



International Society for
Quality-of-Life Studies
"exploring wellbeing and happiness"

2024 WINTER VIRTUAL CONFERENCE

**RECENT DEVELOPMENTS IN WELL-BEING AND
QUALITY OF LIFE STUDIES**

ALL TIME ZONES WELCOME

FEBRUARY 7 AND 8, 2024

9 FEBRUARY BONUS DAY
PRESENTATIONS FROM SENIOR ISQOLS MEMBERS

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isqols.org/2024virtual

International Society for Quality-of-Life Studies (ISQOLS) 2024 Winter Virtual Conference: Recent Developments in Well-Being and Quality of Life Studies

The International Society for Quality-of-Life Studies (ISQOLS) is delighted to announce its upcoming Winter Virtual on "Recent Developments in Well-Being and Quality of Life Studies". This virtual conference will take place on **February 7 and 8, 2024 (as well as a special *bonus* day on 9 February)**, accessible from anywhere in the world.

Conference Theme: In an ever-changing world, the pursuit of well-being and the enhancement of quality of life have taken on new dimensions. This online conference seeks to provide a platform for researchers from various disciplines to present their empirical and theoretical contributions that explore cutting-edge developments in well-being and quality of life studies. With a focus on innovative approaches, novel methodologies, and interdisciplinary perspectives, the conference aims to foster a deeper understanding of the multifaceted nature of human well-being in contemporary society. With respect to empirically driven papers, we are pleased to confirm that there are no geographical limitations.

Conference Committee Organizers:

Parviz Dabir-Alai and Anthony Lepinteur, ISQOLS Executive Committee Co-Vice Presidents for Online Events;

Graciela Tonon, Vice-president of publications or Member of the Executive Committee

Martijn Burger, ISQOLS President

Jill Johnson, ISQOLS Executive Director



ISQOLS Conference Virtual Event Site Instructions:

Thank you for registering for ISQOLS 2024 VIRTUAL CONFERENCE. It is time to log in to our [ISQOLS Conference virtual event site](#) and begin planning your event experience.

Here's a helpful checklist:

1) ACCESS THE VIRTUAL EVENT SITE:

Start by accessing the ISQOLS Conference virtual event site on your desktop or mobile device by clicking either of the links on the email that was sent to you or simply click this link here: [Event Details \(rdmobile.com\)](#). *If you did not receive an email invitation, please first check your spam/junk folders. Look for an email with the subject line "Begin your ISQOLS 2024 Virtual Conference Experience!". If you do not see it, please contact office@isqols.org*

2) EXPLORE THE SITE AND PLAN YOUR SCHEDULE:

Once you are on the conference platform, we encourage you to explore the site to view the session schedule and update your profile on the event platform. Make sure to bookmark the login page for easy access to the platform.

3) COMPLETE YOUR PROFILE:

- Add a picture
- Update your profile information

4) MAKE SURE YOU HAVE A ZOOM ACCOUNT:

On this virtual conference platform, the live sessions will be facilitated via <https://zoom.us/>, an app that you can access from your web browser and install on your computer or from your mobile/tablet devices. Please note that to view the sessions, you must have a Zoom account and be logged into your Zoom account when you click on the session link. Otherwise, you will not be able to view the session. It is FREE to create a Zoom account, simply visit: <https://zoom.us/> and click "sign up, it's free" and create your account. You will need to be logged into your Zoom account to access our virtual sessions. If you already have a Zoom account- great! You are all set. Just be sure you are logged in to your Zoom account when you want to join a session.

Accessing the Sessions:

Please note that sessions are scheduled in the Central European Time Zone (see Time Zone Chart below). [Use this link to find your time zone \(enter CET or Luxembourg first and then your city\).](#) The conference organizers have tried to account for the fact that presenters are located in different time zones, ranging from Wellington (GMT +12) to Los Angeles (GMT -7). As we do not expect everyone to be awake during the entire conference (except for the administrators), we will record the presentations and make them available on the conference platform (only accessible for registered participants). If you are a registered participant, you can access the recordings at a time that is convenient for you. However, we do recommend logging in to the live sessions when possible. There will be time for discussion at the end of each session and we encourage you to interact with all participants as you would in an in-person conference setting

STEPS TO ACCESS THE SESSIONS:

1. Enter the [conference platform](#)
2. Click on "Plan Your Event"
3. Click on "schedule"
4. Click on the session you would like to join (either as a presenter or a participant) and then click "JOIN" (*remember you must be logged into your zoom account to access the sessions*). A Zoom window will pop-up. If the administrator has started the Zoom meeting, you will be entered into the Zoom meeting automatically. If you do not see the Zoom meeting, this likely means that the administrator has not yet started the meeting.

Live Session Presenter Instructions:

If you are presenting in any of the sessions, please read the following reminders:

- Each session should last no more than 100 minutes
- Papers have been grouped by time zones and common themes, with (mostly) 4 paper presentations scheduled for each session .
- If there are 4 presentations in your session, each paper has 15 minutes for presentation and 10 minutes for questions and discussion. If you have fewer presentations, you may take longer to present, but please allow for equal time amongst all presenters.
- In order to ensure that each presenter has the full amount of time to present and to check for technical issues, **please plan to arrive (virtually) 15 minutes before the start of your session.**
- Make sure your computer is equipped with a webcam and proper audio/microphone
- During the presentation, you will be able to share your screen (e.g., Powerpoint presentation) with the other participants in a session. We recommend preparing your presentation in either Powerpoint or .pdf format. You do not need to send us your presentation, as you will be sharing it from your own screen.
- Every session has been assigned a "Session Chairperson", who is the host of the Zoom meeting. The "Session Chairperson" will start the session, share the screen controls, serve as the timekeeper, facilitate the Q&A session, and end the session. (see more details under "Session Chairperson" below)
- All sessions will be automatically recorded and posted on the virtual conference platform. Only registered participants will be able to view the recording.



Session Chairpersons:

Every session will have an assigned chairperson. The chair will be responsible for starting the zoom meeting, recording the session, keeping time and monitoring the Q&A.

Live Session Participant Instructions

As a registered participant in the ISQOLS 2024 Conference, you have access to participate in all of our live sessions either as a presenter or as an observer. Follow the "Accessing the Sessions" steps above and simply click "JOIN". Remember to be logged into your Zoom account.

