



# Bengt Lindström

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Professor II of Health Promotion, HiBu, 2008-2011, **NO**  
Professor of Public Health and Health Promotion, NHV  
2006, **SE** (Emeritus 2013)

Associate Professor Social Policy, Åbo Akademi Vasa,  
2007 -, **FI**

Associate Professor Child Public Health , NHV 2002, **SE**

Associate Professor Public Health Tampere Univ. 2002, **FI**

Head of Health Promotion Research Programme at  
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Visiting Professor Wageningen University 2011- , **NL**

THESIS: **THE ESSENCE OF EXISTENCE** – On The QoL of Children  
and Families in the Nordic Countries 1994 NHV

**Chair of the IUHPE Global Working Group on  
Salutogenesis 2007** -see [www.rchpr.org](http://www.rchpr.org)

[www.salutogenesis.hv.se](http://www.salutogenesis.hv.se)



## The Essence of Existence



*On the Quality of Life of Children  
in the Nordic countries*

**Bengt Lindström**

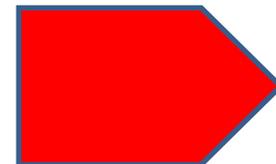
# Health, Disease, Quality of Life

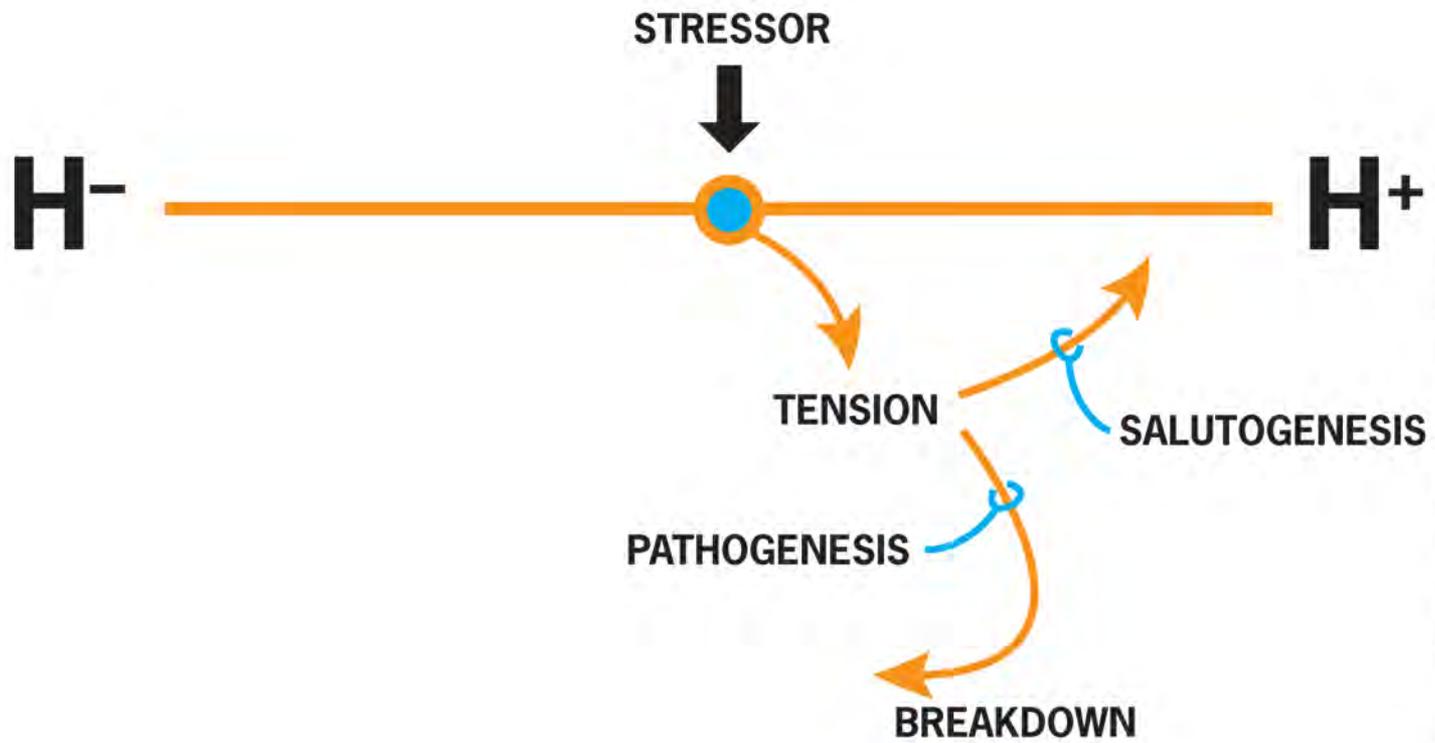
H- ----- H+

