Aborigines, 196, 210–211
accomplishments, 113
action planning, 105
Active Constructive Responding, 161
activities, 269–270
Allport, Gordon, 86, 88
American Marketing Association, 312
Anthony, Bill, 4, 25
anxiety, 290
Applied Social Sciences Index and Abstracts, 60
Aristippus, 311
Aristotle, 1, 88, 215
Assessing Strengths (Working Practices 2), 29
attachment theory, 300–301
attention, 251, 253
attitudes, 136
Australia
indigenous rights in, 4
liveability indicators, 279
wellbeing policy in, 207–211
Australian Association of Social Marketing, 312
Australian Research Council, 99
authoritarian parents, 301
authoritative parents, 301
autonomy, 88, 101, 103, 302
autonomy-supportive parenting, 303
awareness, 251, 253
BeIntent, 268
best possible selves (BPS), 14
Better Life survey, 277
Big Cities Quality of Life project, 209
biological psychiatry, xi
Bok, Derek, 37
bottling-up feelings, 239
brain scans, 40
Brief Psychiatric Rating Scale (BPRS), 139
British Humanities Index, 60
British Journal of Wellbeing, 60
British Nursing Index and Archive, 60
broaden and build theory, 13
Buddhism, 215–216
Cahn, Edgar, 185
Camera tool, 104
Cameron, David, 36
capital accounting, 325
capitalization models, 113
CASEL Framework, 249
causal studies, 13
Centre for Positive Psychology, 258
Centre for Psychiatric Rehabilitation, 181
character education, 249
character strengths, 114
CHIME Framework, 26, 29
connectedness, 26
empowerment, 27–28
hope and optimism, 27
identity, 27
meaning and purpose in life, 27, 79
Chinese culture, 194–195
cholera outbreak of 1854, 86
Churchill, Winston, xii
citizenship, 329
civics education, 249
Classification of Strengths & Virtues, 117
clinical psychology, xi
clinical recovery, 24–25
Cochrane, 60
cognitive behavior therapy, 126
cognitive behavior therapy for psychosis (CBTp), 48–49
person-based, 50
positive therapeutic framework and, 49–50
strengths-based, 50–56
cognitive-behavioural interventions, 46–57
collaboration, 103
Collaborative Goal Technology, 104
Collaborative Recovery Model (CRM), 28, 99–107
architecture of, 102
components of, 103–105
change enhancement, 104
collaborative action planning and monitoring, 105
collaborative life visioning and goal striving, 104–105
collaborative strengths and values, 104
definition of, 99
Flourish program, 105–106
guiding principles, 101–103
collaboration and autonomy support, 103
recovery as an individual process, 102–103
organisational development of mental health services, 106–107
overview, 99
psychological recovery, 99–103
collectivism, 202–203
Commission on the Measurement of Economic Performance and Social Progress, 36
see also population-level wellbeing
mental health promotion and, 232–233
Mental Well-being Impact Assessment (MWIA) toolkit, 233–237
overview, 231–232
workplace well-being interventions, 237
Compass, 105
compensation models, 113
competition, 317–318
Complete State Model, 87
Composite International Diagnostic Interview Short Form (CIDI-SF), 90–91
comprehension, 251–252, 253
Comprehensive Soldier Fitness Program, 1, 161
connectedness, 26
c contemplated education, 248
coping, 251–252, 253
c -production, 184–186, 327–328
Creating Healthy Workplaces program, 293
critical thinking, 318
cross-sectional studies, 12–13
Csiszentmihalyi, M., 11, 53
Cyclical Model, 248
databases, 60
Davidson, Larry, 3
Davison, Emily, 329
delmaN, Jonathan, 176
Demographic Change and Liveability Panel Report, 277
Denmark, 28
depression, xii
dialectical behavior therapy, 126
diener, Ed, 37, 87, 89–90
dignity of risk, 176–177
