Interventions and Policies to Enhance Wellbeing

Wellbeing: A Complete Reference Guide

Volume I: Wellbeing in Children and Families
Edited by Susan H. Landry and Cary L. Cooper

Volume II: Wellbeing and the Environment
Edited by Rachel Cooper, Elizabeth Burton, and Cary L. Cooper

Volume III: Work and Wellbeing
Edited by Peter Y. Chen and Cary L. Cooper

Volume IV: Wellbeing in Later Life
Edited by Thomas B. L. Kirkwood and Cary L. Cooper

Volume V: The Economics of Wellbeing
Edited by David McDaid and Cary L. Cooper

Volume VI: Interventions and Policies to Enhance Wellbeing
Edited by Felicia A. Huppert and Cary L. Cooper
Interventions and Policies to Enhance Wellbeing


Edited by Felicia A. Huppert and Cary L. Cooper

WILEY Blackwell
Contents of this Volume

About the Editors ix
Contributors xi
Full Contents of Wellbeing: A Complete Reference Guide xiii
Introduction to Wellbeing: A Complete Reference Guide xxvii
Introduction to this Volume xxxv

1 The State of Wellbeing Science: Concepts, Measures, Interventions, and Policies 1
   Felicia A. Huppert

Part 1 Individual and Group Interventions across the Life Course 51

2 Parenting Interventions to Promote Wellbeing and Prevent Mental Disorder 53
   Sarah Stewart-Brown

3 Promoting Mental Health and Wellbeing in Schools 93
   Katherine Weare and Melanie Nind

4 An Exploration of the Effects of Mindfulness Training and Practice in Association with Enhanced Wellbeing for Children and Adolescents: Theory, Research, and Practice 141
   Christine Burke

5 MindMatters: Implementing Mental Health Promotion in Secondary Schools in Australia 185
   Louise Rowling and Trevor Hazell

6 A Systematic Review of Mental Health Promotion in the Workplace 221
   Czesław Czabała and Katarzyna Charzyńska
Contents of this Volume

7 Wellbeing Begins with “We”: The Physical and Mental Health Benefits of Interventions that Increase Social Closeness
Bethany E. Kok and Barbara L. Fredrickson

8 The Experience Corps®: Intergenerational Interventions to Enhance Wellbeing Among Retired People

9 Enhancing Mental Health and Mental Wellbeing in Older People: Important Concepts and Effective Psychosocial Interventions
Anna K. Forsman, Eija Stengård, and Kristian Wahlbeck

Part 2 Interventions to Create Positive Organizations and Communities

10 Wellbeing as a Business Priority: Experience from the Corporate World
Catherine Kilfedder and Paul Litchfield

11 The Power of Philanthropy and Volunteering
Sara Konrath

12 Community Change: The Complex Nature of Interventions to Promote Positive Connections
Sue Roffey and Jacqueline Barnes

13 The Health and Wellbeing Effects of Active Labor Market Programs
Adam P. Coutts, David Stuckler, and David J. Cann

Part 3 The Policy Perspective

14 Creating Good Lives Through Computer Games
Daniel Johnson, Peta Wyeth, and Penny Sweetser

15 Retooling for Wellbeing: Media and the Public’s Mental Health
Marten W. deVries
## Contents of this Volume

16  Policy and Wellbeing: The U.K. Government Perspective  
    David Halpern  
    541

17  Measuring what Matters  
    Juliet Michaelson, Charles Seaford, Saamab Abdallah, and Nic Marks  
    561

18  Mental Health and Wellbeing at the Top of the Global Agenda  
    Eva Jané-Llopis, Peter Anderson, and Helen Herrman  
    599

19  How can Subjective Wellbeing be Improved?  
    John F. Helliwell  
    611

Index  
    633
Felicia A. Huppert is Emeritus Professor of Psychology and the Director of the Well-being Institute at the University of Cambridge, U.K. Felicia also has a part-time Professorship in the Centre for Positive Psychology and Education at the University of Western Sydney, Australia. She has been involved in the design and analysis of major longitudinal studies of wellbeing, and is currently engaged in interventions to enhance wellbeing, including the Mindfulness in Schools Project. She headed the consortium that has developed national indicators of wellbeing for the European Social Survey, and advises governments and organizations on the measurement of wellbeing.

