



# 7<sup>th</sup> 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 → Room F**

Lenneke Vaandrager & Georg Bauer, Conference Co-Chairs  
Jolanta Kujawa, Magdalena Wrzesińska, 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) → Room F**

- Ukrainians coping with war: Which coping resources help them reduce anxiety? (Svetlana Prokashcheva)
- The model of Salutogenesis in crises (Elisabeth Noehammer)
- 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: Claudia Sardu) → Room G**

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

**1.3 Workshop: Teaching Salutogenesis: what, how, and how to be? → Room A**

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

**1.4 Workshop: Salutogenesis in Refugees → Room C**

(Chrysovalantis Papathanasiou)

**10.45-11.15 Coffee break**

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

### 2.1 **Salutogenesis at work** (Moderator: Ernest Darkwah) → **Room E**

- a. Work-related sense of coherence as a correlate of organisational behaviours and well-being among healthcare workers (Arkadiusz Jasiński)
- b. The Relationship between Health-promoting Leadership and Mental Health Stigma in the Workplace (Anja Lehmann)
- c. The Role of Sense of Coherence in Occupational Health among Employees with Mental Health Issues (Anja Lehmann)
- d. A model of organizational coherence and implications for future research (Dorit Tubin)

### 2.2 **Salutogenic Interventions in Communities** (Moderator: Jake Sallaway-Costello) → **Room F**

- a. Strengthening the Network of Mohanamai to Mobilizing Road Safety at Sub-districts of Thailand: Lesson Learned and Success (Boonruang Khaonuan)
- b. Community recreation as a salutogenic setting for children and adolescents (Sofie Lundström, Jennie Ryding)
- c. The Whole Person Salutogenic Assistant (Shimon Waldfogel)

### 2.3 **Salutogenesis in Education: Learners** (Moderator: Marguerite Daniel) → **Room G**

- a. Wellbeing in the school setting: stressor and resources according to adolescence perspective (Claudia Sardu)
- b. Teaching salutogenesis to medical students: a photovoice experience (Sara Maria Pani)
- c. Salutogenic by Design: Using Salutogenesis Principles in Designing and Implementing Post-secondary Health Sciences Learning Events (Jaime Mantesso)
- d. 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 Tušl, Paolo Contu) → **Room A**

### 2.5 **Workshop: Promoting the Salutogenic Transformation using the Heuristic Systematic Model** (Craig Becker) → **Room C**

## 12.30-13.30 **Lunch break**

## 13.30-14.00 **Interactive Poster sessions** → **Exhibition space/Foyer**

### 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 (Ivonete Teresinha Schulter 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. Evaluation of Positive Mental Health, Sense of Coherence and Resilience, in Professionals who work in Mental Health Hospitalization and Emergency Services in Girona (Susana Mantas Jimenez)

### **PS.3 Linking Salutogenesis and Pathogenesis** (Moderator: Martin Tušl)

- 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 (Ludmila Litvin)
- d. Looking on the bright side of life - hope and purpose in life as predictors of experiences of Covid-19 in Polish adults (Katarzyna Skrzypińska)
- e. Explaining resilience in potential traumatic event: Trajectories of anxiety and Sense of Coherence during COVID-19 (Svetlana Prokasheva)

### **14.10-15.30 Plenary Dialogue: Challenges & Opportunities for salutogenic transformation I** → **Room F**

Dialogue between moderators of previous parallel sessions & audience

Moderators: Georg Bauer, Lenneke Vaandrager

Discussants: Mathieu Roy, Claudia Sardu, Anna Bonmati, Chrysovalantis Papathanasiou, Ernest Darkwah, Jake Sallaway-Costello, Marguerite Daniel, Martin Tušl, Craig Becker

### **15.30-16.00 Coffee break**

### **16.00-17.15 Parallel sessions 3: Oral presentations & workshops**

#### **3.1 Salutogenesis and Migrants** (Moderator: Anja Lehmann) → **Room F**

- 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 in Health Care & Oral Health** (Moderator: Arkadiusz Jasiński) → **Room C**

- a. A Health-promotive Approach to Maintain and Sustain Health in Women-dominated Work in Nepal and Sweden – A PhD thesis (Dip Raj Thapa)
- b. The Sense of Coherence, Health Literacy, and Empowerment in Irritable Bowel Syndrome (Natalia Płóciennik)
- c. Its' "MyMouth": Salutogenic approach to promote oral health in adolescents through mHealth (Dilini Ratnayake)

#### **3.3 Salutogenesis in Education: Teachers** (Moderator: Sofie Lundström) → **Room G**

- a. Salutogenesis to promote the health of the teacher's voice (Ivonete Heidemann)
- b. Taking an asset-based approach to understanding school exclusion for the purpose of educating teachers (Amanda Corrigan)
- c. A salutogenic call in the Canadian wilderness finds other voices: The origins of the Prairie Salutogenic Community of Practice (Jaime Mantesso)

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

(Ruca Elisa Maass, Claudia Meier Magistretti, Paolo Contu, Georg Bauer) → **Room A**

### **17.15-19.00 Break**

### **19.00-20.00 Guided City Tour**

### **20.00-22.00 Conference Dinner** (only for registered participants)

**Thursday 20 June 2024**

## **Salutogenic Rebels event**

### **Salutogenic Pathways: Inspiring and Building Connections Across Generations**

#### **9.00-9.45 Plenary Opening: Unveiling Salutogenic Narratives → Room F**

Moderators: Kristel Polhuis & Heidi Marie Meling

How Salutogenesis changes life, career and practice – Storytelling session

Presenters (confirmed): Gwendolijn Boonekamp and Helena Pombares

#### **9.45-10.30 Parallel sessions round 1**

##### **A) Apply theoretical knowledge in practice**

###### **A1: Unlock the Power of Participation in Salutogenic research → Room A**

Moderator: Jarosław Rakoczy

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

Presenters:

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

###### **A2: Making salutogenesis comprehensible, accessible and applicable for everyone → Room B**

Moderator: Sarah Michaud

How to translate Salutogenesis to practical situations?

