



7th International Conference on Salutogenesis → 19-20.06.2024

Medical University of Lodz – Poland



PROGRAMME

Wednesday 19 June 2024

8.00-9.00 Registration

9.00-9.25 Plenary: Opening Ceremony & Introduction to the Conference Theme

Lenneke Vaandrager & Georg Bauer, Conference Co-Chairs
Representative, Medical University of Lodz

Everyday life and crises as opportunities for salutogenic transformation

9.30-10.45 Parallel sessions 1: Oral presentations & workshops

1.1 Salutogenesis in Times of Crisis (Moderator: Mathieu Roy)

- a. Partnership of parties in conflict: Between strategy for achievement of goals and a reconciliation model for coexistence (Yossi Goldman)
- b. Ukrainians coping with war: Which coping resources help them reduce anxiety? (Svetlana Prokashva)
- c. The model of Salutogenesis in crises (Elisabeth Noehammer)
- d. Coherent processes = coherent outcomes? Applying Salutogenesis to facilitate coherent experiences across sectors and actors during the multi-sectoral implementation of local public health measures (Ruca Elisa Katrin Maass)

1.2 Measuring and Applying SOC (Moderator: TBC)

- a. The Sense of Coherence scale (SOC-13): Psychometric properties in the Czech adult population and general recommendations for advancing the scale (Martin Tušl)
- b. Using Measurements to Guide the Salutogenic Transformation (Craig Becker)
- c. Incorporating the Salutogenic Paradigm within the First 1000 Days of Life (Shimon Waldfoegel)
- d. Salutogenic health promotion interventions: Promoting the Sense of Coherence (Claudia Meier Magistretti)
- e. Predictors of mental health in adolescents - with a salutogenic perspective (Kristina Carlén)

1.3 Workshop: Teaching Salutogenesis: what, how, and how to be?

(Jake Sallaway-Costello, Marguerite Daniel, Lenneke Vaandrager, Anna Bonmati)

1.4 Workshop: Promoting the Salutogenic Transformation using the Heuristic Systematic Model

(Craig Becker)

10.45-11.15 Coffee break

11.15-12.30 **Parallel sessions 2: Oral presentations & workshops**

2.1 **Salutogenesis in Design** (Moderator: Paolo Contu)

- a. Proposing Eudaemonic Co-Design as an Augmented Approach to Salutogenic Design, Facilitating River of Life Navigation and Empowerment (Jenna Mikus)
- b. Why is a salutogenic approach pivotal to enhanced health and wellbeing of office workers? (Kirsten Brown)
- c. Environmental enrichment for human health: a salutogenic vision (Etienne Bourdon)
- d. Sociological and psychological value of retrofit interventions as means to promote health and wellbeing, community empowerment and local regeneration (Magdalena Blazusiak)
- e. Transforming prison habitats – health and wellbeing benefits for prisoners and staff (Alan Farrier)

2.2 **Salutogenesis in Health Care & Oral Health** (Moderator: Arkadiusz Jasiński)

- a. A Health-promotive Approach to Maintain and Sustain Health in Women-dominated Work in Nepal and Sweden – A PhD thesis (Dip Raj Tapa)
- b. The Sense of Coherence, Health Literacy, and Empowerment in Irritable Bowel Syndrome (Natalia Płóciennik)
- c. Salutogenic resources for promoting children's oral health in social vulnerability contexts (Andréa Neiva da Silva)
- d. Its' "MyMouth": Salutogenic approach to promote oral health in adolescents through mHealth (Dilini Ratnayake)

2.3 **Salutogenesis in Education: Learners** (Moderator: Marguerite Daniel)

- a. Wellbeing in the school setting: stressor and resources according to adolescence perspective (Claudia Sardu)
- b. The Three Principles of Integral Education: A Study of Their Contribution to the Health and Well-being of Learners (Bhavana Gulati)
- c. Teaching salutogenesis to medical students: a photovoice experience (Sara Maria Pani)
- d. Salutogenic by Design: Using Salutogenesis Principles in Designing and Implementing Post-secondary Health Sciences Learning Events (Jaime Mantesso)
- e. On-the-job vocational training of nonprofessional ethnic health workers of a primary health care team improves their sense of coherence (Karolina Kósa)

2.4 **Workshop: Advancing the measurement and concept of SoC**

(Georg Bauer, Martin Tustl, Paolo Contu)