D- ----- D+

QoL- ----- QoL+

EFFECT OF A STRONG SOC





HEALTH IN THE RIVER OF LIFE

H+ ease

healthy orientation

SALUTOGENESIS

PROMOTE

EDUCATE

PREVENT

PROTECT

CURE

H- dis-ease

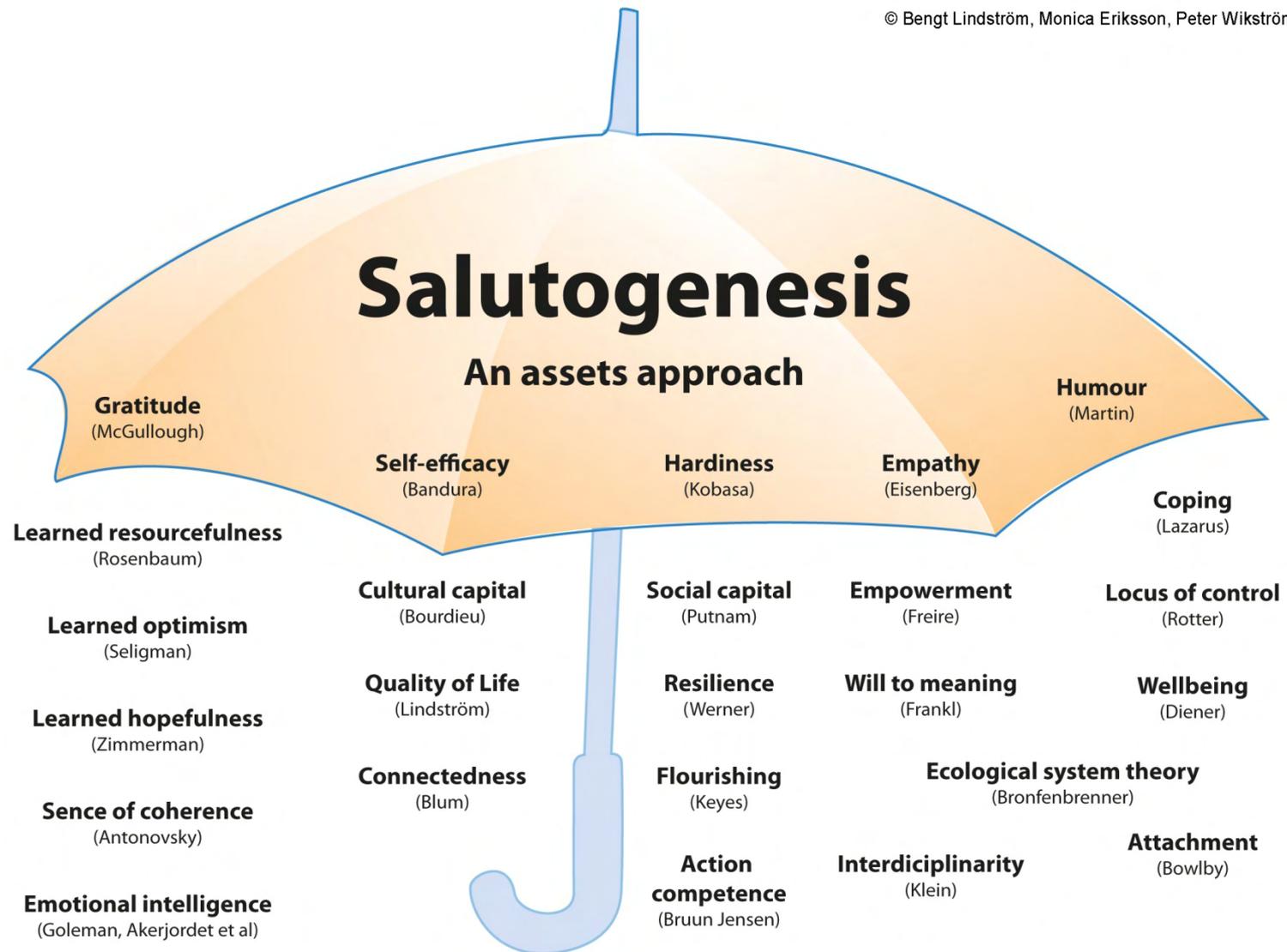
Quality of life  
Wellbeing

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SALUTOGENESIS IS A LIFE ORIENTATION

# CONCEPTS RELATED TO RESILIENCE - THE SALUTOGENIC UMBRELLA

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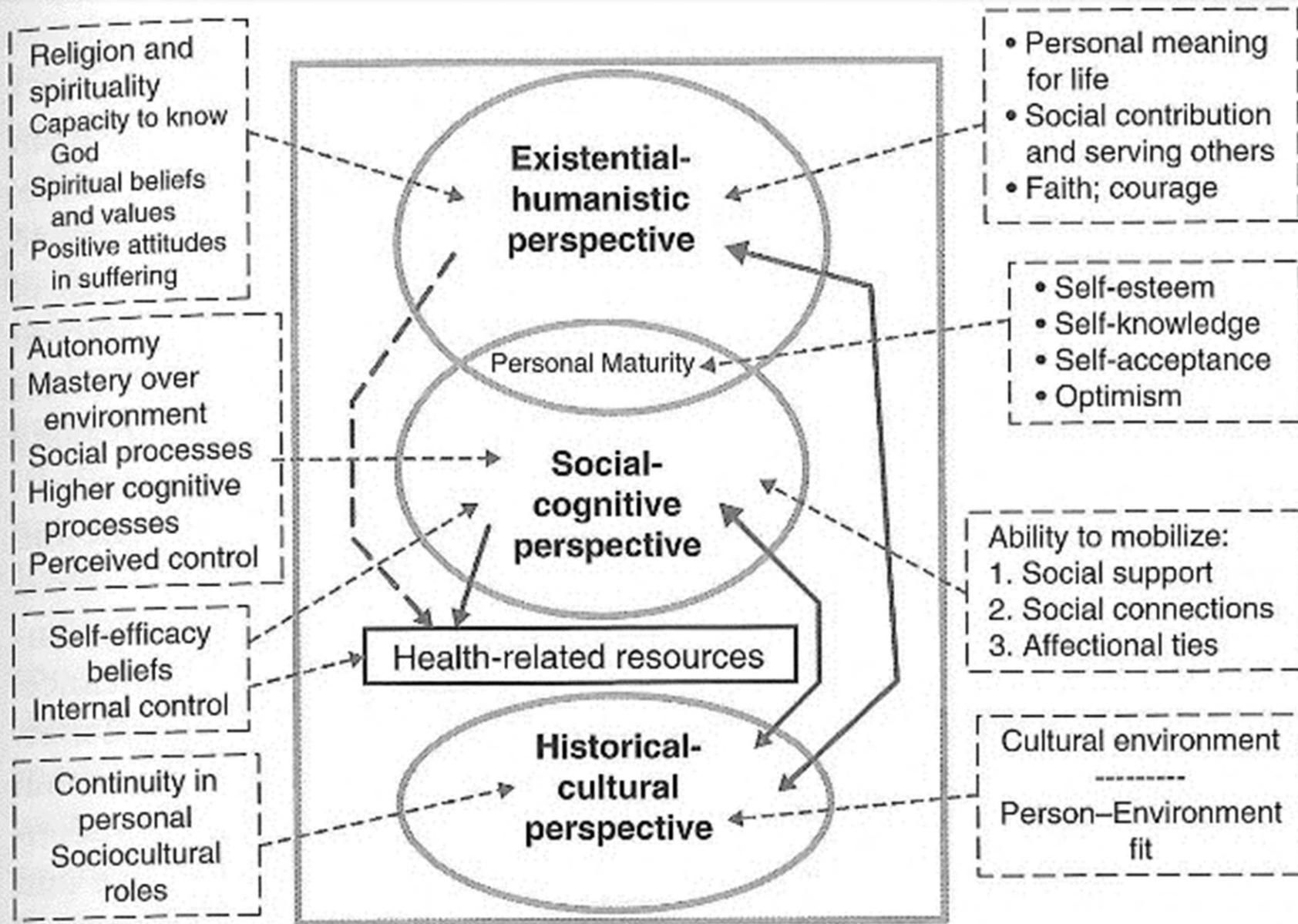
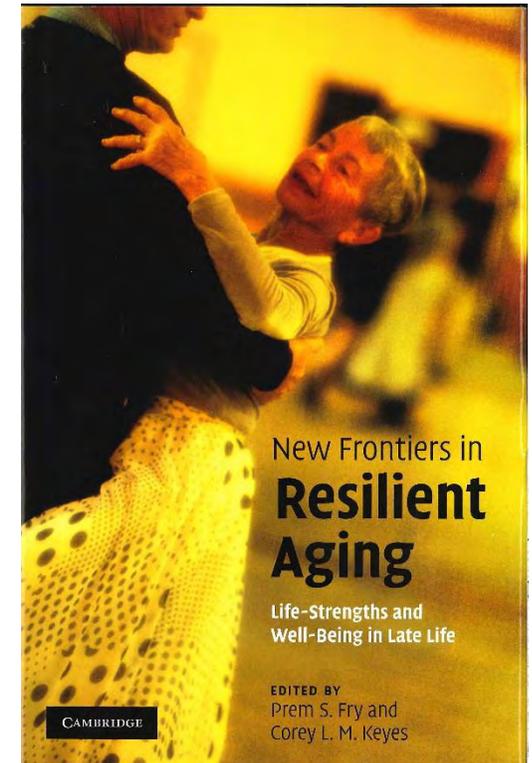