Please note the following reminders:

- All live sessions will be posted with corresponding Zoom links on the [conference platform](#). Be sure to familiarize yourself with the zoom platform: <https://zoom.us/> so you are prepared to watch the sessions.
- All participants must mute themselves upon entry. To preserve bandwidth, we also ask that all participants keep their video off during the session.
- If you have questions or comments during the session, please use the chat bar so you do not interrupt the presenter. There will be a time of Q&A at the end of each presentation.
- The presenters may choose to allow participants to unmute and show their video or simply read questions and comments from the chat bar. Please be considerate of time restrictions when asking questions or making comments.
- Please make sure your comments are courteous and respectful. The Session Chair has permission to remove any participants who are disruptive or inconsiderate.
- All sessions will be automatically recorded and posted on the conference platform at a later time.

Technical Difficulties:

Should you have any issues logging into the conference platform or zoom, please contact office@isqols.org. If you are able to login to the conference platform, you can view the conference whatsapp information or post on the platform timeline for a faster response.

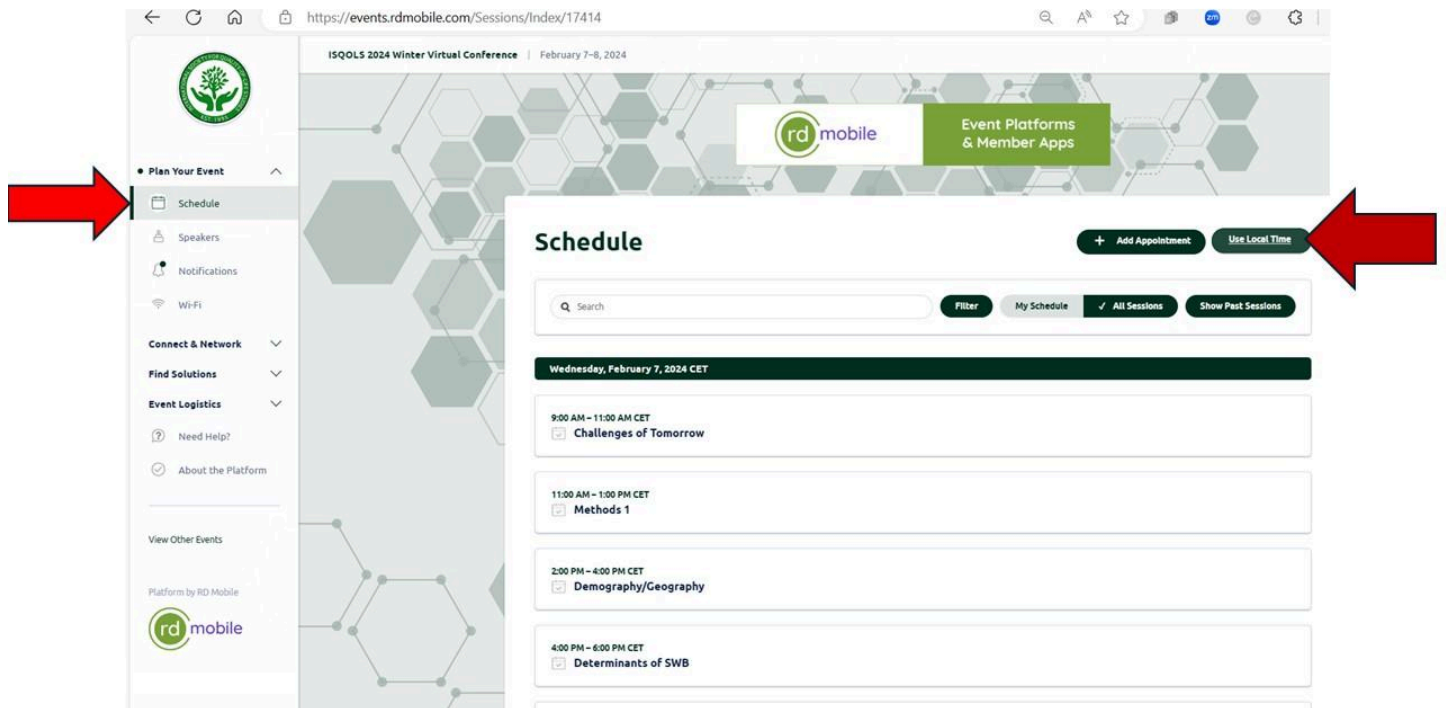
Book of Abstracts:

The full list of abstracts is available at the end of this document and on the [conference platform](#). When on the platform, click on “plan your event” and then click on “abstract book”.

Time Zones

The master time zone listed in the program is in the Central European Time Zone.

After you have logged into the [conference platform](#), click on “schedule”. Then click on the “Use Local Time” button to see the sessions in your personal time zone. You can select which sessions you’d like to participate in and plan your experience.



The screenshot displays the 'Schedule' page for the ISQOLS 2024 Winter Virtual Conference. The page is titled 'ISQOLS 2024 Winter Virtual Conference | February 7-8, 2024'. The main content area shows a list of sessions for 'Wednesday, February 7, 2024 CET'. The sessions listed are:


- 9:00 AM – 11:00 AM CET: Challenges of Tomorrow
- 11:00 AM – 1:00 PM CET: Methods 1
- 2:00 PM – 4:00 PM CET: Demography/Geography
- 4:00 PM – 6:00 PM CET: Determinants of SWB

The page includes a search bar, a 'Filter' button, and buttons for 'My Schedule', 'All Sessions', and 'Show Past Sessions'. A red arrow points to the 'Plan Your Event' menu item on the left, and another red arrow points to the 'Use Local Time' button in the top right of the schedule section.