disabling conditions, removing, xii
Domains of Positive Functioning Network, 250–255
tenition and awareness, 251
comprehension and coping, 251–252
emotion management, 251
goals and habits, 252
two tood ave students, 258–259
relationships, 252
in schools, 257–258
virtues, 252
DotB, 255
drug, xii
dual continuum model, 219–220
dynamic equilibrium theory of happiness, 48
dysphoria, xii
Easterlin Paradox, 277
Eastern traditions, 215–216
eating disorders, 304
ecological value, 320
economists, 7
Education Development Center, 245
Education International, 245
EMBASE, 60
emergency services, 157–164
current state of health in, 157–158
first responders, 157
salutogenic wellbeing in, 158–159
wellbeing initiatives, 160–163
group level, 160–162
individual level, 160
organisational level, 162–163
peripheral level, 163
emotional intelligence, 248
emotional value, 320
emotional wellbeing, 87–88, 239–240
emotions, 251, 253
employee assistance programs, 295
empowerment, 27–28
engagement, 113, 136
England, 28
enjoyment (ENJ), 62
environmental mastery, 88
Epicurus, 215
Epsom Derby, 329
eudaimonia, 1, 88
eudaimonic wellbeing, 8, 207, 215, 311
See also hedonic wellbeing
European Social Marketing Association, 312
European Social Survey (ESS), 90
evidence base, 12–13
experience sampling method, 53
family, 78
See also parenting
Family Wellbeing Guidelines, 208
Family Whanau and WeIlbeing Project, 209
financial capital, 325
First Nations, 196
first responders, 157
Five Ways to Wellbeing, 1, 209
Flourish program, 105–106
flourishing, 10
flow theory, 13
FOCUS (comprehensive smartphone system for self-management of schizophrenia), 151–152
focus of recovery concept, 102
Focusing Resources for Effective School Health (FRESH), 245
Foresight Project on Mental Capital and Wellbeing, 268
Foresight Report, 1
forgiveness, 14, 120
Foucault, Michel, 313
Frankl, Victor, 86
Freud, Sigmund, xi
Frey, Bruno, 37
functional value, 320
Further Education (FE) College, 183
G20, 277
Gallup World Poll, 40
General Health Questionnaire (GHQ), 220
general life satisfaction (LS), 62
Gallup World Poll, 40
geriatricaN, 117
gender, 121
measures of, 15
visit, 121
Grey Literature Network
G20, 277
Gross Domestic Product (GDP), 35–36
Gross National Product (GNP), 35–36
group level research, 11
habits, 252, 254
happier@work programme, 236–237
hedonic wellbeing,
wellbeing initiatives,
happiness, 10. See also wellbeing
cultural differences in, 37
definition of, 37
dynamic equilibrium theory of, 47
individual and cultural differences, 37
individual differences in, 37
measuring, 35–38
effectiveness of, 40
insensitivity of scales in, 39–40
right kind of happiness, 41–42
quality of life and, 37
role in policymaking, 42
World Happiness Report, 37
Health and Behaviour in the Population Survey (HEPS), 223
Health Impact Assessment (HIA), 211
Health of the Nation Outcome Scale (HoNOS), 139
Healthy and Resilient Organisation (HERO) model, 163
hedonic wellbeing, 8, 87–88, 207, 215, 311. See also eudaimonic wellbeing
homosexuality, 4
hope, 17, 27
hope theory, 13
human capital, 325
Huppert, Felicia, 90
identity, 27
illness, 136
ILUTE model, 280
Implementing Recovery through Organisational Change (ImROC), 181
ImROC, 28
indigenous rights, 4
individual learning plans (ILPs), 184, 186
individual level research, 11
individualism, 202–203
inner wellbeing, 197
INSPIRE recovery support, 29
Institute for Sustainable Resources, 279
intellectual capital, 325
interaction, 136
International Bibliography of Social Sciences, 60
International Social Marketing Association, 312
