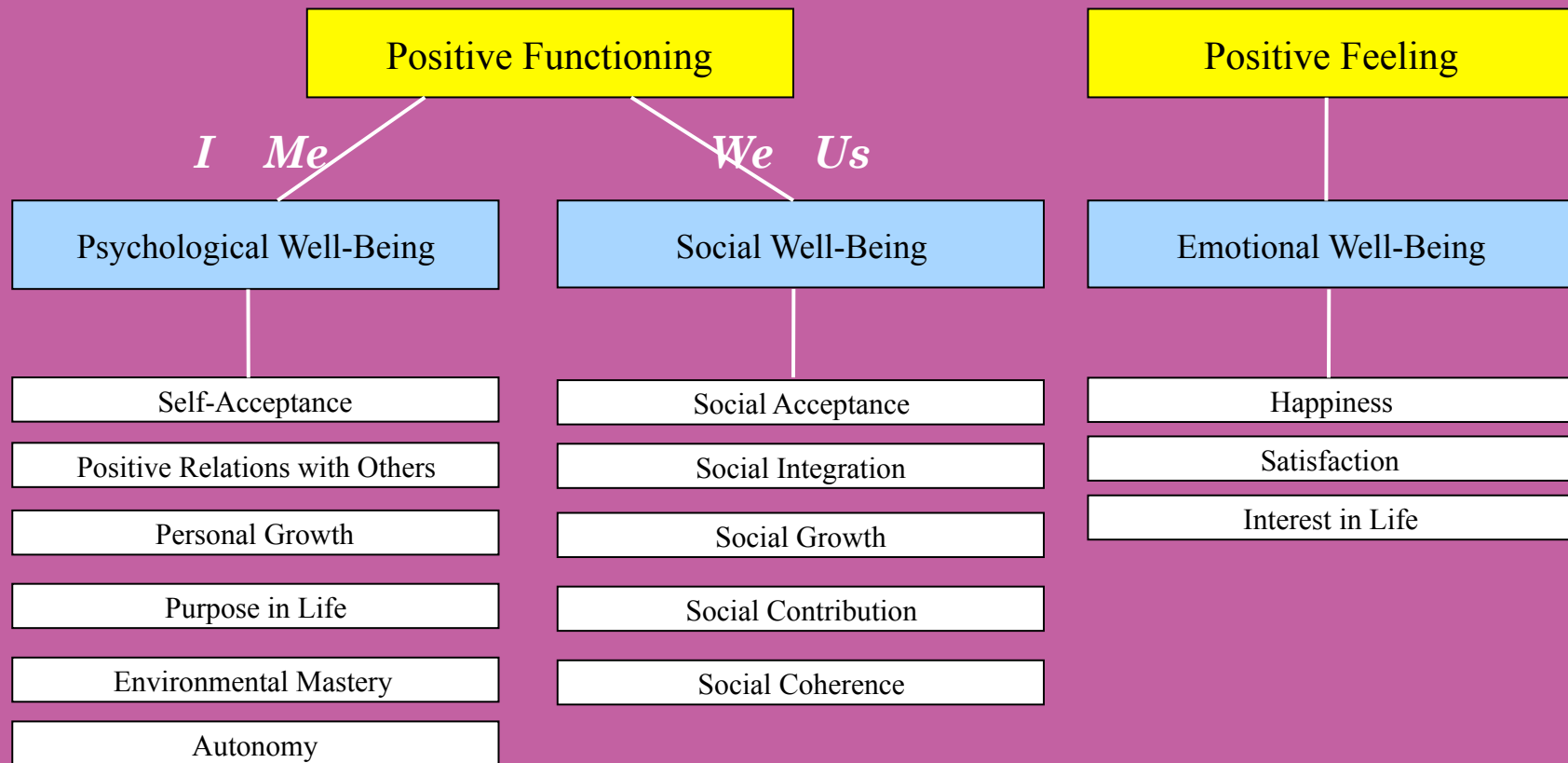


The Debate?

Family Tree of Mental Health





Psychological Well-Being

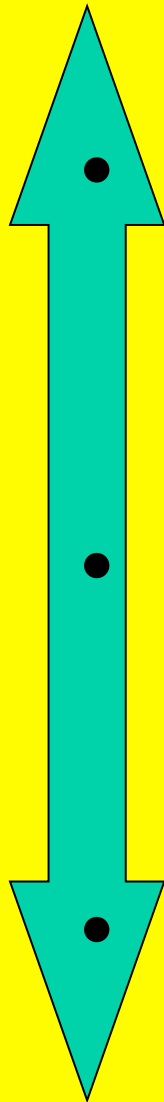
Social Well-Being

Emotional Well-Being



C
c
In
A
C

Mental Health Continuum



• Flourishing

“almost every day” or “every day”