Figure 1.1. Schematic representation of the major sources of life-strengths from different theoretical perspectives.



Fry & Keyes, 2010, s. 21

# The core question

SALUTOGENESIS	RESILIENCE
<p>The origin of health? What creates health? Who are the people staying well? What can their experience tell us about health resources?</p>	<p>Why do some people stay healthy and others do not, regardless of severe hardships and adversities?</p>

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.

# The Framework

	SALUTOGENESIS	RESILIENCE
<b>Attention on</b>	Stress	Risk
<b>Approach</b>	Contextual, situational, systems	Contextual, situational, systems
<b>Orientation</b>	Life orientation, a dynamic process in a continuum of ease/dis-ease Health promotion	A dynamic process of recovery in a continuum Health protection
<b>Focus</b>	Resources, abilities, capacities, potentials, assets	Resources, abilities, capacities, potentials, assets

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.

# Definitions

SALUTOGENESIS	RESILIENCE
<p>The original definitions of salutogenesis and the sense of coherence are generally accepted.</p>	<p>Hard to get a hold of the complete content of resilience.</p>
<p>Salutogenesis is much more than only the measurement of the SOC.</p>	<p>Many different definitions of the concept, because of different available applicaitons on different levels.</p>
<p>There are many other theories and concepts with salutogenic elements available for explaining health.</p>	<p>Across the definitions a general consensus of the community resilience has emerged.</p>

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.