Ireland, 28
ITAREPS (information technology–aided relapse prevention in schizophrenia program), 149
Jahoda, M., 86, 88
job crafting, 162
job stressors, 290–291
Journal of Positive Psychology, 60
journals, 60
Kennedy, Robert F., 36
Keyes, Corey, 87
Kings College London, 237
Kings Health Partners, 237
Kooloobong Village (KBV) description of, 265
enablers, 266–271
integrated wellbeing social marketing, 268–269
positive psychology coaching training and culture, 269
strengths knowledge, use and spotting, 270–271
web and smartphone based self-regulation tools, 267–268
wellbeing informed activity planning, 269–270
Live Out Loud Program, 271
as a positive residence, 266
program and organisational development, 266–271
wellbeing and recovery in, 272–274
Lagarde, Christine, 277
Lancashire Quality of Life Profile (LQoLP), 62
Layard, Richard, 37
leader behaviour, 161
Learning to Breathe Program, 248
Lehman Quality of Life Interview (LQoLI), 62
LGBTQI community, 174
life satisfaction, 10
psychosis and, 47
Life satisfaction Index (LSI), 62
LifeJET, 104, 105
life-story work, 27
Lincoln, Abraham, xii
Live Out Loud Program, 268, 271
liveability, 277–286
definition of, 277
indices, 277–279
location-based model of, 282–284
perceived, 280
residential mobility and, 279–280
liveability indices, 277–279
living capital, 325
Live Out Loud Program, 268, 271
liveability, 277–286
definition of, 277
indices, 277–279
location-based model of, 282–284
perceived, 280
residential mobility and, 279–280
liveability indices, 277–279
living capital, 325
Living Standards Framework, 210
Manchester Assessment of Quality of Life (Mansa), 62
Manchester Short Assessment (Mansa), 139
manufactured capital, 325
Maori wellbeing, 196
MAP (My Action Plan), 105
market segmentation, 316
Maslow, Abraham, 11, 86
Maudsley NHS Foundation Trust, 268
meaning in life, 75–80
CHIME Framework, 27
definition of, 75–76
family and, 78
measurement of, 79–80
mental health recovery and, 78–79
mind-body connection and, 77
psychological view of, 77
reduction in perception of, 78
self-transcendence to, 78
wellbeing and, 76–78, 113
Meaning in Life Questionnaire (MLQ), 80
Measuring National Well-being (MLQ), 80
Medical Research Council (MRC) Framework for Evaluating Complex Health Interventions, 135
MEDLINE, 60
mental health, 86–94
antecedents of, 91
Complete State Model of, 87
consequences of, 91–93
defined, 10, 231
disease-based model of, 289–290
health-based model of, 289–290
history, 86–87
measuring, 38–39
reasons for, 35–38
mobile health for, 149–153
modeling and measuring, 87
models, 89–90, 218–219
positive, 87
prevalence of, 90–91
recovery, 93–94
role in policymaking, 42
serious mental health conditions, 169
recovery, 175
stigma, 175
severe and enduring mental illness, 221
work and, 290
work as determinant of, 290–291
work losses and medical visits attributed to, 92
Mental Health Act 2014 (Victoria), 211
Mental Health (Compulsory Assessment and Treatment) Act, 209
Mental Health Continuum–Long Form (MHC–LF), 90–91
Mental Health Continuum–Short Form (MHC–SF), 39, 88–89
Mental Health Foundation, 60
mental health promotion, 232–233
Mental Health Promotion Team, 268
mental health recovery, meaning in life and, 78–79
mental health services, 218
implementation of, 106–107
organisational development of, 106–107
support to recovery, 28–30
mental illness, 218
mental wellbeing defined, 218
distribution of, 223–224
in dual continuum model, 219–220
measurement of, 221–223
Mental Well-being Impact Assessment (MWIA) toolkit, 233–237