Cary L. Cooper, CBE, is Distinguished Professor of Organizational Psychology and Health at Lancaster University Management School, U.K. He is the author/editor of over 150 books, has written over 400 scholarly articles for academic journals, and is a frequent contributor to national newspapers, TV, and radio. He is the Chair of the Academy of Social Sciences (comprised of 46 learned societies in the social sciences, with nearly 90,000 social scientists), President of RELATE, President of the Institute of Welfare, and immediate past President of the British Association of Counselling and Psychotherapy. He was the Founding President of the British Academy of Management, Founding Editor of the *Journal of Organizational Behavior*, and is currently Editor-in-Chief of the international scholarly journal *Stress & Health*. He has received honorary doctorates from a number of universities (e.g., University of Sheffield, Aston University, and Heriot-Watt University). He has been awarded honorary fellowships by the Royal College of Physicians, Royal College of Physicians of Ireland, British Psychological Society, European Academy of Occupational Health Psychology, and Institute of Occupational Safety and Health. In 2010 Professor Cooper was awarded the Lord Dearing Lifetime Achievement Award at the *The Times Higher Education* Awards for his distinguished contribution to higher education. He was lead scientist on
About the Editors

the U.K. Government’s Foresight program on Mental Capital and Well-being, which had a major impact in the United Kingdom and Europe. Professor Cooper was Chair of the Global Agenda Council on Chronic Diseases in the World Economic Forum in 2009–2010. In 2012, HR magazine voted him the Fourth Most Influential HR Thinker. In 2001, he was awarded a CBE by the Queen for his contribution to occupational health.
Contributors

Saamah Abdallah, Centre for Well-being, New Economics Foundation, U.K.

Peter Anderson, University of Newcastle, U.K.

Jacqueline Barnes, Birkbeck, University of London, U.K.

Christine Burke, Bangor University, U.K.

David J. Cann, University of Cambridge, U.K.

Michelle C. Carlson, Johns Hopkins University, U.S.A.

Katarzyna Charzyńska, Institute of Psychiatry and Neurology, Poland

Adam P. Coutts, University of Cambridge, U.K.

Czesław Czabała, The Maria Grzegorzewska Academy of Special Education, Poland

Marten W. deVries, Maastricht University, The Netherlands

Anna K. Forsman, National Institute for Health and Welfare (THL), Finland and Nordic School of Public Health NHV, Sweden

Barbara L. Fredrickson, University of North Carolina at Chapel Hill, U.S.A.

Kevin D. Frick, Johns Hopkins University, U.S.A.

Linda P. Fried, Columbia University, U.S.A.

Katherine D. Giuricco, Johns Hopkins University, U.S.A.

Tara Gruenewald, University of Southern California, U.S.A.

David Halpern, No. 10/Institute for Government, U.K.

Trevor Hazell, Hunter Institute for Mental Health, Australia

John F. Helliwell, University of British Columbia, Canada

Helen Herrman, University of Melbourne, Australia

Felicia A. Huppert, University of Cambridge, U.K. and Centre for Positive Psychology and Education University of Western Sydney, Australia
Contributors

Eva Jané-Llopis, World Economic Forum, Switzerland
Daniel Johnson, Queensland University of Technology, Australia
Catherine Kilfedder, BT, U.K.
Bethany E. Kok, University of North Carolina at Chapel Hill, U.S.A.
Sara Konrath, University of Michigan and University of Rochester Medical Center, U.S.A.
Paul Litchfield, BT, U.K.
Nic Marks, Centre for Well-being, New Economics Foundation, U.K.
Sylvia McGill, Retired, Greater Homewood Community Corporation, U.S.A.
Juliet Michaelson, Centre for Well-being, New Economics Foundation, U.K.
Melanie Nind, University of Southampton, U.K.
Jeanine M. Parisi, Johns Hopkins University, U.S.A.
George W. Rebok, Johns Hopkins University, U.S.A.
Sue Roffey, University of Western Sydney, Australia
William A. Romani, AARP Experience Corps, U.S.A.
Louise Rowling, University of Sydney, Australia
Charles Seaford, Centre for Well-being, New Economics Foundation, U.K.
Teresa Seeman, UCLA, U.S.A.
Eija Stengård, Pirkanmaa Hospital District and Tampere University Hospital, Finland and National Institute for Health and Welfare (THL), Finland
Sarah Stewart-Brown, University of Warwick, U.K.
David Stuckler, University of Oxford, U.K.
Penny Sweetser, Queensland University of Technology, Australia
Elizabeth K. Tanner, Johns Hopkins University, U.S.A.
Kristian Wahlbeck, National Institute for Health and Welfare (THL), Finland
Katherine Weare, University of Exeter and University of Southampton, U.K.
Peta Wyeth, Queensland University of Technology, Australia
Full Contents of *Wellbeing: A Complete Reference Guide*