1 emotional well-being + 6 positive functioning

• Moderate

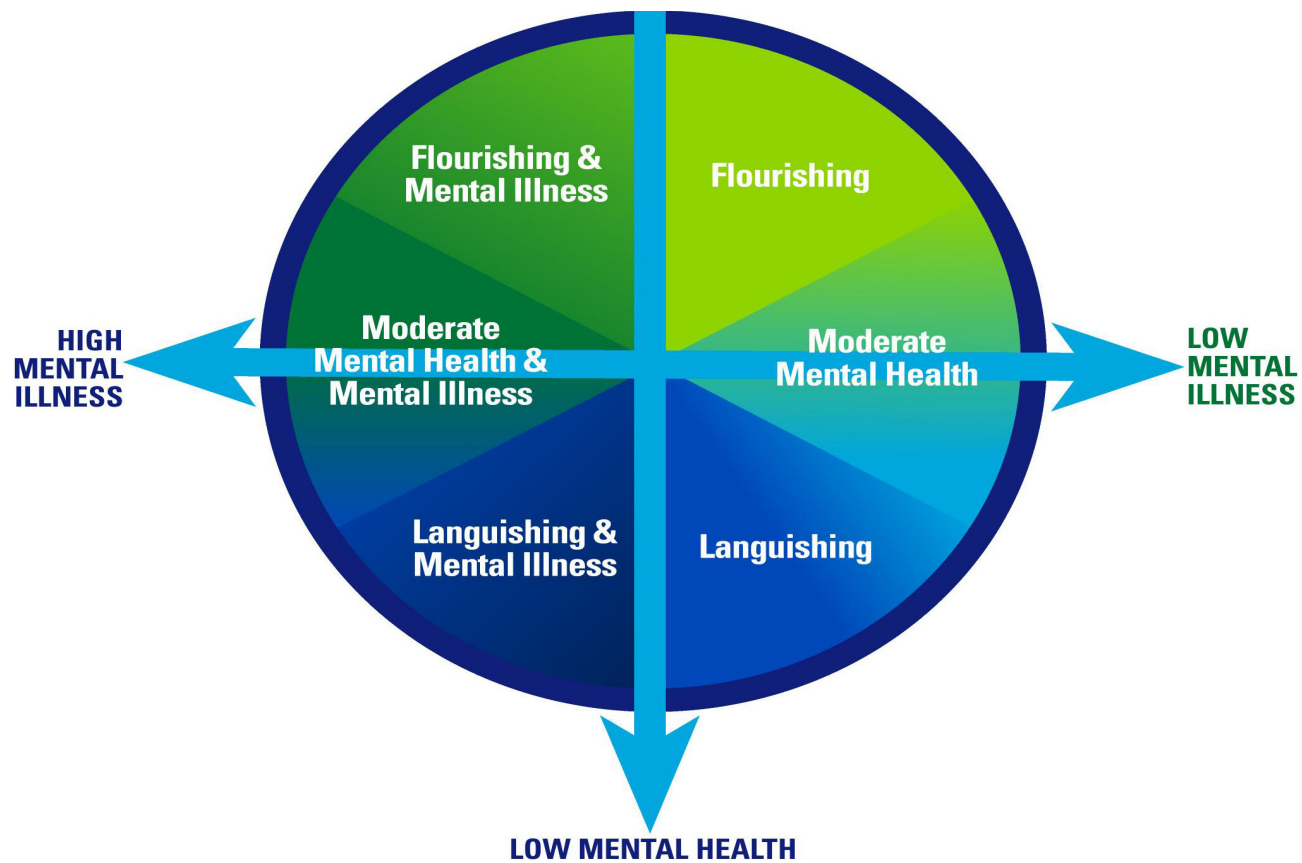
• Languishing

“never” or “once or twice”

