Committee on Social Affairs, Science and Technology, 2006.

- Type of publication: Senate report
- Purpose: To discuss mental health, mental illness and addictions in Canada. The report is a comprehensive examination of mental health issues and covers such areas as implementing a national action plan for mental health, developing a pan-Canadian mental health commission and developing a mental health transition fund, as well as previous, current and future research and strategies on how to provide better support to vulnerable populations and the Canadian population as a whole.
- Location of publication: Canada
- Keywords: mental health, national mental health initiatives

Kirmayer, L., C. Simpson and M. Cargo. "Healing Traditions: Culture, Community and Mental Health Promotion With Canadian Aboriginal Peoples." *Australasian Psychiatry* 11, s1 (2003): s15–s23.

- Type of article: Literature review
- Keywords: culture, health promotion, First Nations, Inuit, Métis, residential schools, trauma, youth

Kirmayer, L. J. et al. "Appendix B. Description of Programs Reviewed." In *Suicide Prevention and Mental Health Promotion in First Nations and Inuit Communities*. Montréal, Que.: Institute of Community and Family Psychiatry, 1999.

- Type of publication: Research report
- Purpose: Appendix B of this report consists of short descriptions, including key features of programs reviewed in the report. The type of evaluations that were carried out ("anecdotal, systematic qualitative/systematic quantitative or controlled") for individual programs is also included.
- Location of publication: Canada
- Keywords: prevention, strategies, risk factors, protective factors, mental health promotion, suicide

Klumb, P. L. and M. M. Baltes. "Adverse Life Events in Late Life: Their Manifestation and Management in Daily Life." *International Journal of Stress Management* 11, 1 (2004): pp. 3–20.

- Purpose: To explore the relationships among major life events, reoccurring events, daily activities and subjective well-being.
- Location and date: Berlin, Germany; no date provided
- Sample size and target population: 50 adults age 73 to 93
- Keywords: life events, active coping, subjective well-being

Koenig, H. G. "Religion and Medicine II: Religion, Mental Health, and Related Behaviors." *International Journal of Psychiatry in Medicine* 31, 1 (2001): pp. 97–109.

- Type of article: Systematic review

- Keywords: religion, spirituality, psychology, social support, addictions

Koplan, C. et al. "Prevention Psychiatry." *Psychiatric Annals* 37, 5 (2007): pp. 319–328.

- Type of article: Literature review
- Keywords: disease prevention, health promotion, public health

Korkeila, J. et al. "Establishing a Set of Mental Health Indicators for Europe." *Scandinavian Journal of Public Health* 31, 6 (2003): pp. 451–459.

- Type of article: Literature review
- Purpose: To conduct a literature review to identify potential indicators that could aid in more effective and comprehensive approaches to mental health promotion among European Union nations.
- Keywords: health monitoring, indicators, mental health

Krause, N. "Longitudinal Study of Social Support and Meaning in Life." *Psychology and Aging* 22, 3 (2007): pp. 456–469.

- Purpose: To examine the relationship between social support and meaning in life.
- Location and date: United States; 2002 to 2005
- Sample size and target population: A random sample of 959 non-institutionalized and retired seniors
- Keywords: existential meaning, anticipated support, negative interaction

Krause, N. "Lifetime Trauma, Emotional Support, and Life Satisfaction Among Older Adults." *The Gerontologist* 44, 5 (2004): pp. 615–623.

- Purpose: To examine the effects of traumatic events and emotional support on life satisfaction in older adults.
- Location and date: United States; 2003
- Sample size and target population: 1,518 adults age 65 and older divided into three age groups: 65 to 74, 75 to 84 and 85 +
- Keywords: traumatic life events, life satisfaction, emotional support

Lakaski, C. *Operationalizing Mental Health for Population Mental Health Promotion*. Public Health Agency of Canada. Ottawa, Ont.: Mental Health Promotion Unit, PHAC, Date unknown.

- Type of publication: Discussion paper
- Purpose: To advocate for the development of a measurement strategy for mental health using a standard definition.
- Location of publication: Canada
- Keywords: mental health, mental health promotion

Lamontagne, F. *Case Study: Healthy Workplace Programs Petro-Canada Burrard Products Terminal Port Moody, British Columbia*. Ottawa, Ont.: Canadian Labour and Business Centre, 2002.

- Type of publication: Case study

- Purpose: To evaluate the effectiveness of healthy workplace strategies implemented at the Petro-Canada Burrard Products Terminal.
- Location of publication: Canada
- Keywords: workplace wellness, well-being, empowerment

Lansford, J. E. et al. "Does Family Structure Matter? A Comparison of Adoptive, Two-Parent Biological, Single-Mother, Stepfather, and Stepmother Households." *Journal of Marriage and Family* 63 (2001): pp. 840–851.

- Purpose: To examine the differences in familial relationships within different family structures, such as two biological parents, single mothers, stepfathers and stepmothers. Emphasis was placed on the examination of adoptive households.
- Location and date: United States; 1992 to 1994
- Sample size and target population: A random sample of 799 families
- Keywords: family structure, family relationships, adoptive households

Leary, M. R. et al. "Self-Compassion and Reactions to Unpleasant Self-Relevant Events: The Implications of Treating Oneself Kindly." *Journal of Personality and Social Psychology* 92, 5 (2007): pp. 887–904.

- Purpose: The article is composed of five studies that examine the role of self-compassion in coping with negative life events.
- Location and date: United States; no date provided
- Sample size and target population: Study 1: 117 undergraduate students; study 2: 123 students; study 3: 66 undergraduate students; study 4: 102 students; study 5: 115 undergraduate students
- Keywords: self-compassion, self-evaluation, self-esteem, self-criticism, coping

LeCroy, C. W. "Evaluation of an Empowerment Program for Early Adolescent Girls." *Adolescence* 39, 155 (2004): pp. 427–441.

- Purpose: To evaluate the Go Grrrls program, an intervention designed specifically to assist girls in early adolescence with healthy psychosocial development.
- Location and date: Suburban area of the Southwestern United States; no date provided
- Sample size and target population: 23 girls in intervention (treatment) group and 32 girls in control group
- Keywords: girls, adolescence, intervention, psychosocial development, coming of age, developmental tasks

Lee, C. and H. Gramotnev. "Life Transitions and Mental Health in a National Cohort of Young Australian Women." *Developmental Psychology* 43, 4 (2007): pp. 877–888.

- Purpose: To explore the relationship between psychological well-being and four major life transitions periods: residential independence, relationships, study and work, and motherhood.
- Location and date: Australia; 2000 and 2003

- Sample size and target population: A sample of 7,619 Australian women, age 22 to 30
- Keywords: young adulthood, women, Australia, mental health, life transitions

Legault, L., M. Anawati and R. Flynn. "Factors Favoring Psychological Resilience Among Fostered Young People." *Children and Youth Services Review* 28, 9 (2006): pp. 1024–1038.

- Purpose: To create a predictive model of psychological adjustment for youth in out-of-home care.
- Location and date: Canada; 2002–2003
- Sample size and target population: 220 youth age 14 to 17 residing in out-of-home care: 110 males and 100 females
- Keywords: resilience (psychological), foster children, out-of-home care, emotional adjustment, behaviour problems

Leskiw and Associates. *Nobody's Perfect Manitoba Outcome Evaluation - Highlights of the Final Report*. Winnipeg, Man.: 2002.

- Type of publication: Program evaluation
- Purpose: To highlight the findings of the evaluation of the Nobody's Perfect program in Manitoba.
- Location of publication: Canada
- Keywords: Nobody's Perfect program

Licence, K. "Promoting and Protecting the Health of Children and Young People." *Child: Care, Health, Development* 30, 6 (2004): pp. 623–635.

- Type of article: Literature review
- Keywords: health promotion, obesity, mental health, injury

Lim, K. et al. "A New Population-Based Measure of the Economic Burden of Mental Illness in Canada." *Chronic Diseases in Canada* 28, 3 (2008): pp. 92–98.

- Purpose: To estimate the economic burden of mental illness in Canada.
- Location and date: Canada; 1998
- Sample size and target population: Data from Statistics Canada's National Population Health Survey
- Keywords: depression, distress, economic cost

Lohman, B. J. and P. A. Jarvis. "Adolescent Stressors, Coping Strategies, and Psychological Health Studied in the Family Context." *Journal of Youth and Adolescence* 29, 1 (2000): pp. 15–43.

- Purpose: To study stress, coping abilities and mental health of adolescents in the family environment.
- Location and date: United States; no date provided
- Sample size and target population: 42 adolescents and their parents (27 male, 15 female, 40 fathers and 41 mothers)
- Keywords: coping, health, family, stress

- Lopes, P. N. et al. "Emotion Regulation Abilities and the Quality of Social Interaction." *Emotion* 5, 1 (2005): pp. 113–118.
- Purpose: To examine the relation between one's ability to regulate emotions and the quality of social interactions.
  - Location and date: Yale University, New Haven, Connecticut, United States; no date provided
  - Sample size and target population: 76 undergraduate students at Yale University
  - Keywords: emotional intelligence, emotion regulation, personality, social interaction
- Lopes, P. N. et al. "Emotional Intelligence and Social Interaction." *Personality and Social Psychology Bulletin* 30, 8 (2004): pp. 1018–1034.
- Purpose: To examine potential relationships that exist between an individual's ability to manage emotions and the quality of his or her interactions with peers and individuals of the opposite sex.
  - Location and date: United States and Germany; no date provided
  - Sample size and target population: Study 1: 118 university students (26 male, 92 female), New Hampshire; study 2: 103 undergraduate students of Chemnitz University of Technology, Germany
  - Keywords: emotional intelligence, emotions, personality, social competence, social relationships
- Lowe, G. and G. Schellenberg. *What's a Good Job? The Importance of Employment Relationships*. Ottawa, Ont.: Renouf Publishing Co., Ltd., 2001.
- Type of publication: Report
  - Purpose: To explore the association between employment relationships and well-being in Canada. Relationship dimensions included those among workers and employers, business clients and other work settings.
  - Location of publication: Canada
  - Keywords: employment relationships, well-being
- Lucas, R. E. et al. "Unemployment Alters the Set Point for Life Satisfaction." *Psychological Science* 15, 1 (2004): pp. 8–13.
- Purpose: To examine the role that employment/unemployment plays in individual levels of life satisfaction.
  - Location and date: Germany; German Socio-Economic Panel Study, waves 1 to 15
  - Sample size and target population: More than 24,000 individuals participated in the study; 5,184 participants responded being unemployed in at least one wave of the study
  - Keywords: unemployment, set-point, life satisfaction
- Luthar, S., D. Cicchetti and B. Becker. "The Construct of Resilience: A Critical Evaluation and Guidelines for Future Work." *Child Development* 71, 3 (2000): pp. 543–562.
- Type of article: Literature review

- Keywords: resilience, competence, adversity

Lyubomirsky, S., C. Tkach and M. R. Dimatteo. "What Are the Differences Between Happiness and Self-Esteem?" *Social Indicators Research* 78 (2006): pp. 363–404.