**Volume I  Wellbeing in Children and Families**
*Edited by Susan H. Landry and Cary L. Cooper*

About the Editors ix
Contributors xi
Full Contents of *Wellbeing: A Complete Reference Guide* xiii
Introduction to *Wellbeing: A Complete Reference Guide* xxvii

1 Introduction 1
   *Susan H. Landry*

**Part 1  The Development of Early Social and Cognitive Skills Important for Child Wellbeing** 5

2 Children’s Self-Regulation and Executive Control: Critical for Later Years 7
   *Caron A. C. Clark, Miriam M. Martinez, Jennifer Mize Nelson, Sandra A. Wiebe, and Kimberly Andrews Espy*

3 Children’s Emotion Regulation in Classroom Settings 37
   *C. Cybele Raver*

4 Early Math and Literacy Skills: Key Predictors of Later School Success 55
   *Greg J. Duncan, Chantelle Dowsett, and Joshua F. Lawrence*

5 Children’s Intrinsic Motivation to Learn: Does It Decline over Time and, If So, Why? 73
   *Verena Freiberger and Birgit Spinath*
**Full Contents**

**Part 2  Parenting and Children’s Development**

6  Parents’ Role in Infants’ Language Development and Emergent Literacy  
   *Catherine S. Tamis-LeMonda, Rufan Luo, and Lulu Song*

7  Can Parents Be Supported to Use a Responsive Interaction Style with Young Children?  
   *Susan H. Landry*

8  Parenting and Executive Function: Positive and Negative Influences  
   *Claire Hughes, Gabriela Roman, and Rosie Ensor*

9  The Nature of Effective Parenting: Some Current Perspectives  
   *Joan E. Grusec, Dilek Saritas¸, and Ella Daniel*

10 Parenting and Early Intervention: The Impact on Children’s Social and Emotional Skill Development  
   *Catherine C. Ayoub, Jessical Dym Bartlett, and Mallary I. Swartz*

**Part 3  School and Child Care: Settings that Impact Child and Family Wellbeing**

11 High-Risk Home and Child-Care Environments and Children’s Social-Emotional Outcomes  
   *Lisa S. Badanes and Sarah Enos Watamura*

12 Classroom Peer Relations as a Context for Social and Scholastic Development  
   *Gary W. Ladd, Becky Kochenderfer-Ladd, and Casey M. Sechler*

13 The Importance of Quality Prekindergarten Programs for Promoting School Readiness Skills  
   *Andrew J. Mashburn*

14 Consistent Environmental Stimulation from Birth to Elementary School: The Combined Contribution of Different Settings on School Achievement  
   *Robert C. Pianta*
## FullContents

### Part 4 Stress and Family and Child Wellbeing

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Poverty, Public Policy, and Children’s Wellbeing</td>
<td>323</td>
</tr>
<tr>
<td></td>
<td><em>Aletha C. Huston</em></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Early Life Stress and Neurobehavioral Development</td>
<td>345</td>
</tr>
<tr>
<td></td>
<td><em>Sarah Stellern and Megan R. Gunnar</em></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Neighborhood Effects and Young Children’s Outcomes</td>
<td>361</td>
</tr>
<tr>
<td></td>
<td><em>Dafna Kohen and Leanne Findlay</em></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>The Family Check-Up: A Tailored Approach to Intervention with High-Risk Families</td>
<td>385</td>
</tr>
<tr>
<td></td>
<td><em>Anne M. Gill, Thomas J. Dishion, and Daniel S. Shaw</em></td>
<td></td>
</tr>
</tbody>
</table>

### Index

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>407</td>
</tr>
</tbody>
</table>

---

## Volume II Wellbeing and the Environment

*Edited by Rachel Cooper, Elizabeth Burton, and Cary L. Cooper*

About the Editors  ix
Contributors      xi
Full Contents of *Wellbeing: A Complete Reference Guide*  xiii
Introduction to *Wellbeing: A Complete Reference Guide* xxvii