1 emotional well-being + 6 positive functioning

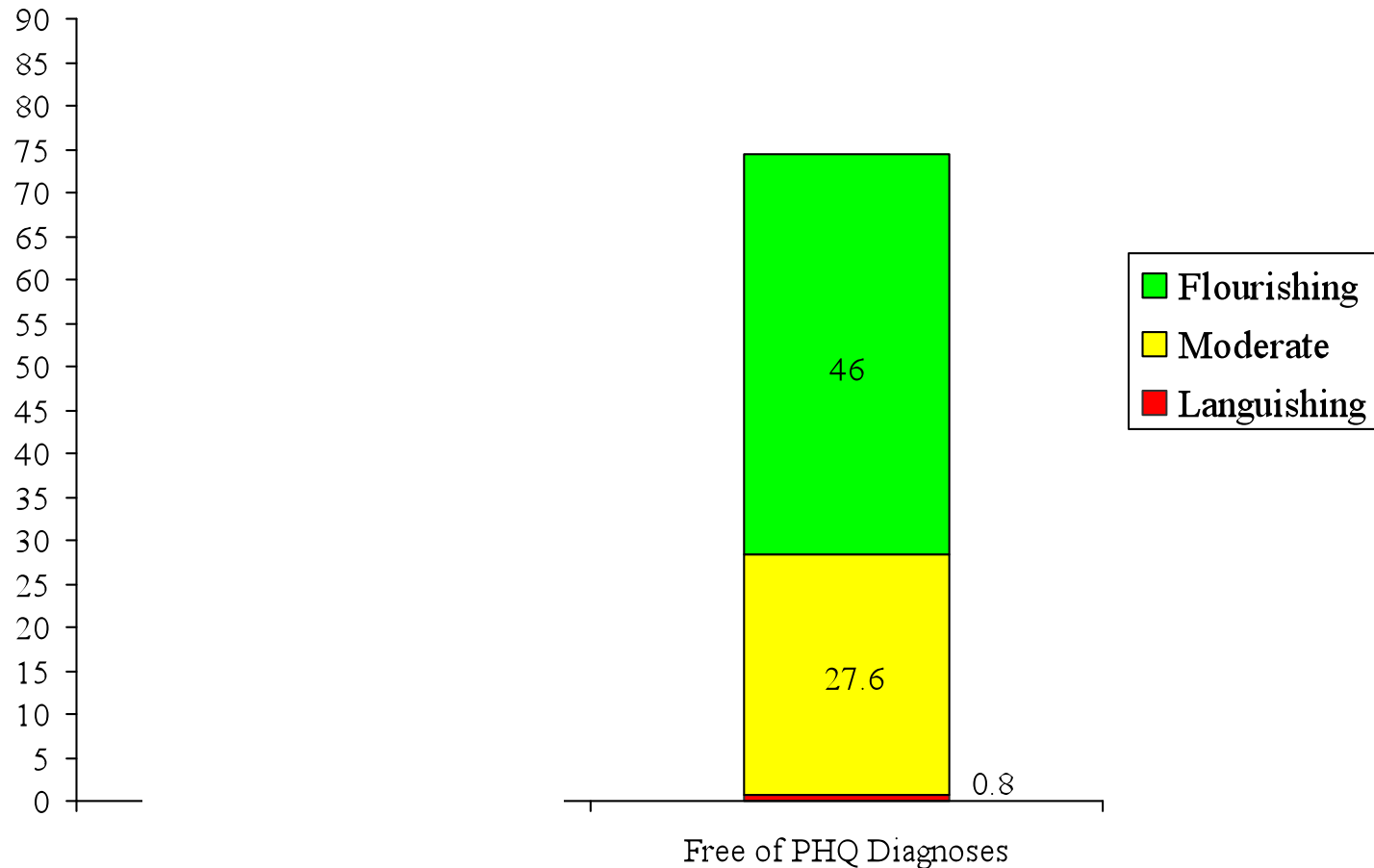
Mental Illness and/or Mental Health? Investigating Axioms of the Complete State Model of Health