If you are unsure about the times in your location, you can also use this link to find your time zone (enter CET or Luxembourg first and then your city: [Time Zone Converter – Time Difference Calculator \(timeanddate.com\)](https://www.timeanddate.com/timezoneconverter/))



CONFERENCE SCHEDULE AT-A-GLANCE

Wednesday, 7 February	Thursday, 8 February	Friday, 9 February
9:00 am-11:00 am CET <i>Challenges of Tomorrow</i>	9:00 am- 11:00 am CET <i>Child, Student and Family</i>	
11:00 am-1:00 pm CET <i>Methods 1</i>	11:00am- 1:00pm CET <i>Environment</i>	Bonus Day, Senior Presentations, Session 1: EURO/AFRICA 1:30pm-3:45pm CET
2:00 pm-4:00 pm CET <i>Demography/geography</i>	2:00pm- 4:00pm CET <i>Methods 2</i>	Bonus Day, Senior Presentations, Session 2: EURO/AFRICA 4:00pm-5:30pm CET
4:00 pm-6:00 pm CET <i>Determinants of Subjective Wellbeing</i>	4:00pm- 6:00pm CET <i>Miscellaneous Topics</i>	Bonus Day, Senior Presentations, Session 3: AMERICAS 6:00pm- 9:00pm CET
6:00 pm-8:00 pm CET <i>Health</i>	6:00pm- 8:00pm CET <i>Methods 3</i>	

[Access the sessions on the ISQOLS Conference Platform here.](#)

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Wednesday, 7 February, 9:00am-11:00am CET
Challenges of Tomorrow

PRESENTERS REGION: ASIA/OCEANIA, EURO/AFRICA

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 7, 9:00 am	David Kansakar	HKT (UTC +8) Hong Kong	4:00 PM HKT	ASIA/OCEANIA	A Longitudinal Study of Meaning in Life, Subjective Wellbeing, and Distress During the Covid-19 Pandemic in Hong Kong.
Feb 7, 9:25 am	Russell Kabir	JST (UTC +9) Japan	5:25 PM JST	ASIA/OCEANIA	An Examination of the Psychometric Properties and Structural Validity of the Japanese Version of the Mental Health Continuum-Short Form with Emerging Adults
Feb 7, 9:50 am	Suvi-Jonna Martikainen	EET (UTC +2) Helsinki	10:50 AM EET	EURO/AFRICA	Co-operative inquiry supporting meaningfulness and quality of work
Feb 7, 10:15 am	Zhi-xiao Jia	JST (UTC +9) Japan	6:15 PM JST	ASIA/OCEANIA	Gendered Effects of Telework on Subjective Well-being during Covid-19: The Case of Japan

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Wednesday, 7 February, 11:00 am-1:00pm CET **Methods 1**

PRESENTERS REGION: EURO/AFRICA

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 7, 11:00am	Eric Barberà Mas	CET (UTC +1) Spain	11:00 AM CET	EURO/AFRICA	Descriptive and empirical analysis of Well-being Indexes: Evidence from the OECD countries
Feb 7, 11:25am	María-José Mendoza-Jiménez	CET (UTC +1) Netherlands	11:25 AM CET	EURO/AFRICA	Validating the 10-item Well-Being Instrument (WiX) in Latin-America
Feb 7, 11:50am	Jinrui Liu	CET (UTC +1) Norway	11:50 AM CET	EURO/AFRICA	Optimal Wellbeing: Should We Maximize Positive Affect and Minimize Negative Affect?
Feb 7, 12:15pm	Patricia Groß	CET (UTC +1) Germany	12:15 PM CET	EURO/AFRICA	EudaimoMe: Designing a Mobile App to Support Everyday Eudaimonic Wellbeing

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Wednesday, 7 February, 2:00 pm-4:00pm CET *Demography/geography*

PRESENTERS REGION: EURO/AFRICA

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 7, 2:00pm	Katharina Bettig	CET (UTC +1) Germany	2:00 PM CET	EURO/AFRICA	Commuting and Subjective Well-being in Times of Mobile Network Roll-Out
Feb 7, 2:25pm	Lukas Spatz	CET (UTC +1) Germany	2:25 PM CET	EURO/AFRICA	Geography and Life Satisfaction – The impact of local factors on subjective well-being and its dependence on personal characteristics
Feb 7, 2:50pm	Laura Kudrna	GMT (UTC) London	1:50 PM GMT	EURO/AFRICA	A cluster randomised waitlist-controlled trial of a goal-based behaviour change intervention for employees in UK workplaces enrolled in health and wellbeing initiatives
Feb 7, 3:15pm	Rafael Warkotsch	CET (UTC +1) Germany	3:15 PM CET	EURO/AFRICA	Effects of internal migration on the life satisfaction of apprentices

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Wednesday, 7 February, 4:00 pm-6:00pm CET ***Determinants of Subjective Wellbeing***

PRESENTERS REGION: EURO/AFRICA

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 7, 4:00pm	Mads Larsen	CET (UTC +1) Norway	4:00 PM CET	EURO/AFRICA	The Generational Happiness Switch in Norway: Strategies of Comparison among the Young and Old
Feb 7, 4:25pm	Wendy Tsoriyo	SAST (UTC + 2) South Africa	5:25 PM SAST	EURO/AFRICA	Community Participation in Local Community Programmes in Gauteng Province, South Africa
Feb 7, 4:50pm	Małgorzata Szczepaniak	CET (UTC + 1) Poland	4:50 PM CET	EURO/AFRICA	Poland's middle-class life satisfaction in terms of subjective and objective class affiliation
Feb 7, 5:15pm	Boris Marton	CET (UTC + 1) Slovakia	5:15 PM CET	EURO/AFRICA	Aspirational Gap, Negative Affect, and Subjective Well-Being

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Wednesday, 7 February, 6:00 pm-8:00pm CET
Health

PRESENTERS REGION: AMERICAS

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 7, 6:00pm	Claire Reardon	EST (UTC -5) Kentucky, USA	12:00 PM EST	AMERICAS	Exploring the Impact of Movement-Based Interventions on Mental Health and Well-being: A Quasi-experimental Study of Intergenerational Women
Feb 7, 6:25pm	Damian Molgaray, Aquiles Perez	ART Argentina	2:25 PM ART	AMERICAS	The use of digital applications to study community well-being
Feb 7, 6:50pm	Georgia Heyward	EST (UTC -5) Richmond, USA	12:50 PM EST	AMERICAS	Can Schools Be Health-Creating Systems? Building Relational and Social Health in a Teen Parent High School

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Thursday, 8 February, 9:00am- 11:00am CET
Child, Student and Family