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wellbeing and the Environment: An Overview</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><em>Rachel Cooper</em></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Urban Neighborhoods and Mental Health across the Life Course</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td><em>Erin Gilbert and Sandro Galea</em></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>The Impact of the Local Social and Physical Local Environment on Wellbeing</td>
<td>51</td>
</tr>
<tr>
<td></td>
<td><em>Anne Ellaway</em></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Density and Mental Wellbeing</td>
<td>69</td>
</tr>
<tr>
<td></td>
<td><em>Christopher T. Boyko and Rachel Cooper</em></td>
<td></td>
</tr>
</tbody>
</table>

---
## Full Contents

5 Neighborhoods and Social Interaction  
*Scott C. Brown and Joanna Lombard*  
91

6 Living in the City: Mixed Use and Quality of Life  
*Graeme Evans*  
119

7 “We Live Here Too”… What Makes a Child-Friendly Neighborhood?  
*Karen E. Martin and Lisa J. Wood*  
147

8 A Step Too Far? Designing Dementia-Friendly Neighborhoods  
*Lynne Mitchell*  
185

9 Walkable Neighborhoods: Principles, Measures, and Health Impacts  
*Tim G. Townshend*  
219

10 Quality of Urban Spaces and Wellbeing  
*Mags Adams*  
249

### Part 2 Wellbeing and Buildings  
271

11 Children and the Physical Environment  
*Lorraine E. Maxwell and Gary W. Evans*  
273

12 Wellbeing and the School Environment  
*Andy Jones and Flo Harrison*  
301

13 The Built Housing Environment, Wellbeing, and Older People  
*Rachael Dutton*  
335

14 Workplace and Wellbeing  
*Jeremy Myerson*  
373

15 Linking the Physical Design of Health-Care Environments to Wellbeing Indicators  
*Sarah Payne, Rachel Potter, and Rebecca Cain*  
391

### Part 3 Wellbeing and Green Spaces  
419

16 Wellbeing and Green Spaces in Cities  
*William Sullivan*  
421
Full Contents

17 Environmental Interaction and Engagement: Supporting Wellbeing 445
   Richard Coles

Part 4 Wellbeing and the Environment: Other Factors and the Future 499
18 Crime and the Urban Environment: The Implications for Wellbeing 501
   Caroline L. Davey and Andrew B. Wootton
19 Transport and Wellbeing 535
   Nick Tyler
20 Air Quality and Wellbeing 569
   Ben Croxford
21 Implications of Low-Carbon Design of Housing for Health and Wellbeing: A U.K. Case Study 579
   Michael Davies, Ian Hamilton, Anna Mavrogianni, Rokia Raslan, and Paul Wilkinson
22 Cobenefits of Insulating Houses: Research Evidence and Policy Implications 607
   Philippa Howden-Chapman and Nicholas Preval
23 The Multiple Pathways between Environment and Health 627
   Marketa Kyttä and Anna Broberg
24 Summary: Wellbeing and the Environmental Implications for Design 653
   Rachel Cooper and Elizabeth Burton

Index 669

Volume III Work and Wellbeing
   Edited by Peter Y. Chen and Cary L. Cooper

About the Editors ix
Contributors xi
Full Contents of Wellbeing: A Complete Reference Guide xiii
Introduction to Wellbeing: A Complete Reference Guide xxvii

xvii
Full Contents

Part 1 Introduction 1

1 Introduction: From Stress to Happiness 3
   Peter Y. Chen and Cary L. Cooper

2 Conceptualizing and Measuring Wellbeing at Work 9
   Cynthia D. Fisher

Part 2 Resources, Coping, and Control 35

3 Job Demands–Resources Theory 37
   Arnold B. Bakker and Evangelia Demerouti

4 Positive Psychology and Coping: Towards a Better Understanding of the Relationship 65
   Philip Dewe

5 The Role of Workplace Control in Positive Health and Wellbeing 91
   Erin M. Eatough and Paul E. Spector

Part 3 Happy Workers and Happy Organizations 111

6 The Happy Worker: Revisiting the “Happy–Productive Worker” Thesis 113
   Peter Hosie and Nada ElRakhawy

7 Organizational Characteristics of Happy Organizations 139
   Bret L. Simmons

Part 4 Character and Wellbeing 157

8 Character and Wellbeing 159
   Thomas A. Wright and Tyler Lauer

9 Stress, Health, and Wellbeing in Practice: Workplace Leadership and Leveraging Stress for Positive Outcomes 175
   James Campbell Quick, Joel Bennett, and M. Blake Hargrove
Full Contents