Corey L. M. Keyes
Emory University

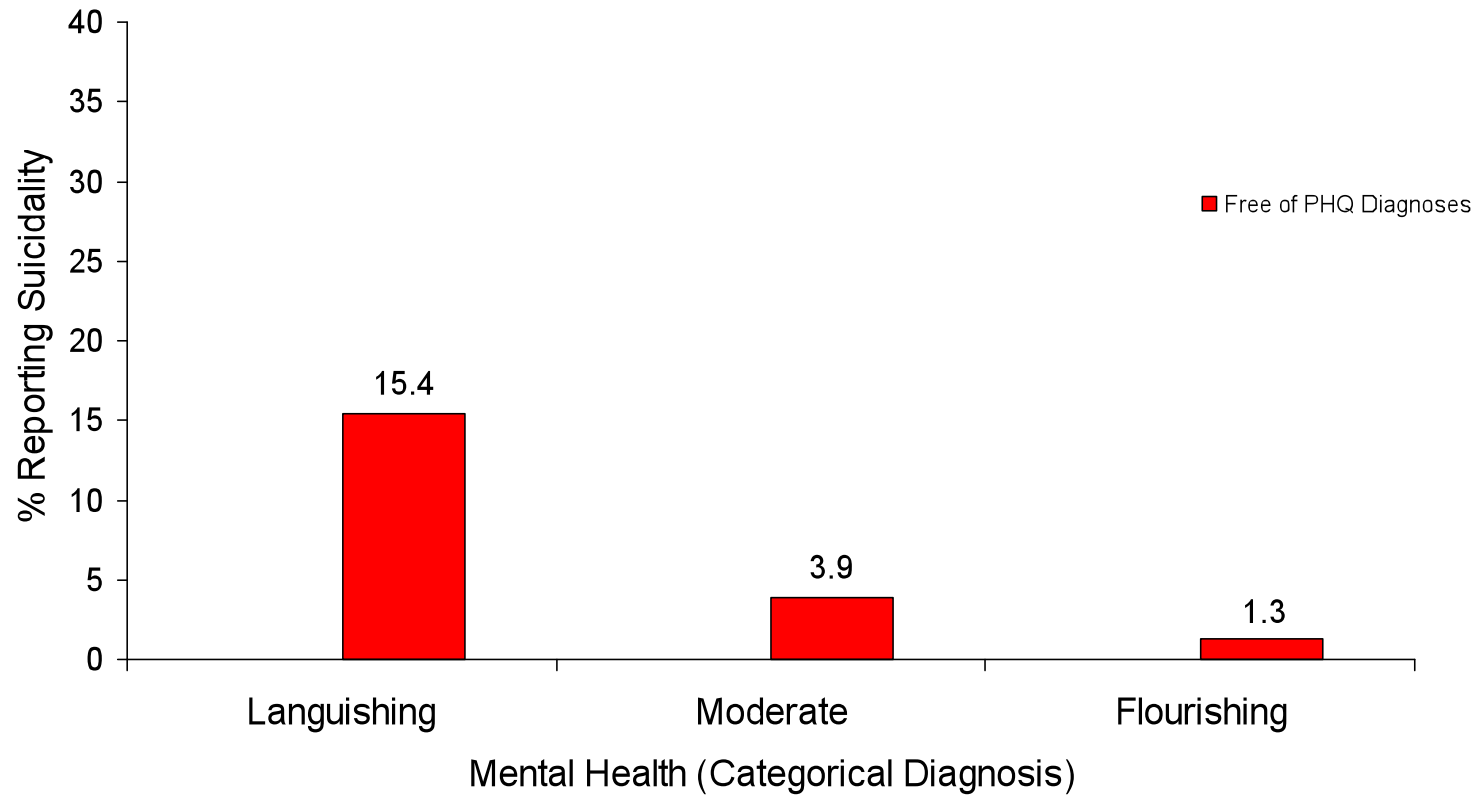


Implication 1: Absence MI \neq Presence MH; Presence MI \neq Absence MH

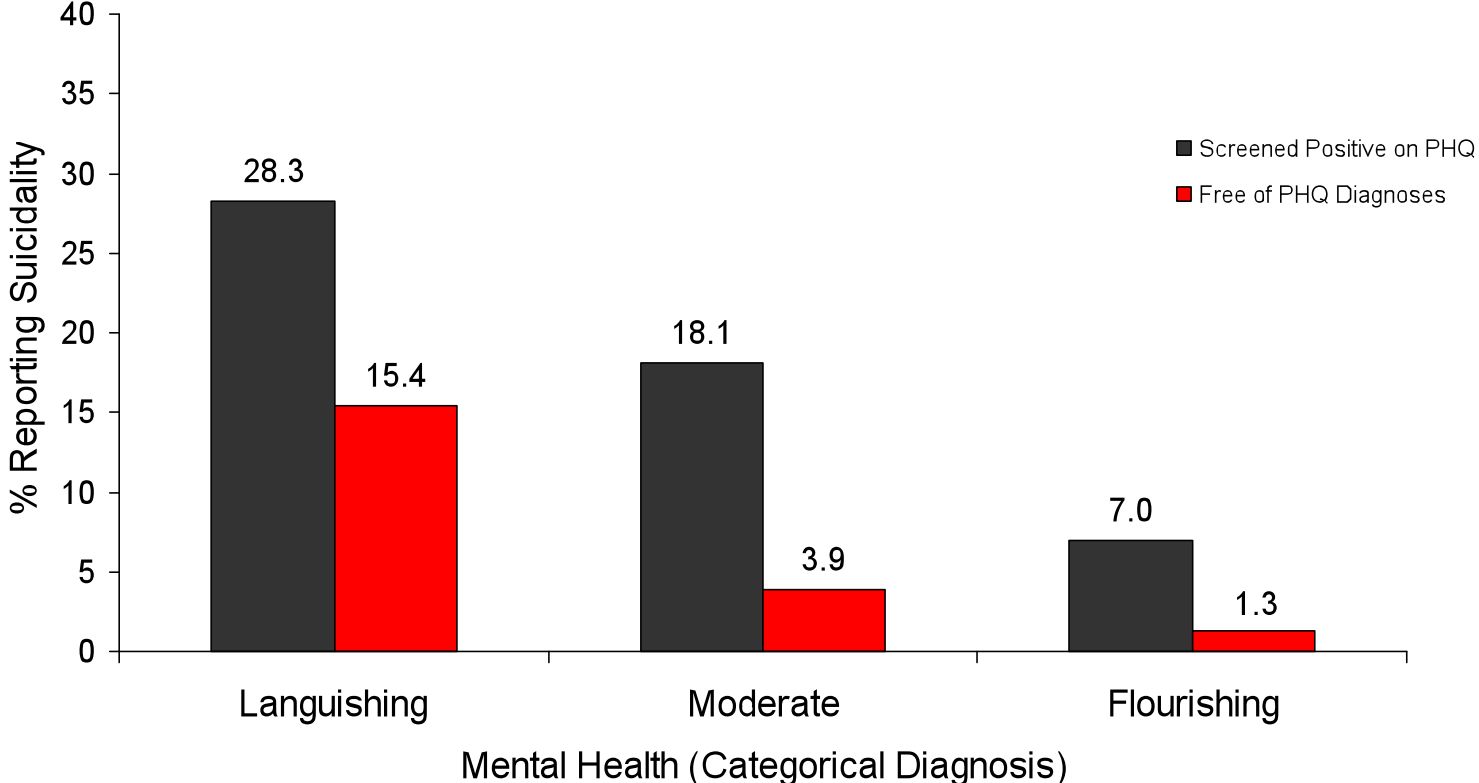
US College Students
2007 (n = 5,750)



