

Methodological report for the literature reviews for the Positive

Health Indicators database

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The aim of this project was to develop a database on quantitative indicators of positive health. To reach this goal, a literature review was conducted. Issues regarding the literature review were discussed in the research group, for example search terms, inclusion and selection criteria, the definition of positive health, and the overall approach of the literature review. When undertaking the literature searches, all eligible articles were gathered in a web-based reference management program (Zotero, www.zotero.org). Upon the completion of the literature review, the attained database was coded in a Zotero – library (https://www.zotero.org/groups/positive_health_indicators/items).

Research design

The main part of the study was to conduct a literature review where the aim was to map existing measures on positive health. The aim of this study required an approach that allowed us to remain explorative and keep the openness and broadness in the searches. This necessitated taking unexpected turns as possibilities revealed themselves throughout the search process. This study can therefore most precisely be described methodologically as a *scoping study*. A scoping study could be explained as “*a technique to ‘map’ relevant literature in the field of interest*” (1, p. 4). This approach is relevant for studies where the aim is to map the breadth rather than the depth of evidence in a field or on a topic (2). As the

aim of this study was to map existing indicators, and not to examine the evidence base for well-being, the term scoping study seems appropriate.

Inclusion criteria

Only peer reviewed research articles on the development of quantitative measures of positive health outcomes were eligible for the database. Papers also had to be in English, and whenever possible we tracked down the original article introducing an indicator.

Databases and searches

In order to identify key researchers and quantitative scales in the area of measuring positive health and well-being, the leader of the research group provided some highly relevant books (3-9). These were also important for finding search terms (Appendix 1) for the database searches. 40 keywords were used during the database searches sorted under the main categories Psychological/Mental Health (20), Physical Health (5), Social Health (7) and Occupational Health (14).

The literature review included peer-reviewed articles indexed in the databases EMBASE (Appendix 2), PsycINFO (Appendix 3), CINAHL (Appendix 4) and ISI Web of Science (Appendix 5). As each of the databases differed in style, the searches on each keyword also differed between the databases. PsycINFO and EMBASE were searched on the OVID interface, and offer quite similar limiters on each search, with the research assistants using the limiters “peer-reviewed Journal”, “English language” and “scales and measures” (PsycINFO) or “measures” (EMBASE). In CINAHL, limiters used were “full text”, “peer reviewed”, “research article” and “Publication type: Questionnaire/Scale”. However, this was not possible in ISI Web of Science, where the only current limiters for our use were “Research article” and

“English”. As many of the keyword searches resulted in unmanageably large numbers of identified articles, measures were taken to limit the searches with health* AND measure* OR scal*. This was seen as necessary to be able to complete the project within a decent time-frame. The attained database consisted of 498 articles measuring positive health and well-being.

Selection

The objective of the literature review was to find measures of what we see as positive health within the spheres of psychological health, physical health, social health, spiritual health and occupational health. The outcome of the scales or measures had to be positively phrased and measure more than the absence of illness to be included. Three articles for each measure were sought for (original + most cited + latest date). However, in some cases this was not applicable, for example the original paper often was also the most cited or of a very late date. Articles that weren't accessible in full-text were excluded, because it couldn't be verified if they were satisfying all criteria. When undertaking the literature searches, all eligible articles were gathered in a Zotero- library.

Coding and Categorization

The 464 included references were coded with the name of the scale and the field which it belonged under (e.g. 'Ryff's well-being scale' and 'Psychological Well-being'). This was done to enhance the opportunities for categorizing the different scales and measures. In addition, all articles were automatically coded by Zotero with the keywords they were assigned by their authors. In the final database, each article was also added to one or several sub-folders describing the content.

Limitations

The fact that this study was a scoping study introduced some limitations. The keyword list the research assistants used as a base for the searches changed during the whole project. Thus, some of the words seen in the log are not on the keyword list and vice versa. In addition, because of the differences between the various databases, the searches also varied between these. However, the group found it necessary to explore different paths to fulfill the purpose of the project, and the guidelines were allowed to develop along the project timeline.

References

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Appendix 1- Keywords

<u>Psychological health</u>	<u>Physical Health</u>	<u>Occupational Health</u>
Well-being	Fitness	Occupational health
Positive affect	Physical Functioning	Work Engagement
Quality of Life	Health-related quality of life	Job Engagement
Self-esteem	Energy	Work Interest
Hardiness	Physical mobility	Job Interest
Self-efficacy		Work well-being
Optimism	<u>Social Health</u>	Job well-being
Emotional Intelligence	Social adjustment	Work health
Flourishing	Social support	Job health
Humour	Social functioning	Work environment
Hope	Social participation	Job environment
Flow	Social integration	Work wellness
Pleasure	Social interaction	Job Satisfaction
Zest	Social networks	Decision latitude
Life-satisfaction		
Pleasantness		
Pride		
Self-respect		
Vitality		
Energy		

Appendix 2- Search Log EMBASE

Search 1:

Well-being (OR)

Quality of Life

Self-esteem

Hardiness

Self-efficacy

Optimism

Emotional intelligence

AND

Questionnaire

AND

Health

Additional Limits: Full Text; English Language

Results: 510

Search 2

Flourishing (OR)

Humor

Hope

Flow

Pleasure

Life satisfaction

Pleasantness

Pride

Self-respect

Vitality

AND

Questionnaire

AND

Health

Additional Limits: Full Text; English Language

Results: 77

Without AND Health

Results: 188

Search 3

Physical Fitness (OR)

