This is the reference list for page 34 of the 2016 Insights for Impact report.


This is the reference list for page 36 of the 2016 Insights for Impact report.


This is the reference list for page 37 of the 2016 Insights for Impact report.


Insight headline | Mobile phones for improving healthy behaviour
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Theme | Health & well-being
Domain | Mobile Health
Proposed by | Margo Janssens & Hannes Jarke

Primary citations (max 2 – 1 original study: 1 review)

Most recent significant citation (2011-2015)

Highest dissemination

50-word summary of insight (non-technical)
Mobile phone health (mHealth) applications and text based interventions support people in everyday life decisions by enabling them to observe, evaluate and thereby improve health related behaviours through individualised text messages and other forms of feedback. They increase treatment adherence, improve self-efficacy, self-management, and ultimately, health and well-being.

Headline findings & critical numbers (simplify if overly technical)
The use of mobile phones in healthcare is widely accepted and — with more than 1.8 Billion smartphone users worldwide — easily accessible to most populations. Apps have good cost-effectiveness due to decreasing costs for mobile internet access. Several studies confirm the effectiveness of mHealth programmes serving as prevention or intervention tools for depression, cardiovascular disease, and smoking cessation rates are up to 35% higher for app users compared to smokers trying to quit on their own. Obese people using a specific app lost 25% more weight than unsupported individuals. They maintained that weight over a period of at least eight weeks.

Cautions & limitations
Due to the vast amount of available apps (1.3 million with approximately 20,000 added monthly) and inconsistent labelling in online stores, users need to be protected from non-evidence based applications. Furthermore, the regulation of apps by health-care authorities is currently very limited. Evaluating apps has shown to be difficult due to the rapid development in mobile technology. Data security and privacy need to be considered.

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Mindfulness improves psychological health and well-being

Theme: Health and Well-being
Domain: Mindfulness

Insight headline: Mindfulness improves psychological health and well-being

Theme: Health and Well-being
Domain: Mindfulness

Proposed by: Oscar Lecuona

Primary citations (max 2 – 1 original study; 1 review)


Most recent significant citation (2011-2015)


Highest dissemination


50-word summary of insight (non-technical)

Mindfulness-based interventions are an effective treatment for many psychological problems. These may reduce repetitive negative thinking, emotional reactivity and mind-wandering, which are key mechanisms in psychopathology. Results show decreases in anxiety, depression and stress, and also increases in well-being, and thus improve psychological functioning. MBIs are effective also in heterogeneous samples and contexts (e.g., schools), therefore indicating MBIs potential to be effective to general population.

Headline findings & critical numbers (simplify if overly technical)

From aggregated evidence up to 13,000 participants in a variety of countries, MBIs seem to be moderately effective in reducing stress, anxiety and depression (about 20% of improvement above the highest score in control group). No significant differences to CBT or pharmacological therapies in effectiveness. Well-being is also improved (10%) alongside positive emotions (7%), emotion regulation (4.5%) and self-realization (5.7%). Specific programmes (MBSR and MBCT) are more effective (13%; 15.5%) than regular meditation (1.2%).

Cautions & limitations

Although these interventions are found to be effective, key mechanisms are currently being identified and understood. In addition, they may not be effective or even not indicated for some populations. Practices are being applied worldwide but it is necessary to ensure intervention’s quality and standardize programmes. In addition, their effectiveness may be culturally specific.

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50-word summary of insight (non-technical)
Servant leadership can improve employees’ well-being by creating a positive climate, fulfilling psychological needs of the followers, and stewardship. As such, it increases positive psychological capital, positive organizational behaviour (e.g. citizenship and serving culture) and work engagement and performance.

Headline findings & critical numbers (simplify if overly technical)
In high-health promotion contexts, high servant leadership increased employees’ well-being and positive psychological capital (34.38%).
Servant leaders also enhanced employees’ work performance (40.79%) and engagement (13%), especially in highly engaged teams (16%).
In contrast, in low-health promotion contexts low servant leadership decreased well-being and positive psychological capital.
Servant Leadership can be trained (6.2%), especially if trainees identify themselves as servant leaders (11.5%).

Cautions & limitations
Novelty of research leads to lack of scientific guidelines for application, e.g. different definitions and measure frameworks. Research contributions are novel, therefore there is a lack of consensus about servant leadership, specifically in its definition, properties and measurement. In addition, training programs still under development and need to be validated.
### Insight headline
Increasing social interactions for better well-being

### Theme
Health and Wellbeing

### Domain
Social Psychology

### Proposed by
Aslı Bursalıoğlu

### Primary citations (max 2 – 1 original study; 1 review)


### Most recent significant citation (2011-2015)

### Highest dissemination

### 50-word summary of insight (non-technical)
The presence and quality of social interactions is an essential part of physical and mental health. In PTSD, for instance, patients recover faster through proper social bonding, whereas lack of social support can trigger the illness to develop. Prevention programmes should focus on increasing the quality of social relationships.

### Headline findings & critical numbers (simplify if overly technical)
Social isolation and loneliness are associated with all-cause mortality; the absolute proportions of deaths during this study are 21.9 vs. 12.3% in the high and low/average isolation groups (general population) and 19.2 vs. 13.0% in the high and low/average loneliness groups.³

People with the lowest level of social integration have greater odds of dying from coronary heart disease related causes (OR = 2.40; 95% CI = 1.03-5.64) compared to those at the highest level of social integration.³ Friend support is positively correlated with self-efficacy (r = .18, p < .001) whereas high family support is negatively correlated with the use of alcohol and drugs.⁴

### Cautions & limitations
Social relationships are an important part of wellbeing, however, having a social interaction is more than just finding people to interact with. Stressful relationships contribute to poor health habits, thus, the quality of these relationships are as important as their presence.

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**Primary citations (max 2 – 1 original study; 1 review)**


**Most recent significant citation (2011-2015)**


**50-word summary of insight (non-technical)**

As well-being is increasingly considered a useful measure of social progress, improvements in comprehensive measurements have been made. Existing well-being measurements now converge on several important dimensions of well-being: positive emotions, resilience, and vitality, among many. These advancements in the scientific field of well-being can be utilized to improve population-level policies.

**Headline findings & critical numbers (simplify if overly technical)**

OECD has found that while GDP per capita has increased by 16% between 2007 and 2014, life satisfaction has decreased by 1.8%.

Results converge on Northern and Western European countries having the highest levels of subjective well-being on multiple approaches.

Eastern European countries report the highest levels of vitality.

In most OECD countries men are more likely to report a positive affect balance.

**Cautions & limitations**

Although existing well-being measures have already been implemented in various national and global projects, they haven’t been cross-validated in controlled studies on similar samples.