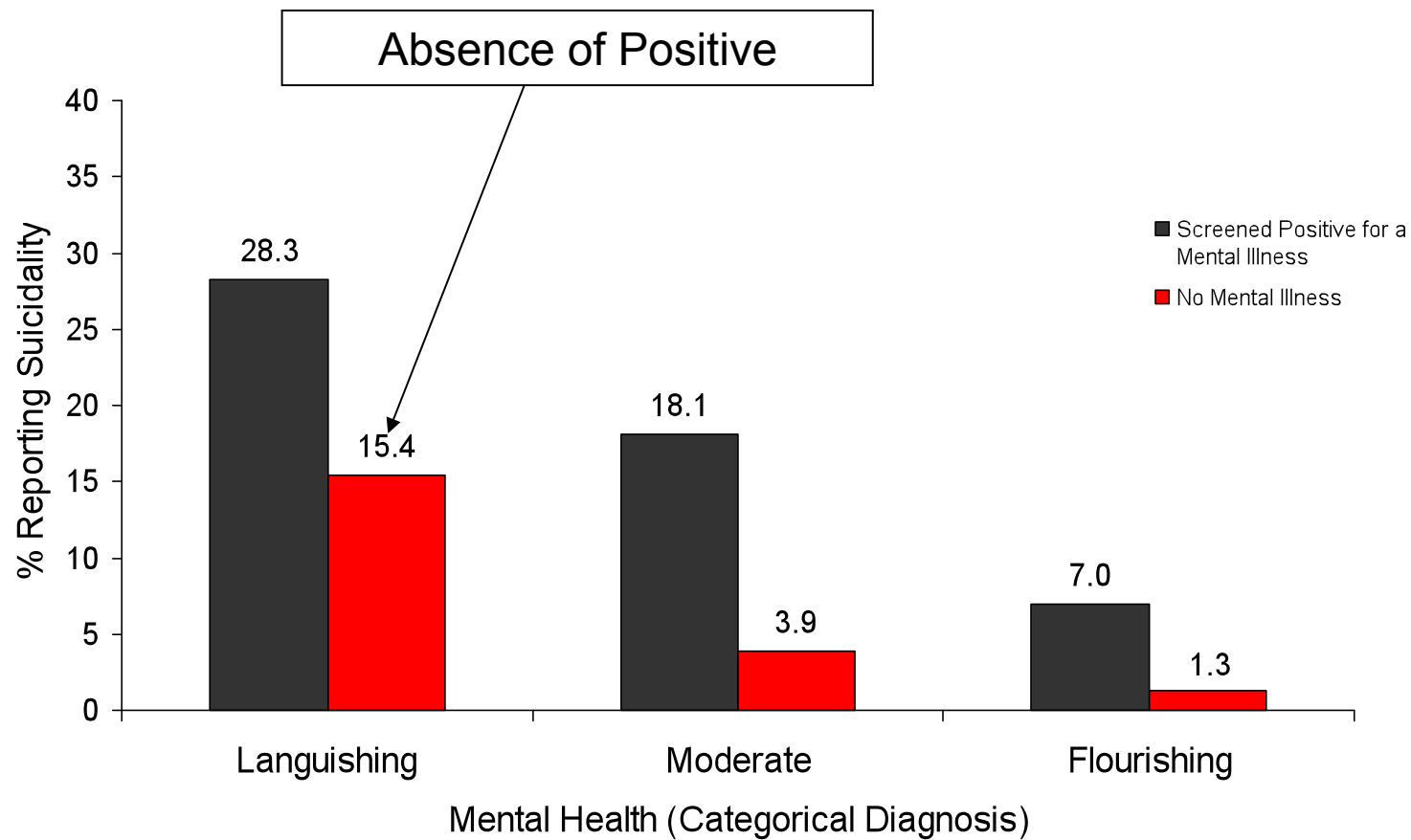
Implication 2: Level of Mental Health Matters



Implication 2: Level of Mental Health Matters



Implication 3: Absence of Positive > Presence of Negative



Implication 4: Health Is More Serious

Published Ahead of Print on October 21, 2010, as 10.2105/AJPH.2010.192245
The latest version is at <http://ajph.aphublications.sagepub.com/doi/10.2105/AJPH.2010.192245>

RESEARCH AND PRACTICE

Change in Level of Positive Mental Health as a Predictor of Future Risk of Mental Illness