PRESENTERS REGION: AMERICAS

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 8, 9:00 am	Priyadarshani Premarathne	IST (UTC +5:30) Sri Lanka	1:30 PM IST	ASIA/OCEANIA	Advancing Research Methodologies in Assessing the Well-being of Street Children: A Case Study in Urban Sri Lanka
Feb 8, 9:25am	Xiaotong LI	HKT (UTC +8) Hong Kong	4:25 PM HKT	ASIA/OCEANIA	The Associations of Online Communication and Well-being among Chinese School-aged Children: The Mediating Role of Social Capital
Feb 8, 9:50am	HOWLADER Md Hasan	HKT (UTC +8) Hong Kong	4:50 PM HKT	ASIA/OCEANIA	Endogenous and exogenous factors influencing the psychological distress and well-being of university students
Feb 8, 10:15am	Li LIN	HKT (UTC +8) Hong Kong	5:15 PM HKT	ASIA/OCEANIA	Different happiness motives, different parenting practices: Longitudinal evidence on the relationship between happiness motives and parenting behaviors

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Thursday, 8 February, 11:00am- 1:00pm CET
Environment

PRESENTERS REGION: ASIA/OCEANIA, EURO/AFRICA

Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 8, 11:00 AM	Fouad Beseiso	EEST (UTC +3) Amman, Jordan	1:00 PM EEST	ASIA/OCEANIA	Towards Human role for the Green Financial and Monetary System Addressing Climate Change Crisis
Feb 8, 11:25am	Laetitia Dillenseger	CET (UTC+ 1) France	11:25 AM CET	EURO/AFRICA	Pro-environmental actions and subjective well-being: Evidence from a semi-field experiment
Feb 8, 11:50am	Frederich Kirsten	SAST (UTC +2) South Africa	12:50 PM SAST	EURO/AFRICA	The mind is willing, but the flesh is not. The environmental concern-behaviour gap in a highly unequal society.
Feb 8, 12:15am	Fanny Dethier	CET (UTC+ 1) Belgium	12:15 PM CET	EURO/AFRICA	From definition to illustration: Transformative indicator initiatives explored

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Thursday, 8 February, 2:00pm- 4:00pm CET
Methods 2

PRESENTERS REGION: ASIA/OCEANIA, EURO/AFRICA

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 8, 2:00pm	Irene Teulings	CET (UTC +1) Norway	2:00 PM CET	EURO/AFRICA	The Life Satisfaction Myth Debunked: It Does Not Measure All Important Values in People's Lives
Feb 8, 2:25pm	Pauline Thuku	EAT (UTC +3) Kenya	4:25 PM EAT	EURO/AFRICA	Measuring Community Wellbeing in the Changing African Society: The Kenyan Situation
Feb 8, 2:50pm	Eric Barberà Mas	CET (UTC +1) Spain	2:50 PM CET	EURO/AFRICA	Conceptualizing well-being: theoretical consensus, trends and challenges
Feb 8, 3:15pm	Namho Kim	CET (UTC +1) Spain	3:15 PM CET	EURO/AFRICA	Complete Well-being, Incomplete Well-being, and Ill-being



CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Thursday, 8 February, 4:00pm- 6:00pm CET *Miscellaneous Topics*

PRESENTERS REGIONS: EURO/AFRICA, AMERICAS

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 8, 4. pm	Daniela Andren	CET (UTC +1) Sweden	4:00 PM CET	EURO/AFRICA	Well-being and learning dynamics: using obligatory and voluntary self-assessment of basic concepts needed for learning progression
Feb 8, 4.25pm	Tugce BEYCAN	CET (UTC +1) France	4:25 PM CET	EURO/AFRICA	Comparison of Lineal Bond and Capabilities Dynamics Between Mexico and South Africa
Feb 8, 4.50pm	Miruna Pandeale	EET (UTC +2) Romania	5:50 PM EET	EURO/AFRICA	Governing Women's Bodies - The Impact of Abortion Bans on the Well-Being and Quality of Life of Women
Feb 8, 5.15pm	Alexander Becraft	MST (UTC -7) Utah, USA	9:15 AM MST	AMERICAS	An Evaluation of WeBeWell, an Innovative Multimodal Well-being Program Designed to Empower Students to Thrive

CONFERENCE SESSION SCHEDULE

All times are listed in the Central European Time Zone (CET). [Access the sessions on the ISQOLS Conference Platform here.](#)

Thursday, 8 February, 6:00pm- 8:00pm CET **Methods 3**

PRESENTERS REGIONS: AMERICAS

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 8, 6:00pm	Luciano Sewaybricker	BRT (UTC -3) Brazil	2:00 PM BRT	AMERICAS	A Case Against Well-being and for the Use of Happiness
Feb 8, 6:25pm	Jhoner Perdomo	VET (UTC -4) Venezuela	1:25 PM VET	AMERICAS	Sustainable Wellbeing. The necessary fusion of present Well-being with the future.
Feb 8, 6:50pm	Hossein Mousazadeh	EST (UTC -5) Indiana, USA	12:50 PM EST	AMERICAS	Community Well-Being Assessment through Resident Mapping: A Participatory Research Approach
Feb 8, 7:15pm	Rebecca Stewart	PST (UTC -8) British Columbia	10:15 AM PST	AMERICAS	Informing an Indigenous digital health ecosystem through integration of social determinants of health and quality of life measures.

BONUS DAY: Friday, 9 February (9am-5pm CET)

Join us for a special bonus day, with presentations from senior ISQOLS members.