- Purpose: To examine the constructs of self-esteem and happiness.
- Location and date: California, United States; no date provided
- Sample size and target population: A random sample of 621 individuals age 51 to 95 (these individuals had all retired from the same company in California)
- Keywords: affect, agency, happiness, personality, self-esteem, subjective well-being

Lyubomirsky, S., L. Sousa and R. Dickerhoof. "The Costs and Benefits of Writing, Talking, and Thinking About Life's Triumphs and Defeats." *Journal of Personality and Social Psychology* 90, 4 (2006): pp. 692–708.

- Purpose: To examine the effects of communicating significant life events through writing, talking or independent thinking.
- Location and date: California, United States; no date provided
- Sample size and target population: Study 1: 96 undergraduate psychology students; study 2: 111 undergraduate psychology students; study 3: 112 undergraduate students (all the participants were from the University of California)
- Keywords: positive experience, health, well-being, rumination, expressive writing

Lyubomirsky, S., K. M. Sheldon and D. Schkade. "Pursuing Happiness: The Architecture of Sustainable Change." *Review of General Psychology* 9, 2 (2005): pp. 111–131.

- Type of article: Literature review (framework proposal)
- Purpose: The study proposes a model of happiness consisting of three major factors (genetically determined set point for happiness, happiness-relevant circumstantial factors and happiness-relevant activities and practices). Ways to sustainably increase happiness are also explored.
- Keywords: pursuit of happiness, happiness, happiness interventions

Mackay, R. "The Impact of Family Structure and Family Change on Child Outcomes: A Personal Reading of the Research Literature." *Social Policy Journal of New Zealand* 24 (2005): pp. 111–133.

- Type of article: Literature review
- Keywords: well-being, family structure, conflict

Maddi, S. R. et al. "The Personality Construct of Hardiness: II. Relationships With Comprehensive Test of Personality and Psychopathology." *Journal of Research in Personality* 36, 1 (2002): pp. 72–85.

- Purpose: To explore hardiness in relation to mental health.
- Location and date: Southern California, United States; no date provided

- Sample size and target population: Study 1: 69 adults; study 2: 102 adults
- Keywords: hardiness, mental health, mental illness

Magyary, D. "Positive Mental Health: A Turn of the Century Perspective." *Issues in Mental Health Nursing* 23 (2002): pp. 221–349.

- Type of article: Literature review
- Keywords: mental health, mental illness prevention

Main, L. *The Future of Mental Health: A Vision for 2015*. London, England: The Sainsbury Centre for Mental Health, 2006.

- Type of publication: Policy paper
- Purpose: To provide a general overview of the status of mental health and mental health promotion in the United Kingdom and to suggest appropriate policies and approaches over the next 10 years to better serve populations at risk as well as the population as a whole.
- Location of publication: United Kingdom
- Keywords: mental health, mental well-being, support, equality

Mangham C. et al. *Resiliency: Relevance to Health Promotion- Detailed Analysis*. (Canada's Drug Strategy) Ottawa, Ont.: Health Canada, 1995.

- Type of publication: Report (analysis)
- Purpose: To define and review research on the concept of resiliency. The report also examines the application of resiliency theory and research in health promotion programming and policy.
- Location of publication: Canada
- Keywords: resiliency, health, health promotion programming and policy

Mangham, C. et al. "Definition and Theoretical Issues." In *Resiliency: Relevance to Health Promotion - Detailed Analysis*. (Canada's Drug Strategy) Ottawa, Ont.: Health Canada, 1995.

- Type of publication: Book chapter
- Purpose: To examine the concept of resiliency and its relevance to health promotion. The authors illustrate both theory and research in the area of resiliency as well as its application in health promotion programming and policy.
- Location of publication: Canada
- Keywords: health promotion, resiliency, Canada's drug strategy

Masten, A. S. et al. "Resources and Resilience in the Transition to Adulthood: Continuity and Change." *Development and Psychopathology. Special Issue: Transition From Adolescence to Adulthood* 16, 4 (2004): pp. 1071–1094.

- Purpose: To examine patterns of adaptive behaviour among youth who transition to adulthood.
- Location and date: Minneapolis, United States; longitudinal data from a study of competence and resilience with baseline data from the late 1970s
- Sample size and target population: 173 children (73 males and 100 females)
- Keywords: transition to adulthood, adaptive behaviour, youth

- Masten, A. S. and D. J. Coatsworth. "The Development of Competence in Favorable and Unfavorable Environments." *American Psychologist* 53, 2 (1998): pp. 205–220.
- Type of article: Literature review
  - Keywords: resilience, self-regulation, adversity
- Mathiesen, K. S. and M. Prior. "The Impact of Temperament Factors and Family Functioning on Resilience Processes From Infancy to School Age." *European Journal of Developmental Psychology* 3, 4 (2006): pp. 357–387.
- Purpose: To examine how both risk and supportive factors within children and their families in early childhood influence outcomes related to behavioural problems and social competence at age 8.
  - Location and date: Norway; no date provided
  - Sample size and target population: A random sample of 401 (nationally representative) mothers
  - Keywords: infancy, children, resilience, family risk factors, behaviour problems, social competence, supportive factors
- Mayer, J. D., R. D. Roberts and S. G. Barsade. "Human Abilities: Emotional Intelligence." *Annual Review of Psychology* 59 (2008): pp. 507–536.
- Type of article: Literature review
  - Keywords: emotional intelligence, cognitive abilities, emotional knowledge, emotional perception, psychological assessment
- Mayer, J. D. and P. Salovey. "What Is Emotional Intelligence?" In *Emotional Development and Emotional Intelligence: Educational Implications*. Eds. P. Salovey and D. J. Sluyter. New York, New York: BasicBooks, 1997.
- Type of publication: Book chapter
  - Purpose: To review the concept of emotional intelligence and examine its scope, measurement and development. The chapter also provides a new definition of emotional intelligence and discusses its application in real-world environments.
  - Location of publication: United States
  - Keywords: emotional intelligence, emotions
- McAllister, C. L. and T. Thomas. "Infant Mental Health and Family Support: Contributions of Early Head Start to an Integrated Model for Community-Based Early Childhood Programs." *Infant Mental Health Journal* 28, 2 (2007): pp. 192–215.
- Type of article: Qualitative article
  - Purpose: To describe various strategies and challenges encountered during the implementation of the Early Head Start program—a program using infant mental health principles that focuses on those living with significant economic, social and psychological stressors.
  - Keywords: Early Head Start, infant mental health, toddler mental health, family support

McCubbin, M. et al. *Mental Health Is Our Collective Wealth - A Discussion Paper*. Ottawa, Ontario: Health Canada, 2005.

- Type of publication: Discussion paper
- Purpose: This paper presents a framework for population mental health and presents various mental health–related issues using a population health perspective.
- Location of publication: Canada
- Keywords: mental health, positive mental health

McCullough, G., E. S. Huebner and J. E. Laughlin. "Life Events, Self-Concept, and Adolescents' Positive Subjective Well-Being." *Psychology in the Schools* 37, 3 (2000): pp. 281–290.

- Purpose: To examine the association between well-being in adolescents and factors related to self-concept and experience of various life events.
- Location and date: Southeastern state of United States; no date provided
- Sample size and target population: 92 students of private high schools (grades 9 through 12) located in a metropolitan area of a southeastern state
- Keywords: subjective well-being, adolescents, self-concept, life events

Mental Health and Addictions. *Developing of a Mental Health and Addictions Information Plan for Mental Health Literacy 2003-2005*. Victoria, B.C.: Ministry of Health Services/Health Planning, 2003.

- Type of publication: Report
- Purpose: To outline a Mental Health and Addictions Information Plan for British Columbia.
- Location of publication: Canada
- Keywords: British Columbia, mental health, resiliency, wellness, public health system

Mental Health Commission of Canada. *The Mental Health Commission of Canada*. MHCC. [Online], from <<http://www.mentalhealthcommission.ca/mhcc-en.php>> .

- Type of publication: Online resource
- Purpose: To provide an overview of the Mental Health Commission of Canada.
- Location of publication: Canada
- Keywords: mental health, mental health commission

Mental Health Promotion Unit. "The Proceedings of a Workshop on Mental Health Promotion." Presented at *A Workshop on Mental Health Promotion* in Toronto, Ontario, on June 20–21, 1996.

- Type of publication: Workshop proceedings report
- Purpose: The workshop was designed to examine and build consensus on a definition of mental health promotion and to explore the effectiveness of approaches that use mental health promotion principles.
- Location of publication: Canada
- Keywords: mental health promotion, mental health

Mental Health Working Group et al. *Mental Wellness Framework: A Discussion Document for Comprehensive Culturally Appropriate Mental Health Services in First Nations and Inuit Communities*. Ottawa, Ont.: Health Canada, 2002.

- Type of publication: Discussion document/framework
- Purpose: To provide First Nations and Inuit communities with a model designed to improve the quality of, and access to, programming and services. The framework recognizes the importance of mental wellness and approaches that are comprehensive, culturally appropriate, community-based and holistic.
- Location of publication: Canada
- Keywords: mental wellness, First Nations, Inuit

Milan, A. "Taking Charge: Perceptions of Control Over Life Chances." *Canadian Social Trends* 81 (2006): pp. 10–13. [Online], from <[http://www.statcan.ca/english/freepub/11-008-XIE/2006001/PDF/mastery\\_81.pdf](http://www.statcan.ca/english/freepub/11-008-XIE/2006001/PDF/mastery_81.pdf)>. Catalogue no. 11-008.

- Type of publication: Analytic report
- Purpose: To study perceptions of sense of control on life among Canadians age 15 and older (sample of 22,600 individuals).
- Location of publication: Canada
- Keywords: sense of control, perceptions, life satisfaction, sense of mastery

Minister of National Health and Welfare. *Mental Health for Canadians: Striking a Balance*. Ottawa, Ont.: Minister of Supply and Services Canada, 1988.

- Type of publication: Report
- Purpose: To provide a definition of mental health and to discuss the challenge of reducing inequities, increasing prevention and enhancing coping. It also provides a set of principles that can assist in the development and revision of policies and programs related to mental health.
- Location of publication: Canada
- Keywords: mental health, inequities, mental illness prevention, coping

Ministry of Children and Family Development. *Friends for Life - Friends in BC Schools*. B.C.: Australian Academic Press Ltd., 2007.

- Type of publication: Program description
- Purpose: To present the FRIENDS for Life program, which aims to reduce anxiety and improve resilience among children.
- Location of publication: Canada
- Keywords: mental health, anxiety, resilience, children

Mittelmark, M. B. "Why 'Mental' Health Promotion?" *Promotion & Education* 12, Suppl. 2 (2005): pp. 55–57.

- Type of article: Commentary
- Keywords: mental disorder prevention, mental health promotion

Mittelmark, M. B. "Five Strategies for Workforce Development for Mental Health Promotion." *Promotion & Education* 10, 1 (2003): pp. 20–22, 40, 47.