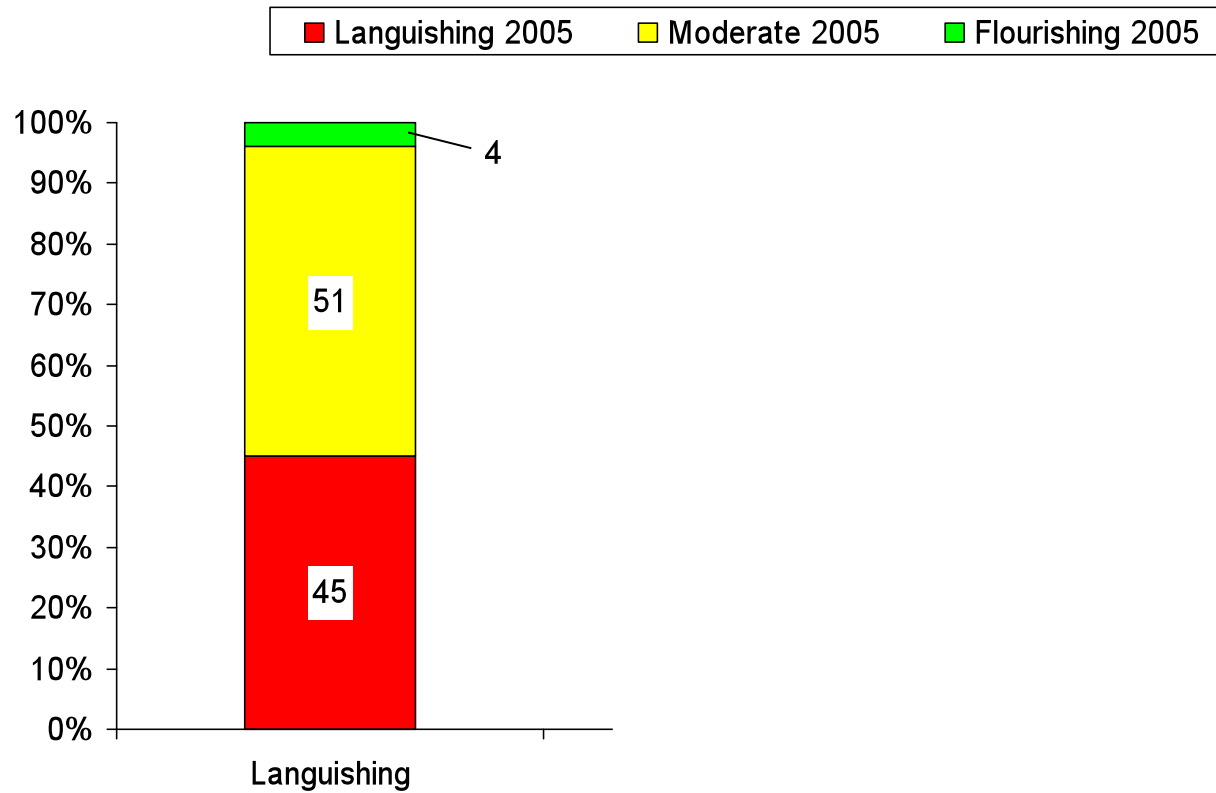
Corey L.M. Keyes, PhD, Satinder S. Dhingra, MPH, and Eduardo J. Simoes, MD, MSc, MPH

The debate is no longer about whether mental illness is a public health issue,¹⁻⁴ but about what can reduce the prevalence of, and suffering from, mental illness. The de facto approach of mental illness treatment⁵ and prevention through

Objectives. We sought to describe the prevalence of mental health and illness, the stability of both diagnoses over time, and whether changes in mental health level predicted mental illness in a cohort group.