[Access the sessions on the ISQOLS Conference Platform here.](#)

Bonus Day, Senior Presentations, Session 1: EURO/AFRICA

1:30pm-3:45pm CET

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 9, 1:30 pm	Milena Nikolova	CET (Netherlands)	1:30 PM	EURO/AFRICA	The Great Resignation, Quiet Quitting, and Work Orientations
Feb 9, 2:15 pm	Francis Green	BST (UK)	1:15 PM	EURO/AFRICA	'Bad Jobs' in Europe: Derivation and Analysis of a Wellbeing-Related Job Quality Threshold
Feb 9, 3:00 pm	Patricia Jardim da Palma	GMT (Portugal)	3:00 PM	EURO/AFRICA	Quality of Life and subjective Well-being: Evidence from Portugal

3:45pm-4:00pm CET, 15 minute break

Bonus Day, Senior Presentations, Session 2: EURO/AFRICA

4:00pm-5:30pm CET

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 9, 4:00 pm	Miguel Pereira Lopes	GMT (Portugal)	3:00 PM GMT	EURO/AFRICA	Dwelling conditions and security of living place: Impacts on well-being in Portuguese municipalities
Feb 9, 4:45 pm	Annie Tubadji	GMT (UK)	3:45 PM GMT	EURO/AFRICA	Cultural Valuation of Being Human: The Impact of ChatGPT Poetry on Eco-Proactiveness

5:30pm- 6:00pm CET, 30 minute break

Bonus Day, Senior Presentations, Session 3: AMERICAS

6:00pm- 9:00pm CET

Presentation Time Slot	Author	Presenter location	Presenter actual time	Zone	Title
Feb 9, 6:00 pm	Daniel Cernas-Ortiz	CST (Mexico)	11:00 am CST	AMERICAS	Temporal focus profiles and work well-being-related concepts
Feb 9, 6:45 pm	Bryan Smale	EST (Canada)	12:45 pm EST	AMERICAS	A spatial analysis of wellbeing at the neighbourhood level in a large urban area of Canada
Feb 9, 7:30 pm	Joe Sirgy	EST (Virginia, USA)	1:30pm EST	AMERICAS	Organizational Strategies for Work-Life Balance: FOR WHOM, WHY, AND UNDER WHAT CONDITIONS!
Feb 9, 8:15 pm	Deniz Yucel	EST (Indiana, USA)	2:15pm EST	AMERICAS	Working from Home, Gender Ideology, and Psychological Distress

ABSTRACTS

Alexander Becraft

United States

An Evaluation of WeBeWell, an Innovative Multimodal Well-being Program Designed to Empower Students to Thrive

Authors: Alexander Becraft (MBC), Merry Joseph- (MD Candidate), Marissa Diener (PhD)-

Keywords: well-being interventions, college student mental health, adolescent mental health, positive psychology, subjective well-being, life satisfaction, mental health prevention, psychoeducation

"Depression, anxiety, and loneliness, exacerbated by the COVID-19 pandemic, have increased in the United States among adolescent and college student populations (Lipson, S.K., et al., 2022). Despite this alarming trend, few mental health resources exist that focus on preventatively cultivating well-being in adolescent and college-aged populations.

WeBeWell is a student-led, innovative, scalable, and evidence-based well-being and mental health promotion initiative, developed by students and faculty at the University of Utah. WeBeWell delivers skills from positive and clinical psychology through an app and Zoom-based psychoeducation support groups. This program serves youth between sixth and twelfth grade, and undergraduate and graduate college students. The curriculum utilized and adapted by WeBeWell was originally published by Drs. Ed and Carol Diener, and has been shown by randomized-controlled trials to decrease symptoms of depression and stress, and improve various aspects of subjective well-being (Kushlev, K., et.al., 2020). In the WeBeWell program, students participate in a six-week well-being intervention where they learn about a skill on an app platform, practice the skill throughout the week, then discuss applying that well-being skill in a Zoom support group. Weekly skills include cultivating behaviors that facilitate well-being, applying character strengths, goal-setting conducive to well-being, building healthy relationships, managing stress, and more.

We evaluated pre- and post-program changes in satisfaction with life, flourishing, positive and negative affect, depression, and anxiety before and after WeBeWell in a sample of 300 college students and 215 adolescents.

Well-validated measures were employed. Our evidence demonstrates statistically significant reductions in self-reported symptoms of depression and anxiety and significant improvements in well-being from pre- to post-intervention in both adolescent and college participants. Similar patterns were also found among participants who self-identified as BIPOC/multiethnic/multiracial compared to participants who identified as White/Caucasian.

Student-led, preventive, and scalable programs like WeBeWell, delivering evidence-based well-being skills through technology and peer support groups, can be an effective model to mitigate depression and anxiety and improve well-being in adolescent and college student populations.

Annie Tubadji

United Kingdom

Cultural Valuation of Being Human: The Impact of ChatGPT Poetry on Eco-Proactiveness

Authors: Annie TUBADJI, Haoran HUANG , Mat COMFORT , Thora TENBRINK

We study the creative product by Artificial Intelligence (AI) in its latest form (ChatGPT type models) as a substitute to human creative product. To explore how the AI-product is perceived and how it affects the consumer demand, we conducted an online survey with an experimental design. We offered to the participants a selection of human and AI-generated haiku poetry and explored the emotional impact of each poem, to what extent people were able to guess whether they are written by a human or by AI, and how people changed their liking for the haiku poems once they learned which haikus were AI-generated. Furthermore, as the haikus in our experiment were pro-ecological in spirit, we compared the ability of both human and AI-generated haikus to affect the decision of an individual to donate for an ecological cause. Our data allowed for both quantitative and textual qualitative analysis, so we conducted a mixed method research. Our quantitative results confirm the presence of a phenomenon known as 'the importance of being human' – i.e. human poetry was systematically upgraded by people in their re-evaluations of the haikus once it was revealed which poems were AI-generated. However, this was only true for human-poems previously evaluated as lower in quality than the AI-generated poems. Also, even when participants preferred the AI-poetry and it affected their

ABSTRACTS

emotions more, still their decisions were more strongly influenced by the human poetic expression. Our qualitative results confirm that the importance of the nature of the poet is a natural part of the utility function of every consumer. The paper offers some culture-based theoretical conjectures for these findings.

Boris Marton

Slovakia

Aspirational Gap, Negative Affect, and Subjective Well-Being

Authors: Boris Marton; Tomáš Želinský; Jason W. J. Ng

Keywords: Aspirations; Aspirational gap; Subjective well-being; Negative affect; Mediation analysis; Europe.

"Grounded in the theory of socially determined aspirations, this study explores the pivotal role of maintaining an optimal distance between an individual's aspirations and their present circumstances. Deviating from this optimum can lead to either aspiration failure, where individuals fall short of realizing their full potential, or an aspirational gap, characterized by aspirations surpassing current socio-economic standing. These biases bear significant implications for economic development research, underscoring the risks of setting aspirations too low (resulting in diminished effort) or excessively high (leading to frustration), both of which contribute to the perpetuation of the poverty cycle.