- Type of article: Literature review
- Keywords: mental health promotion, education, public policy

Moodie, R. and R. Jenkins. "I'm From the Government and You Want Me to Invest in Mental Health Promotion. Well Why Should I?" *Promotion & Education* 12, Supplement 2, (2005): pp. 37–41, 63, 69.

- Type of article: Commentary
- Keywords: mental health, health promotion, social cohesion, discrimination, participation

Mookerjee, R. and K. Beron. "Gender, Religion and Happiness." *The Journal of Socio-Economics* 34, 5 (2005): pp. 674–685.

- Purpose: To examine the effect of religion and gender on happiness levels.
- Location and date: Data from the World Database of Happiness; 1998
- Sample size and target population: Examines happiness within 60 countries (26 industrialized and 34 developing)
- Keywords: happiness, gender, religion

Mussell, W. J. *Warrior-Caregivers: Understanding the Challenges and Healing of First Nations Men*. Ottawa, Ont.: Aboriginal Healing Foundation, 2005.

- Type of publication: Report
- Purpose: To provide information on mental health, well-being and growth to First Nations men.
- Location of publication: Canada
- Keywords: First Nations, well-being, health

Mussell, B., K. Cardiff and J. White. *The Mental Health and Well-Being of Aboriginal Children and Youth: Guidance for New Approaches and Services*. (Volume 1 Report 9.) Vancouver, B.C.: The Sal'i'shan Institute and The University of British Columbia, 2004.

- Type of publication: Report
- Purpose: To provide a summary of research and other relevant literature concerning the mental health needs of Aboriginal children and youth.
- Location of publication: Canada
- Keywords: mental health, well-being

Myers, D. G. "The Funds, Friends, and Faith of Happy People." *American Psychologist* 55, 1 (2000): pp. 56–67.

- Type of article: Literature review
- Keywords: happiness, life satisfaction, subjective well-being

Nation, M. et al. "What Works in Prevention: Principles of Effective Prevention Programs." *American Psychologist* 58, 6/7 (2003): pp. 449–456.

- Type of article: Literature review
- Keywords: prevention strategies, interventions

National Health Service Quality Improvement Scotland. *Improving the Quality of Mental Health Services in Scotland: A Strategic Work Programme 2005-2008*. Edinburgh, Scotland: NHS Quality Improvement Scotland, 2005.

- Type of publication: Report
- Purpose: To provide an overview of an approach that supports mental health services as well as the people using those services. The report focuses on agencies cooperating and working interactively across various levels from planning through to implementation. It was released during a time when Scotland Health Services was reorienting and readjusting to a newly introduced *Mental Health Act*.
- Location of publication: Scotland
- Keywords: mental health services, support groups, quality improvement, mental health legislation

Nelson, G. "Mental Health Policy in Canada." In *Canadian Social Policy: Issues and Perspectives*. Ed. Anne Westhues. Waterloo, Ont.: Wilfrid Laurier University Press, 2006.

- Type of publication: Book chapter
- Purpose: To examine and analyze Canadian mental health policies, with an emphasis on the adult population.
- Location of publication: Canada
- Keywords: policy, mental health, mental illness

Nelson, G. et al. "Partnerships and Participation of Community Residents in Health Promotion and Prevention: Experiences of the Highfield Community Enrichment Project (Better Beginnings, Better Futures)." *Journal of Health Psychology* 9, 2 (2004): pp. 213–227.

- Type of article: Qualitative article
- Purpose: To provide an overview of community health psychology concepts and develop a means to enhance community members' participation in promotion/prevention projects. The article focuses specifically on disadvantaged members of communities.
- Keywords: citizen participation, community partnerships, mental illness prevention

Nelson, G., J. Lord and J. Ochocka. "Living With Change: Themes and Lessons From Shifting the Paradigm." In *Shifting the Paradigm in Community Mental Health: Towards Empowerment and Community*. Toronto, Ont.: University of Toronto Press, 2001.

- Type of publication: Book chapter
- Purpose: To provide reflection on the paradigm shift in community mental health in Ontario, particularly the Kitchener–Waterloo region.
- Location of publication: Canada
- Keywords: mental health, empowerment, community-based services

Nevin, S. et al. "Factors Related to Well-Being in Irish Adolescents." *The Irish Journal of Psychology* 26, 3/4 (2005): pp. 123–136.

- Purpose: To examine various factors associated with well-being and life satisfaction in youth.
- Location and date: Ireland; no date provided
- Sample size and target population: 294 Irish adolescents (age 15 to 18)
- Keywords: Ireland, adolescence, youth, life satisfaction, well-being

New Brunswick Wellness, Culture and Sport. *Wellness Strategy Framework*. [Online], from <<http://www.gnb.ca/0131/wellness-e.asp>> .

- Type of publication: Policy framework
- Purpose: To present New Brunswick's wellness strategy framework.
- Location of publication: Canada
- Keywords: well-being, culture, sport

Nezlek, J. B. and M. R. Allen. "Social Support as a Moderator of Day-to-Day Relationships Between Daily Negative Events and Daily Psychological Well-Being." *European Journal of Personality* 20, 1 (2006): pp. 53–68.

- Purpose: To study factors influencing students' well-being, including depressive symptoms and positive life events.
- Location and date: Virginia, United States; no date provided
- Sample size and target population: 153 undergraduate students from the College of William & Mary
- Keywords: well-being, self-esteem, depressive symptoms, social support, positive events

Nobody's Perfect Manitoba. *Nobody's Perfect Program Description*. Winnipeg, Man.: Youville Centre. [Online], from <[http://www.nobodysperfect.ca/np\\_e/about\\_description.html](http://www.nobodysperfect.ca/np_e/about_description.html)> .

- Type of publication: Program description
- Purpose: To describe the Nobody's Perfect program by providing detailed information concerning the target group of the program, background information, program principles, how the program functions and research related to program effectiveness.
- Location of publication: Canada
- Keywords: Nobody's Perfect, mental health promotion, evidence-based interventions

Nooney, J. and E. Woodrum. "Religious Coping and Church-Based Social Support as Predictors of Mental Health Outcomes: Testing a Conceptual Model." *Journal for the Scientific Study of Religion* 41, 2 (2002): pp. 359–368.

- Purpose: To examine possible factors that may explain the connection between religious beliefs and improved mental health.
- Location and date: United States; data from the 1998 General Social Survey
- Sample size and target population: 337 individuals who are religiously affiliated

- Keywords: religious coping, church-based social support, religion, mental health

Nova Scotia Health. *Our Peace of Mind: Mental Health Promotion, Prevention and Advocacy Strategy and Framework for Nova Scotia*. Province of Nova Scotia, 2004.

- Type of publication: Policy strategy/framework
- Purpose: This report focuses on issues related to mental and emotional health, including those pertinent to mental illness prevention, mental health promotion and advocacy. Building on a discussion of these issues, the framework also provides suggested processes and templates to implement activities in these areas.
- Location of publication: Canada
- Keywords: mental health promotion, mental illness prevention

Nunavut Health and Social. *Social Services Within Nunavut*. Government of Nunavut. [Online], from <<http://www.gov.nu.ca/health/ssw.pdf>> .

- Type of publication: Policy overview
- Purpose: To provide an overview of the role of social workers in Nunavut, available programs and relevant social service legislation.
- Location of publication: Canada
- Keywords: social services, Nunavut

O'Leary, V. E. "Strength in the Face of Adversity: Individual and Social Thriving." *Journal of Social Issues* 54, 2 (1998): pp. 425–446.

- Type of article: Literature review
- Keywords: social resources, resilience, social thriving

O'Leary, V. E. and J. R. Ickovics. "Resilience and Thriving in Response to Challenge: An Opportunity for a Paradigm Shift in Women's Health." *Women's Health: Research on Gender, Behavior and Policy* 1, 2 (1995): pp. 121–142.

- Type of article: Literature review
- Keywords: women, resilience, thriving

Office of the Prime Minister. *Mental Health Commission of Canada – Media Backgrounder*. Ottawa, Ont.: Office of the Prime Minister, August 31, 2007. [Online], from <<http://pm.gc.ca/eng/media.asp?id=1807>> .

- Type of publication: Media backgrounder
- Location of publication: Canada
- Keywords: Mental Health Commission

Ong, A. D. et al. "Personality Processes and Individual Differences: Psychological Resilience, Positive Emotions, and Successful Adaptation to Stress in Later Life." *Journal of Personality and Social Psychology* 91, 4 (2006): pp. 730–749.

- Purpose: To investigate the role of positive emotions and resilience in dealing with naturally occurring daily stressors and recovering from traumatic life events.

- Location and date: Northern Indiana, United States; no date given
- Sample size and target population: Randomly selected 27 individuals who participated in the Notre Dame Family Study of Aging (a proband sample of 226 individuals); participants were age 62 to 80
- Keywords: adaptation, positive emotion, recovery, resilience, stress, trauma

Optimistic Kids & North Eastern Psychological Services. *An Overview of Optimism in Psychological Research*. Optimistic Kids. [Online], from <<http://www.optimistickids.com.au/pdf/Optimism%20research.pdf>> .

- Type of publication: Literature review
- Purpose: To explain the evidence and research base used to develop the intervention program Optimistic Kids. The review highlights that optimism can be taught and learned at a very young age and will help individuals learn and grow from negative life events.
- Location of publication: Australia
- Keywords: optimism, evidence-based interventions, positive psychology, resilience

Ostir, G. V. et al. "Hypertension in Older Adults and the Role of Positive Emotions." *Psychosomatic Medicine* 68, 5 (2006): pp. 727–733.

- Purpose: To examine if having a high level of positive emotion was associated with lower blood pressure levels.
- Location and date: Arizona, California, Colorado, New Mexico and Texas, United States; baseline interview was in 1993–1994
- Sample size and target population: 2,564 Mexican-Americans age 65 and older
- Keywords: hypertension, blood pressure, aging, positive emotion, Mexican-Americans

Ostir, G. V. et al. "Emotional Well-Being Predicts Subsequent Functional Independence and Survival." *Journal of American Geriatrics Society* 48, 5 (2000): pp. 473–478.

- Purpose: To examine the relationship between positive affect and the health of older Mexican-Americans as measured by ability to function and mortality.
- Location and date: Arizona, California, Colorado, New Mexico and Texas, United States; 1993–1994 and 1995–1996
- Sample size and target population: 2,282 Mexican-Americans age 65 to 99
- Keywords: positive affect, aging, Mexican-American, functional ability, mortality

Ott, J. "Level and Inequality of Happiness in Nations: Does Greater Happiness of a Greater Number Imply Greater Inequality in Happiness?" *Journal of Happiness Studies* 6 (2005): pp. 697–420.

