



6th
JUNE 17-18, 2021
GIRONA

International Conference on Salutogenesis

Advancing Salutogenesis towards thriving societies

PROGRAMME | THURSDAY, JUNE 17

09:00 Welcome - Setting the stage (Plenary)

Maria Puig, President of Dipsalut, Public Health Organism of the Diputació of Girona

Paolo Contu, IUHPE/EURO Regional Vice-President, University of Cagliari

Lenneke Vaandrager, University of Wageningen, Conference Co-Chair

Georg Bauer, Center of Salutogenesis, University of Zurich, Conference Co-Chair

Oliver Solano Watson, Conference Host

09:25 Advancing the salutogenic model of health - Warming up with workshops

- Agency: the hidden dimension of the salutogenic model (Workshop)
(*Gwendolijn Boonekamp, HAN University of Applied Sciences, School of Sport and Exercise*)
- How to conceptualize "health" for salutogenesis? - Aaron Antonovsky & beyond! (Workshop)
(*Jürgen Pelikan, Gesundheit Österreich GmbH, Austria*)
- Towards a completed theory of salutogenesis: from surviving to thriving (Workshop)
(*Georg F. Bauer & Gregor Jenny, Center of Salutogenesis, University of Zurich, Switzerland*)
- Specific resistance resources: still just a matter of chance and luck as Antonovsky lamented, or the defining feature of health promotion? (Workshop)
(*Marguerite Daniel, University of Bergen*)
- A systemic dynamic model of healthy self-regulation (Workshop)
(*Theodor Petzold, Hannover*)

10:40 COFFEE BREAK (30')

11:10 Plenary Dialogue - ways forward: Advancing the salutogenic model of health

Moderator: **Avishai Antonovsky** (*Department of Mental Health at the Medical Corps, Israeli Defense Forces*)

Dialogue Partners: Jürgen Pelikan, Georg Bauer, Marguerite Daniel, Gwendolijn Boonekamp, Theodor Petzold

12:30 LUNCH

13:25 Poster Session & Market Place

• Salutogenesis: Conceptual developments (poster session)

- Positive Health: Definitions, Determinants, and Indicators: A Systematic Scoping Review
(*Yuliya Bodryzlova, École de santé publique de l'Université de Montréal*)

- Reflecting on the positive health concept in light of defining a role in theory and interventions in health promotion
(*John Dierx, University of Applied Sciences, Breda, The Netherlands*)

- Study of conceptual similarities and synergies between spirituality and salutogenesis and importance of spiritual dimension of health in salutogenic model of health promotion
(*Dr. Mahesh Bhatt, MMBSHS Trust, Public Health Dept., Dehradun, Uttarakhand, India*)

- Salutogenesis reframing of health literacy: a needed makeover on behalf of health promotion
(Luis Saboga Nunes, Uwe H. Bittlingmayer and Ana Paula Amaral, Institute of Sociology, University of Education Freiburg, Germany)

- Components of bronfenbrenners ecological model as predictors of sexual risk behaviours of in-school adolescents in Anambra State of Nigeria
(Dr Chrysantus Onwurah Human Kinetics and Health Education Department Nnamdi Azikiwe University, Awka, Nigeria)

Moderator: Luis Saboga Nunes

- **Salutogenic interventions in diverse settings I (poster session)**

- The salutogenic approach in health promotion activities among students and employees at the medical university during the pandemic
(Jarosaw Rakoczy, Medical University of Lodz, Department of Psychosocial Rehabilitation, Poland)

- The salutogenic approach in Environmental Health and One Health concepts
(Migeot Virginie, University of Poitiers)

- Physical Activity and Happiness: findings from the UAE Healthy Future Pilot Study
(Aisha Alhamiz, New York University Abu Dhabi)

- Beyond The River - Picture SOC with "The Rug of Life"
(Ghita Bodman, Ábo Akademi University)

- Embodied Salutogenesis and Mentalizing Salutogenesis
(Dr. Elya Steinberg, private clinic and London School for Biodynamic Psychotherapy)

Moderator: Ghita Bodman

- **Salutogenesis and mental health in times of COVID (poster session)**

- Sense of coherence during the Fourth Industrial Revolution and Covid-19 changes
(Claude-Hélène Mayer & Cemonn Wegele, University of Johannesburg)