In our study, we examine one of these aspirational biases—the aspirational gap. In line with the theory, individuals experiencing an aspirational gap tend to exhibit lower levels of subjective well-being (SWB) relative to their counterparts. This diminished SWB stems from the negative emotional impact of aspiring beyond their existing socio-economic status. While previous research has indicated an inverted U-shaped relationship between SWB and income aspirations, suggesting that overly ambitious income goals are linked to lower SWB, a deeper understanding of this connection remains elusive.

This study adds to the existing body of knowledge by explicitly scrutinizing the interplay between SWB and the aspirational gap, operationalized as the relative disparity between an individual's income aspirations and their current disposable income. Additionally, we probe into the mediating role of negative affect in this relationship.

Drawing on an extensive dataset comprising 210,130 observations from the 2013 and 236,076 observations from the 2018 EU-SILC surveys spanning 32 European countries, our analysis first corroborates a robust negative correlation between SWB and the aspirational gap, affirming findings from prior research. Subsequently, we employ a mediation analysis, using three variables (feelings of despondency or depression, moments of melancholy, and high levels of nervousness) as proxies for negative affect. Our findings unveil a negative association between SWB and negative affect, coupled with a positive relationship between negative affect and the aspirational gap. Employing two distinct techniques for the mediation analysis, we arrive at consistent conclusions, offering compelling evidence that negative affect mediates the relationship between the aspirational gap and SWB."

Bryan Smale

Canada

A spatial analysis of wellbeing at the neighbourhood level in a large urban area of Canada

Authors: Bryan Smale, Mingjie Gao, and Rob Feick

Despite several calls for more spatial analyses of wellbeing (e.g., Ballas, 2021), including a spatial perspective to the wellbeing literature remains relatively rare when compared to the tremendous increase in recent research focused on understanding the factors associated with individual quality of life. What has been done has largely focused on larger scale comparisons of nations (e.g., OECD's Better Life Index, World Happiness Reports) rather than examining the importance of spatial context at a more granular community or neighbourhood levels. Where people live in their communities can determine their physical and perceived access to resources, and consequently affects their behaviours and perceptions, and ultimately, their overall wellbeing (e.g., Ali-Mantila et al., 2018). Hence, this study examines spatial variations in residents' wellbeing at a neighbourhood level and explores spatially-related factors that may be associated

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with wellbeing. Data for the study were drawn from a 2022 online population survey administered to a stratified random sample of residents living in one of three contiguous cities in southwest Ontario, Canada. Based on the conceptual framework of the Canadian Index of Wellbeing, the survey included questions covering the eight domains of wellbeing identified by Canadians as critical to their quality of life, as well as several demographic questions and measures of subjective wellbeing. Postal codes from participating residents (n=3,524) were used to aggregate responses to census tracts. For these zones to align more closely with meaningful neighbourhoods, they were refined using criteria such as relative compactness, adhering to physical boundaries (e.g., rivers, arterial roads), and striving for at least 40 residents per neighbourhood. Summary measures for each of the 62 neighbourhoods were created by aggregating responses for the constituent residents on a number of wellbeing indicators from the survey including selected demographics, perceptions of belonging, sense of community, loneliness, mental health, perceived access to leisure and health-related resources. Along with visualisations of the distribution of selected wellbeing indicators, subsequent analyses include measures of spatial association such as spatial autocorrelation (i.e., LISA) and geographically weighted regression (Nicholls & Kim, 2022) to reveal significant neighbourhood characteristics related to residents' wellbeing.

Damian Molgaray, Aquiles Perez

Argentina

The use of digital applications to study community well-being

Authors: Aquiles Perez Delgado y Damian Molgaray, Graciela Tonon

"This presentation shares the first results of a research project focused on the opinions of 545 university students regarding the community well-being of the neighborhoods in which they live. They attend the National University of Lomas de Zamora, Argentina, a state and public university located in the Buenos Aires Conurban, a geographical area that presents social inequalities.

The new economy has driven urban inequalities in different ways: a deepening of income inequalities; an increase in inter-urban inequalities; and an impact on the well-being of urban communities. Community well-being is the combination of social, economic, environmental, cultural, and political conditions identified to flourish and achieve its potential. The definition of community well-being was influenced by health, poverty, transportation, economic activity, and by environmental and ecological considerations. In this sense, the notion of well-being must be considered not only from a personal perspective, but also in social terms, since the opportunities of a group are as important as those of each individual person. Any definition of well-being must be contextualized considering both the population and the place in which it carries out its daily life.

This research project is a cross-sectional descriptive study, in which the quantitative method is used, and a digital Google Forms questionnaire specifically designed for this study is applied. The questionnaire includes closed and open questions and Likert scales. Two types of analysis are carried out: descriptive and inferential, using the SPSS 26.0. The Google Forms allows the collection of anonymous information through personalized questionnaires, connected to a spreadsheet hosted in a personal or institutional email account. With this application, questionnaires are distributed via a URL (link) and are completed by users who have access to the Internet from a personal computer, tablet, or smartphone. The familiarity that university students have in the use of the Internet and technological devices, added to the agility that digital environments offer for data transmission, make this technique considered an innovative methodological strategy.

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Daniel A. Cernas-Ortiz

México

Temporal focus profiles and work well-being-related concepts

Authors: Daniel A. Cernas Ortiz and Patricia Mercado-Salgado

"Temporal focus profiles and work well-being-related concepts: The renowned English physicist Stephen Hawking (1988) argued that the human conception of time consists of three arrows: Thermodynamic, cosmological, and psychological. As far back as ancient Greece, the latter has been the subject of philosophical speculations and, more recently, systematic research of great relevance for contemporary society. Psychological time is important because it is a foundation upon which many other constructs are built and could be understood (Zimbardo & Boyd, 1999). Concretely, temporal focus is the attention individuals devote to thinking about the past, the present, and the future (Shipp et al., 2009; Ship & Aeon, 2019). Temporal focus profiles are different combinations of attention to the past, the present, and the future that may be found across individuals.