- Purpose: To explore the possible associations between levels of happiness and inequality within nations. The article also explores policy implications based on utilitarian and egalitarian perspectives.
- Location and date: Data gathered from 78 nations; 1999 to 2001

- Sample size and target population: Representative samples from the general population of 78 nations
- Keywords: happiness, life satisfaction, income, wealth, utilitarianism, egalitarianism

Palmer, G. and W. Braud. "Exceptional Human Experiences, Disclosure, and a More Inclusive View of Physical, Psychological, and Spiritual Well-Being." *Journal of Transpersonal Psychology* 34, 1 (2002): pp. 29–59.

- Purpose: To examine the relationship between exceptional human experiences and physical/mental well-being.
- Location and date: United States; no date provided
- Sample size and target population: 70 individuals in good health (no recent major operations or illnesses) with a history of stable mental health
- Keywords: exceptional human experiences, well-being, disclosure

Pape, B. *Mental Health Promotion: A Review of Literature*. Ottawa, Ont.: Canadian Mental Health Association, Ontario, 2006.

- Type of publication: Literature review
- Location of publication: Canada
- Keywords: mental health promotion, healthy public policy, evidence-based interventions

Pape, B. and J. P. Galipeault. *Mental Health Promotion for People With Mental Illness: A Discussion Paper*. Ottawa, Ont.: Mental Health Promotion Unit of Health Canada, 2002.

- Type of publication: Discussion paper
- Purpose: To synthesize current concepts related to mental health promotion and explore various needs and potential areas of research in this field.
- Location of publication: Canada
- Keywords: mental health promotion, health promotion, mental illness

Paquet, C., M. Kergoat and L. Dubé. "The Role of Everyday Emotion Regulation on Pain in Hospitalized Elderly: Insights From a Prospective Within-Day Assessment." *Pain* 115, 3 (2005): pp. 355–363.

- Purpose: To examine if emotion regulation has an effect on the pain intensity of hospitalized older adults.
- Location and date: Canada; no date provided
- Sample size and target population: 30 participants age 65 and older
- Keywords: emotion regulation, elderly, self-management

Parent, K., M. Anderson and L. Huestis. *Supporting Seniors' Mental Health Through Home Care: A Policy Guide*. Toronto, Ont.: Canadian Mental Health Association, 2002.

- Type of publication: Policy guide
- Purpose: To explore potential ways to improve mental health among seniors through key changes to the policies that govern home care services and the operationalization of the home care system in Canada.

- Location of publication: Canada
- Keywords: mental health, home care, seniors

Park, N., C. Peterson and M. E. P. Seligman. "Character Strengths in Fifty-Four Nations and the Fifty US States." *The Journal of Positive Psychology* 1, 3 (2006): pp. 118–129.

- Purpose: To identify the geographical distribution of 24 positive human character strengths in the United States. The most prevalent strengths in the United States are also compared with the distribution of character strengths in other nations.
- Location and date: Data collected through web survey; 2002–2003
- Sample size and target population: 111,176 adults (83,576 [71%] respondents were from the United States; all other respondents were from 53 additional countries)
- Keywords: character strengths, human nature, cross-national comparisons

Park, N., C. Peterson and M. E. P. Seligman. "Strengths of Character and Well-Being." *Journal of Social and Clinical Psychology* 23, 5 (2004): pp. 603–619.

- Purpose: To explore the relationships between character strengths and subjective well-being. Researchers also examine which character strengths are most strongly associated with subjective well-being as compared to others.
- Location and date: Data collected through web survey; 2002–2003
- Sample size and target population: 5,299 adults recruited via the internet; 80% of participants were from the United States
- Keywords: positive psychology, character strengths, life satisfaction, well-being, subjective well-being

Patrick, J. H., L. E. Cottrell and K. A. Barnes. "Gender, Emotional Support, and Well-Being Among the Rural Elderly." *Sex Roles* 45, 1/2 (2001): pp. 15–29.

- Purpose: To examine the relationship between social support and mental health in the rural elderly.
- Location and date: West Virginia, United States; no date provided
- Sample size and target population: 180 adults age 63 to 93
- Keywords: social support, elderly, mental health, well-being, gender

Pearson, J. and D. Kordich Hall. *Reaching IN . . . Reaching OUT Resiliency Guidebook*. Toronto, Ont.: First Folio Resource Group, Inc., 2006.

- Type of publication: Guidebook
- Purpose: To provide an overview of the field of resiliency in general and in particular among children. The guidebook is divided into three sections: guides on resiliency, promoting resiliency in children and Reaching IN . . . Reaching OUT program information.
- Location of publication: Canada
- Keywords: resilience, mental health, evidence-based interventions

Peters, R. D., K. Petrunka and R. Arnold. "The Better Beginnings, Better Futures Project: A Universal, Comprehensive, Community-Based Prevention Approach for Primary School Children and Their Families." *Journal of Clinical Child and Adolescent Psychology* 32, 2 (2003): pp. 215–227.

- Purpose: To assess the efficacy of a community-based project intended to promote development in young children while reducing emotional and behavioural problems.
- Location and date: Three disadvantaged neighborhoods in Ontario (Cornwall, Highfield and Sudbury); 1993
- Sample size and target population: Longitudinal study of 554 4-year-old children enrolled in prekindergarten or junior kindergarten and their families
- Keywords: school, children, health, parent functioning, family functioning

Peterson, C. and M. E. P. Seligman. *Character Strengths and Virtues: A Handbook and Classification*. New York, New York: Oxford University Press, 2004.

- Type of publication: Book
- Location of publication: United States
- Keywords: character strengths, values, positive psychology

Phuphaibul R. et al. "The Impact of the 'Immune of Life' for Teens Module Application on the Coping Behaviors and Mental Health of Early Adolescents." *Journal of Pediatric Nursing* 20, 6 (2005): pp. 461-468.

- Purpose: To investigate the potential impact of the teaching–learning module Immune of Life for Teens, focusing particularly on coping strategies in early adolescence.
- Location and date: Thailand; no date provided (pilot project of Immune of Life for Teens was implemented in 1999)
- Sample size and target population: A nationwide sample from 13 schools; students were in grades 7 to 9: 1) control group: 445 students; 2) experimental I group (intensive training): 474 students; 3) experimental II group (non-intensive group): 661 students
- Keywords: adolescence, health, education, mental health, coping behaviour

Picard, A. "We Need to Wrap Our Heads Around a Mental Health Policy." *Globe and Mail*. (Ottawa). October 19, 2006.

- Type of publication: Newspaper article
- Purpose: Summarizes discussion at the Roundtable on Mental Health and the Arts on September 27, 2006. Highlights music and arts as "frivolous yet legitimate tool[s]" that buffer people with or without mental health problems from stress. The article also urges government to take action in the much-neglected field of mental health.
- Location of publication: Canada
- Keywords: mental health, mental illness, music, art, stress buffer

Pollet, H. *Mental Health Promotion: A Literature Review*. Ottawa, Ont.: Canadian Mental Health Association, 2007.

- Type of publication: Literature review

- Location of publication: Canada
- Keywords: mental health promotion, healthy public policy

Pope, S. K. et al. "The Role of Religion and Forgiveness in the Mental Health of Arkansans Attending Senior Citizens' Centers." *Marriage & Family: A Christian Journal* 6, 1 (2003): pp. 113–122.

- Purpose: To examine the relationship between the mental health of older adults and factors related to religion and religious activities and values.
- Location and date: Arkansas, United States; no date provided
- Sample size and target population: 193 older adults
- Keywords: religion, mental health, forgiveness, spirituality

Population Health and Wellness, British Columbia Ministry of Health Services. *A Framework for Core Functions in Public Health*. B.C.: British Columbia Ministry of Health Services, 2005.

- Type of publication: Policy framework
- Purpose: To provide a detailed overview of the public health framework for the province of British Columbia.
- Location of publication: Canada
- Keywords: well-being, public health

Post, S. G. "Altruism, Happiness, and Health: It's Good to Be Good." *International Journal of Behavioral Medicine* 12, 2 (2005): pp. 66–77.

- Type of article: Literature review
- Keywords: kindness, altruism, well-being, happiness, health, public health

Pressman, S. D. and S. Cohen. "Does Positive Affect Influence Health?" *Psychological Bulletin* 131, 6 (2005): pp. 925–971.

- Type of article: Literature review
- Keywords: positive affect, mortality, morbidity, health, emotions

Prilleltensky, I. and G. Nelson. "Promoting Child and Family Wellness: Priorities for Psychological and Social Intervention." *Journal of Community & Applied Social Psychology* 10, 2 (2000): pp. 85–105.

- Type of article: Systematic review
- Keywords: mental illness prevention, children, mental health, social justice, ecological interventions, social change

Public Health Agency of Canada. *Mental Health Promotion - Promoting Mental Health Means Promoting the Best of Ourselves*. PHAC. [Online], last modified December 15, 2002, cited June 25, 2008, from <<http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/index-eng.php>> .

- Type of publication: Online resource
- Purpose: To provide information on the Mental Health Promotion Unit of the Public Health Agency of Canada.
- Location of publication: Canada
- Keywords: mental health promotion

Public Health Agency of Canada. "Mental Health Promotion." In *The Human Face of Mental Health and Mental Illness in Canada*. Ottawa, Ont.: PHAC, 2006.

- Type of publication: Report
- Purpose: To increase understanding of mental health and mental illness in Canada.
- Location of publication: Canada
- Keywords: mental health, mental illness, well-being

Public Health Agency of Canada. "What Is Mental Health?" In *The Human Face of Mental Health and Mental Illness in Canada*. Ottawa, Ont.: PHAC, 2006.

- Type of publication: Report
- Purpose: To increase understanding of mental health and mental illness in Canada.
- Location of publication: Canada
- Keywords: mental health, mental illness, well-being

Public Health Agency of Canada. *Publications: Mental Health Promotion: Promoting the Best of Ourselves*. PHAC. [Online], last updated September 9, 2005, from <[http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/pubs\\_hc-sc-eng.php](http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/pubs_hc-sc-eng.php)> .

- Type of publication: Publication manual
- Purpose: To provide a list of publications by the Public Health Agency of Canada (or Health Canada if published before the establishment of PHAC in September 2004) focusing on the areas of mental health and mental health promotion. A brief explanatory text for each publication is also provided.
- Location of publication: Canada
- Keywords: Public Health Agency of Canada, mental health, mental health promotion

Public Health Agency of Canada. *Frequently Asked Questions: Mental Health Promotion: Promoting the Best of Ourselves*. PHAC. [Online], last updated January 15, 2003, from <[http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/faq\\_e.html](http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/faq_e.html)> .

- Type of publication: Online resource
- Purpose: To provide answers to the most frequently asked questions regarding mental health promotion from the Public Health Agency of Canada's perspective. The resource includes explanations in the areas of mental promotion, resilience and empowerment.
- Location of publication: Canada
- Keywords: mental health promotion, resilience, empowerment

Public Health Agency of Canada. *Partners' Publications: Mental Health Promotion: Promoting the Best of Ourselves*. PHAC. [Online], last updated August 7, 2003, from <[http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/pubs\\_part\\_e.html](http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/pubs_part_e.html)> .