application in the workplace, 236–237
core protective factors, 235–236
happier@work programme, 236–237
in Kooloobong Village’s Five Enablers model, 270
Midlife in the United States (MIDUS), 87, 90–91, 96–97
Mind, 60
mind-body connection, 77
Mindful Education, 255
Mindful Language, 255
Mindful Schools, 255
mindfulness, 17, 255–256
Mindfulness in Schools Project, 235
MindUp, 255
Mobile Assessment and Treatment for Schizophrenia (MATS), 149
mobile health (mHealth), 147–153
apps, 148
for mental health, 149–153
smartphone interventions, 150–152
texting interventions, 149–150
mobile technologies in, 147–148
overview, 148–149
model of goal-directed behaviour (MGB), 315
MONARCA smartphone software, 152–153
motivation, 173–174
Motivation and Personality (Maslow), 11
music, 18
My Action Plan (MAP), 105
myCompass, 150
narrative synthesis, 26
narrative therapy, 27
National Health and Medical Research Council, 99
natural capital, 325
need-supportive parenting, 300–306
attachment theory, 300–301
autonomy and, 302
autonomy support in, 303
importance of, 300–302
in recovery context, 303–306
self-determination theory and, 302
warmth vs. hostility in, 301
negative emotions, xii, 112
negative personality traits, xii
need-supportive parenting, 303
autonomy and, 302
attachment theory, 300–301
在未来研究中，194–203
concepts and models, 195–197
wellbeing research in, 197–199
positive, 87
prevalence of, 90–91
recovery, 93–94
role in policymaking, 42
serious mental health conditions, 169
recovery, 175
stigma, 175
severe and enduring mental illness, 221
work and, 290
work as determinant of, 290–291
work losses and medical visits attributed to, 92
Mental Health Act 2014 (Victoria), 211
Mental Health (Compulsory Assessment and Treatment) Act, 209
Mental Health Continuum–Long Form (MHC–LF), 90–91
Mental Health Continuum–Short Form (MHC–SF), 39, 88–89
Mental Health Foundation, 60
mental health promotion, 232–233
Mental Health Promotion Team, 268
mental health recovery, meaning in life and, 78–79
mental health services, 218
implementation of, 106–107
organisational development of, 106–107
support to recovery, 28–30
mental illness, 218
mental wellbeing defined, 218
distribution of, 223–224
in dual continuum model, 219–220
measurement of, 221–223
Mental Well-being Impact Assessment (MWIA) toolkit, 233–237
application in the workplace, 236–237
core protective factors, 235–236
happier@work programme, 236–237
in Kooloobong Village’s Five Enablers model, 270
Midlife in the United States (MIDUS), 87, 90–91, 96–97
Mind, 60
mind-body connection, 77
Mindful Education, 255
Mindful Language, 255
Mindful Schools, 255
mindfulness, 17, 255–256
Mindfulness in Schools Project, 235
MindUp, 255
Mobile Assessment and Treatment for Schizophrenia (MATS), 149
mobile health (mHealth), 147–153
apps, 148
for mental health, 149–153
smartphone interventions, 150–152
texting interventions, 149–150
mobile technologies in, 147–148
overview, 148–149
model of goal-directed behaviour (MGB), 315
MONARCA smartphone software, 152–153
motivation, 173–174
Motivation and Personality (Maslow), 11
music, 18
My Action Plan (MAP), 105
myCompass, 150
narrative synthesis, 26
narrative therapy, 27
National Health and Medical Research Council, 99
natural capital, 325
need-supportive parenting, 300–306
attachment theory, 300–301
autonomy and, 302
autonomy support in, 303
importance of, 300–302
in recovery context, 303–306
self-determination theory and, 302
warmth vs. hostility in, 301
negative emotions, xii, 112
negative personality traits, xii
need-supportive parenting, 303
