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)

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

- 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

- 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 (YMCA) (55 men, 57 women)
- Keywords: generativity, subjective well-being

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

- 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

- 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

- 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

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

• 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

• 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

• 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

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

• 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

- 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

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

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

- 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

- 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

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

- **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

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

- **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.

- **Type of article:** Commentary
- **Purpose:** To reason through evidence that resilience is more common than usually perceived.
• Keywords: resilience, recovery process

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

- 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

- 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

- 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

- 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

- 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

- 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

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

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

- 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

• 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

• 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

• 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

• 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

• 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


- 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


- 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


- 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

  • 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

  • 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

  • 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

  • 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

- 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


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


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


- 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


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

• 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

• 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

• 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

• 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

• 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


- 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


- 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


- 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


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

• 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

• 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

• 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

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

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

• 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

- 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


- 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


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


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


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

- 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

- 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

- 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

- 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


- 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


- Purpose: To explore the relationship between positive emotional content and life expectancy/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


- 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


- 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

- Type of article: Meta-analysis
- Keywords: subjective well-being, happiness, positive affect, life satisfaction


- Type of article: Literature review
- Keywords: life satisfaction, mental disorders, well-being indicators, national well-being index


- 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


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


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


- 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


- Type of publication: Literature review
- Location of publication: New Zealand
- Keywords: literature review, mental health promotion
- Type of article: Literature review
- Keywords: well-being, character strength(s), meaning, flow, happiness

- 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

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

- 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

- 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

• 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

• 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

• 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

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

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

- 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

- 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

- 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

- 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
- Type of article: Literature review
- Keywords: positive emotions, psychological resiliency, emotional well-being

- Type of article: Literature review
- Keywords: positive emotions, joy, interest, contentment, love, physical health, well-being

- 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

- 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

- 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

• 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


• Type of article: Commentary

• Keywords: mental health care system, mental illness treatment, mental illness rehabilitation


• 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


• 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


• Type of publication: Transcript

• Location of publication: Canada


• Type of article: Literature review
- Keywords: economics of happiness, health–happiness relationship, obesity, public health policy

- 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

- 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

- 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

- 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
- 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

- 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

- 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

- 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

- 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


• 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


• 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


• 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


• 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

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

• 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

• 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

• 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

• 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

• 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

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

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

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

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

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

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

- **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


- **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


- **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


- **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
• 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

• 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

• 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

• 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

• Type of article: Literature review
• Keywords: happiness, maturity, older adults, well-being

- **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


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


- **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


- **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


- **Type of article**: Systematic review
• Keywords: religion, spirituality, psychology, social support, addictions

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

• 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

• 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

• 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

• 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

• 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

• 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

• 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

• 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

• 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

• 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

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

• 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

• 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
- **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

- **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

- **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

- **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

- **Type of article:** Literature review
• Keywords: resilience, competence, adversity

• 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

• 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

• 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

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

• 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

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

• 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

• 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

• 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

• 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 date from the late 1970s
• Sample size and target population: 173 children (73 males and 100 females)
• Keywords: transition to adulthood, adaptive behaviour, youth
  - Type of article: Literature review
  - Keywords: resilience, self-regulation, adversity

  - 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

  - Type of article: Literature review
  - Keywords: emotional intelligence, cognitive abilities, emotional knowledge, emotional perception, psychological assessment

  - 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

  - 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
- 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

- 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

- 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

- 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

- 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
- 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

- 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

- 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

- 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

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

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

- 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

- 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

- 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

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

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

- **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


- **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


- **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


- **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
- **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

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

- **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

- **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

- **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

• 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

• 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

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

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

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

• 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

• 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

• 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

• 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

• 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

• 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

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

• 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

• 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

• 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

• 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

• 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

• 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

• 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

- **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


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


- **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


- **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


- **Type of publication:** Literature review
• Location of publication: Canada
• Keywords: mental health promotion, healthy public policy

• 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

• 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

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

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

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

• 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
- 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

- 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

- 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

- 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

- 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 health, mental health promotion

• 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

• 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

• 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

• 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

• 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

• 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

• 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

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

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

• Type of article: Literature review
• Keywords: quality of life, subjective well-being
- Type of article: Literature review
- Keywords: resilience, family therapy, risk factors, protective factors

- Type of article: Literature review
- Keywords: subjective well-being, psychological well-being, eudaimonia, happiness, wellness

- Type of article: Literature review
- Keywords: positive health, biology of positive health, human flourishing

- 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

- Type of article: Literature review
- Keywords: emotional state, physical health, health factors, emotional experiences

- 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


- 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


- 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


- 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


- 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.
- Sample size and target population: 58 children in long-term foster care (younger than age 12)
- Keywords: resilience, risk, long-term foster care, children

- **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


- **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


- **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


- **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


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

- **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

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

- **Type of article:** Commentary
- **Keywords:** Positive psychology

- **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
- **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

- **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

- **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

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

- **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

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

- 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

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

- 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

- 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

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

• 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

• 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

• 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

• 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

- **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


- **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


- **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


- **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


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

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- **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

- **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

- **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

- **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

- **Type of article:** Literature review
- **Keywords:** post-traumatic growth, positive change, trauma, cognitive process
- 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

- 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

- 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

- 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

• 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

• 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

• 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

• 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

• 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


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


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


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


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

- 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

- 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

- 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

- 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
- **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

- **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

- **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

- **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

- 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


- 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


- 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


- 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


- 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

- 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

- 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

- 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

- 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
- 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

- 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

- 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

- 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

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

- **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

- **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