# Key concepts

	SALUTOGENESIS	RESILIENCE
<b>Concepts</b>	Sense of Coherence (SOC) Multidimensional construct	Resilience, "bouncing back", beating the odds Multidimensional construct
<b>Dimensions</b>	Comprehensibility Manageability Meaningfulness	
<b>Prerequisites</b>	Generalized Resistance Resources	Protective factors

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.

# Theoretical foundation

SALUTOGENESIS	RESILIENCE
Coherent theoretical framework	Lack of coherent theory base
Extensively and empirically examined	Many theories depending on the level and dimensions explored
Systematically and analytically synthesized	Conceptually diffuse, "slippery" concept, principle
Evident	Evident

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.

# The operationalisation

SALUTOGENESIS	RESILIENCE
<p>The Orientation to Life Questionnaire The original SOC-29 and SOC-13- item-scales</p> <p>Some modified versions with the <i>same questions</i> but with differing scoring alternatives</p>	<p>Different questionnaires with <i>different items</i> depending on the level and dimensions explored</p>

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.



RESEARCH

Open Access

# A methodological review of resilience measurement scales

Gill Windle<sup>1\*</sup>, Kate M Bennett<sup>2</sup>, Jane Noyes<sup>3</sup>

**Results:** Nineteen resilience measures were reviewed; four of these were refinements of the original measure. All the measures had some missing information regarding the psychometric properties. Overall, the Connor-Davidson Resilience Scale, the Resilience Scale for Adults and the Brief Resilience Scale received the best psychometric ratings. The conceptual and theoretical adequacy of a number of the scales was questionable.

**Conclusion:** We found no current 'gold standard' amongst 15 measures of resilience. A number of the scales are in the early stages of development, and all require further validation work. Given increasing interest in resilience from major international funders, key policy makers and practice, researchers are urged to report relevant validation statistics when using the measures.

# The implementation

	SALUTOGENESIS	RESILIENCE
<b>Applicability</b>	Individual, group (family), societal level	Individual, group (family), societal level
<b>Outcome</b>	Good perceived health (mental, physical, social) and Quality of Life	Survival, good perceived health and Quality of Life
<b>Evaluation</b>	The key concepts of the salutogenic theory, the SOC	No clear way to evaluate dependent on the lack of a sound coherent theory base
<b>Effectiveness</b>	The global evidence base proves the health model works	Lack of coherent and comprehensive evidence

**Eriksson, M., & Lindström, B.** (2011). Life is more than survival: Exploring links between Antonovsky's salutogenic theory and the concept of resilience. In K. M. Gow & M. J. Celinski (Eds.), *Wayfinding through life's challenges: Coping and survival*, (pp. 31-46). New York: Nova Publishers.

# Conclusions

Is Salutogenesis the same as Resilience?