autonomy and, 302
attachment theory, 300–301
在未来研究中，194–203
concepts and models, 195–197
wellbeing research in, 197–199
positive, 87
prevalence of, 90–91
recovery, 93–94
role in policymaking, 42
serious mental health conditions, 169
recovery, 175
stigma, 175
severe and enduring mental illness, 221
work and, 290
work as determinant of, 290–291
work losses and medical visits attributed to, 92
Mental Health Act 2014 (Victoria), 211
Mental Health (Compulsory Assessment and Treatment) Act, 209
Mental Health Continuum–Long Form (MHC–LF), 90–91
Mental Health Continuum–Short Form (MHC–SF), 39, 88–89
Mental Health Foundation, 60
mental health promotion, 232–233
Mental Health Promotion Team, 268
mental health recovery, meaning in life and, 78–79
mental health services, 218
implementation of, 106–107
organisational development of, 106–107
support to recovery, 28–30
mental illness, 218
mental wellbeing defined, 218
distribution of, 223–224
in dual continuum model, 219–220
measurement of, 221–223
Mental Well-being Impact Assessment (MWIA) toolkit, 233–237
application in the workplace, 236–237
core protective factors, 235–236
happier@work programme, 236–237
in Kooloobong Village’s Five Enablers model, 270
Midlife in the United States (MIDUS), 87, 90–91, 96–97
Mind, 60
mind-body connection, 77
Mindful Education, 255
Mindful Language, 255
Mindful Schools, 255
mindfulness, 17, 255–256
Mindfulness in Schools Project, 235
MindUp, 255
Mobile Assessment and Treatment for Schizophrenia (MATS), 149
mobile health (mHealth), 147–153
apps, 148
for mental health, 149–153
smartphone interventions, 150–152
texting interventions, 149–150
mobile technologies in, 147–148
overview, 148–149
model of goal-directed behaviour (MGB), 315
MONARCA smartphone software, 152–153
motivation, 173–174
Motivation and Personality (Maslow), 11
music, 18
My Action Plan (MAP), 105
myCompass, 150
narrative synthesis, 26
narrative therapy, 27
National Health and Medical Research Council, 99
natural capital, 325
need-supportive parenting, 300–306
attachment theory, 300–301
autonomy and, 302
autonomy support in, 303
importance of, 300–302
in recovery context, 303–306
self-determination theory and, 302
warmth vs. hostility in, 301
negative emotions, xii, 112
negative personality traits, xii
need-supportive parenting, 303
autonomy and, 302
attachment theory, 300–301
在未来研究中，194–203
concepts and models, 195–197
wellbeing research in, 197–199
Index

positive tertiary education (cont.)
  wellbeing and recovery in,
  272–274
  overview,   265
  ... residential mobility,   279–280
  resilience,   172–173, 239–240
  resilience education,   248
  Rethink,   60

Recovery Colleges, 29, 30, 178, 181–192
  co-production in, 184–186
  educational vs. therapeutic
  model, 181
  future directions, 189–192
  history, 181
  key defining features, 182–184
  outcomes, 187–189
  achievement of personal
  recovery goals, 187
  achievement of socially
  valued goals, 188
  182–184
  model, 181–192
  wellbeing, 188
  supporting care, 187
  effectiveness, 188–189
  connections, 176
  29–30
  174–177, 178–179
  atmosphere/voluntariness,
  compassionate human
  conceptual framework for,
  170
development of, 169
  emergence of, 169
  opportunities, 173–174
  peer support, 177
  peer-run and staffed
  organizations, 170–171
  positive psychology and,
  174–177, 178–179
  recovery and, 174–177
  self-agency, 171–172
  value and well-being
  connections, 176
  reflection, 239
  REFOCUS Intervention, 29–30
  relationship, 113, 254
  relationship capital, 325
