Innovative Ways to Promote Well-Being in Families

Dr. Isaac Prilleltensky
isaac@miami.edu

Dr. Ora Prilleltensky, Dr. Samantha Dietz, Dr. Nicholas Myers, Dr. Ying Jin,
Adam McMahon
Outline of Presentation

1. Theory of Well-Being: I COPPE
2. I COPPE in families
3. Theory of Change: BET I CAN
4. BET I CAN in families
5. Technology for Well-Being: Fun For Wellness
6. Technology for Well-Being in Families
Well-Being

Multiple Domains
Multiple Connections
Well-Being: Balance and Synergy across COPPE Domains of life

<table>
<thead>
<tr>
<th>Interpersonal well-being</th>
<th>Community well-being</th>
<th>Occupational well-being</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical well-being</td>
<td>Psychological well-being</td>
<td>Economic well-being</td>
</tr>
</tbody>
</table>
I COPPE: Benefits and Synergy

• All I COPPE domains have intrinsic benefits
• I COPPE domains relate to each other
•Created new multidimensional well-being tool:
  
  **I COPPE Scale**

•Assessed construct validity and tested a seven-factor theory of well-being (six life domains as well as overall well-being)

•N = 426 (214 women, 212 men)

•Ages 20 to 88 (M = 50.86, SD = 13.57)

•Data collection through an online battery: I COPPE Scale plus established comparison measures
• Used exploratory structural equation modeling (ESEM) to assess underlying constructs of the I COPPE Scale.

• Findings provided strong empirical evidence of the I COPPE theoretical framework and construct validity of the I COPPE factors with correlations ranging from .43 to .74.
Correlations among I COPPE domains, overall well-being, and comparison measures

(Prilleltensky et al., in press, Journal of Community Psychology).

<table>
<thead>
<tr>
<th></th>
<th>Overall Well-Being</th>
<th>Comparison Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interpersonal well-being</td>
<td>.52***</td>
<td>.43***</td>
</tr>
<tr>
<td>Community well-being</td>
<td>.55***</td>
<td>.59***</td>
</tr>
<tr>
<td>Occupational well-being</td>
<td>.63***</td>
<td>.58***</td>
</tr>
<tr>
<td>Physical well-being</td>
<td>.70***</td>
<td>.59***</td>
</tr>
<tr>
<td>Psychological well-being</td>
<td>.63***</td>
<td>.61***</td>
</tr>
<tr>
<td>Economic well-being</td>
<td>.71***</td>
<td>.74***</td>
</tr>
<tr>
<td>** ***p&lt;.001</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Interpersonal well-being: Benefits

- Less likely to have heart attacks
- More likely to resist common cold virus
- Lower mortality
- Less degree of stress
- More positive outlook on life
- Resilience
- Recover faster from wounds
- Odds of being happy go up if a direct connection in your social network is happy
Interpersonal Well-being: Benefits for Physical and Psychological Well-Being

- Less likely to have heart attacks
- More likely to resist common cold virus
- Lower mortality
- Less degree of stress
- More positive outlook on life
- Resilience
- Recover faster from wounds
Interpersonal Well-Being: Risks for other domains

- 61% more likely to smoke if you have a direct connection with someone who smokes
- If your friend becomes obese, your chances of becoming obese increase by 57%
Community Well-Being: Benefits

• Contributing to communities builds social capital
• Helper therapy principle
Community Well-Being: Benefits for other domains

• Emotional boost in helping
• Social norms help: not ok to smoke any more
Social capital and community well-being: Benefits for other domains

- Health
- Welfare
- Education
- Tolerance
- Crime

Low
Med
High

Louisiana
Mississippi
Georgia
Florida

California
Missouri
Ohio
Colorado

Dakotas
Vermont
Minnesota
Occupational well-being: Benefits for physical and psychological well-being

- Men who lived to 95 did not retire until they were 80 years old.
- As engagement increases, cholesterol and triglycerides go down.
- If your manager focuses on your strengths, the chances of your being disengaged is just 1%.
Occupational well-Being: Risk for physical and psychological well-being

- Unemployment leads to disease and depression
- Disengagement also leads to disease and depression
- Your boss can be the best doctor or the worst killer
- Worst manager is the one who does not pay attention
Physical Well-Being: Impact of lifestyle

- 75% of medical costs are due to preventable conditions such as stress, tobacco, inactivity and poor food choices
Psychological Well-Being: Benefits for other domains