**NO**

There are similarities and differences

Both constructs contribute to the explanation of health and quality of life

# RESILIENCE - A KEY SKILL FOR EDUCATION AND JOB



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GRUNDTVIG - GMP

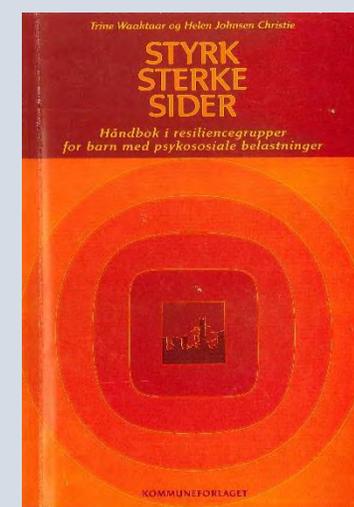
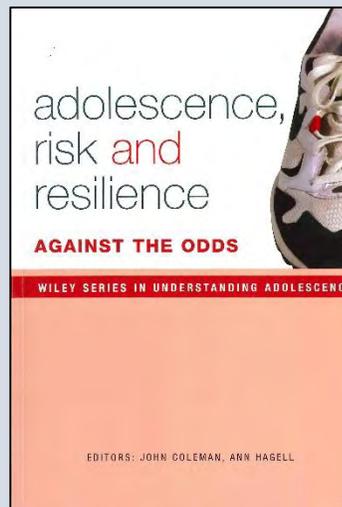
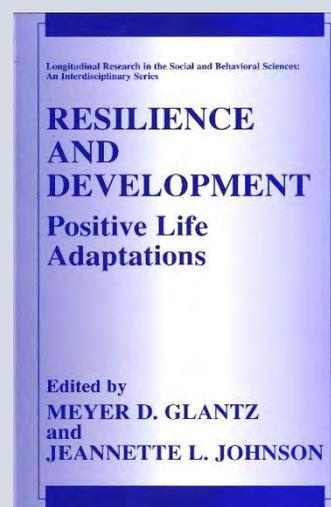