- Type of publication: Publication manual

- Purpose: To provides a list of non-departmental publications on mental health promotion. Links to the publications through publishers' websites are available for some reports.
- Location of publication: Canada
- Keywords: mental heath, mental health promotion

Raeburn, J. and I. Rootman. "A New Appraisal of the Concept of Health." In *Health Promotion in Canada: Critical Perspectives*. Toronto, Ont.: Canadian Scholars' Press Inc., 2007.

- Type of publication: Book chapter
- Purpose: To examine and comment on the concept of health using a health promotion perspective.
- Location of publication: Canada
- Keywords: health, resilience, quality of life, well-being

Rask, K. et al. "Adolescent Subjective Well-Being and Family Dynamics." *Scandinavian Journal of Caring Sciences* 17, 2 (2003): pp. 129–138.

- Purpose: To examine the relationship between adolescent subjective well-being and the family environment. The research draws on both perceptions of adolescents and their parents.
- Location and date: Finland; 2000
- Sample size and target population: 239 families (one adolescent and one parent per family)
- Keywords: subjective well-being, family dynamics, adolescence

Reid, A. "Gender and Sources of Subjective Well-Being." *Sex Roles* 51, 11/12 (2004): pp. 317–629.

- Purpose: To explore various factors related to increased levels of subjective well-being, with a particular focus on differences that may occur across gender.
- Location and date: New York (state), United States; no date provided
- Sample size and target population: A sample of 206 men and women
- Keywords: gender, well-being

Richman, L. S. et al. "Positive Emotion and Health: Going Beyond the Negative." *Health Psychology* 24, 4 (2005): pp. 422–429.

- Purpose: To examine the relationship between positive emotions (such as hope and curiosity) and various disease outcomes, including hypertension, diabetes mellitus and respiratory tract infections.
- Location and date: United States; no date provided
- Sample size and target population: 1,041 participants age 55 to 69; the participants were patients at a multispecialty medical practice
- Keywords: positive emotion, hope, curiosity, morbidity

Roberts, G. et al. *Preventing Substance Use Problems Among Young People: A Compendium of Best Practices*. Ottawa, Ont.: Office of Canada's Drug Strategy, Health Canada, 2001.

- Type of publication: Best practices report
- Purpose: To identify best practice methods and principles for the prevention of substance use problems among youth, as well as to compile a listing of effective/promising programs.
- Location of publication: Canada
- Keywords: substance use, addiction prevention, youth

Roots of Empathy. *Roots of Empathy Program Description*. Roots of Empathy. [Online], from <<http://www.rootsofempathy.org/ProgDesc.html>> .

- Type of publication: Resource
- Purpose: To describe the Roots of Empathy program, which aims to increase prosocial behaviour and social–emotional competence, as well as to reduce aggression in children.
- Location of publication: Canada
- Keywords: Roots of Empathy, social–emotional competence, aggression, prosocial behaviour

Roots of Empathy. *Roots of Empathy: A Summary of Research Studies Conducted 2000-2007*. Toronto, Ont.: Roots of Empathy, 2008.

- Type of publication: Report
- Purpose: To summarize evaluation research on the effectiveness of the Roots of Empathy program, which aims to increase prosocial behaviour and social–emotional competence, as well as to reduce aggression in children.
- Location of publication: Canada
- Keywords: Roots of Empathy, social–emotional competence, aggression, prosocial behaviour

Rowling, L. "School Mental Health Promotion: MindMatters as an Example of Mental Health Reform." *Health Promotion Journal of Australia* 18, 3 (2007): pp. 229–235.

- Type of article: Historical review
- Keywords: capacity-building, mental health promotion, mental illness prevention

Rowling, L. and J. Mason. "A Case Study of Multimethod Evaluation of Complex School Mental Health Promotion and Prevention: The MindMatters Evaluation Suite." *Australian Journal of Guidance & Counselling* 15, 2 (2005): pp. 125–136.

- Type of article: Commentary
- Keywords: MindMatters, mental health prevention, program evaluation

Ruta, D., L. Camfield and C. Donaldson. "Sen and the Art of Quality of Life Maintenance: Towards a General Theory of Quality of Life and Its Causation." *The Journal of Socio-Economics* 36 (2007): pp. 397–423.

- Type of article: Literature review
- Keywords: quality of life, subjective well-being

- Rutter, M. "Resilience Concepts and Findings: Implications for Family Therapy." *Journal of Family Therapy* 21 (1999): pp. 119–144.
- Type of article: Literature review
  - Keywords: resilience, family therapy, risk factors, protective factors
- Ryan, R. M. and E. L. Deci. "On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being." *Annual Review of Psychology* 52 (2001): pp. 141–166.
- Type of article: Literature review
  - Keywords: subjective well-being, psychological well-being, eudaimonia, happiness, wellness
- Ryff, C. D. and B. Singer. "The Contours of Positive Human Health." *Psychological Inquiry* 9, 1 (1998): pp. 1–28.
- Type of article: Literature review
  - Keywords: positive health, biology of positive health, human flourishing
- Ryff, C. D. "Happiness Is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being." *Journal of Personality and Social Psychology* 57, 6 (1989): pp. 1069–1081.
- Purpose: To explore the theoretical grounding and past research related to conceptions of well-being and use this to operationalize six theoretical concepts that make up the different dimensions of a more holistic sense of well-being: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth. These dimensions are then compared with indicators often used to measure psychological well-being in earlier research.
  - Location and date: United States; no date provided
  - Sample size and target population: 321 men and women divided into three groups: young, middle-aged and older adults
  - Keywords: happiness, psychological well-being, subjective well-being, psychological functioning
- Salovey, P. et al. "Emotional States and Physical Health." *American Psychologist* 55, 1 (2000): pp. 110–121.
- Type of article: Literature review
  - Keywords: emotional state, physical health, health factors, emotional experiences
- Salsman, J. M. et al. "The Link Between Religion and Spirituality and Psychological Adjustment: The Mediating Role of Optimism and Social Support." *Personality and Social Psychology Bulletin* 31, 4 (2005): pp. 522–535.
- Purpose: To examine how psychological adjustment is affected by religion, spirituality, optimism and social support.
  - Location and date: Kentucky, United States; no date provided

- Sample size and target population: Study 1: a sample of 217 undergraduate students; study 2: a sample of 159 undergraduate students (participants were enrolled in the University of Kentucky)
- Keywords: optimism, social support, spirituality, religiousness, psychological adjustment

Saskatchewan Health. *Healthier Places to Live, Work and Play: A Population Health Promotion Strategy for Saskatchewan*. Regina, Sask.: Government of Saskatchewan, 2004.

- Type of publication: Policy framework
- Purpose: To provide a population health promotion framework in Saskatchewan at the local, regional and provincial levels.
- Location of publication: Canada
- Keywords: population health promotion, Saskatchewan, mental well-being, active communities, policy framework

Scannell, E. D., F. C. L. Allen and J. Burton. "Meaning of Life and Positive and Negative Well-Being." *North American Journal of Psychology* 4, 1 (2002): pp. 93–112.

- Purpose: To examine the relationship between well-being and meaning in life (affective and cognitive).
- Location and date: Australia; no date provided
- Sample size and target population: 83 adults (age 18 to 84)
- Keywords: life meaning, well-being

Schimmack, U. et al. "Personality and Life Satisfaction: A Facet-Level Analysis." *Personality and Social Psychology Bulletin* 30, 8 (2004): pp. 1062–1075.

- Purpose: The article is composed of four studies that examine the relationship between extraversion/neuroticism and life satisfaction.
- Location and date: Illinois, United States and Toronto, Ontario, Canada; no date provided
- Sample size and target population: Study 1: 136 University of Illinois students (100 female and 36 male); study 2: 124 University of Illinois students (88 female and 36 male); study 3: 146 participants, data from the Riverside Accuracy Project; study 4: 344 University of Toronto students (255 female, 89 male)
- Keywords: personality, life satisfaction, big five, subjective well-being.

Schofield, G. and M. Beek. "Risk and Resilience in Long-Term Foster-Care." *British Journal of Social Work* 35 (2005): pp. 1–19.

- Purpose: To examine the range of resiliency in children placed in long-term foster care and to determine what characteristics and supports help children succeed in these contexts.
- Location and date: England, United Kingdom; 1997–1998 and 2001–2002
- Sample size and target population: 58 children in long-term foster care (younger than age 12)
- Keywords: resilience, risk, long-term foster care, children

Schoon, I., S. Parsons and A. Sacker. "Socioeconomic Adversity, Educational Resilience, and Subsequent Levels of Adult Adaptation." *Journal of Adolescent Research* 19, 4 (2004): pp. 383–404.

- Purpose: To explore the influence of socio-economic adversity and school adjustment on various outcomes during adolescence, with a specific focus on identifying positive buffers that help reduce the negative consequences of adversity on healthy child and youth development.
- Location and date: U.K.; data from the National Child Development Study
- Sample size and target population: Longitudinal; approximately 17,000 participants who were born between March 3 and March 9, 1958
- Keywords: social risk, educational resilience, protective factors

Schwartz, C. et al. "Altruistic Social Interest Behaviors Are Associated With Better Mental Health." *Psychosomatic Medicine* 65, 5 (2003): pp. 778–785.

- Purpose: To examine if there is a relationship between altruistic behaviour and health (mental and physical) in members of Presbyterian churches.
- Location and date: United States; 1997
- Sample size and target population: 2,016 individuals who are members of a Presbyterian church—997 members and 1,019 elders
- Keywords: social interest, altruism, social support, mental health, physical health, spirituality, stress, response shift

Scottish Development Centre for Mental Health. *Mental Health Improvement: Evidence and Practice Case Studies: Case Studies*. Edinburgh, Scotland: Health Scotland, 2004.

- Type of publication: Case studies
- Purpose: To present evidence-based mental health programs in Scotland that have been shown to be effective in improving mental health among various populations. The report presents 22 case studies.
- Keywords: mental health, Scotland, mental health improvement, evidence-based interventions

Sealy, P. and P. C. Whitehead. "Forty Years of Deinstitutionalization of Psychiatric Services in Canada: An Empirical Assessment." *Canadian Journal of Psychiatry* 49, 4 (2004): pp. 249–257.

- Purpose: To examine the extent of deinstitutionalization of psychiatric services in Canada over a 40-year period.
- Location and date: Canada; multiple data sources; 1960 to 1999
- Keywords: deinstitutionalization, psychiatric services, trans-institutionalization, mental health

Secker, J. "Current Conceptualization of Mental Health and Mental Health Promotion." *Health Education Research* 13, 1 (1998): pp. 57–66.

- Type of article: Literature review
- Keywords: mental health, health promotion, positive health, health promotion theory

Seeman, T. E. et al. "Social Relationships, Social Support, and Patterns of Cognitive Aging in Healthy, High-Functioning Older Adults: MacArthur Studies of Successful Aging." *Health Psychology* 20, 4 (2001): pp. 243–255.

