



**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)

**Sílvia Oliveras**, Manager 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*)
- 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 Health and Well-being, Israeli Defense Forces*)

**Dialogue Partners:** 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)

Moderator: Dolors Juvinyà-Canal

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

Presented by: Avishai Antonovsky (Department of Health and Well-being, 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 coherence and success 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)*

- 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. G. 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 University Arts and Sciences, 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 Pijpker, 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 lev-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  
(*Shafaly 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: Shafaly 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 Kerksieck, Division of Public and Organizational Health / Center of Salutogenesis Epidemiology, Biostatistics, and Prevention Institute, University of Zurich, Switzerland*)

Moderator: Georg Bauer and Jessica de Bloom

- **Discussing a Salutogenic Intervention for Enabling Healthy Eating (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 Them 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-Tétréault, 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)*]
- Exploration of the Coaching process as a Salutogenic Intervention in Mental Health  
(*Andrew A, Parsons, Reciprocal Minds Ltd*)
- 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 Généreux

- **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 Laura Bowman

- **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 scholar, Rekhi Centre of Excellence for the Science of Happiness, Indian Institute of Technology 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 Waldfogel 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 Tusch, 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 and Mélissa Généreux

**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