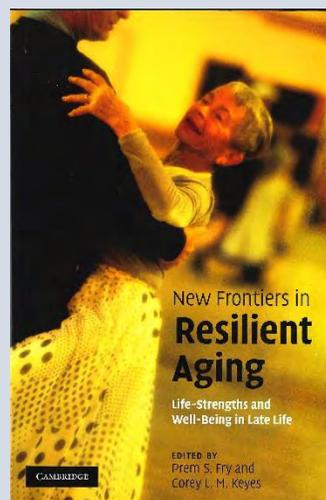
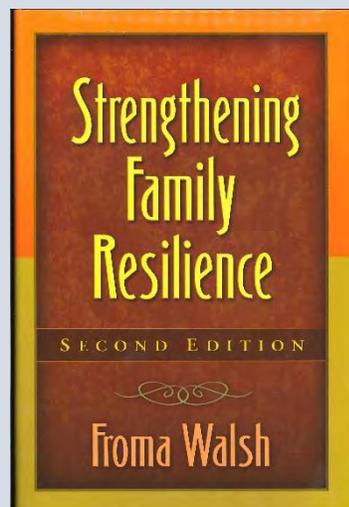
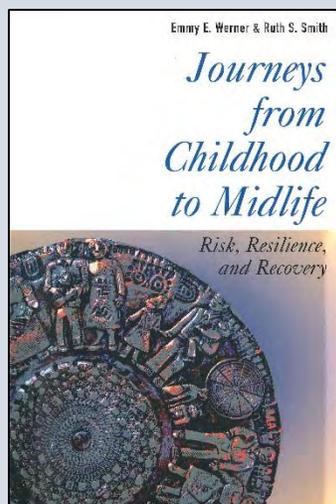
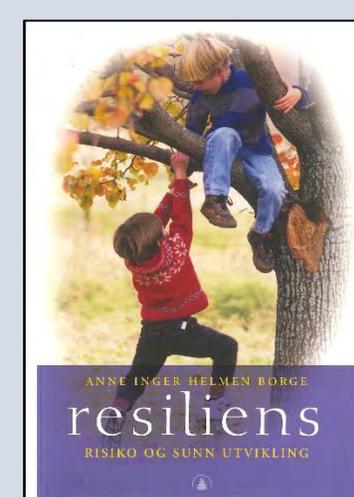
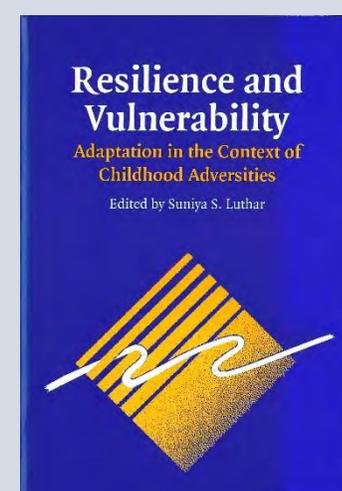
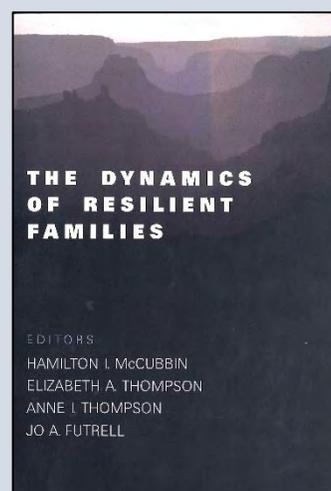
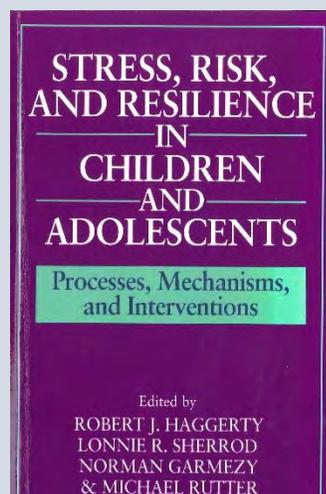
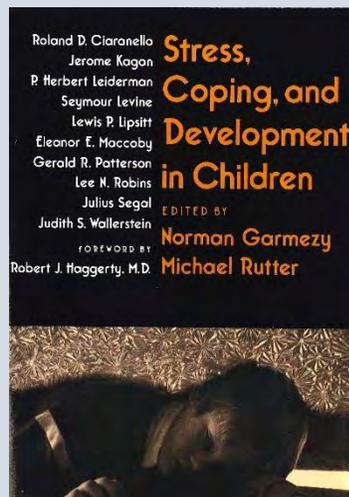
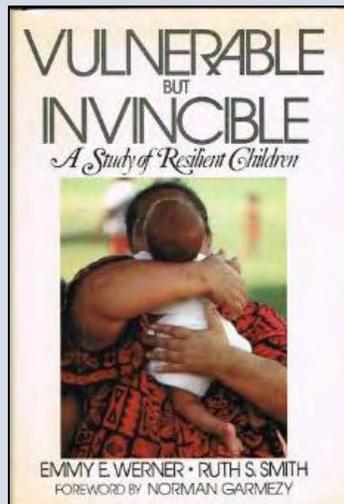