- Purpose: To examine if social engagement protects against the development of cognitive disorders in older adults.
- Location and date: No date provided; data from the MacArthur Studies of Successful Aging 1988–1989 longitudinal study
- Sample size and target population: 1,189 participants age 70 to 79 at baseline level
- Keywords: social support, social relationships, cognition, aging

Seligman, M. E. et al. "Positive Psychology Progress: Empirical Validation of Interventions." *American Psychologist* 60, 5 (2005): pp. 410–421.

- Purpose: To explore recent growth of the field of positive psychology and to test the short-term and long-term effects of happiness interventions on randomized and placebo-controlled groups.
- Location and date: Participants recruited via the internet; no date provided
- Sample size and target population: A convenience sample of 577 adults (recruited via the internet)
- Keywords: positive psychology, happiness, character strengths

Seligman, M. E. P. *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York, New York: The Free Press, 2002.

- Type of publication: Book
- Location of publication: Canada
- Keywords: positive psychology, happiness

Seligman, M. E. and M. Csikszentmihalyi. "Positive Psychology. An Introduction." *American Psychologist* 55, 1 (2000): pp. 5–14.

- Type of article: Commentary
- Keywords: Positive psychology

Seniors' Psychosocial Interest Group. *Psychosocial Resource Manual*. SPIG, October 2004. [Online], last updated May 26, 2008, from <<http://www.seniorsmentalhealth.ca/resourcemanuale.pdf>> .

- Type of publication: Resource manual
- Purpose: To provide various types of available resources that focus on maintaining and/or improving seniors' mental health and well-being. The manual also addresses how to effectively address issues common to mental illnesses and disorders that are prevalent in senior populations.
- Location of publication: Canada
- Keywords: mental health, seniors, support services

Serna, L. A. et al. "Primary Prevention in Mental Health for Head Start Classrooms: Partial Replication With Teachers as Intervenors." *Behavioral Disorders* 28, 2 (2003): pp. 124–129.

- Purpose: To replicate a previous study (done by Serna et al.), which identified improvements in children's mental health as a result of the Head Start program. In this study, the intervention was implemented by a different group of teachers than in the original research.
- Location and date: United States; no date provided
- Sample size and target population: A convenience sample of 98 children (51 children in three experimental classrooms and 47 in three control classrooms)
- Keywords: Head Start, skill-development, primary prevention

Sheldon, K. M. and S. Lyubomirsky. "How to Increase and Sustain Positive Emotion: The Effects of Expressing Gratitude and Visualizing Best Possible Selves." *The Journal of Positive Psychology* 1, 2 (2006): pp. 73–82.

- Purpose: To examine the implications of regularly practising two mental exercises on various emotional and mental health outcomes. The exercises were counting one's blessings and expressions of gratitude as well as visualizing the best possible version of one's self.
- Location and date: Missouri, United States; no date provided
- Sample size and target population: 67 undergraduate psychology students attending the University of Missouri
- Keywords: gratitude, best possible selves, happiness interventions, positive emotion

Shernoff, D. J. et al. "Student Engagement in High School Classrooms From the Perspective of Flow Theory." *School Psychology Quarterly* 18, 2 (2003): pp. 158–176.

- Purpose: To determine what factors affect high school students' classroom engagement. Engagement was defined using three variables: concentration, interest and enjoyment.
- Location and date: United States; 1992 to 1997
- Sample size and target population: A random sample of 526 students in grades 10 to 12
- Keywords: classroom engagement, high school, youth, flow theory

Shih, M. "Positive Stigma: Examining Resilience and Empowerment in Overcoming Stigma." *The Annals of American Academy of Political and Social Science* 591, 1 (2004): pp. 175–185.

- Type of article: Literature review
- Keywords: stigma, coping, empowerment, positive psychology

Siebert, D. C., E. J. Mutran and D. C. Reitzes. "Friendship and Social Support: The Importance of Role Identity to Aging Adults." *Social Work* 44, 6 (1999): pp. 522–533.

- Purpose: To examine the relationship between different role identities and well-being in older adults.

- Location and date: Five-year longitudinal study; 1989 to 1994
- Sample size and target population: 826 participants age 58 to 64 at baseline; 447 participants in 1994
- Keywords: aging, friendship, role identity, social support

Sirgy, M. J. et al. "The Quality-of-Life Research Movement: Past, Present, and Future." *Social Indicators Research* 76 (2006): pp. 343–466.

- Type of article: Literature review (historical)
- Keywords: quality of life, history, future

Smye, V. and B. Mussell. *Aboriginal Mental Health: "What Works Best."* Vancouver, B.C.: Mental Health Evaluation and Community Consultation Unit, University of British Columbia, 2001.

- Type of publication: Discussion paper
- Purpose: The document is a discussion paper on Aboriginal mental health best practices.
- Location of publication: Canada
- Keywords: First Nations, Aboriginal People, mental health

Snyder, C. R. "Hope Theory: Rainbows in the Mind." *Psychological Inquiry* 13, 4 (2002): pp. 249–275.

- Type of article: Literature review
- Keywords: hope theory, problem-solving, self-esteem, self-efficacy

Snyder, C. R. (ed.) and S. J. Lopez (ed.). *Handbook of Positive Psychology*. New York, New York: Oxford University Press, 2002.

- Type of publication: Book
- Purpose: To focus on positive aspects of the human condition, this book provides an overview of various research being undertaken in the field of positive psychology. Research areas covered in the book focus on both individual and group levels and include such things as subjective experiences, cognitive constructs about the future and the capacity for courage, aesthetic sensibility, creativity, perseverance, altruism, tolerance and wisdom.
- Location of publication: United States
- Keywords: positive psychology, mental health, subjective well-being

Steen, T. A., L. V. Kachorek and C. Peterson. "Character Strengths Among Youth." *Journal of Youth and Adolescence* 32, 1 (2003): pp. 5–16.

- Purpose: To examine character strengths (such as leadership, spirituality, wisdom and social awareness) in adolescents.
- Location and date: Michigan, United States; 2001
- Sample size and target population: 459 high school students, age 14 to 19
- Keywords: character, youth, high school, focus groups

Steinhauer, P. D. "Clinical and Service Applications of the Theory of Resiliency With Particular Reference to Adolescents." *International Journal of Adolescent Medicine and Health* 13, 1 (2001): pp. 53–73.

- Type of article: Literature review
- Keywords: competency, clinical programs, service programs, resiliency, illness prevention in adolescence, Canada

Stephens, T. and N. Joubert. "The Economic Burden of Mental Health Problems in Canada." *Chronic Diseases in Canada* 22, 1 (2001): pp 18–23. [Online], last updated October 2, 2002, from < [http://www.phac-aspc.gc.ca/publicat/cdic-mcc/22-1/d\\_e.html](http://www.phac-aspc.gc.ca/publicat/cdic-mcc/22-1/d_e.html) > .

- Type of publication: Research article
- Purpose: To provide an estimation of the economic burden of mental health problems in Canada.
- Location of publication: Canada
- Keywords: depression, distress, economic cost, population

Stephens, T., C. Dulberg and N. Joubert. "Mental Health of the Canadian Population: A Comprehensive Analysis." *Chronic Diseases in Canada* 20, 3 (2000). [Online], from < [http://www.phac-aspc.gc.ca/publicat/cdic-mcc/20-3/c\\_e.html](http://www.phac-aspc.gc.ca/publicat/cdic-mcc/20-3/c_e.html) > .

- Purpose: To examine mental health measures and associations with nine potential demographic and psychosocial determinants.
- Location of publication: Canada
- Keywords: cognitive impairment, depression, distress, mastery, mental health, population, self-esteem, sense of coherence

Steptoe, A., J. Wardle and M. Marmot. "Positive Affect and Health-Related Neuroendocrine, Cardiovascular, and Inflammatory Processes." *Proceedings of the National Academy of Sciences* 102, 18 (2005): pp. 6508–6512.

- Purpose: To examine the impact of positive affective states on biological indicators (cortisol levels, ambulatory blood pressure, heart rate and plasma fibrinogen response) in both male and female populations.
- Location and date: London area; participants were from the Whitehall II psychobiology study
- Sample size and target population: 116 men and 100 women
- Keywords: cortisol, well-being, fibrinogen, heart rate, affective states

Stewart M. et al. *A Study of Resiliency in Communities*. Ottawa, Ont.: Health Canada, 1999.

- Type of publication: Report
- Purpose: To examine the concept of resiliency at the community level and to explore associated protective and risk factors.
- Location of publication: Canada
- Keywords: communities, resiliency, mental health

Strawbridge, W. J. et al. "Religious Attendance Increases Survival by Improving and Maintaining Good Health Behaviors, Mental Health, and Social Relationships." *Annals of Behavioral Medicine* 23, 1 (2001): pp. 68–74.

- Purpose: To study the relationships between religious attendance, health behaviours, mental health and social relationships.
- Location and date: Alameda County, California, United States; data from the Alameda County Study, 1965 to 1994
- Sample size and target population: 2,676 participants age 17 to 65 in 1965 and who participated in the follow-up surveys in 1994
- Keywords: religious attendance, health, mental health, social relationships, behaviours

Strawbridge, W. J. et al. "Frequent Attendance at Religious Services and Mortality Over 28 Years." *American Journal of Public Health* 87, 6 (1997): pp. 957–961.

- Purpose: To analyze long-term association of frequent religious service attendance and mortality.
- Location and date: Alameda County, California, United States; 1965 to 1994 (assessment took place in 1965, 1974, 1983 and 1994)
- Sample size and target population: A random sample of 6,928 people age 16 to 94 in 1965
- Keywords: religious service attendance, religious affiliation, mortality, spirituality

Street, D. et al. "The Saliency of Social Relationships for Resident Well-Being in Assisted Living." *Journal of Gerontology* 62B, 2 (2007): pp. S129–S134.

- Purpose: To examine how the well-being of assisted-living residents is affected by transition and organizational attributes.
- Location and date: Florida, United States; 2004 to 2005
- Sample size and target population: A sample of 384 assisted-living residents, age 65 or older.
- Keywords: assisted living, well-being, transition experiences, organizational characteristics

Strike, C., P. Goering and D. Wasylenki. "A Population Health Framework for Inner-City Mental Health." *Journal of Urban Health: Bulletin of the New York Academy of Medicine* 79, 4, Suppl. 1 (2002): pp. 13–20.

- Type of article: Commentary (a framework proposal)
- Purpose: To recognize the inadequacy of the traditional approach to mental health interventions in fulfilling complex needs for urban populations. The paper suggests a population health approach and a framework of mental health interventions to identify risks and protective factors to meet various needs of inner-city populations.
- Keywords: mental health promotion, population health framework, urban

Sturgeon, S. "Promoting Mental Health as an Essential Aspect of Health Promotion." *Health Promotion International* 21, Supplement 1 (2007): pp. 36–41.