Presenters:

- Jake Salloway-Costello: Educational Strategies for Salutogenic Living: Curriculum Design
- Chloe Piper: Architecture of Compassion - Developing a 'Human-Informed' Conceptual Design Framework
- Ayse Deliktas: An Illustration of How Salutogenesis Enlighten Development of Psychosexual Nursing Care Model

##### **B) Reflection on the role of Salutogenesis**

###### **B1: Battle of Approaches: Role play with 'sceptical scientists' → Room C**

Moderators: Leah Rosen & Heidi Marie Meling

Positive health, capability approach, positive psychology, resilience – what's the difference?!

How do these approaches compare to Salutogenesis? Join us for an engaging and interactive session where we will explore and distinguish Salutogenesis from related approaches through a fun role play featuring four presenters, 'skeptical scientists,' and you, the audience.

Presenters:

- Yen Thi Pham: Throughout the individual's lifespan: When is it more appropriate to apply the SOC framework?
- Noy Dali: Middle leaders and teachers' sense of coherence
- Nabihah Ramadan: Promotion of Exclusive Breast Feeding in Lebanon through a Salutogenic Intervention
- Sanne Hiemstra: Working naturally: unraveling salutogenic mechanisms for employees with limited work capability working in forestry

###### **B2: Salutogenesis and Wicked Problems → Room D**

Moderator: Veerle Cannemeijer

Let's get creative and push the boundaries of Salutogenesis! In this session, we will explore how the theory of Salutogenesis could contribute to our understanding of wicked problems and their potential

solutions. After being inspired by some great examples, it is up to you to get to work and explore a wicked problem through the lens of Salutogenesis.

Presenters:

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

## **10.30-10.45 Coffee break - Coffee and energizer(s)**

### **10.45-11.30 Parallel sessions round 2**

#### **C) Exchange ideas & perspectives**

##### **C1: Semi-speed blind-dates with early- and advanced career participants → Room A**

Moderator: Ayşe Deliktaş Demirci

An unforgettable opportunity to meet salutogenic faces. Build a connection with new salutogenic friends but in a different way. This session will provide an environment where academic boundaries are eliminated and participants will find themselves in semi-speed blind-dates.

##### **C2: Find your perfect match for a future project! → Room B**

Moderators: Sanne Hiemstra & Yến Phạm

Looking for a collaboration for your dreamed 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 → Room C**

Moderators: Heidi Marie Meling & Veerle Cannemeijer

AI - a menace to society or the dream tool for health promotion? In this session, we will use an upcoming project utilising AI technology 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.

Presenters:

- Ingrid Hjulstad Johansen & Kaisa Soleng: project "Helsehjelpiloten"

##### **D2: Promoting Health and Wellbeing : Insights from Diverse Perspectives and Contexts → Room D**

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.

Presenters:

- Shadia Fouad Sharal : Evaluation of the sense of coherence in individuals with chronic pain in treatment with medical cannabis provided by cannabis organizations
- Jaroslaw Rakoczy : Transforming Crisis into Opportunity: A Salutogenic Perspective on Coping with the COVID-19 Pandemic among a Medical University Community
- Marguerite Daniel : Insight into acculturation of second-generation Vietnamese boat refugees in Norway

## **11.30-12.30 Creative wrap-up session → Room F**

Moderators: Kristel Polhuis & Heidi Marie Meling

## **12.30-13:45 Lunch break**

## **13.45-15.00 Parallel sessions 4: Oral presentations & workshops**

### **4.1 Salutogenesis in Design (Moderator: Paolo Contu) → Room G**

- 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)

### **4.2 Theory of Salutogenesis (Moderator: Claudia Meier Magistretti) → Room F**

- 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. The role of salutogenesis for the understanding of the health-environment coupling in current medicine and psychology (Laura Menatti)

### **4.3 Workshop: Indigenous Worldviews on Health, Healing, and Addiction Prevention**

(Cheryl Currie) → Room A

### **4.4 Workshop: Salutogenic settings: exploring coherent processes and experiences**

(Ruca Elisa Maass, Lenneke Vaandrager and Leah Rosen) → Room C

## **15.00-15.30 Coffee break**

## **15.30-16.45 Plenary Dialogue: Challenges & Opportunities for salutogenic transformation II → Room F**

Dialogue between moderators of previous parallel sessions & audience

Moderators: Ruca Elisa Maass, Jake Sallaway-Costello

Discussants: Anja Lehmann, Arkadiusz Jasiński, Sofie Lundström, Georg Bauer, Paolo Contu, Claudia Meier Magistretti, Cheryl Currie, Leah Rosen

## **16.45-17.30 Plenary: Closing ceremony → Room F**

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**