Employing a cluster analysis performed in a sample of 337 Mexican workers, in this particular research three temporal focus profiles were found: Atemporal (individuals who think very little about time), positives (individuals who think about the present and the future, but little about the past), and past-oriented (individuals who think about the past predominantly). Across groups, individuals differed in terms of occupational self-efficacy, social self-efficacy, job satisfaction, core self-evaluations, and work-related optimism. No differences were found concerning affective organizational commitment. Positive individuals showed higher means in all such constructs. On the whole, the results underscore the importance of cultivating a positive mind in employees. After all, thinking about the present and the future promotes superior well-being. "

Deniz Yucel

United States

Working from Home, Gender Ideology, and Psychological Distress

Authors: Deniz Yucel

Using data on married couples from the German Family Demography Panel Study, this study examines the association between working from home and psychological distress. With the data from both partners (i.e., dyadic data), this study tests the actor and partner effects of working from home on both the respondent's and his/her partner's reports of psychological distress. Preliminary results show that there is a spillover and crossover effect, where working from home is associated with lower levels of psychological distress for both the actor and his/her partner. The results show that actor effects are similar for both men and women whereas partner effects are stronger for men than women. This study also tests whether these associations differ by couples' gender ideology. To explore this, we estimate multi-group analyses where we compare these associations among four groups: both partners have egalitarian gender ideology, both partners have traditional gender ideology, wives are more egalitarian than husbands, husbands are more egalitarian than wives. Results show that the actor effects are significantly stronger among couples where wives are more egalitarian than their husbands compared to couples where both partners have traditional gender ideology and couples where husbands are more egalitarian than their wives. Lastly, the results do not show any difference in the partner effects by couples' gender ideology. These results suggest that the link between working from home and relationship satisfaction varies by the simultaneous effects of gender and gender ideology.

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Eric Barberà Mas

Spain

Descriptive and empirical analysis of Well-being Indexes: Evidence from the OECD countries

Authors: Eric Barberà Mas and Ferran Mañé Vernet

Keywords: Well-being; Quality of life; Social indicators; Well-being Index; Index; OECD; Economic well-being; Subjective well-being; Progress

"INTRODUCTION: The increasing global interest in well-being is evidenced by numerous initiatives emerging from academia, governments, and non-government sectors. Despite extensive efforts, the justification for creating increasingly complex measures of well-being remains a critical question, with well-being literature offering varied conclusions but weaker arguments from comparative analysis.

OBJECTIVES: This paper aims to analyse the extent to which existing Well-Being Indices (WBI) approximate well-being according to theoretical consensus. Specific conceptual criteria include the integration of subjective and objective data, consideration of multiple inequalities, an outcomes approach, avoidance of impersonal measures (mainly economic, institutional and environmental), the magnitude, and diversity of information. Another crucial objective is to understand how heterogeneity in measurement affects results.

METHODS: This paper consist in a descriptive part and an empirical part, both considering 25 international WBI. The descriptive part is a comprehensive comparative review, complemented by an index assessing the proximity to theoretical criteria. The empirical part includes basic statistics, histograms, correlations, and comparative tables. The analysis involves the classification of all indicators used in the 25 WBI based on conceptual criteria and well-being domains.

RESULTS: There is a considerable disparity in fulfilling conceptual criteria, with inequalities and subjectivity being less developed in practice. The outcomes approach is the most widely respected. Health, basic education, and basic services are the most covered well-being domains. Economic measures make up approximately 22% of the information in well-being measures, while subjective information constitutes 12%. SPI, HLY, SDGI, BLI and BLI-derived indexes best approximate well-being based on established theoretical criteria. Well-being varies across countries and WBI: generally similar rankings but different distributions and magnitudes.

CONCLUSIONS: Lack of agreement in the concept leads to a lack of consensus in measurement. Multidimensional well-being approach must seriously take on the challenge of aligning with all conceptual standards, especially considering more intensively subjective aspects and multiple inequalities (e.g., satisfaction and distribution of all domains of WB and emotional well-being). Moreover, WBI heavily influenced by economic variables may struggle to differentiate from pcGDP dynamics and may not capture a country's well-being adequately."

Eric Barberà Mas

Spain

Conceptualizing well-being: theoretical consensus, trends and challenges

Authors: Eric Barberà Mas and Ferran Mañé Vernet

Keywords: Well-being; Quality of Life; Life satisfaction; Happiness; Subjective Well-being; Welfare; Progress

"INTRODUCTION: In social sciences, the boundaries among concepts related to well-being are blurred and often overlap. Additionally, certain terms carry multiple definitions. As a result, these terms are frequently used interchangeably. This lack of precise and common language does not contribute to the advancement of science and policymaking.

OBJECTIVES: The primary objective is to propose a reflective framework for precise and universally understood terminology while offering a comprehensive overview of the main consensus, trends, and challenges within the conceptualization of well-being.

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METHODS: The process of conceptualizing well-being involves providing definitions for core well-being-related concepts based on the main theoretical consensus and analysing the frequency and trends in the use of these terms in social science research.

RESULTS: This article highlights the increasing interest in understanding how well people live, yet it also underscores the existing confusion with the terms employed in this context. The distinction between 'life satisfaction' and 'well-being' lies in the multidimensionality and comprehensiveness of the latter, closely tied to societal conditions, while the former is more specific, simpler, and exclusively addresses subjective aspects. Remarkably, there is an absence of a clear theoretical distinction between 'well-being' and 'quality of life'. The word 'well-being' has undoubtedly consolidated its position as the most frequently used term in academic texts. Within the subjective realm, 'happiness' is the most common term while 'subjective well-being' is the term experiencing the most significant growth in recent years. The term 'happiness' is often used interchangeably with 'life satisfaction,' even though 'happiness' typically denotes an emotional feeling, and 'life satisfaction' represents a cognitive judgment.

CONCLUSIONS: It could be advantageous to assign specific names to each concept, reserving the term 'happiness' for a more precise connotation associated with hedonism and emotional states, thereby distinguishing it from 'life satisfaction', 'subjective well-being', and even 'well-being'. Furthermore, it's crucial to regard 'life satisfaction' not just as a mere measure but to recognize the intrinsic value of the concept itself, representing a cognitive self-evaluation of overall life. Given its broad sense and dominant it seems reasonable to focus on using 'well-being' as an umbrella term."

