



# The Shift From Happiness to Flourishing

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A two-continua model of mental health and illness

PATHOGENIC

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

SALUTOGENIC

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# The Shift From Happiness to Flourishing (cont.)

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

# Positive Psychological Functioning

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

# Positive Social Functioning

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

# Flourishing and Languishing Scores

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

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# A Factor Analytic Study of the Two-Continua Model

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- Sample—national sample of adults from 25 to 74



# Mental Illness (MI)

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## Symptoms of

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

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## Single Factor Solution

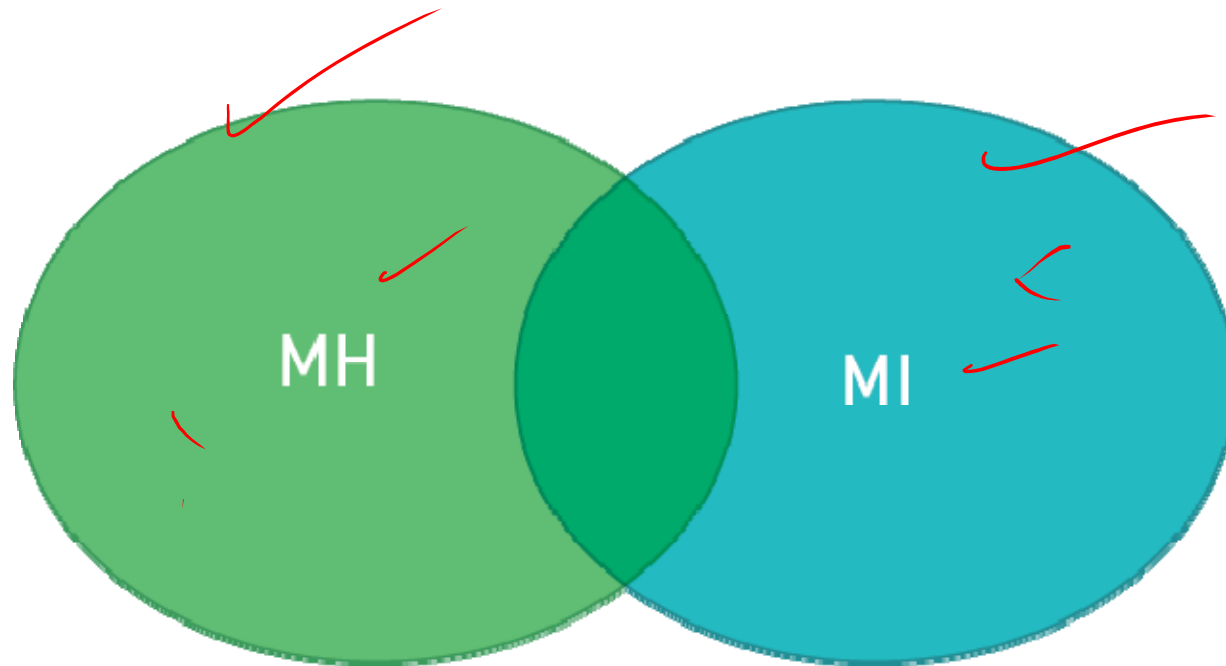
High MH ←————→ Low MI

## Two Factor Solution

Flourishing ←————<sup>MH</sup>————→ Languishing

Low Mental  
Illness ←————<sup>MI</sup>————→ High Mental  
Illness





$$r = -.53$$

MH + MI = CMH (Complete Mental Health)

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

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- Fewest workdays missed ✓
  - Health limitations for activities of daily living
  - Chronic diseases ✓
  - Levels of health care utilization
  - Levels of psychosocial functioning
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People high on MH and low on MI  
did the best overall on most  
measures.

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## Some Findings in Relation to Chronic Health Conditions

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

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

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# Policy Implications

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



# Language for a Two-Continua Model

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# Language for a Two-Continua Model

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



# Diagnostic Implications

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

# A Different Approach

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

Person

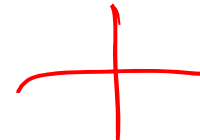
Environs




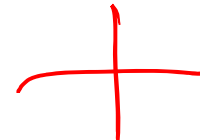
Liabilities



CONTENT

Assets





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- Data synthesis, including social location and culture
  - Leading to a “tentative working client model”
  - In interaction with counseling/treatment
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A C "D" → T | C | P