- Coping resources and levels of anxiety and mental health in brazilians during the covid-19 pandemic
(Fabiane Dolphine Fuentes Penachiotti, University Center of Maringá, Brazil)

- Factors Associated with Sense of Coherence among University Students in Turkey During the COVID-19 Pandemic: A Cross-sectional Study
(Iker Kayi, Koc University School of Medicine)

- Coping mechanisms and resources and mental health of football coaches during COVID-19 pandemic
(Martin Macháek, SK Slavia Prague - Youth academy)

- Salutogenesis: evolution of spanish-language publications
(Dolors Juvinyà-Canal, Health Promotion Chair of University of Girona)

- Sense of coherence in brazilian university students throughout the coronavirus pandemic
[Camila Cortellete Pereira da Silva, University Center of Maringá (Unicesumar)]

Moderator: Dolors Juvinyà-Canal

14:00: Stories about Aaron Antonovsky - the original author of Salutogenesis (Plenary)

Presented by: Avishai Antonovsky (Department of Mental Health at the Medical Corps, Israeli Defense Forces), Shifra Shagy (Martin Springer Center for Conflict Studies, University of the Negev, Israel)

14:30 Advancing the concept of sense of coherence SoC

- **Advancing the concept of SoC (Oral session):**

- Sense of coherence in transcultural identity development in complex cultural systems - A biographical investigation

(Claude-Hélène Mayer, University of Johannesburg)

- «Sukha»: Self-architecture, Self-leadership and the Sense of Coherence

(Anuradha Choudry, Indian Institute of Technology Kharagpur)

- The dynamic interrelatedness of the sense of coherence components

(Luis Saboga Nunes, IUHPE/EURO Partnerships, Universidade NOVA de Lisboa, Portugal)

- The dual role of sense of coherence at the group level

(Anan Srour, Center for Psychological Services in East Jerusalem; Sharon Benheim, Ben Gurion University, Israel)

Moderators: Luis Saboga Nunes and Anan Srour

- **Advancing the measurement of SoC (Oral session):**

- Sense of coherence-revised: validation of a new conceptualisation and measurement instrument in an older adult sample

(Shauna Rohner (formerly Mc Gee), Division of Psychopathology and Clinical Intervention, Department of Psychology, University of Zürich, Switzerland)

- The factor structure of the Sense of Coherence scale (SoC-13): An item-level exploratory structural equation modeling (ESEM) bifactor analysis

(Igor Portoghese, University of Cagliari)

- The Relationship Between Resourceful Working Conditions, General and Work-Related Sense of Coherence

(Sylvia Broetje, Helmut Schmidt University, Hamburg)

- Measurement of Sense of Coherence Model Constructs using the Salutogenic Wellness Promotion Scale (SWPS)

(Craig M Becker, PhD, East Carolina University)

- Holistic health and soc: an attempt to further improve the salutogenic model

(Dr. habil. Klára Tarkó PhD, Institute of Applied Health Sciences and Health Promotion, Juhász Gyula Faculty of Education, University of Szeged)

Moderators: Shauna Rohner and Sylvia Broetje

- **Emerging empirical findings related to SoC (Oral session):**

- Sense of coherence and its relationship to treatment adherence in spanish adults with type 2 diabetes (t2d)

(María del Carmen Vega Martínez, Health Center Son Pisá ,Mallorca, Islas Baleares)

- A Meta-Analysis on the Relationship Between Sense of Coherence and Mental Health Problems From Childhood to Early Adulthood

(Sarah K. Schäfer, University Medicine Greifswald)

- Valuation quality of life and sense of coerance and sucess in adult with dyslexia

(Demetra Farris, University of Cagliari, Italy)

- Sense of coherence as a resource for the cancer family caregiver. insight from a field study in Italy

(Giancarlo Pocetta, University of Perugia, Centro di ricerca sperimentale per la promozione della salute e l'educazione sanitaria)

Moderators: Paolo Contu

- **Sense of coherence and COVID-19 (Oral session):**

- Strengthening capacities in times of covid-19: the role of the sense of coherence
(Mélisha Généreux, Université de Sherbrooke)

- Community sense of coherence in times of covid-19. experiences and meanings in the latin american region
(Juan Camilo Molina Betancur, Universidad de Antioquia)