Part 5 Organizational Strategies to Promote Wellbeing 205

10 Cancer, Work, and the Quality of Working Life: A Narrative Review 207
   Tom Cox, Sara MacLennan, and James N’Dow

11 Lead Well, Be Well: Leadership Behaviors Influence Employee Wellbeing 235
   Jennifer Robertson and Julian Barling

12 Organizational Coping Strategies and Wellbeing 253
   Gordon Tinline and Matthew Smeed

13 Workplace Mistreatment: Recent Developments in Theory, Research, and Interventions 263
   Michael Hanrahan and Michael P. Leiter

14 The Sustainable Workforce: Organizational Strategies for Promoting Work–Life Balance and Wellbeing 295
   Ellen Ernst Kossek, Monique Valcour, and Pamela Lirio

15 Development of a Theoretically Grounded Model of Sexual Harassment Awareness Training Effectiveness 319
   Lisa M. Kath and Vicki J. Magley

16 The Working Wounded: Stigma and Return to Work 339
   Lori Francis, James E. Cameron, E. Kevin Kelloway, Victor M. Catano, Arla L. Day, and C. Gail Hepburn

17 Job Stress in University Academics: Evidence from an Australian National Study 357
   Anthony H. Winefield

Part 6 From Research to National Policy 379

18 Longitudinal Research in Occupational Stress: A Review of Methodological Issues 381
   Robert C. Brusso, Konstantin P. Cigularov, and Rachel C. Callan

19 Measuring Wellbeing in Modern Societies 409
   Paul Allin

Index 465

xix
Full Contents

Volume IV  Wellbeing in Later Life
Edited by Thomas B. L. Kirkwood and Cary L. Cooper

About the Editors vii
Contributors ix
Full Contents of Wellbeing: A Complete Reference Guide xi
Introduction to Wellbeing: A Complete Reference Guide xxv

1  Introduction: Wellbeing in Later Life
   Cary L. Cooper and Thomas B. L. Kirkwood 1

Part 1  Longevity and Wellbeing 7

2  The Changing Demographic Context of Aging
   Roland Rau and James W. Vaupel 9

3  Biological Determinants and Malleability of Aging
   Thomas B. L. Kirkwood 31

4  Wellbeing as Experienced by the Very Old
   Carol Jagger and Katie Brittain 53

Part 2  Factors Influencing Wellbeing 67

5  Psychological Wellbeing in Later Life
   Kate M. Bennett and Laura K. Soulsby 69

6  Nutrition and Lifelong Wellbeing
   C. Alexandra Munro and John C. Mathers 91

7  Physical Activity, Exercise, and Aging
   Gráinne S. Gorman, Josh Wood, and Michael I. Trenell 105

8  Capability and Independency in Later Life
   John Bond 125

9  Combating Isolation Through Technology in Older People
   Peter Gore 145

xx
Full Contents

10 Wellbeing and Vitality in Later Life: The Role of the Consumer Industry
   Michael Catt and Frans J. G. van der Ouderaa  165

11 Education and its Role in Wellbeing
   Jim Soulsby  181

Part 3 Wellbeing at the End of Life  197

12 The Threat to Wellbeing from Cognitive Decline
   Louise Robinson and Lynne Corner  199

13 When Vitality Meets Longevity: New Strategies for Health in Later Life
   Rudi G. J. Westendorp, Bert Mulder, A. J. Willem van der Does, and Frans J. G. van der Ouderaa  219

14 Maintaining Wellbeing Through the End of Life
   Julian C. Hughes  235

Part 4 Comparative Perspectives on Wellbeing  253

15 Cultures, Aging, and Wellbeing
   Ngaire Kerse, Mere Kēpa, Ruth Teh, and Lorna Dyall  255

16 Wellbeing in the Oldest Old and Centenarians in Japan
   Yasuyuki Gondo, Yasumichi Arai, and Nobuyoshi Hirose  275

17 Wellbeing in Later Life in Eighteenth-Century England
   Helen Yallop  287

Appendix

Foresight Mental Capital and Wellbeing Project: Mental Capital Through Life: Future Challenges
   Thomas B. L. Kirkwood, John Bond, Carl May, Ian McKeith, and Min-Min Teh  299

Index  389
Full Contents

Volume V The Economics of Wellbeing
Edited by David McDaid and Cary L. Cooper

About the Editors vii
Contributors ix
Full Contents of Wellbeing: A Complete Reference Guide xi
Introduction to Wellbeing: A Complete Reference Guide xxv