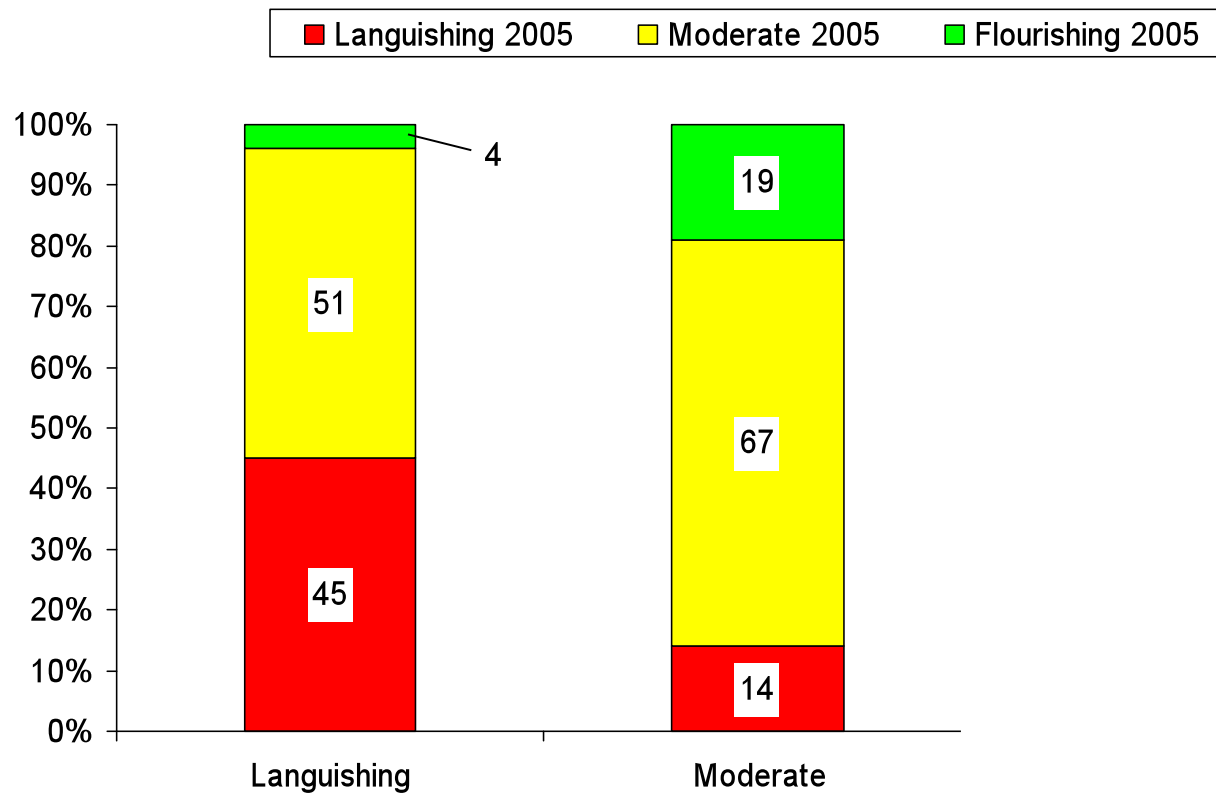
Methods. In 2009, we analyzed data from the 1995 and 2005 Midlife in the United States cross-sectional surveys ($n=1773$), which measured positive