Education and Culture DG

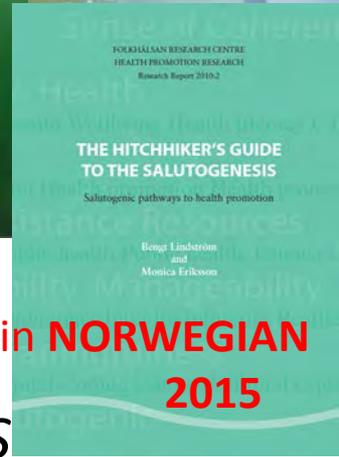
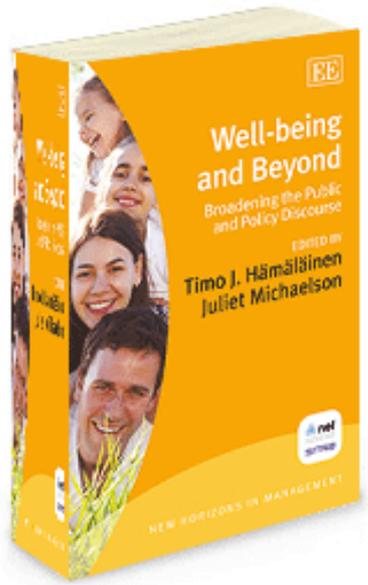
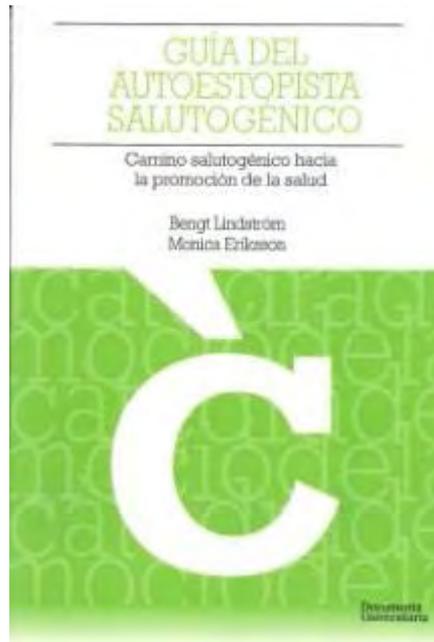
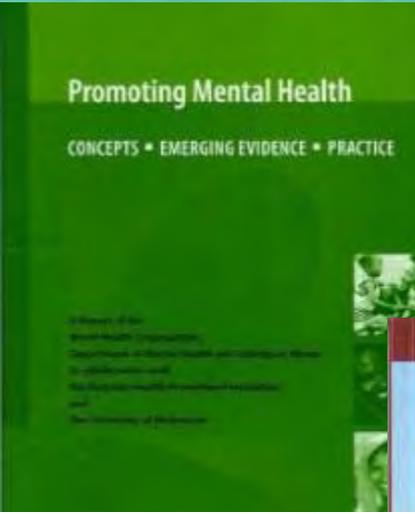
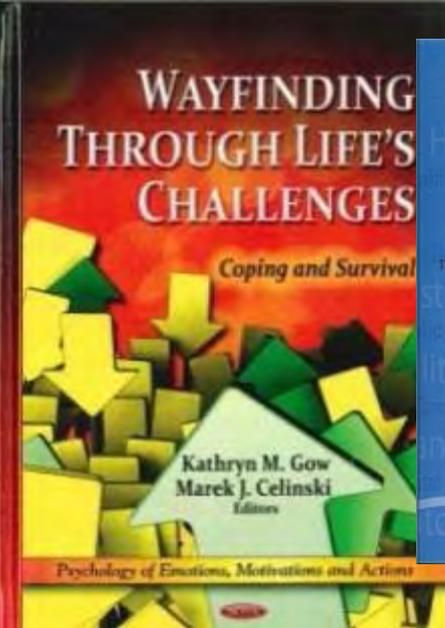
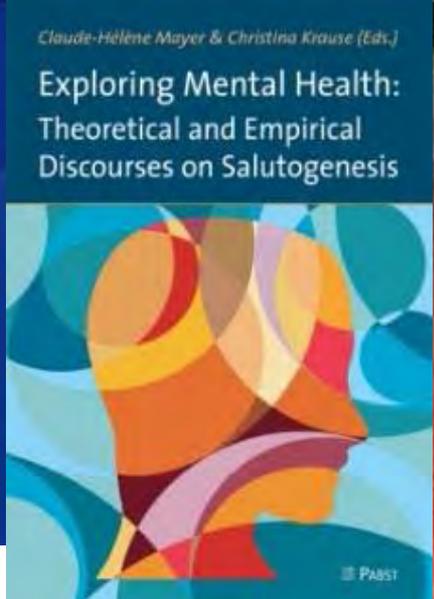
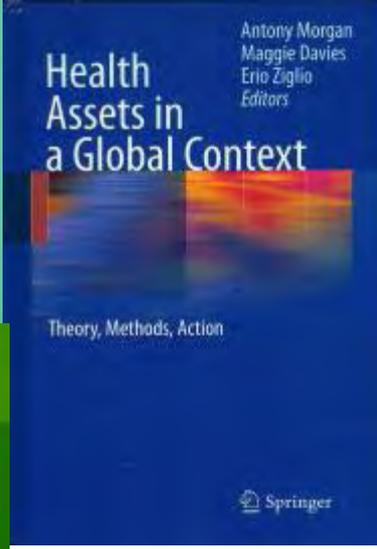
Lifelong Learning Programme

THE PROJECT WORKING DEFINITION OF  
RESILIENCE:

**“The ability to exercise  
constructive life skills to  
meet the challenges of life”**



# SOME BOOKS



## ONGOING 2015 HANDBOOK ON SALUTOGENESIS

Hitchhiker in **NORWEGIAN** 2015