- Sense of Coherence as a resource for health in times of COVID-19: Main findings of the COVID-HL Network
(Kevin Dadaczynski, University of Applied Sciences Fulda/Germany)

- Towns and cities more resilient after the pandemic, in the Valencian Community, Spain
(Rosana Peiró-Perez, Valencian office for Community action for health. Region Public Health Authorities. C. Valenciana)

- The salutogenic model of health in the context of the COVID-19 pandemic in a post-communist country
(Ivana Šířová, Charles University in Prague, Czech Republic and Martin Tušl, University of Zurich, Switzerland)

Moderators: Ivana Šířová and Martin Tušl

- **Order out of chaos: Salutogenesis in a global pandemic, an international research project (Symposium):**

- Order out of chaos: Salutogenesis in a global pandemic, an international research project
(Adi Mana, Senior lectures, Peres Academic Center, Shifra Sagy, Martin Springer Center for Conflict Studies, University of the Negev, Israel)

- Sense of coherence, sense of national coherence and covid-19 vaccine propensity
(Claudia Sardu, University of Cagliari)

- Living in opposition: Investigating trust among left-leaning women in the United States under Trump
(Lisa Hardy & Leah Mundell, Northern Arizona University, U.S.A)

- "When the political is the personal": Coping resources in times of political distrust during the COVID 19 pandemic in Israel
(Michael Sternberg, Department of Education at Ben Gurion University)

- Personal and national resources in coping with Corona virus in Palestine
(Abu Hana, Anan Srour & Shifra Sagy, Martin Springer Center for Conflict Studies, University of the Negev, Israel)

Moderators: Adi Mana and Shifra Sagy

- **The Sense for Coherence: towards a new concept in the theory of salutogenesis (Workshop)**
(Bengt Lindström, NTNU Norwegian University of Science and Technology and Claudia Meier Magistretti, Lucerne School of Social Work Institute of Social, Pedagogy and Education, Switzerland)

- **The salutogenic model of learning of the European Training Consortium Public Health & Health Promotion (Workshop)**
(Anna Bonmatí Tomàs, University of Girona, Catalonia)

16:15 Plenary Dialogue – ways forward: Advancing the concept of Sense of Coherence SoC

Moderator: Pauline Bakibinga

Dialogue Partners: Sylvia Broetje, Claude-Helene Mayer, Shauna Rohner, Michael Sternberg, Bengt Lindström**17:30 Winding down:** Discussion in groups of 4 persons. Share key thought in the plenary**Moderator:** Lenneke Vaandrager & Georg Bauer**PROGRAMME | FRIDAY, JUNE 18****09:00 Salutogenic interventions and change processes**

- **Participatory and nature-based salutogenic interventions (Oral session):**

- Action research in the netherlands: residents's perspectives essential for creating healthy neighborhoods

(Dierx John, Avans University of Applied Sciences, Breda, The Netherlands)

- INTerACT. Introducing bidirectionality to the community: a salutogenic participatory Research ACTion in caregivers

(Laura de la Torre-Pérez, Clinic Hospital of Barcelona, Catalonia)

- Developing an intervention logic model for outdoor therapy of burnout: a salutogenic-based, participatory approach (in the Netherlands)

(Roald Pijker, Wageningen University & Research)

- Bringing Families Back to Nature: A Concept Design Project for Health, Nature Connectedness, and Sustainability

(Annika Wiklund-Engblom, Folkhälsan)

- Asset based spaces. healthy regeneration of vulnereed spaces through community assets

(Daniel Millor Vela, Quatorze & University of Alicante, Spain)

Moderators: Dierx John and Roald Pijker

- **Empowerment-oriented salutogenic interventions (Oral session):**

- Salutogenic health promotion: an example of an intervention program and its significance

(Eva Langeland, Western Norway University of Applied Sciences)

- Development of a health resource intervention, titled Salutogenic Healthy Ageing Programme Embracement (SHAPE), for senior-only households in Singapore

(Betsy Seah, National University of Singapore)

- Evaluation of the 'be yourself' programme. we analyse the connection between life skills and sense of coherence

(Alex Morales, Dipsalut, Public Health Organization of Girona, Catalonia)

