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Unravelling the Mystery of Salutogenesis

The evidence base of the salutogenic research as measured by Antonovsky's Sense of Coherence Scale

Monica Eriksson



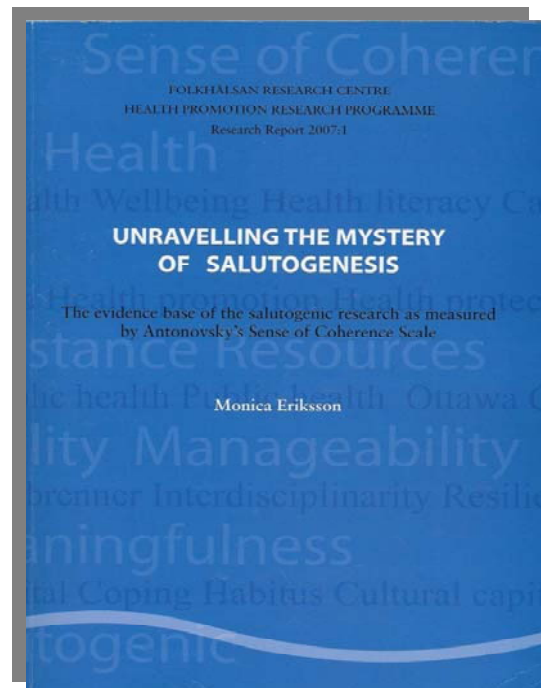
About twenty five years ago the medical sociologist Aaron Antonovsky addressed the question why some people, regardless of major stressful situations and severe hardships, stayed healthy and others did not. In responding he introduced the salutogenic concept of a "sense of coherence" as a specific way of viewing life as comprehensible, manageable and meaningful. He claimed that the way people relate to their life has an influence on their health.

This research report gives the evidence base of the salutogenic research as measured by Antonovsky's SOC scale. The SOC scale seems to be a valid, reliable and cross culturally applicable instrument for measuring health. The SOC has a main, moderating and mediating effect on perceived health and quality of life. The stronger the SOC the better the perceived health and quality of life. The predicting capacity of the SOC is promising. The research synthesis concludes the salutogenic theory to be a valuable approach for public health and health promotion research and practice.

This research synthesis is a doctoral thesis in social policy at Åbo Akademi University Vasa, Finland. The thesis itself can serve as an introduction to the salutogenic research framework and a handbook for the research community.

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The book can be ordered from the author. Price 50 €+ postage.
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