2.5 **Workshop: Salutogenesis in Refugees** (Chrysovalantis Papathanasiou)

12.30-13.30 **Lunch break**

13.30-14.00 **Interactive Poster sessions**

PS.1 **Salutogenesis in Educational Settings** (Moderator: Dolors Juvinya)

- a. Salutogenesis and medical practice - experiences with a seminar for students of medicine (and other disciplines) (Ottomar Bahrs)
- b. The salutogenesis for a class of post-graduation students in nursing at the Federal University of Santa Catarina (Ivone Teresinha Schuller Buss Heidemann)
- c. Mental well-being, sense of coherence and sociodemographic factors in family medicine resident physicians (David Ramos Valle)
- d. Categorical versus dimensional models of sense of coherence Part 1: Taxometric analysis using SOC-29 in a Japanese population (Yoshikazu Fukui)

PS.2 **Salutogenesis in Health Care** (Moderator: Arkadiusz Jasiński)

- a. Multimorbidity Care in Lithuania: qualitative approach in addressing patient health priorities (Olga Vasiliauskiene)
- b. Transforming value-based palliative care in the US: A scoping review of salutogenic approaches for optimal outcomes (Shanna Sullivan)
- c. Hospital Design for inpatient forensic psychiatry: a realistic umbrella review (Yuliya Bodryzlova)

- d. From Resistance to Resilience: a Family Caregiver Salutogenic Story (Giancarlo Pocetta)
- e. Evaluation of Positive Mental Health, Sense of Coherence and Resilience, in Professionals who work in Mental Health Hospitalization and Emergency Services in Girona (Emiliano Castro Gómez)
- f. Supporting employee mental health with proactive vitality management and needs-based crafting: Outline for a randomized controlled trial on salutogenic interventions (Philipp Kerksieck)

PS.3 Linking Salutogenesis and Pathogenesis (Moderator: Martin Tusl)

- a. Association Between Resilience and Frailty among Chinese Older Adults (Junling Gao)
- b. Examination of factors associated with mental health and wellbeing of people living with HIV in Kazakhstan (Raushan Alibekova)
- c. Sleep and Salutogenesis – the epistemological value of paradigm pluralism to close epistemic gaps in sleep medical research (Lidmila Litvin)
- d. Looking on the bright side of life - hope and purpose in life as predictors of experiences of Covid-19 in Polish adults (Justyna Michałek-Kwiecień)
- e. Explaining resilience in potential traumatic event: Trajectories of anxiety and Sense of Coherence during COVID-19 (Adi Mana)

14.10-15.30 Plenary Dialogue: Challenges & Opportunities for salutogenic transformation I

Dialogue between moderators of previous parallel sessions & audience

Moderators: Georg Bauer, Lenneke Vaandrager

15.30-16.00 Coffee break

16.00-17.15 Parallel sessions 3: Oral presentations & workshops

3.1 Salutogenesis and Migrants (Moderator: Anja Lehmann)

- a. The Basketball Boys: Young men from refugee backgrounds and the symbolic value of swagger in an Australian state high school (Marguerite Sendall)
- b. Wellness for children in immigrant families: A Salutogenic approach to understanding the experiences of visible minority parents (Grace Ukasoanya)
- c. Community Nursing for salutogenetic transformation in migrant populations in Vorarlberg (Elisabeth Noehammer)
- d. Mentoring for migrants in Norway: how do mentors shape and evaluate their contribution? (Marguerite Daniel)
- e. Sense of coherence and professional quality of life of staff working with unaccompanied refugee minors in Greece (Chrysovalantis Papathanasiou)

3.2 Salutogenesis at work (Moderator: Ernest Darkwah)

- a. Work-related sense of coherence as a correlate of organisational behaviours and well-being among healthcare workers (Arkadiusz Jasiński)
- b. Workplace Harassment and Psychological Wellbeing Among Private and Public Sector Workers: Does Sense of Coherence Matter? (Hilda Aba Ewure Abrabra)
- c. The Relationship between Health-promoting Leadership and Mental Health Stigma in the Workplace (Anja Lehmann)
- d. The Role of Sense of Coherence in Occupational Health among Employees with Mental Health Issues (Anja Lehmann)
- e. A model of organizational coherence and implications for future research (Dorit Tubin)