- Inquiry based stress reduction strengthens sense of coherence: a pilot study

(Shahar Ilev-ari, Tel-Aviv University)

- Salutogenesis as a guiding framework in the building process of health promotion interventions: the case of smoking cessation
(Luis Saboga Nunes, Uwe H. Bittlingmayer, Institute of Sociology, University of Education Freiburg, Germany)

Moderators: Eva Langeland and Luis Saboga Nunes

- **Salutogenic interventions in health care settings (Oral session):**

- Health promotion and salutogenesis in norwegian healthy life centers
(Tonje Inddrøy, Norwegian University of Science and Technology NTNU)

- Application of the salutogenic theory in the perinatal period: a systematic mixed studies review
(Shefaly Shorey, National University of Singapore)

- Intervention effects for direct and indirect participants in a salutogenic intervention implemented in healthcare
(Anja Lehmann, University of Zurich)

- Determination and evaluation of Sense of Coherence in women in semi-urban Nepal: A part of the Heart-health Associated Research, Dissemination, and Intervention in the Community (HARDIC) Trial
(Dip Raj Thapa, University of Skövde, Sweden)

Moderators: Shefaly Shorey and Hildur Gunnarsdottir

- **Multilevel salutogenic interventions (Oral session):**

- How can Salutogenesis help to structure collaboration for health promotion efforts in municipalities and local communities?
(Ruca Maass, Norwegian University of Science and Technology)

- Health Promotion Policy Implications of Salutogenesis: Evidence from the Literature
(Craig M Becker, PhD, East Carolina University)

- A synergy model of health': an integration of salutogenesis and the health assets model
(Patricia Perez, Health and Family Medicine Program, School of Medicine, University of Concepcion, Chile)

- The healthy public policy mobilization to develop health literacy of mothers, children, and youth: Lesson learned in the Southern region of Thailand
(Boonruang Khaonuan, Faculty of Health and Sports Science, Thaksin University)

Moderator: Ruca Maass

- **Digital salutogenic interventions (Oral session):**

- A salutogenic approach to enabling sustainable diets in canteen settings and beyond
(Leah Rosen, Wageningen University)

- Positive mental health promotion game for adolescents
(Seyla De Francisco Prófumo, University School of Nursing of the Hospital de la Santa Creu i Sant Pau)

- Salutogenesis in the digital space: developing and implementing salutogenic informed digital tools
(Shimon Waldfogel, Jefferson University Hospital)

- E-salutogenesis: towards an innovative and novel socio-technical approach to health
(Marc de San Pedro López, Fundació TIC Salut Social)

Moderator: Leah Rosen and Laura Bouwman

- **Crafting of Work and Nonwork Life as Proactive Salutogenic Strategy for Surviving and Thriving (Symposium):**

- Crafting of Work and Nonwork Life as Proactive Salutogenic Strategy for Surviving and Thriving
(*Georg Bauer, Public and Organizational Health, University of Zurich*)

- Effectiveness of a hybrid off-job crafting intervention on employee psychological needs satisfaction and well-being
(*Merly Kosenkranius, Department of HR Management & Organizational Behavior, University of Groningen*)

- Crafting work and leisure: Proactively shaping roles in different life domains
(*Jessica de Bloom, Department of HRM & OB, Faculty of Economics and Business, University of Groningen*)

- Boundary Crafting for balancing work and nonwork
(*Philipp Kerksiek, Division of Public and Organizational Health / Center of Salutogenesis Epidemiology, Biostatistics, and Prevention Institute, University of Zurich, Switzerland*)

Moderator: Georg Bauer and Philipp Kerksiek

- **Discussing a Salutogenic Intervention for Enabling (Workshop):**

- Salutogenic Intervention for enabling healthy eating in adults with type 2 diabetes
(*Kristel Polhuis, Wageningen University & Research*)

10:15 COFFEE BREAK (30')

10:45 Plenary Dialogue - ways forward: Salutogenic interventions & change processes

Moderator: Lenneke Vaandrager

Dialogue Partners: Jessica de Bloom, Eva Langeland, Ruca Maass, Laura Bouwman, Shefaly Shorey

12:00 LUNCH

12:55 Poster Session & Market Place

- **SoC & health: empirical studies**

- The relations between sense of coherence (SOC), stress, socio-demographic factors and wellbeing in Norwegian adolescents 13-19 years
(*Unni Karin Moksnes, Norwegian University of Science and Technology*)