  resilience, 172–173, 239–240
  resilience education, 248
  Rethink, 60

© in this web service Cambridge University Press
www.cambridge.org
Index

reward, 240
Rogers’ Empowerment Scale (RES), 139
Rose, Geoffrey, 220
Rose hypothesis, 139
Tangata Whaiora, 195
Te Wheke model of wellbeing, 196
technology-based self-service (TBSS), 315

salutogenic wellbeing, 158–159
Sarkozy, Nicolas, 36
satisficing versus maximizing exercise, 122
Savoring Beliefs Inventory (SBI), 139
savouring, 18
savouring exercise, 122
Scale for the Assessment of Wellbeing (SAWB), 62
schizophrenia, 2, 49, 304
schools. See also tertiary education
learning case, 246
mental health case, 246
reasons for teaching well-being, 246
support of student wellbeing, 247–250
as well-being enhancing institutions, 245
Schopenhauer, Arthur, xi
Scotland, 28
selective serotonin reuptake inhibitors (SSRIs), xi
self determination theory, 1, 13, 304
self-acceptance, 88
self-compassionate writing, 19
self-determination theory (SDT), 101, 176, 302
self-efficacy, 173–174
self-regulated learning, 248
Seligman, A., 89–90
Seligman, Martin, 11, 87
Sense of Coherence Scale (SCS), 139
sensors, 152–153
serious mental health conditions (SMHC), 169
recovery, 175
stigma, 175
severe and enduring mental illness (SEMI), 221
Short Depression–Happiness Scale (SDHS), 139
Short Form (SF), 62
Signature Strength Questionnaire, 117
signature strengths, 112
significance in life, 75–76
65% barrier, xi–xii
smartphone based self-regulation tool, 267–268
smartphone interventions, 150–152
Snaih-Hamilton Pleasure Scale (SHPS), 62
snipers, training of, xii
Snow, John, 86
Social Adjustment Scale II (SAS-II), 62
social capital, 325
social coherence, 88
social contribution, 88
social good, 313
social growth, 88
social integration, 88
social marketing, 311–321
competition in, 317–318
critical thinking in, 318
definition of, 312–313
integrated wellbeing, 268–269
mix, 317
participant orientation in, 314–321
research and insight in, 314–315
segmentation and positioning of, 316–317
social good in, 313
systems thinking in, 318–319
theory in, 315
value creation in, 319–321
social networks, 174
social science, 216
Social Services Abstracts, 60
social support, 160–161
social value, 320
social wellbeing, 9, 87, 88, 202–203
social-emotional learning, 249
societal value, 320
Sociological Abstracts, 60
Sovereign New Zealand Wellbeing Index, 39
spiritual assessments, 27
Stiglitz, Joseph, 36
stigma, 2
Strengths and Difficulties Questionnaire (SDQ), 220
strengths knowledge, 270–271
strengths model of case management, 28
strengths spotting, 270–271
strengths theories, 13
strengths use, 270–271
strengths-based CBTp, 50–56
clinical applications, 50–56
clinical groups
no response to traditional CBTp, 54–56
responded to treatment but levels of subjective wellbeing remain low, 53–54
responded well and have little or no residual psychotic symptoms, 50–53
Subjective Exercise Experiences Scale (SEES), 62
subjective level research, 11
Subjective Satisfaction with Life Scale (SSLS), 62
subjective wellbeing, 9. See also wellbeing
adaptive mechanisms, 47
measuring, 38–39
challenges in, 39–42
insensitivity of scales in, 39–40
in psychosis, 47–48
Subjective Wellbeing under Neuroleptics Scale (SNN), 62
Substance Abuse and Mental Health Services Administration, 93
SuperFriend study, 295
Supporting Goal Thriving (Working Practices), 29
systems thinking, 318–319
Tangata Whaiora, 195
Te Wheke model of wellbeing, 196
technology-based self-service (TBSS), 315
tertiary education, 265–274.  
