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## AN EDITORIAL SPOTLIGHT

Health, Wellness,  
and Well-Being: The  
Need for a Common  
Terminology

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Given the often-interchanged use of the terms “wellness” and “well-being,” our division’s leadership team suggested a commentary on these terms, the intention of which is to move toward a resolution of each word’s best use for scientists and practitioners.

# Chronicle of Advances in Positive Health and Well-Being

a publication by the IPPA Positive Health & Wellness Division

## WELCOME TO ALL MEMBERS OF IPPA ESPECIALLY TO HEALTH AND WELLNESS DIVISION MEMBERS

Welcome to the first issue of our Chronicle of Advances in Positive Health and Well-Being, the newsletter of our division of Positive Health and Wellness (PH&W) of the International Positive Psychology Association. This newsletter is to be the reception hall for exchanging ideas among our diverse membership of basic and clinical scientists, practitioners, and trainers, both within and outside of clinical and holistic medicine. Here you will find abstracts of PH&W members’ work already published in outside journals, brought to your attention because of their current relevance to health and well-being. Also, some original empirical studies and journal-article commentaries are included. They have been peer-reviewed and edited similarly to full journal publications to ensure their foundations are as evidenced-based as is the science of positive psychology. Some of the topics of interesting commentaries by our members may not yet be in primary focus or concern, but have been selected for their potential relevance to health and well-being. We hope that these articles can provide stimuli for further research and collaborations among division members.

We also have included a new positive psychology program announcement and some NIH research-funding information, contributed by members of our division, as these are always welcome. Our next edition is planned for the fall-winter season.

Members of the editorial team have dedicated considerable enthusiasm, work, and insight. I would like to thank Deputy Editor Lisa Miller, and Associate Editors Kathi Norman, Elaine O’Brien, Noémie LePertel, Kim Sibille, and Alina Yarova.

May we all learn and grow from our sharing.

My best to you all,

Frederick Brown, Ph.D.  
Editor-in-Chief

## Who is IPPA?

The **International Positive Psychology Association** (IPPA) is a global leader in promoting the science of positive psychology and its research-based applications, facilitating collaboration among positive psychology supporters and sharing the findings of positive psychology with the broadest possible audience.

For more information, visit:  
[www.ippanetwork.org](http://www.ippanetwork.org)

## RECENT RESEARCH: RECAPS AND INSIGHTS

Compassionate Love Predicts Long-Term Survival Among People Living With HIV Followed for Up to 17 Years.  
By Ironson, G., Kremer, H., & Lucette, A.

This 17-year study of chronic HIV patients supports views of increased survivability that results from compassionate love benefits to their psychological well-being.

Relationship Between Spiritual Coping and Survival in Patients with HIV  
By Ironson, G., Kremer, H., & Lucette, A.

This is the first study showing a prospective relationship of spiritual coping in people who are medically ill with survival over a long period

Being Happier May Lead to Better Health: Positive Psychological Well-Being and Lifestyle Over 20 Years of Follow-Up  
By Claudia Trudel-Fitzgerald, Ph.D.; Julia K. Boehm, Ph.D.; Shelley S. Tworoger, Ph.D.; Laura D. Kubzansky, Ph.D., M.P.H.

This prospective study investigated whether levels of happiness and optimism were associated with the subsequent likelihood of engaging in healthy behaviors among midlife women.

Personal Growth Initiative and Search for Meaning in Life: Moderate Illness Perception and Chronic Illness Coping  
By Marlena M. Kossakowska, Ph.D.

The abstract describes the role of the personal growth initiative (PGI) and search for meaning in life (ML-S) in coping with the stress of chronic illness in term of personal growth.

Character Strengths and Health: Research Summary – Part 1  
By Alina Yarova, M.P.H. and Ryan Niemiec, Psy.D.

As Part 1 of this two-part article, Ryan Niemiec and Alina Yarova explore the use of character strengths (CS) research (namely with the VIA instrument) in healthcare, wellness and public health arenas. Part 1 summarizes the extensive use of and evidence for CS to date. Part 2 (in a forthcoming issue of Chronicle) will make recommendations for the future direction of this important application work.

Moving from “Me” to “We”: The Power of Connection in the Search for Happiness  
By Christy Teranishi Martinez, Ph.D.

The present study examines the extent to which altruistic and individualistic goals have an impact on happiness and well-being.

Structural, Convergent Validity and Reliability of Positive Psychology Scales on Egyptian Athletes  
By Marei Salama-Younes, Ph.D.

This study tests the structural, convergent validity and reliability of five scales as measures of positive psychology with Egyptian athletes.



Health & Wellness Division  
News and Announcements



Call for Chronicle  
Submissions



Sources for Research  
Funding

## Validity and Reliability of Well-being Scales: A Study on Egyptian Physically Active Senior-Aged Adults

By Dr. Marei Salama-Younes and Walid A. Massoud

Positive psychology is not well known in several African and Asian Arab countries, and reliable positive psychological scales are rarely used. More precisely, there are probably some translated scales, but only a few that measure several aspects of well-being, especially with physically active senior-aged Egyptian adults. The main purpose of this study was to test the validity and reliability of a number of positive psychological scales on this Egyptian senior-age cohort.

## PRACTICE AND TRAINING APPROACHES

### Functional Medicine Health Coaching: A Path to Positive Health

By Andrea Cook, Ph.D. and Sandra Scheinbaum, Ph.D.

Health coaching that utilizes a functional medicine paradigm is gaining popularity as a means to support people to achieve positive health outcomes, and there is growing evidence of its efficacy in research studies.

### Mindful Movement: Self-Determination for the “Running Ape”: A Practice Brief

By Josef Mattes, Ph.D.

This article argues that Self-Determination Theory is implicitly a central element in some modern, mindful movement practices like the Feldenkrais-Method, and that this fact opens the way to develop practices that “at the same time” further both physical and psychological health and well-being, which seems highly relevant given the time pressures of today’s life.

## COMMENTARIES ON INTERESTING IDEAS

### The Pathology of Loneliness: A Commentary

By Kathi Norman, MAPP

This article discusses how loneliness negatively impacts health and well-being in America, including medical education, and how the science of positive psychology is a useful tool for navigating lonely periods in life.

### Individual, Relational, and Physiological Benefits of Mutual Humility in Relationships: An Article Review

By J. Brandon Waits, Ph.D.

A review of recent empirical findings that suggest mutually humble romantic partners may experience psychological, relational, and potentially physiological, benefits following stressful events.

### Really... Sitting Can Lead to Early Death?: A Journal Article Commentary

By Timothy Voehl

According to the current understanding of some medical professionals, prolonged sitting over time has devastating effects on our bodies.