• Happier people are...
  – More sociable and energetic
  – More cooperative and charitable
  – More flexible in thinking
  – More productive
  – More resilient
  – Physically healthier
  – Live longer
Economic Well-Being: Benefits for other domains

• Spending money on yourself is not as good as spending money on others
• We spend the most when we are sad
• If you spend, buy experiences, not things
I COPPE RESEARCH: DEMOGRAPHICS AND WELL-BEING

- Conducted two validation studies of the I COPPE Scale.
  - Study 1: General population (N = 426)
  - Study 2: Hispanics only (N = 661)
  - Combined the samples (N = 1067)
  - Analyzed demographic group differences of I COPPE Scale scores of combined sample
I COPPE RESEARCH: 
DEMOGRAPHICS COMBINED SAMPLE

• Gender
  – 580 women (53%)
  – 507 men (47%)

• Ages
  – 18-25  \( n = 133 \) (12%)
  – 26-34  \( n = 211 \) (19%)
  – 35-54  \( n = 439 \) (40%)
  – 55-64  \( n = 208 \) (19%)
  – 65 or over  \( n = 96 \) (9%)
• Ethnicity
  – White/Caucasian $n = 352$ (32%)
  – African American $n = 31$ (3%)
  – Hispanic/Latino(a) $n = 674$ (62%)
  – Asian $n = 12$ (1%)
  – Native American $n = 9$ (<1%)
  – Other $n = 9$ (<1%)
I COPPE RESEARCH: DEMOGRAPHICS COMBINED SAMPLE

- Highest level of education completed
  - Grammar school $n = 7$ (<1%)
  - High School or equivalent $n = 244$ (22%)
  - Vocational/Technical (2 year) $n = 89$ (8%)
  - Some College $n = 353$ (33%)
  - College Graduate (4 year) $n = 264$ (24%)
  - Master’s (MS) $n = 98$ (9%)
  - Doctoral (PhD) $n = 16$ (2%)
  - Professional (MD, JD) $n = 14$ (1%)
  - Other $n = 2$ (<1%)
I COPPE RESEARCH: DEMOGRAPHICS COMBINED SAMPLE

• Marital status
  – Divorced \( n = 116 \) (11%)
  – Living with Partner \( n = 87 \) (8%)
  – Married \( n = 553 \) (51%)
  – Separated \( n = 14 \) (1%)
  – Single \( n = 279 \) (26%)
  – Widowed \( n = 38 \) (4%)
I COPPE RESEARCH:
DEMOGRAPHICS COMBINED SAMPLE

• Employment status
  – Full time \( n = 495 \) (46%)
  – Part time \( n = 153 \) (14%)
  – Retired \( n = 174 \) (16%)
  – Unemployed \( n = 265 \) (24%)
Current household income

- Rather not say  $ n = 46 \ (4\%)
- Under $20,000  $ n = 176 \ (16\%)
- $20k-$30k  $ n = 133 \ (12\%)
- $30k-$40k  $ n = 125 \ (12\%)
- $40k-$50k  $ n = 114 \ (11\%)
- $50k-$75k  $ n = 257 \ (24\%)
- $75k-$100k  $ n = 98 \ (9\%)
- $100k-$150k  $ n = 34 \ (3\%)
Hispanics > Whites for overall, community, occupational, physical, and economic domains (Cohen’s $d$ range .23 to .33).
• **Married** people tend to do better than the rest (divorced, separated, single) in most COPPE domains.
Overall, interpersonal, occupational, economic: married > divorced, separated, single (Cohen’s $d$ range .27 to .46).

- **Physical:** married ($d = .30$) and single ($d = .31$) > divorced or separated.

- **Psychological:** married > single ($d = .21$).

Cohen's $d$ guidelines- small: 0.2, medium: 0.5, large: 0.8
• Older people higher than younger in most domains except physical well-being
The elderly (65 yrs. +) group reported higher well-being than younger groups for:

<table>
<thead>
<tr>
<th>Category</th>
<th>Group</th>
<th>Cohen’s $d$ Values</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Community</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Young adults (26-34 yrs.)</td>
<td>.63</td>
</tr>
<tr>
<td></td>
<td>Adults (35-54 yrs.)</td>
<td>.43</td>
</tr>
<tr>
<td></td>
<td>Older adults (55-64 yrs.)</td>
<td>.39</td>
</tr>
<tr>
<td><strong>Occupational</strong></td>
<td>Adults (35-54 yrs.)</td>
<td>.35</td>
</tr>
<tr>
<td></td>
<td>Older adults (55-64 yrs.)</td>
<td>.36</td>
</tr>
<tr>
<td><strong>Psychological</strong></td>
<td>Young adults (26-34 yrs.)</td>
<td>.43</td>
</tr>
<tr>
<td></td>
<td>Adults (35-54 yrs.)</td>
<td>.35</td>
</tr>
<tr>
<td></td>
<td>Older adults (55-64 yrs.)</td>
<td>.36</td>
</tr>
<tr>
<td><strong>Economic</strong></td>
<td>Adults (35-54 yrs.)</td>
<td>.32</td>
</tr>
</tbody>
</table>
More education (Bachelor’s or higher) leads to better overall, physical, psychological, and economic well-being

(d range: .17 to .23)
I COPPE RESEARCH:
EMPLOYMENT AND WELL-BEING

• Full time, part time, and retired > unemployed on overall, psychological and economic ($d: .27$ to $.49$)

• Full time > unemployed on community, occupational and physical ($d: .30$ to $.58$)
I COPPE RESEARCH:
OCCUPATION AND WELL-BEING

• Management and professional > service and manual labor in all except psychological

• $d$ range = .27 to .35
I COPPE RESEARCH: INCOME AND WELL-BEING

*$75k – 100k and above has higher well-being than those under 20k, 20k-30k, and 30k-50k, but not higher than 50k-75k

$30k to $50k higher than

under $20k - overall: $d = .48; interpersonal: $d = .34; community: $d = .42;
occupational: $d = .58; psychological: $d = .32; economic: $d = .53
$20k-30k - overall: $d = .33; occupational: $d = .33; economic: $d = .35

$50k-$75k higher than

under $20k - overall: $d = .44; interpersonal: $d = .35; community: $d = .43;
occupational: $d = .57; psychological: $d = .35; economic: $d = .58
$20k-30k - community: $d = .32; occupational: $d = .32; economic $d = .41

$75k and above higher than

under $20k - overall: $d = .65; interpersonal: $d = .47; occupational: $d = .72; physical: $d = .44; psychological: $d = .47; economic: $d = .81
$20k-30k - overall: $d = .51; occupational: $d = .46; physical: $d = .47; economic: $d = .66
$30k-$50k - economic: $d = .33
Wellness Re-Defined

Interpersonal
Economic
Community
Psychological
Occupational
Physical

Complete Wellness
BET I CAN: Seven scientific principles to promote well-being
BET I CAN STRATEGIES

SET A GOAL
CREATE POSITIVE HABITS

Next Steps
Behaviors
Emotions
Awareness
Thoughts
Context
Interactions

Well-Being
BET I CAN

Behaviors

Next Steps

Well-Being

Emotions

COLLECT POSITIVE EMOTIONS

Awareness

Thoughts

Context

Interpersonal

CONTROL YOUR EMOTIONS

Next Steps

Awareness

Context

Humans

Thoughts

Emotions

Behaviors

Well-Being

Interpersonal
BET I CAN

Well-Being

Behaviors

Next Steps

Emotions

Awareness

Thoughts

Context

Interactions

CHALLENGE
ASSUMPTIONS
WRITE A NEW STORY
BET I CAN

Well-Being

- Behaviors
- Emotions
- Thoughts
- Interactions
- Context
- Awareness
- Next Steps

EXPRESS YOURSELF
EMPATHIZE
BET I CAN

Well-Being

Behaviors

Next Steps

Emotions

Thoughts

Context

Interactions

Awareness

READ THE CUES
CHANGE THE CUES
BET I CAN

KNOW YOURSELF
KNOW THE ISSUE

Well-Being

Behaviors

Next Steps

Emotions

Thoughts

Context

Interactions

Awareness
BET I CAN

MAKE A PLAN
MAKE IT STICK

Well-Being

Behaviors

Emotions

Thoughts

Interactions

Context

Awareness

Next Steps
- Implications for parenting
- Implications for marital relationships
- Implications for physical well-being
  - Nutrition
  - Exercise
- Implications for psychological well-being
  - Self-efficacy
  - Sense of control
Break Free is a fast-paced action game that explores the concepts of overcoming temptations and addictions. In this game, you must navigate the world while avoiding temptations. Joining with others who are struggling with the same temptations gives your character strength to resist and combat the dizzying and downward effects of temptations. Available soon for iOS, Android and Kindle devices.