3.3 Salutogenesis in Education: Teachers (Moderator: Sofie Lindström)

- a. Salutogenesis to promote the health of the teacher's voice (Ivonete Heidemann)
- b. Salutogenesis in educational settings. The case of special education teachers' training (Patrizia Garista)
- c. Taking an asset-based approach to understanding school exclusion for the purpose of educating teachers (Amanda Corrigan)
- d. A salutogenic call in the Canadian wilderness finds other voices: The origins of the Prairie Salutogenic Community of Practice (Laura MacDonald)

3.4 Workshop: The Missing Link: Creating Coherence Between Individual, Group and Society

(Ruca Elisa Maass, Claudia Meier Magistretti, Paolo Contu, Georg Bauer, Bengt Lindstrom)

17.15-19.00 **Break**

19.00-20.00 **Guided City Tour**

Thursday 20 June 2024

THE EARLY CAREER STAGE

Organized by: Sanne Hiemstra, Heidi Marie Meling, Kristel Polhuis, Leah Rosen, YẾN Phạm Jarosław Rakoczy, Sarah Michaud, Veerle Cannemeijer

9.00-9.45 **Plenary Opening: Unveiling Salutogenic Narratives**

Moderators: Kristel Polhuis & Heidi Marie Meling

How Salutogenesis changes life, career and practice – Storytelling session

- a. Gwendolijn Boonekamp
- b. Helena Pombares
- c. (to be confirmed) Rodrigo Lopez

9.45-10.30 **Parallel sessions round 1**

A) Apply theoretical knowledge in practice

A1: Unlock the Power of Participation in Salutogenic research

What does it mean to be a participant in salutogenic research and practice? (case studies)

– Moderator: Jarosław Rakoczy

- a. Improving Mental Health with an Immersive Exploration of Self-Identity (Danielle Mullins)
- b. How to use salutogenesis to design a healthy eating programme for people with type 2 diabetes? (Kristel Polhuis)
- c. Understanding Childbearing in Complexity (Megan Blin)

A2: Making salutogenesis comprehensible, accessible and applicable for everyone

How to translate Salutogenesis to practical situations? – Moderator: Sarah Michaud

- a. Insightful discussion (Jake Salloway-Costello)
- b. Architecture of Compassion - Developing a 'Human-Informed' Conceptual Design Framework (Chloe Piper)
- c. An Illustration of How Salutogenesis Enlighten Development of Psychosexual Nursing Care Model (Ayse Deliktas)

B) Reflection on the role of Salutogenesis

B1: Battle of Approaches: Role play with 'sceptical scientists'

– Moderators: Leah Rosen (intro) & Heidi Marie Meling (discussion moderator)

Positive health, resilience, positive psychology, capability approach, resilience: what's the difference?! Join us for an interactive journey into Salutogenesis and related approaches through a fun role play involving presenters, 'skeptical scientists' and the audience.

- a. Throughout the individual's lifespan: When is it more appropriate to apply the SOC framework? (Yen Thi Pham)
- b. Middle leaders and teachers' sense of coherence (Noy Dali)
- c. From concept to political governance and into the work ground - How and where does the Salutogenesis concept have an impact? The example of Germany (Iris Haarland)
- d. The lost meaning of the word "Gesundheit" (German for "health"), its development in the European health and legal context and its relation to the Salutogenesis concept (Iris Haarland)
- e. Working naturally: unraveling salutogenic mechanisms for employees with limited work capability working in forestry (Sanne Hiemstra)

B2: Salutogenesis and Addressing wicked problems: Exploring Innovative Approaches

– Moderators: Veerle Cannemeijer

Let's collectively explore how Salutogenesis could play a pivotal role in addressing wicked problems and complex challenges such as climate change, natural disasters and complex societal issues.

- a. Identifying salutogens in recovery from slow disasters: Development as restoring healthy biocultural lifeways (Mette Brogden)
- b. Recovering indigenous culture, language, and natural heritage after the Slow Disaster of Colonialism (Rashid Iddrisu)
- c. Coping strategies of adolescents exposed to substance use in the family. A qualitative study in the light of Salutogenesis (Catherine Hørte)

10.30-10.45 Coffee break - Active activities to recharge

10.45-11.30 Parallel sessions round 2

C) Exchange ideas & perspectives

C1: Semi-speed blind-dates with early- and advanced career participants

An unforgettable opportunity to meet (un)familiar salutogenic faces. Build a connection that sparks the potential to move academic boundaries.