1 Introduction 1
David McDaid and Cary L. Cooper

Part 1 Perspectives on the Economics of Wellbeing 11

2 A Short History of Wellbeing Research 13
Laura Stoll

3 Income and Wellbeing: A Selective Review 33
Brendan Kennelly

Arthur Grimes, Les Oxley, and Nicholas Tarrant

5 The Impact of the Great Recession on Economic Wellbeing: How Different Are OECD Nations and Why? 83
Lars Osberg and Andrew Sharpe

6 Was the Economic Crisis of 2008 Good for Icelanders? Impact on Health Behaviours 111
Tínna Laufey Ágæirsdóttir, Hope Corman, Kelly Noonan, Pórhildur Ólafsdóttir, and Nancy E. Reichman

7 Mental Health: A New Frontier for Labor Economics 157
Richard Layard

Part 2 Promoting Wellbeing: The Economic Case for Action 179

8 Investing in the Wellbeing of Young People: Making the Economic Case 181
David McDaid, A-La Park, Candice Currie, and Cara Zanotti
Full Contents

9 Investing in Wellbeing in the Workplace: More Than Just a Business Case 215
   David McDaid and A-La Park

10 Promoting the Health and Wellbeing of Older People: Making an Economic Case 239
   A-La Park, David McDaid, Anna K. Forsman, and Kristian Wahlbeck

11 Promoting and Protecting Mental Wellbeing during Times of Economic Change 261
   David McDaid and Kristian Wahlbeck

12 Making Use of Evidence from Wellbeing Research in Policy and Practice 285
   David McDaid

Index 299

Volume VI Interventions and Policies to Enhance Wellbeing
Edited by Felicia A. Huppert and Cary L. Cooper

About the Editors ix
Contributors xi
Full Contents of Wellbeing: A Complete Reference Guide xiii
Introduction to Wellbeing: A Complete Reference Guide xxvii
Introduction to this Volume xxxv

1 The State of Wellbeing Science: Concepts, Measures, Interventions, and Policies 1
   Felicia A. Huppert

Part 1 Individual and Group Interventions across the Life Course 51

2 Parenting Interventions to Promote Wellbeing and Prevent Mental Disorder 53
   Sarah Stewart-Brown

xxiii
Full Contents

3 Promoting Mental Health and Wellbeing in Schools
   Katherine Weare and Melanie Nind
   93

4 An Exploration of the Effects of Mindfulness Training
   and Practice in Association with Enhanced Wellbeing
   for Children and Adolescents: Theory, Research, and Practice
   Christine Burke
   141

5 MindMatters: Implementing Mental Health Promotion in
   Secondary Schools in Australia
   Louise Rowling and Trevor Hazell
   185

6 A Systematic Review of Mental Health Promotion in the
   Workplace
   Czesław Czabała and Katarzyna Charzyńska
   221

7 Wellbeing Begins with “We”: The Physical and
   Mental Health Benefits of Interventions that Increase Social
   Closeness
   Bethany E. Kok and Barbara L. Fredrickson
   277

8 The Experience Corps®: Intergenerational Interventions to
   Enhance Wellbeing Among Retired People
   George W. Rebok, Michelle C. Carlson, Kevin D. Frick,
   Katherine D. Giuriceo, Tara L. Gruenewald, Sylvia McGill,
   Jeanine M. Parisi, William A. Romani, Teresa E. Seeman,
   Elizabeth K. Tanner, and Linda P. Fried
   307

9 Enhancing Mental Health and Mental Wellbeing in Older
   People: Important Concepts and Effective Psychosocial
   Interventions
   Anna K. Forsman, Eija Stengård, and Kristian Wahlbeck
   331

Part 2 Interventions to Create Positive Organizations
   and Communities
   355

10 Wellbeing as a Business Priority: Experience from the
    Corporate World
    Catherine Kilfedder and Paul Litchfield
    357

11 The Power of Philanthropy and Volunteering
    Sara Konrath
    387
Full Contents

12 Community Change: The Complex Nature of Interventions to Promote Positive Connections 427  
Sue Roffey and Jacqueline Barnes

13 The Health and Wellbeing Effects of Active Labor Market Programs 465  
Adam P. Coutts, David Stuckler, and David J. Cann