Physical Functioning

Physical Mobility

Social Adjustment

Social Support

Social Functioning

Participation

Social Interaction

Social Integration

Social Networks

AND

Questionnaires

Additional Limits: Full Text; English Language

Results: 49

Search 4

“Occupational health” OR “Work” OR “Job” OR “Employee”

AND

“Health” OR “Well being”

AND

“Questionnaire”

Limits: Full text; English Language

Results:297

Search 5

“Work” OR “Job”

AND

“Environment” OR “Wellness” OR “Satisfaction”

AND

“Questionnaire”

AND

“Well-being “(added to limit search)

Limits: Full text; English Language

Results: 21

Search 6

“Decision latitude”

AND

“Questionnaire”

Limits: Full text; English Language

Results: 14

Search 7

Work engagement

OR

Job engagement

OR

Job interest

AND

Questionnaire

Limits: English Language

Results: 35

Appendix 3- Search log PsycINFO

Psychological health

Well-being (OR)

Quality of Life

Self-esteem

Hardiness

Self-efficacy

Optimism

Emotional Intelligence

AND health

Additional limits; peer-reviewed journal, English language, scales and measures

Results: 681

Psychological health 2

Flourishing (OR)

Humour

Hope

Flow

Pleasure

Life satisfaction

Pleasantness

Pride

Self-respect

Vitality

Additional limits; peer-reviewed journal, English language, scales and measures

Results: 567

Occupational health

“Occupational Health”

OR

“Occupations” AND “Wellbeing”

Limits: peer reviewed journals, English Language

“Work” OR “Job”

AND

“Health” OR “Well being”

Limits: Peer reviewed Journals, English Language, Tests and measures

“Work environment” OR “Work wellness” OR “Decision latitude” OR “Job satisfaction”

AND

“Well being”

Limits: Peer reviewed Journals, English Language, Tests and measures

“Job Satisfaction”

AND

“Questionnaires”

Limits: Peer reviewed Journals, English Language, Tests and measures

Work engagement

OR

Job engagement

OR

Job interest

Limits: Peer reviewed Journals, English Language, Tests and measures

Appendix 4- Search log CINAHL

CINAHL

Quality of life

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 193

Well-being

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 83

Positive affect

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 2

Self-esteem

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 38

Optimism

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 11

Flourishing

Limiters: Full text; Peer Reviewed;

Results: 36

Humour

Limiters: Full text; Peer Reviewed; Research Article;

Results: 40

Hope

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 15

Fitness

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 14

Physical Functioning

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 15

Flow

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 11

Pleasure

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 4

Zest OR life satisfaction OR pleasantness

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 19

Pride OR self-respect OR vitality

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 6

Energy

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 35

Social adjustment OR social functioning OR social participation

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 34

Social integration OR Social interaction OR attachment OR social networks AND measure

Limiters: Full text; Peer Reviewed; Research Article; Publication type: Questionnaire/Scale

Results: 27

Work engagement OR Job engagement OR Job interest

Limiters: Research article; English language; Publication type: Questionnaire/scale

Results: 5

Occupational Health AND work health OR work well-being

Results: 32

Occupational Health AND job health OR Work well-being

Results: 7

Occupational Health AND job health OR job well-being

Results: 4

Occupational Health AND employee well-being OR job well-being

Results: 13

Occupational Health AND work environment AND well-being

Results: 83

Occupational health AND job environment AND well-being

Results: 0

Occupational Health AND work wellness OR Work well-being

Results: 9

Occupational Health AND Job satisfaction

Limiters: full text; academic journals

Results: 101

Occupational Health AND decision latitude

Results: 8

Appendix 5- Search log ISI Web of Science

“positive affect” AND health* AND measur* AND scale* AND develop*

Results: 35

“quality of life” AND health* AND measur* AND scale* AND develop*

Limiters: social sciences; research article; english

Results: 1087

”Self-esteem” AND health* AND measur* AND scale* AND develop*

Limiters: research article; English

Results: 148

Hardines” AND health* AND measur* AND scale* AND develop*

Limiters: research article; English

Results: 19

Optimism AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 57

Flourish* AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index

Results: 2

Humour AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index

Result: 1

Hope AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 26

Flow AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 21 results

Pleasure AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 9

Zest AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index

Results: 1

“Subjective Well-Being” AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 26

“Psychological well-being” AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 58

“Psychological functioning” AND health* AND measur* AND scale* AND develop*

Limiters: research article

Results: 26

“Personal adjustment” AND health* AND measur* AND scale* AND develop*

Results: 1

“Physical fitness” AND health* AND scale* AND measur*

Results: 120

“Physical functioning” AND health* AND scale* AND measur* AND develop*

Results: 134

“Health-related quality of life” AND health* AND scale* AND measur* AND develop*

Results: 551

“Energy” AND health* AND measur* AND scale* AND develop*

Results: 166

“physical energy” OR “longevity” AND health* AND measure* AND scale* AND develop*

Limiters: social sciences citation index; research article; English

Results: 39

“Physical mobility” AND health* AND measur*

Limiters: article; English

Results: 51

“Social adjustment” AND health* AND measur* AND scale*

Results: 104

“Social support” AND health* AND measur* AND scale* AND develop*

Limiters: article; English

Results: 338

"Social participation" AND health* AND measur* AND scal*

Limiters: article; English

Results: 77

"Social integration" AND health* AND measur* AND scal*

Limiters: article; English

Results: 61

"Social networks" AND health* AND measur* AND scal*

Limiters: article; English

Results: 75

Work Engagement AND measure*

Limiters: Social Sciences Citation Index; Article; Language: English

Results: 64

Job Engagement

Limiters: Social Sciences Citation Index; Article; Language: English

Results: 20

Job Interest

Limiters: Social Sciences Citation Index

Results: 8