- Sense of Coherence and Self-esteem: Are They Protective Factors for Academic Achievement in Children and Adolescents?
(*Olney Rodrigues de Oliveira - University of Szeged, Doctoral School of Education, Hungary*)

- Validation of the factor structure of the catalan 13-item sense of coherence scale in 50+ year-old adults
(*Lluís Zacarías-Pons, Research Group on Aging, Disability and Health; Girona Biomedical Research Institute (IDIBGI), Catalonia, Spain*)

- Is the Sense of Coherence Linked to Multimorbidity? A Population-based Study
(*Julien Michaud-Tétrault, Faculté de Médecine et des Sciences de la Santé, Université de Sherbrooke*)

- The influence of Antonovsky' sense of coherence on type 2 diabetic patients. do higher scores associate with better outcomes?
(*Zoe Herreras, CAP Comte Borrell-CAPSBE, Catalonia*)

- Gender and sense of coherence of family caregivers in Alzheimer's disease
(*Vanesa Viñas-Díez, University of Barcelona, Catalonia*)

Moderators: Mathieu Roy and Olney Rodrigues de Oliveira

- **Salutogenic interventions in diverse settings II (poster session)**

- Community diagnosis of an urban district
(*Bibiana Contreras Raris, CAPSBE CAP Les Corts, Catalonia*)

- Person-environment affectivity and health promotion in community gardens
[*Rute Grossi-Milani, University Center of Maringá (Unicesumar)*]

The Salutogenesis in the health of the teacher's voice
(*Ivonete Teresinha Schulter Buss Heidemann, Universidade Federal de Santa Catarina, Brazil*)

- Depth Psychology based Hypnotherapy - Increasing the sense of coherence through hipnosis
(*Claudia Manzini-Egger, GTH Switzerland*)

- Positivity, optimism and mental health in families with type 2 diabetes: an empirical and theoretical study exploring protective factors through positive psychology and salutogenesis
(*Julie Meldgaard Petersen, Steno Diabetes Center Copenhagen*)

Moderator: Mélissa Génèreux

- **Salutogenesis in health care (poster session)**

- The sense of coherence versus the “dark side of the moon” in allergic rhinitis
(*Radka Massaldjieva, Medical University in Plovdiv*)

- What contributes to the salutogenesis pathway in people affected by leprosy in Indonesia? :
A qualitative systematic review
(*Yosi Marin Marpaung, Krida Wacana Christian University*)

- Building capabilities of the Academic Mohanamai Network for dealing with road traffic injuries: Lesson learned of Thailand
(*Boonruang Khaonuan, Faculty of Health and Sports Science, Thaksin University*)

- Salutogenic factors for oral health among older people. an interview study
(*Elena Shmarina, Public Dental Service, Oskarshamn, Sweden*)

- Making it count; a salutogenic exploration of children and their family's adaptation to home-based long-term ventilation
(*David Widdas*)

- The application of salutogenesis in primary care research and practice
(*Daniela Rojatz, Austrian National Public Health Institute*)

Moderators: Shifra Sagy and Yosi Marpaung

13:30 Salutogenesis beyond the health sector

- **Salutogenesis in schools and other educational settings (Oral session):**

- Impact of academic pressure among University of Applied Science students on perceived stress
(*Cindy de Bot, Avans University of Applied Science Breda, The Netherlands*)

- Salutogenesis in Education: Prevention of risk behaviors and dropout from schools by implementing the Salutogenic approach
(*Moran Neuman Ayalon, Israel Ministry of Education*)

- Activating latent salutogenic mechanisms at the new human university: integrally informed enactment of emergent capacities within culture and society moving toward supercoherence
(*Steven Giron, The New Human University*)

- At the meeting place of pedagogy and salutogenesis. connecting models, strategies, and critical reflection for educators

(*Patrizia Garista, National Institute for Documentation, Innovation, and Educational Research, Italy*)

- Target shooting practice: schools and volunteers going hand in hand for adolescents' best
(*Audhild Løhre NTNU Department of Teacher Education, Norwegian University of Science and Technology*)