- Type of article: Commentary
- Keywords: mental health, promotion, advocacy

- Suldo, S. M. and E. S. Heubner. "Is Extremely High Life Satisfaction During Adolescence Advantageous?" *Social Indicators Research* 78 (2006): pp. 179–203.
- Purpose: To explore if extremely high life satisfaction is advantageous during adolescence.
  - Sample size and target population: 698 students age 11 to 19 in the United States
  - Keywords: subjective well-being, life satisfaction, adolescents, secondary students, mental health, psychosocial adjustment
- Suldo, S. M. and E. S. Huebner. "The Role of Life Satisfaction in the Relationship Between Authoritative Parenting Dimensions and Adolescent Problem Behavior." *Social Indicators Research* 66, 1-2 (2004): pp. 165–195.
- Purpose: To examine the association between different dimensions of authoritative parenting and life satisfaction of adolescents.
  - Location and date: United States; no date provided
  - Sample size and target population: 1,188 adolescents
  - Keywords: life satisfaction, well-being, adolescence, parenting
- Suldo, S. M. and E. S. Huebner. "Does Life Satisfaction Moderate the Effects of Stressful Life Events on Psychopathological Behavior During Adolescence?" *School Psychology Quarterly* 19, 2 (2004): pp. 93–105.
- Purpose: To evaluate the curbing effect of life satisfaction on the development of psychopathology triggered by stressful events.
  - Location and date: Southeastern United States; 2000–2001
  - Sample size and target population: A convenience sample of 816 students in grades 6 to 11
  - Keywords: psychopathology, life satisfaction, adolescence, stress
- Sveidqvist, V. et al. "Who Am I, and Why Am I Here? Young People's Perspectives on the Role of Spirituality in the Promotion of Their Mental Health." *International Journal of Mental Health Promotion* 5, 3 (2003): pp. 36–44.
- Purpose: To examine the concept of spirituality and its impact on the mental health of adolescents.
  - Location and date: Canada; 2000
  - Sample size and target population: Qualitative research (focus groups); 51 adolescents age 14 to 18
  - Keywords: spirituality, mental health promotion, young people, identity, resilience
- Tedeschi, R. G. and L. G. Calhoun. "Posttraumatic Growth: Conceptual Foundations and Empirical Evidence." *Psychological Inquiry* 15, 1 (2004): pp. 1–18.
- Type of article: Literature review
  - Keywords: post-traumatic growth, positive change, trauma, cognitive process

Thoits, P. A. and L. N. Hewitt. "Volunteer Work and Well-Being." *Journal of Health and Social Behavior* 42, 2 (2001): pp. 115–131.

- Purpose: To study community volunteer work in relation to aspects of well-being (happiness, life satisfaction, self-esteem, sense of control over life, physical health and depression).
- Location and date: United States; data from two waves of Americans' Changing Lives Survey; 1986 and 1989
- Sample size and target population: 2,681 adults
- Keywords: volunteerism, well-being, happiness, life satisfaction, self-esteem, sense of control, physical health, depression

Tipper, J. "Caring Dads: Helping Fathers Value Their Children." In *Building Emotional Intelligence: Darwin Reconsidered*. Ottawa, Ont.: The Vanier Institute of the Family, 2007.

- Type of publication: Research report
- Purpose: To illustrate the dimensions of the Caring Dads program, which provides 17 weeks of group intervention to men who mistreated their children or the children's mothers. The report recognizes a more comprehensive role of fathers from previous roles that were more financial- and discipline-oriented.
- Location of publication: Canada
- Keywords: emotional intelligence, parenting, child abuse, neglectful fathers, abusive fathers, empathy, intervention

Tipper, J. "F&ST-Families & Schools Together." In *Building Emotional Intelligence: Darwin Reconsidered*. Ottawa, Ont.: The Vanier Institute of the Family, 2007.

- Type of publication: Report chapter
- Purpose: To present the Families and Schools Together program, which is a parent-involvement program that aims to help children thrive socially and academically.
- Location of publication: Canada
- Keywords: emotional intelligence

Tipper, J. "Girls' Club." In *Building Emotional Intelligence: Darwin Reconsidered*. Ottawa, Ont.: The Vanier Institute of the Family, 2007.

- Type of publication: Research report
- Purpose: An evaluation of the school-based program Girls Club, which is aimed at encouraging the development of supportive relationships and empowering girls to recognize and act on violence and oppression in their lives.
- Location of publication: Canada
- Keywords: empowerment, empathy, feminism, emotional learning, coping skills, emotional intelligence

Tkach, C. and S. Lyubomirsky. "How Do People Pursue Happiness?: Relating Personality, Happiness-Increasing Strategies, and Well-Being." *Journal of Happiness Studies* 7 (2006): pp. 183–225.

- Purpose: To explore the happiness strategies that individuals use to maintain or increase their happiness levels and individual differences in strategy use.
- Sample size and target population: A convenience sample of 500 ethnically diverse undergraduate students
- Keywords: goals, happiness, leisure, mediation, mental control, personality, subjective well-being

Toth, J. F., Jr., R. B. Brown and X. Xu. "Separate Family and Community Realities? An Urban-Rural Comparison of the Association Between Family Life Satisfaction and Community Satisfaction." *Community, Work & Family* 5, 2 (2002): pp. 181–202.

- Purpose: To examine the relationship between community satisfaction and family satisfaction and to explore the distinction between urban and rural dwellers.
- Location and date: 48 neighbouring states of the United States; 1978 to 1996.
- Sample size and target population: A sample of 5,482 adults (853 rural dwellers), non-institutionalized and English speaking
- Keywords: family satisfaction, community satisfaction, urban, rural

Townshend, I. J. "The Contribution of Social and Experiential Community Structures to the Intra-Urban Ecology of Well-Being." *Canadian Journal of Urban Research* 10, 2 (2001): pp. 175–215.

- Purpose: To examine the contribution of neighbourhood social and community structures on well-being.
- Location: Lethbridge, Alberta, Canada
- Sample size and target population: A random sample of 300 households in Lethbridge, Alberta
- Keywords: community, social ecology, factorial ecology, neighbourhoods, well-being

Trinidad, D. R. et al. "Emotional Intelligence and Smoking Risk Factors in Adolescents: Interactions on Smoking Intentions." *Journal of Adolescent Health* 34, 1 (2004): pp. 46–55.

- Purpose: To examine potential links between emotional intelligence, smoking risk factors and smoking intentions.
- Location: Los Angeles, United States
- Sample size and target population: 416 grade 6 students
- Keywords: adolescence, emotional intelligence, tobacco

Tugade, M. M. and B. L. Fredrickson. "Resilient Individuals Use Positive Emotions to Bounce Back From Negative Emotional Experiences." *Journal of Personality and Social Psychology* 86, 2 (2004): pp. 320–333.

- Purpose: Three studies that examine how resilience and positive emotions help individuals overcome stressful events.
- Location: Michigan, United States

- Sample size and target population: Study 1: 57 students from the University of Michigan (74% female); study 2: 57 students from the University of Michigan (49% female); study 3: 192 students from the University of Michigan (65% female)
- Keywords: positive emotions, negative experiences, resilience

Tugade, M. M., B. L. Fredrickson and L. F. Barrett. "Psychological Resilience and Positive Emotional Granularity: Examining the Benefits of Positive Emotions on Coping and Health." *Journal of Personality. Special Issue: Emotions, Personality, and Health* 72, 6 (2004): pp. 1161–1190.

- Purpose: By using the broaden-and-build theory, the study examines how positive emotions affect coping and well-being.
- Sample size: Study 1: 57 individuals; study 2: 130 individuals
- Keywords: coping, positive emotions, broaden-and-build theory

Ungar, M. "Resilience Across Cultures." *British Journal of Social Work* 38, 2 (2008): pp. 218–235.

- Purpose: To build a conceptual map defining resilience based on findings of cross-cultural research. The study develops four propositions that reflect a cultural and contextual understanding of resilience.
- Location: International; 14 communities in 11 countries (including Canada) on 5 continents; 2003 to 2005
- Sample size and target population: 1,451 (694 males and 757 females) adolescents for the quantitative component of the study; 89 interviews were conducted for the qualitative component of the study
- Keywords: resilience, cross-cultural research, ecological theory

Ungar, M. et al. "Unique Pathways to Resilience Across Cultures." *Adolescence* 42, 166 (2007): pp. 287–309.

- Purpose: To outline the tensions and life demands that youth face as well as the ways they resolve and overcome these tensions. While tensions were found cross-culturally, researchers recognize and emphasize that resilience is highly contextual and dependent on culture.
- Location and date: International; 14 communities in 11 countries (including Canada) on 5 continents; 2003 to 2005
- Sample size and target population: 89 youth age 12 to 23 and 18 elders of the community
- Keywords: resilience, tension, coping, cross-cultural research

Ungar, M. "The Importance of Parents and Other Caregivers to the Resilience of High-Risk Adolescents." *Family Process* 43, 1 (2004): pp. 23–41.

- Purpose: To examine how the caregiver–child relationship affects resiliency in adolescents.
- Location and date: Eastern Canada; early 1990s
- Sample size and target population: A non-random sample of 21 youth, age 13 to 17, whose families were eligible for (or participating in) subsidized counselling services

- Keywords: youth, adolescence, resiliency, caregiver, parent

Ungar, M. and E. Teram. "Drifting Toward Mental Health: High-Risk Adolescents and the Process of Empowerment." *Youth & Society* 32, 2 (2000): pp. 228–252.

- Purpose: To explain the relationship between empowerment and mental health in high-risk adolescents.
- Location and date: Southwestern Ontario, Canada; 1992 to 1997
- Sample size and target population: A voluntary sample of 41 high-risk adolescents who had been in therapy sometime in the year prior to the study
- Keywords: high-risk adolescents, empowerment, mental-health

Vaillant, G. E. "Mental Health." *The American Journal of Psychiatry* 160, 8 (2003): pp.1373–1384.

- Type of article: Literature review
- Purpose: The author outlines six models of mental health from the literature review and provides history, discussion and critique
- Keywords: positive mental health, theoretical models

Vaillant, G. E. "Adaptive Mental Mechanisms: Their Role in a Positive Psychology." *American Psychologist* 55, 1 (2000): pp. 89–98.

- Purpose: The article proposes the notion of using the Defensive Function Scale of the DSM-IV to measure positive mental health.
- Location and date: Three samples based on the Study of Adult Development: 1) the college sample: initial selection took place between 1939 and 1942 and continued until 1999, Harvard University, United States; 2) the core city sample: inner-city Boston, 1939 to 1962; 3) the Terman women sample: urban California, 1920 to 1987
- Sample size and target population: 1) Harvard sophomores from 1939 to 1942; 2) 456 boys with the highest rates of juvenile delinquency in Boston census tracts; 3) 90 girls from the gifted class (IQ greater than 135 to 140, representing 1% of Californian urban schoolchildren born between 1908 and 1914)
- Keywords: mature defenses, adaptive defenses, suppression, anticipation, sublimation, positive psychology

Valle, M. F., E. S. Huebner and S. M. Suldo. "An Analysis of Hope as a Psychological Strength." *Journal of School Psychology* 44, 5 (2006): pp. 393–406.