Part 3 The Policy Perspective 483

14 Creating Good Lives Through Computer Games 485  
Daniel Johnson, Peta Wyeth, and Penny Sweetser

15 Retooling for Wellbeing: Media and the Public’s Mental Health 511  
Marten W. deVries

16 Policy and Wellbeing: The U.K. Government Perspective 541  
David Halpern

17 Measuring what Matters 561  
Juliet Michaelson, Charles Seaford, Saamah Abdallah, and Nic Marks

18 Mental Health and Wellbeing at the Top of the Global Agenda 599  
Eva Jané-Llopis, Peter Anderson, and Helen Herrman

19 How can Subjective Wellbeing be Improved? 611  
John F. Helliwell

Index 633
Introduction to Wellbeing: A Complete Reference Guide

Cary L. Cooper
Lancaster University, U.K.

This series of six volumes explores one of the most important social issues of our times, that of how to enhance the mental wellbeing of people, whether in the developed, developing, or underdeveloped world, and across the life course from birth to old age. We know that 1 in 4–6 people in most countries in the world suffer from a common mental disorder of anxiety, depression, or stress. We also know that mental ill health costs countries billions of dollars per annum. In the United Kingdom, for example, mental health-care costs have amounted to over £77 billion per annum, the bill for sickness absence and presenteeism (people turning up to work ill or not delivering due to job stress) in the workplace is another £26 billion, and the costs of dementia will rise from £20 billion to an estimated £50 billion in 25 years’ time (Cooper, Field, Goswami, Jenkins, & Sahakian, 2009). In Germany, the leading cause of early retirement from work in 1989 was musculoskeletal disease but by 2004 it was stress and mental ill health, now representing 40% of all early retirements (German Federal Health Monitoring, 2007). In many European countries (e.g., Finland, Holland, Norway, and Switzerland) the cost of lost productive value due to lack of mental wellbeing is a significant proportion of gross domestic product (McDaid, Knapp, Medeiros, & MHEEN Group, 2008). Indeed, the costs of depression alone in the European Union were shown to be €41 billion, with €77 billion in terms of lost productivity to all the economies (Sobocki, Jonsson, Angst, & Rehnberg, 2006).

The issue of wellbeing has been around for sometime but has been brought to the fore more recently because of the global recession and economic downturn, which have made the situation worse (Antoniou & Cooper, 2013). But it was as early as 1968 that politicians began to talk about the inadequacy of gross national product as a measure of a society’s...
success. In a powerful speech by Bobby Kennedy at the University of Kansas, when he was on the campaign trail for the Democratic Party nomination for U.S. President, he reflected:

But even if we act to erase material poverty, there is another greater task, it is to confront the poverty of satisfaction—purpose and dignity—that afflicts us all. Too much and for too long, we seemed to have surrendered personal excellence and community values in the mere accumulation of material things. Our gross national product, now, is over $800 billion a year, but that gross national product—if we judge the United States of America by that—that gross national product counts air pollution and cigarette advertising, and ambulances to clear our highways of carnage. It counts special locks for our doors and the jails for the people who break them. It counts the destruction of the redwood and the loss of our natural wonder in the chaotic sprawl. It counts napalm and counts nuclear warheads and armoured cars for the police to fight the riots in our cities. . . . Yet the GNP does not allow for the health of our children, the quality of their education or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages, the intelligence of our public debate or the integrity of our public officials. It measures neither our wit nor our courage, neither our wisdom nor our learning, neither our compassion nor our devotion to our country, it measures everything in short, except that which makes life worthwhile.


Since that time there have been numerous studies to show that the wealth of a country is not related to its happiness (Cooper & Robertson, 2013); indeed, as you earn far beyond your means you may become less happy or content. More recently, we have had politicians like former President Sarkozy of France, Prime Minister Cameron of the United Kingdom, and the King of Bhutan extoll the virtue of gross national wellbeing; that is, that the goal of a nation’s politicians should be to enhance wellbeing among its citizens, with gross national product being only one indicator of a country’s success. Indeed, Prime Minister Cameron has instituted an annual assessment of this through the U.K. Office of National Statistics which measures wellbeing among a large sample of the U.K. population, publishing the results, highlighting concerns, and ultimately considering policies to deal with them. The World Economic Forum of leading global companies, nongovernmental organizations, international bodies, and global charities now has one of its Global Agenda Councils on “mental health and wellbeing.” Happiness and wellbeing indices abound (e.g., The Happy Planet), and many countries are being compared and assessed on a range of