

## Review Protocol - Model

<b>Country</b> Finland Åland	<b>Sample</b> Alanders aged 40-70 year (mean age 53)	<b>Study design</b> Cross-sectional, Questionnaire <b>Analysis</b> Multiple regression	<b>Aim</b> Investigate the distribution of the SOC among Ålanders; examine the relationship between SOC and perceived health/perceived depression among Ålanders (Finns).
<b>SOC scale</b> SOC-13 7-point Likert scale <b>Language</b> Swedish	<b>Statistical data</b> N= 857 M SOC =70.7 SD=11.7 $\alpha$ =0.85 Response rate = 68,9 % M SOC =17.1 SD= 3.2 $\alpha$ =0.60 Meaningfulness M SOC =21.4 SD= 4.4 $\alpha$ =0.68 Manageability M SOC =26.8 SD= 5.3 $\alpha$ =0.73 Comprehensibility SOC-division: low = 13-63 points (24.3 %), moderate = 64-79 points (53.2 %), high = 80-91 points (22.5 %) Other standardized measures: The Beck Depression Inventory (BDI) $r = - 0.66$		
<b>Main results</b> The proportion of respondents reporting good health was high (64 %). The overall mean SOC was 70.7 points (SD 11.7) whilst for farmers and fishermen it was 73.88 points (SD 8.8) and 74.33 points (SD 9.2) respectively. SOC was significantly and strongly related to the self-rated health score. The higher the SOC the better was the health of the respondents. Married or cohabiters scored high on SOC, in fact a mean value above 71 points. A strong negative correlation between SOC and perceived depression was found explaining 51 % (men) and 34 % (women) of the variance in SOC. This study provided evidence of the potential of the SOC concept as a positive mental health indicator.			
<b>References</b> Eriksson M, Lindström B, Lilja J. A Sense of Coherence and health. Salutogenesis in a societal context: Åland – a special case? J Epidemiol Community Health, 2007, in press			
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