- Purpose: To study hope in relation to life satisfaction and psychopathology.
- Location and date: United States; longitudinal study; 2001–2002
- Sample size and target population: 699 students from middle and public high schools
- Keywords: hope, stressors, life satisfaction, behaviour problems, adolescence

- Van Willigen, M. "Differential Benefits of Volunteering Across the Life Course." *Journal of Gerontology: Social Sciences* 55B, 5 (2000): pp. S308–S318.
- Purpose: To examine differences in the benefits of volunteering between young adults and the elderly and to determine how mental and physical well-being in elderly individuals is affected by volunteer work.
  - Location and date: United States; 1986 to 1989
  - Sample size and target population: 2,867 adults (age 25 or older)
  - Keywords: voluntary workers, well-being, elderly, young adults
- Vandergriff-Avery, M., E. A. Anderson and B. Braun. "Resiliency Capacities Among Rural Low-Income Families." *Families in Society* 85, 4 (2004): pp. 562–570.
- Purpose: To examine the resiliency of rural families living in low income to overcome stress and other crises.
  - Location and date: Maryland, United States; 2000
  - Sample size and target population: 34 women with at least one child age 12 or younger living in their homes, who were either eligible for food stamps or were a part of the Women, Infants, and Children Supplemental Nutrition Program
  - Keywords: low income, rural, stress, resiliency
- Ventegodt, S. et al. "Global Quality of Life (QOL), Health and Ability Are Primarily Determined by our Consciousness. Research Findings From Denmark 1991-2004." *Social Indicators Research* 71 (2005): pp. 87–122.
- Purpose: To identify the factors that determine quality of life and health by studying the association between global quality of life and 2,000 social, individual and biological indicators.
  - Location and date: Denmark; 1993 to 1997
  - Sample size and target population: nationally representative sample of 11,000 Danes
  - Keywords: quality of life, well-being, life satisfaction, population study, health
- Verins, I., B. Marshall and C. Keating. "Strategies for Bridging Sectors and Silos: A Training Model in Mental Health Promotion." *Health Promotion Journal of Australia* 18, 3 (2007): pp. 260–265.
- Purpose: To document the implementation and evaluation of a short two-day training course designed to bring different sectors together to decrease the stigma associated with mental illness and increase knowledge and awareness about mental health promotion.
  - Location and date: Metropolitan and rural Victoria, Australia; 2004
  - Sample size and target population: 37 randomly chosen participants were interviewed three to nine months upon completion of the course; 10 out of 12 trainers were also interviewed
  - Keywords: mental health promotion, stigma

- Walen, H. R. and M. E. Lachman. "Social Support and Strain From Partner, Family, and Friends: Costs and Benefits for Men and Women in Adulthood." *Journal of Social and Personal Relationships* 17, 1 (2000): pp. 5–30.
- Purpose: To examine if social relationship type is associated with well-being and health.
  - Location and date: United States; Midlife in the United States Survey; no date provided
  - Sample size and target population: 3,485 adults
  - Keywords: adulthood, social networks, well-being
- Waugh, C. E. and B. L. Fredrickson. "Nice to Know You: Positive Emotions, Self-Other Overlap, and Complex Understanding in the Formation of a New Relationship." *The Journal of Positive Psychology* 1, 2 (2006): pp. 93–106.
- Purpose: To examine if positive emotions are associated with an increase of self–other overlap and better understanding of others.
  - Location: United States
  - Sample size and target population: 247 incoming first-year undergraduate students
  - Keywords: positive emotions, relationships, self–other overlap, broaden-and-build
- Weed, K., D. Keogh and J. Borkowski. "Stability of Resilience in Children of Adolescent Mothers." *Applied Developmental Psychology* 27 (2006): pp. 60–77.
- Purpose: To examine the resiliency of children born to adolescent mothers.
  - Location and date: United States; no date provided
  - Sample size and target population: 106 adolescent mothers (age 14 to 19.5)
  - Keywords: resiliency, children, adolescent mothers
- Wild, N. D. and S. C. Paivio. "Psychological Adjustment, Coping, and Emotion Regulation as Predictors of Posttraumatic Growth." *Journal of Aggression, Maltreatment & Trauma* 8, 4 (2003): pp. 97–122.
- Purpose: To examine if factors that are associated with recovery of trauma can predict post-traumatic growth.
  - Location and date: Canada; no date provided
  - Sample size and target population: 193 undergraduate students who experienced a traumatic life event in the past five years (170 female, 23 male)
  - Keywords: post-traumatic growth, psychological adjustment, coping, emotion regulation, trauma
- Wilkinson, R. B. and W. A. Walford. "Attachment and Personality in the Psychological Health of Adolescents." *Personality and Individual Differences* 31, 4 (2001): pp. 473–484.
- Purpose: To study the effect of parental and peer attachment on adolescents' psychological distress and well-being.
  - Location: Australia

- Sample size and target population: 304 high school students who volunteer (208 females, 96 males)
- Keywords: attachment, personality, well-being, distress

Wilson, A. *Living Well: Aboriginal Women, Cultural Identity and Wellness*. Winnipeg, Man.: Prairie Women's Health Centre of Excellence, 2004.

- Type of publication: Report
- Purpose: To outline the interconnections of cultural identity, health and wellness in Aboriginal women in Manitoba.
- Location of publication: Canada
- Keywords: well-being, Aboriginals, cultural identity, community wellness, future approach

Wink, P. and M. Dillon. "Religiousness, Spirituality, and Psychosocial Functioning in Late Adulthood: Findings From a Longitudinal Study." *Psychology and Aging* 18, 4 (2003): pp. 916–924.

- Purpose: To explore the relationship of religiousness, spirituality and psychosocial functioning in older adults.
- Location and date: California, United States; longitudinal study; 1920 to 2000
- Sample size and target population: 181 individuals
- Keywords: religiousness, spirituality, older adults

Wood, W. and M. Conway. "Subjective Impact, Meaning Making, and Current and Recalled Emotions for Self-Defining Memories." *Journal of Personality* 74, 3 (2006): pp. 811–845.

- Purpose: To examine the influence that self-defining events have in terms of being able to make meaning from the situation.
- Location and date: Quebec, Canada; no date provided
- Sample size and target population: Study 1: a convenience sample of 279 students; study 2: a convenience sample of 77 students from Concordia University
- Keywords: self-defining events, subjective impact, meaning making, memories

World Health Organization. "Chapter 17: Strategies for Promoting the Mental Health of Populations." In *Promoting Mental Health: Concepts, Emerging Evidence, Practice*. Eds. H. Herrman, S. Saxena and R. Moodie. Geneva, Switzerland: WHO, 2005.

- Type of publication: Research report
- Purpose: To expand the concept of mental health promotion beyond a more traditional disease-based focus.
- Location of publication: Switzerland
- Keywords: mental health promotion, community, public health, Ottawa Charter for Health Promotion

World Health Organization. *Prevention of Mental Disorders: Effective Interventions and Policy Options (Summary Report)*. Eds. C. Hosman, E. Jane-Llopis and S. Saxena. Geneva, Switzerland: WHO, 2005.

- Type of publication: Summary report (full report: *Prevention of Mental Disorders: Effective Interventions and Policy Options*)
- Purpose: An overview of effective interventions and policy options for reducing the risk of mental disorders.
- Location of publication: Switzerland
- Keywords: mental disorders, prevention, public health, implementation, interventions

World Health Organization. *Child and Adolescent Mental Health Policies and Plans*. Geneva, Switzerland: WHO, 2005.

- Type of publication: Report
- Purpose: To convey the importance of targeting and considering all children and adolescents when promoting mental health, regardless of their current mental health status. Various strategies and recommendations are presented for the development and implementation of mental health policies and plans for this population.
- Location of publication: Switzerland
- Keywords: risk factors, protective factors, development, implementation, policy, children, adolescent, mental health

World Health Organization. *Mental Health: Strengthening Mental Health Promotion*. WHO. [Online], last revised November 2001, from <<http://www.who.int/mediacentre/factsheets/fs220/en/>> .

- Type of publication: Web resource
- Purpose: To provide a general overview of mental health and mental health promotion, emphasizing the importance of good mental health in all people and all settings. The role of WHO in promoting mental health is also explained.
- Location of publication: Switzerland
- Keywords: mental health, mental health promotion, well-being, WHO

World Health Organization. *Mental Health: New Understanding, New Hope*. (The World Health Report 2001.) Geneva, Switzerland: WHO, 2001.

- Type of publication: Report
- Purpose: To identify the state of knowledge on mental health disorders and policies, as well as to describe prevention and treatment effectiveness.
- Location of publication: Switzerland
- Keywords: mental health, mental illness

World Health Organization. "Ottawa Charter for Health Promotion." Presented at the *First International Conference on Health Promotion* in Ottawa, Ont., on November 21, 1986.

- Type of publication: Conference proceeding/summary
- Purpose: To provide an action charter with the goal of health for everyone.

- Location of publication: Canada
- Keywords: health promotion, health promotion action

Wrosch, C., I. Bauer and M. F. Scheier. "Regret and Quality of Life Across the Adult Life Span: The Influence of Disengagement and Available Future Goals." *Psychology and Aging* 20, 4 (2005): pp. 657–670.

- Purpose: To study the effect of age on the association between regret and quality of life.
- Location: Montréal, Quebec, Canada
- Sample size and target population: 120 participants, age 19 to 89
- Keywords: regret, well-being, health, self-regulation, goal adjustment

Wrosch, C. et al. "Adaptive Self-Regulation of Unattainable Goals: Goal Disengagement, Goal Reengagement, and Subjective Well-Being." *Personality and Social Psychology Bulletin* 29, 12 (2003): pp. 1494–1508.

- Purpose: The document consists of three studies that examine goal disengagement, goal re-engagement and subjective well-being.
- Location and date: United States and Canada; no date provided
- Sample size and target population: Study 1: 115 undergraduate students of Carnegie Mellon University; study 2: 120 English-speaking adults from Montréal; study 3: 45 parents, 20 of whom had children receiving cancer treatment
- Keywords: self-regulation, goal adjustment, disengagement, well-being

Yoon, D. P. and E. K. O. Lee. "The Impact of Religiousness, Spirituality, and Social Support on Psychological Well-Being Among Older Adults in Rural Areas." *Journal of Gerontological Social Work* 48, 3-4 (2007): pp. 281–298.

- Purpose: To examine the relationship of religiousness, spirituality and social support to well-being.
- Location and date: West Virginia and North Carolina, United States; 2002
- Sample size and target population: 215 older adults living in rural areas
- Keywords: spirituality, religiousness, social support, life satisfaction, depression, rural elderly