Implication 4: Health Is More Serious



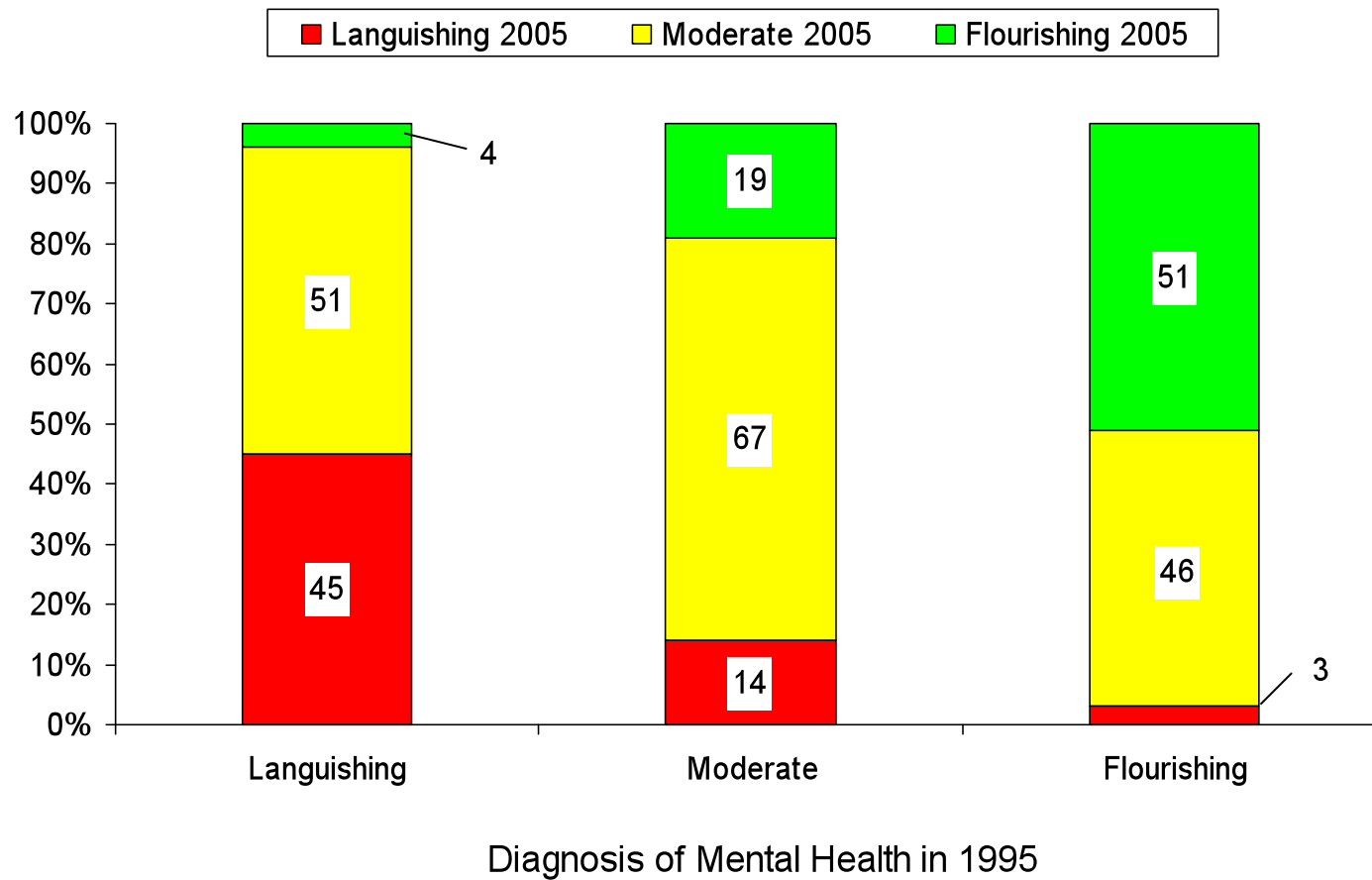
Diagnosis of Mental Health in 1995

Implication 4: Health Is More Serious

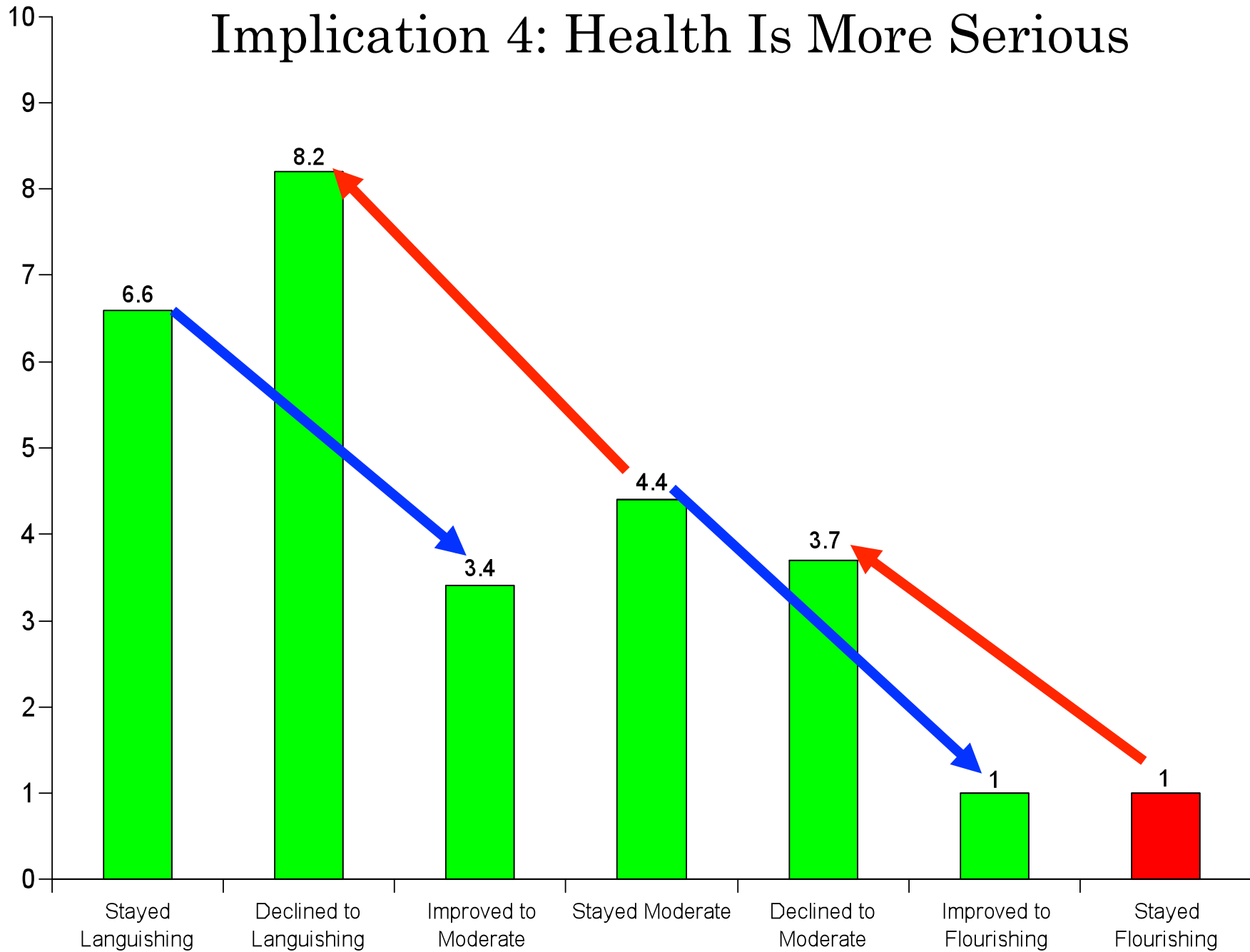


Diagnosis of Mental Health in 1995

Implication 4: Health Is More Serious



Implication 4: Health Is More Serious



17.5% Any Mental illness in 2005 (52% incidence)

