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Reading list HEFR 342: Resources to health and well-being

CORE READING

Salutogenesis

Antonovsky, A. (1996). The salutogenic model as a theory to guide health promotion. *Health promotion international*, 11(1), 11-18.

Mittelmark, M. B. (2016). The Meanings of Salutogenesis. In Mittelmark, M., B, Sagy, S., Eriksson, m., Bauer, G., F., Pelikan J.,M., Lindström, B., Espnes, G., A. (Eds.), *In The Handbook of Salutogenesis* (Part 1, pp 7-13). Doi: 10.1007/978-3-319-04600-6_2

Vinje, H. F., Langeland, E., Bull, T. (2016) Aaron Antonofsky 's delveopment of Salutogenesis, 1979 to 1994. In Mittelmark, M., B, Sagy, S., Eriksson, m., Bauer, G., F., Pelikan J.,M., Lindström, B., Espnes, G., A. (Eds.), *The Handbook of Salutogenesis* (Part 1, pp 25-40). Doi: 10.1007/978-3-319-04600-6_4

Assets for health

Morgan, A. (2014). Revisiting the Asset Model: a clarification of ideas and terms. *Global health promotion*, 21(2), 3-6. Available: <http://ped.sagepub.com/content/21/2/3>

Resilience

Ungar, M. (2012). *The Social Ecology of Resilience: A Handbook of Theory and Practice*. Springer Science & Business Media.

Positive psychology

Joseph, S., & Sagy, S. Positive Psychology in the context of Salutogenesis. In Mittelmark, M., B, Sagy, S., Eriksson, m., Bauer, G., F., Pelikan J.,M., Lindström, B., Espnes, G., A. (Eds.), *The Handbook of Salutogenesis* (Part 1, pp 25-40). Doi: 10.1007/978-3-319-04600-6_4

SUGGESTED READING

Salutogenesis

Bakibinga, P., Vinje, H. F., & Mittelmark, M. B. (2012). Self-tuning for job engagement: Ugandan nurses' self-care strategies in coping with work stress. *International Journal of Mental Health Promotion*, 14(1), 3-12.

Eriksson, M., & Lindström, B. (2006). Antonovsky's sense of coherence scale and the relation with health: a systematic review. *Journal of epidemiology and community health*, 60(5), 376-381.

Langeland, E., Riise, T., Hanestad, B.,R., Nortvedt, M.,W, Kristoffersen., K, Wahl., A.,K (2006) The effect of salutogenic treatment principles on coping with mental health problems A randomised controlled trial. *Patient Educ Couns.*62(2):212-9.

Langeland, E., Vinje H.,F. (2016):The Application of Salutogenesis in Mental Healthcare Settings . In Mittelmark, M., B, Sagy. S., Eriksson, m., Bauer, G., F., Pelikan J.,M., Lindström, B., Espnes, G., A. (Eds.), *The Handbook of Salutogenesis* (Part 5, pp 25- 299-305). Doi: 10.1007/978-3-319-04600-6_28

Langeland, E., et. al.(2007). Promoting Coping: Salutogenesis Among People With Mental Health Problems. *Issues in Mental Health Nursing*, 28:275–295, 2007.

Langeland, E., Gjengedal E., Vinje H.,F. Building salutogenic capacity: a year of experience from a salutogenic talk-therapy group, *International Journal of Mental Health Promotion*, DOI:
Link to this article: <http://dx.doi.org/10.1080/14623730.2016.1230070>

Mittelmark, M., B, Sagy. S., Eriksson, m., Bauer, G., F., Pelikan J.,M., Lindström, B., Espnes, G., A. (2016) *The Handbook of Salutogenesis*, Doi: 10.1007/978-3-319-04600-6

Lindström, B., & Eriksson, M. (2010). *The hitchhiker's guide to salutogenesis: Salutogenic pathways to health promotion*. Helsinki: Folkhälsan research center. (available on loan, contact staff).

Morgan, A., Ziglio, E., & Davies, M. (Eds.). (2010). *Health assets in a global context: theory, methods, action*. Springer Science & Business Media.

Vinje, H. F., & Ausland, L. H. (2013). Salutogenic presence supports a healthpromoting work life. *Socialmedicinsk tidskrift*, 90(6), 890-901.

Vinje, H. F., & Ausland, L. H. (2013). Salutogent nærvær bygger helsefremmende arbeidsliv. (Norsk versjon)

Vinje, H. F., & Mittelmark, M. B. (2006). Deflecting the path to burn-out among community health nurses: how the effective practice of self-tuning renews job engagement. *International Journal of Mental Health Promotion*, 8(4), 36-47. *Socialmedicinsk tidskrift*, 90(6), 810-820.

Positive psychology

Damon, W. (2004). What is positive youth development? *The ANNALS of the American Academy of Political and Social Science*, 591: 13-24, doi: 10.1177/0002716203260092591.

Lerner, R. M., Almerigi, J. B., Theokas, C., & Lerner, J. V. (2005). Positive youth development. *Journal of early adolescence*, 25(1), 10-16.