Visual metaphors are used so that you can apply the game to a large variety of temptations and addictions: drugs, alcohol, overeating, undereating, gambling, smoking, sexual addictions, etc.
TECHNOLOGY FOR WELL-BEING

Wellness in Your Hands
Fun for Wellness
TECHNOLOGY FOR WELL-BEING:
WELLNESS IN YOUR HANDS AND FUN FOR WELLNESS

– Wellness in Your Hands (MMOG)
– Fun for Wellness (Curriculum)
  • Both engage users in wellness
  • Fun and interactive
  • Based on scientific principles of change
  • www.funforwellness.com

– Both have two goals:
  • Improve I COPPE well-being
  • Teach BET I CAN strategies
Goals of Game: Help people in the COPPE domains of life

**Interpersonal well-being:**
1. How to resolve conflict
2. How to foster positive relationships

**Community well-being:**
1. How to help individuals
2. How to build a better community

**Occupational well-being:**
1. How to be organized
2. How to use your strengths

**Physical well-being:**
1. How to improve nutrition
2. How to improve physical activity

**Psychological well-being:**
1. How to cope with stress
2. How to foster meaning and positive emotions in life

**Economic well-being:**
1. How to manage money better
2. How to improve long term financial security
TEACH BET I CAN

Wellness

Behaviors

Next Steps

Emotions

Thoughts

Awareness

Context

Interactions
Theory of Change

Wellness in Your Hands/ Fun For Wellness → Interactivity Engagement Knowledge Skills Awareness → Wellness
30 mini-games
**Fun For Wellness**
Promoting wellness through fun and games

- **Interpersonal Wellness**
  Resolving conflicts and fostering positive relationships.
  - Watch Now!
  - Play Game

- **Community Wellness**
  Helping individuals and communities.
  - Watch Now!
  - Play Game

- **Occupational Wellness**
  Becoming organized and using your strengths.
Welcome to the self Assessment!

Take this brief assessment to find out how satisfied you are across life areas. Use the results to figure out where to focus your energies for positive change.

Click on the "more information" button for more details.
I COPPE ASSESSMENT ONLINE

Fun For Wellness
Promoting wellness through fun and games

This set of questions pertains to your physical health and wellness. When it comes to your physical health and wellness, on which step of each ladder do you stand on the timeline?

1 Year Ago  Now  1 Year From Now

5/7
Personal Profile

Fun For Wellness
Promoting wellness through fun and games

Life Satisfaction Profile

<table>
<thead>
<tr>
<th>Domains of Life</th>
<th>Score (out of 10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Life Overall</td>
<td>8</td>
</tr>
<tr>
<td>Interpersonal</td>
<td>8</td>
</tr>
<tr>
<td>Community</td>
<td>6</td>
</tr>
<tr>
<td>Occupational</td>
<td>9</td>
</tr>
<tr>
<td>Physical</td>
<td>3</td>
</tr>
<tr>
<td>Psychological</td>
<td>6</td>
</tr>
<tr>
<td>Economic</td>
<td>8</td>
</tr>
</tbody>
</table>
Break Free is a fast paced action game that explores the concepts of overcoming temptations and addictions. In this game, you must navigate the world while avoiding temptations. Joining with others who are struggling with the same temptations gives your character strength to resist and combat the dizzying and downward effects of temptations. Available soon for iOS, Android and Kindle devices.

Visual metaphors are used so that you can apply the game to a large variety of temptations and addictions: drugs, alcohol, overeating, undereating, gambling, smoking, sexual addictions, etc.
Well-Words

- Positive emotions
- www.funforwellness.com
- www.wellnuts.org
Nutrition Wars

• We are very bad at resisting temptation in menus
• Food industry creates addictions
• [www.funforwellness.com](http://www.funforwellness.com)
• [www.wellnuts.org](http://www.wellnuts.org)
This feasibility study was designed to collect data on user experience (UX) in the WYH world.

- 126 participants (ages 17-71, M = 32.60, SD = 15.48)
- 50-minute exposure to game.
- Vast majority reporting that they enjoyed the experience (92%);
- Got something useful out of the games (87%);
- Learned some specific techniques to improve their well-being (71%).
WELL-BEING TECHNOLOGIES IN THE FAMILY: POTENTIAL APPLICATIONS

- Play individually to improve I COPPE
- Play individually to improve BET I CAN
- Play as a family
- Use in parenting courses
- Use in self-help groups