Moderators: Shifra Sagy and Steven Giron

- **Salutogenesis in different settings (Oral session):**

- A psychobiographical exploration of sense of coherence in the life of Viktor von Weizäcker
(*Claude-Hélène Mayer, Department of Management, Rhodes University, Grahamstown & Ottomar Bahrs, Umbrella Organization Salutogenesis, Institute of General Medicine, University of Duesseldorf, Germany*)

- TEAL and Freedom frameworks as strategy to implement salutogenesis in health team managing
(*Pau Batlle, Dipsalut, Public Health Organization of Girona, Catalonia*)

- Salutogenesis and recovery from historical trauma
(*Mette Brogden, The University of Arizona*)

- How can we apply salutogenic communication in different socio-cultural fields?
(*Theodor Dierk Petzold, Zentrum für Salutogenese; Medizinische Hochschule Hannover, Germany Nadja Lehmann, Göttingen, Germany*)

- Pathogenesis to Salutogenesis: Understanding Healing, Resiliency, and Subjective Well-Being among Adult Survivors of Childhood Trauma
(*Shanta R. Dube, Wingate University, Levine College of Health Sciences*)

Moderator: Shanta Dubé and Lenneke Vaandrager

- **Salutogenesis & mental health (Oral session):**

- Sense of Coherence predicts adolescent mental health
(*Kristina Carlén, University of Skövde and Jönköping University, Sweden*)

- Enhancing soldiers' mental fitness – how and why?
(*Avishai Antonovsky, Department of Health and Well-being, Medical Corps, Israel Defense Forces, Israel*)

- Meaningfulness among Frail Older Adults receiving home-based care
(*Jessica Hemberg, Marina Näsman, Fredrica Nyqvist, Åbo Akademi University*)

- Role of Meditation and Gender on Pattern of Emotion Regulation Process, Forgiveness and Gratitude
(*Subhashini R, PhD, Assistant Professor, Department of Humanities and Social Sciences, Member - Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur, India*)

- How grateful I am! the forgotten gem of gratitude
(*Jarosaw Rakoczy, Medical University of Lodz, Department of Psychosocial Rehabilitation, Poland*)

Moderators: Avishai Antonovksy and Kristina Carlén

- **Salutogenesis in times of COVID-19 (Oral session):**

- Salutogenesis as a framework for social recovery after a technological disaster
(*Mélissa Généreux, specialist in public health, Quebec, Canada*)

- Cultural brokering during COVID-19: using a Salutogenesis lens to understand how migrant families are impacted and supported through crisis
(*Thea Luig, Physician Learning Program and Office of Lifelong Learning, Faculty of Medicine & Dentistry, University of Alberta. Edmonton, Canada*)

- The salutogenesis approach: the covid 19 pandemic, the opioid epidemic and the deaths of despair
(*Shimon Waldfoegel Thomas Jefferson University, USA*)

- Adaptive strategies for satisfaction of psychological needs during the COVID-19 pandemic and their association with the sense of coherence
(*Martin Tusl, University of Zurich, Switzerland*)

- The relationship between coping resources and health and wellbeing during the COVID-19 pandemic in the Netherlands: unravelling differences between COVID-19 patients and people not infected by the virus
(*Roald Pieker, Wageningen University and Research, The Netherlands*)

Moderators: Mathieu Roy and Mélissa Généreux

- **Salutogenesis applied to organizations (Workshop)**

- (*Gregor Jenny & Georg Bauer, University of Zurich, Switzerland; Hélène Mayer, University of Johannesburg, SA*)

- **Salutogenesis and Migration (Workshop)**

- (*Marguerite Daniel, University of Bergen*)

- **People-planet-health: designing a creative process of 'glocal' participation in salutogenic policy development (Workshop)**

- (*Claudia Meier Magistretti, Lucerne University of Applied Sciences and Arts, Switzerland*)

14:45 COFFEE BREAK (30')

15:15 Plenary Dialogue - ways forward: Salutogenesis beyond the health sector

Moderator: Mathieu Roy

Dialogue Partners: Patrizia Garista, Gregor Jenny, Shifra Sagy, Claudia Meier Magistretti

16:30 Closing the stage: Revisiting the market places: Future research and practice in Salutogenesis incl. collaborations (Plenary)

Moderator: Georg Bauer, Lenneke Vaandrager

17:00 END