See also positive education  
future of, 274  
Kooloobong Village (KBV), 265  
enablers, 266–271  
Live Out Loud Program, 271  
as a positive residence, 266  
wellbeing and recovery in, 272–274  
overview, 265  
program and organisational development, 266–271  
informed activity planning, 269–270  
measurement of, 271  
web and smartphone based self-regulation tools, 267–268  
wellbeing informed activity planning, 269–270  
wellbeing and, 265–266  
texting interventions, 149–150  
Thai concept of wellbeing, 196  
Toi Te Ora program, 209  
Torres Strait Island natives, 196, 210–211  
Towards Wellbeing Service Specifications, 209  
Transcendent Principle of Personhood, 4  
Transformation Center (TC), 169  
transformational leaders, 161–162  
Transtheoretical Model of Change, 26  
Treaty of Waitangi (1840), 209  
Tree of Life therapy, 27  
Understanding Values and Treatment Preferences (Working Practices 1), 29  
UNESCO, 245  
United Nations, 36  
United Nations Declaration on the Rights of Indigenous Peoples, 211  
United States, 28  
Upanishads, 215–216  
urban liveability, 277–286  
definition of, 277  
definitions, 277–279  
location-based model of, 282–284  
perceived, 280–282  
residential mobility and, 279–280  
UrbanSim model, 280–282  
value  
creating, 319–321  
definition of, 319  
ecological, 320  
emotional, 320  
social, 320  
societal, 320  
value-in-behavior, 320  
value-in-exchange, 319  
value-in-use, 320  
values education, 249  
Victorian Competition & Efficiency Commission, 278, 279  
Victorian Health Promotion (VicHealth), 293  
Victorian WorkCover Authority, 293  
virtues, 252, 254  
Virtues in Action Character Strengths model, 112  
vocation, 174  
voting rights, 4  
Warwick-Edinburgh Mental Well-Being Scale (WEMWBS), 39, 139, 188, 223  
Waters, LE., 11  
web-based self-regulation tool, 267–268  
wellbeing and, 35–42  
wellbeing informed activity planning, 269–270  
wellbeing and, 265–266  
texting interventions, 149–150  
Thai concept of wellbeing, 196  
Toi Te Ora program, 209  
Torres Strait Island natives, 196, 210–211  
Towards Wellbeing Service Specifications, 209  
Transcendent Principle of Personhood, 4  
Transformation Center (TC), 169  
transformational leaders, 161–162  
Transtheoretical Model of Change, 26  
Treaty of Waitangi (1840), 209  
Tree of Life therapy, 27  
Understanding Values and Treatment Preferences (Working Practices 1), 29  
UNESCO, 245  
United Nations, 36  
United Nations Declaration on the Rights of Indigenous Peoples, 211  
United States, 28  
Upanishads, 215–216  
in general population, 215–228  
hedonic, 207, 215, 311  
important activity planning, 269–270  
intersection between recovery and, 3  
literacy, 325–327  
meaning in life and, 76–78  
measuring, 38–39  
effectiveness of, 40  
insensitivity of scales in, 39–40  
reasons for, 35–38  
right kind of wellbeing, 41–42  
mental, 218, 219–220  
models, 218–219  
in New Zealand, 207–211  
in non-Western cultures, 59–72  
recovery and, 3  
saliency, 207, 215, 311  
section 7, 7–8, 9  
relatedness, 35, 207–208, 311–312  
economics, 324  
in emergency services, 157–164  
emotional (or hedonic), 87–88  
eudaimonic, 311  
eudemonic, 207, 215  
© in this web service Cambridge University Press  
www.cambridge.org
WELLFOCUS PPT, 126, 133–143
development-of, 135–137
evaluation of, 137–140
future of, 141–143
overview, 135
scientific framework for, 135
sessions, 138
stages of, 135–137
consultation, 136
interviews, 135
manualisation, 136
reviews, 137
Wellness Recovery Action Planning Approach (WRAP), 172–173
Wellness Recovery Action Planning (WRAP), 27, 30
Wheel of Wellbeing (WOW), 268
WHO COMBI model, 315
WHOQOL-BREF, 62
work
as determinant of mental health, 290–291
good, 291
job stressors, 290–291
mastery of, 291
mental health and, 290
Work on Wellbeing, 40
Working for Wellness Program, 293
Working Practices, 29
work/life balance, 239
workplace well-being
interventions, 237–238.
See also wellbeing
control at work and
workload, 239
define phase, 238
discover phase, 237–240
discrimination, equity and unfairness, 241–242
participation and inclusion, 240
quality and condition of physical environment, 240–241
resilience (emotional wellbeing), 239–240
reward and recognition, 240
World Bank, 245
World Happiness Report, 37
World Health Organisation (WHO), 210, 245
World Values Survey, 38–39
Young Foundation, 60
Yu quality of life for mental illness scale, 62