What makes people thrive?

The Salutogenic Wellness Promotion Scale (SWPS)

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What leads to Thriving?

• **Thriving** - to grow or develop well

  Traditional Assumption - Absence of Illness
  Real Question - What precedes high level health?

  What increases probability of Thriving?

  Not just survive but THRIVE!
Introduction

MY STORY

• My Perspective - How Health Happens
• Pathways to Positive Health
• Measuring Positive Health
  • Salutogenic Wellness Promotion Scale (SWPS)

Understanding of Health

As defined in World Health Organization Constitution (WHO), 1948

Health is a complete state of physical, mental and social well-being, not merely absence of disease or infirmity.
Parts of Health

Saw health as having 2 parts:

**PART I** = Positive Health

**PART II** = Negative Health

Health’s Better Half

My Emphasis has been on Neglected Positive Side and how it is created:

Complete state of physical, mental and social well-being
Why positive health?
Better than Nothing...Yes...**but We can do better!**

If not bad, are you good?
If not not poor, are you rich?
If not hopeless, are you hopeful?
If not dissatisfied, are you satisfied?
If not ill, do you have health/wellness?

Health’s Evolution of Focus

- Early Death
- High Level Wellness
- **FOCUS:** AVOID BAD
- **FOCUS:** APPROACH GOOD

- Negative
- Avoid
- Problem
- Responsibility
- Reactive
- Prevent
- Illness
- Positive
- Approach
- Potential
- Opportunity
- Proactive
- Promote
- Wellness

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Health is Multidimensional
7 Integrated Dimensions

Positive & Negative Health are Unique!

Today's Evolved Health Status

Promote Positive Health for all!

Move all HERE!

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**Pathogenesis → Pathogenesis & Salutogenesis**

**Health’s Evolution of Focus**

- **Positive Approach**
- **Potential**
- **Opportunity**
- **Proactive**
- **Wellness**

- **Avoid**
- **Problem**
- **Responsibility**
- **Reactive**
- **Prevent**
- **Illness**

Pathogenesis

High Level Wellness

Salutogenesis

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**Salutogenesis Guide for Solutions**

- **Traditional Model** - Pathogenesis studies origins of disease
- **Salutogenesis** studies the origins of Health

**Pathogenesis**

**Assumptions**

- What causes diseases?
- About Avoiding Problems
- Reactive - Absence Disease
- Disease/Illness an anomaly
- Idealistic - Treat Disease
- Against pain or Loss
- Prepared one to Die
- About not falling Back

**Salutogenesis**

**Assumptions**

- What causes Health?
- About Approaching Potential
- Proactive - Presence of Health
- Inherently flawed, entropy
- Realistic - Go Get Health
- For Gain or Growth
- Discover how to live fully
- About How to move Forward

Like Mother Theresa’s Empowering Philosophy

© John Travis
Why work on health?

• What is the value/desire health?

• Health is an enabling capacity

• Tools enable you to Build things

• Health enables you to build your life
  • Achieve your goals
How Measure Health?

- Health is Capacity & Potential
- Must measure Developed Capacity
- Health's 7 Dimensional Capacity

Manage what Measured

Traditionally Measure:

- Disease Precursors, Risk Factors & Illness
  - Therefore Manage Disease

- Should Complete Measure:
  - Health’s Precursors, Health Factors & Wellness
  - Therefore Manage Health
Measures Evolve

Health Status Evolved - Measurement Did not!

Measurement in the 3 Era’s of Health (Breslow, L.)

- Communicable Disease Era - observable Absence of Disease
- Chronic Disease Era - signs & Symptoms, HRA’s
- Health Promotion Era - Presence of health

Measurement Tool for 3rd Era Needed

Salutogenic Measurement Focus

Pathogenic Focus - Disease & its Precursors

Assumption - No disease, highest health possible

- Salutogenic Focus - Health & its Precursors

  - Assumption - Flawed, entropy, must create health
Measure Development

Identify Contributing Items in 7 Dimensions

How often engage in Health Promoting Behavior?

6 item Likert - Never to Always

2 Pilots

Pilot 1 - 14 items, 7 Dimensions, eigenvalue > 1

Pilot 2 - 26 items, 7 Dimensions, eigenvalue > 1

Item Loading Criterion (>= .40 on 1, < .275 on others)


Measure Development

Salutogenic Wellness Promotion Scale (SWPS) Validation

Face Validity, 10 Health Professionals Agreed

Reliability's .85 overall, Dimensions .89 - .66

Did not elicit Socially Desirable Responses

Dimensions Explain > 4% of Variance, Eigenvalue > 1

↑ SWPS Score = ↑ Health Status, ↑ Life Satisfaction

Confirmatory Tests Needed
Confirmatory Tests

Positive & Negative States Independent

Young Adult SWPS Confirmatory Test

- New Sample (N = 2140)
- Repeated Findings with EFA dimension loads
- CFA indicated items correct, item deletion not help


Confirmatory Tests

Reliability

\[ \alpha = .89 \text{ overall, Dimension } \alpha = .86 - .60 \]

\[ \text{**Test-Retest - Pearson} = .728, p<.001** \]

Validity

Predicted Health Status

Regression Dimension Predictors

- Health = Physical, Intellectual, emotional, social
- GPA = Vocational

Adult SWPS

SWPS for Working Adults - Adjusted Items

Validity & Reliability Tests

Sig Positive Relation SWPS - Health, Satisfaction

Sig Negative Relation SWPS - Depression, Symptoms

7 Dimensions - 26 Items (eigenvalue >1, >4%)

Different Items/Clusters (Food Choices)

Reliability - $\alpha = .89$ overall, Dimension $\alpha = .86 - .60$
SWPS Uses

**RESULTS**

Identifies Factors Related to Positive Health

*Covey’s 7 Habits of Highly Effective People*

Uses

Guide, support Intervention Development

Suggest how to create supportive environment

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SWPS Uses

**RESULTS**

Factors Related to Top Performers

What helps students thrive?

Thriving = High GPA, Good Health Status

Top Performing Workers

Create Factors Related to Top Performance
Health Enhancement
Manage what Measure
• Antonovsky, Manageability, Meaningfulness, Comprehensibility
• SWPS Measures Lifestyle Process
• Process Improvement for Better Health
• Similar to Total Quality Management
• Guided Continuous Process Improvement

Future Efforts
Development of Adolescent & Senior SWPS
Studies to Develop Top Performers - Thrivers!
Utilize Process Improvement Programs
Expand Salutogenesis Model Uses