– Moderators: Ayşe Deliktaş Demirci

C2: Find your perfect match for a future project!

– Moderators: Sanne Hiemstra & Yến Phạm

Looking for a collaboration for your dream project? In these paired discussions (early & advanced career), there is space to explore a topic of your liking and develop a concrete plan.

D) Innovations in Salutogenesis

D1: Exploring AI and Salutogenesis

– Moderators: Heidi Marie Meling & Veerle Cannemeijer

A menace to society or the dream tool for health promotion? In this session, we explore the role of artificial intelligence (AI) in the context of Salutogenesis. An upcoming project utilising AI technology will be used as a case study and a starting-off point for an interactive workshop and discussion on ways in which salutogenesis can be 'built into' projects using this powerful technology.

Project "Helsehjelpiloten" (Ingrid Hjulstad Johansen & Kaisa Soleng)

D2: Promoting Health and Wellbeing: Insights from Diverse Perspectives and Contexts

– Moderator: Sarah Michaud

An enlightening session delving into diverse research topics aiming to deepen our understanding of salutogenesis and well-being in various contexts, offering valuable insights into fostering positive outcomes in the face of adversity.

- a. Evaluation of the sense of coherence in individuals with chronic pain in treatment with medical cannabis provided by cannabis organizations (Shadia Fouad Sharal)
- b. Healthy design research on shared workspaces using a "Salutogenic Model of Analysis": A Coworking case study in Spain (Ebru Baykal Uluoz)
- c. Transforming Crisis into Opportunity: A Salutogenic Perspective on Coping with the COVID-19 Pandemic among a Medical University Community (Joroslaw Rakoczy)
- d. Insight into acculturation of second-generation Vietnamese boat refugees in Norway (Marguerite Daniel)
- e. Workplace Harassment and Psychological Wellbeing Among Private and Public Sector Workers: Does Sense of Coherence Matter? (Hilda Abrabra)
- f. The Sense of Coherence, Health Literacy, and Empowerment in Irritable Bowel Syndrome (Natalia Plociennik).

11.30-12.30 Creative (musical) wrap-up session (Kristel Polhuis & Heidi Marie Meling)

We will end the morning with a creative (musical) co-creation session

12.30-13:45 Lunch break

13.45-15.00 Parallel sessions 4: Oral presentations & workshops

4.1 Salutogenic Interventions in Communities (Moderator: Jake Sallaway-Costello)

- a. The salutogenic opportunities with action-oriented health promotion research: the data-collection benefits co-researchers empowerment process (Petra Nilsson Lindström)
- b. Strengthening the Network of Mohanamai to Mobilizing Road Safety at Sub-districts of Thailand: Lesson Learned and Success (Boonruang Khaonuan)
- c. Community recreation as a salutogenic setting for children and adolescents (Sofie Lundström)
- d. Building agency, building wellbeing in public housing in Malaysia (Uta Dietrich)
- e. The Whole Person Salutogenic Assistant (Shimon Waldfogel)

4.2 Theory of Salutogenesis (Moderator: Claudia Meier Magistretti)

- a. An overarching coherence motivation for healing and transformation? (Theodor Petzold)
- b. Can restorative justice contribute life experiences that generate a strong sense of coherence? (Marguerite Daniel)
- c. Self-discrepancy and spirituality, sense of life and coherence (Katarzyna Skrzypińska)
- d. Differences in levels of sense of coherence effect on the autonomic nervous system under acute stressful situation (Yuki Kamiya)
- e. Medicine and the environment: from the salutogenic approach towards the salutogenic environments (Laura Menatti)

4.3 Workshop: Indigenous Worldviews on Health, Healing, and Addiction Prevention
(Cheryl Currie)

4.4 Workshop: Salutogenic settings: exploring coherent processes and experiences
(Ruca Elisa Maass, Lenneke Vaandrager and Leah Rosen)

15.00-15.30 Coffee break

15.30-16.45 Plenary Dialogue: Challenges & Opportunities for salutogenic transformation II

Dialogue between moderators of previous parallel sessions & audience

Moderators: Ruca Elisa Maass, Jake Sallaway-Costello

16.45-17.30 Plenary: Closing ceremony

Lenneke Vaandrager & Georg Bauer Conference Co-Chairs

- Acknowledgements of organisers
- Round of Reflection of participants
- Concluding remarks on the conference theme:
Challenges & opportunities for salutogenic transformation

17.30 End of conference