Fanny Dethier

Belgium

From definition to illustration: Transformative indicator initiatives explored

Authors: Philippe Roman, Fanny Dethier

Keywords: Beyond GDP indicator; Transformative indicator; Post-growth; Sustainable well-being

"The pursuit of measuring sustainable well-being has prompted the rise of beyond GDP indicators, offering an alternative to conventional progress and prosperity measurement tools. This paper aims to establish a comprehensive framework for defining and describing sustainable well-being indicator initiatives, shedding light on their distinctive features and, crucially, exploring their transformative potential. The focus is on Transformative Indicator Initiatives (T-IIs), which transcend the typical role of measurement tools, actively contributing to societal change. Initiating with a robust definition, T-IIs are identified as high-quality metrics capable of not only illuminating theoretical dimensions of sustainable well-being but also challenging prevailing socio-economic paradigms within specific social contexts. This dual role encapsulates their essence as both measurement tools and catalysts for societal change. Following this nuanced understanding, the study exemplifies T-IIs through scrutiny of four real-world case studies (to be confirmed), employing a qualitative approach associated with a multi-level perspective and drawing upon Lam et al.'s (2020) typology for niches amplification.

The selected case studies, representing diverse sectors and geographic locations, unravel the intricacies of T-IIs, examining indicator methodologies, underlying intentions, stakeholder engagement strategies, results communication, policy influence, and long-term visions. This work in progress aims to understand how T-IIs challenge the status quo in progress and prosperity measurement practices, inspiring tangible shifts in societal behaviors, policies, and practices. Each case study contributes unique insights into the transformative journey, offering a nuanced understanding of obstacles and successes encountered along the way.

This research advances the conceptualization of T-IIs, providing empirical evidence of their transformative impact. By scrutinizing real-world examples, the study contributes to the understanding of the complex interplay between indicators and societal change. As findings progress, this research aims to inform practitioners, policymakers, and scholars about



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the transformative potential inherent in well-designed and implemented indicator initiatives, facilitating more informed and impactful sustainable well-being practices.

Reference

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Fouad Beseiso

Jordan

Towards Human role for the Green Financial and Monetary System Addressing Climate Change Crisis

Authors: Fouad H. Beseiso

Keywords: Green Monetary System, Green Financial System, Climate Change Crisis, Green Economy, Human Wellbeing, GNH

"Towards Human role for the Green Financial and Monetary System Addressing Climate Change Crisis

As the climate change has been emerging as a basic human wellbeing crisis impacting even the political, economic, and social stability on national, regional, and international basis, issues of adapting to the disastrous human impact caused by the climate change have become a priority for national and global action programs and scientific schools.

In the light of climate change crisis and other recent world human crisis a critical questioning about the feasibility of the Socio-Economic and Environmental adopted Systems' achievements has been emerging and resulted in shaping a new green human development approach.

An approached system which is holistic, integrating the economic, social, environmental spheres in combination with strong institutions and democratization.

Green Economy and its public finance and monetary system has been emerging as a basic conceptual as practical move towards achieving subjective and objective sustained wellbeing and development. Finance proved to be the most pressing issue towards realizing the full potential of green transition on sustainable development.

The strategic planning component with its monitoring and performance evaluation as well as using the clean GDP and real wealth accumulation indicators are important mechanisms to the framework within which policy makers can integrate the instituted green financial and monetary system within the green economic, social and environmental strategic plan.

The main challenge is represented by a strategic green fiscal and Monetary integrated framework to decide upon adopted tools and instruments. As well, the urgent need to mobilize sufficient and efficient funding to expand the spending on climate change work and how to manage it, especially in the presence of global successive crisis that adversely impact the resilience of the economy.

Green finance and mainly banking finance is a relatively recent approach that countries, especially the developing ones, may not have a solid experience on how to adapt and apply. This fact requires deep knowledge about most progressed countries' experience in this field such as the Germany, China and OECD developed efforts. For this Clean GDP And societies' wealth indicators as well as GNH indicators are important. "

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Francis Green

United Kingdom

'Bad Jobs' in Europe: Derivation and Analysis of a Wellbeing-Related Job Quality Threshold

A new method is proposed for defining the threshold of a 'bad job', based on a discontinuity in the relationship between a composite index of job quality and psychological wellbeing. Applied to European data, the evidence suggests a cut-off threshold for 'bad jobs' at the 10th percentile. Comparing workers in jobs below this threshold with those at the next decile, there is a distinctly large gap in psychological well-being, and in several other measures of well-being. Using this threshold gives a 'bad jobs' / 'other jobs' dichotomy that discriminates on well-being far better than definitions based only on low earnings and job insecurity. Using multi-level probit analysis, we find that bad jobs are more common in poorer countries and in countries with weaker labour regulation. Three findings differentiate the distributional pattern of bad jobs from that of low-earnings jobs: first, the prevalence of bad jobs is greater in large establishments; second, there is no gender gap in the prevalence of bad jobs; third, while working in the private sector does not significantly change the probability of being in a low-earnings job, it nevertheless raises the chance of being in a bad job.

Frederich Kirsten

South Africa

The mind is willing, but the flesh is not. The environmental concern-behaviour gap in a highly unequal society.

Author: Frederich Kirsten

Keywords: Environmental concern, pro-environmental behaviour, South Africa

"Environmental concerns often do not lead to pro-environmental actions, creating a significant gap between people's worries about the environment and their actual efforts to protect it. This gap poses challenges for promoting eco-friendly behaviors and sustainable living. While prior research recognizes that this concern-behavior gap varies across countries and cultures, most existing evidence comes from developed nations and Western societies. South Africa, known for its substantial social disparities, provides a unique context where this gap may vary widely among different social groups. With a stark divide between a poverty-stricken majority and a wealthier minority, often along racial lines, South Africa's population likely holds diverse perspectives on environmental issues and sustainable consumption. However, limited research has explored the connection between environmental concerns and eco-friendly consumption in this setting. Our study aims to delve deeper into the concern-behavior gap in South Africa and its association with various sociodemographic groups. We analyze data from the International Social Survey Programme (ISSP) 2009 and World Value Survey (WVS) datasets. Surprisingly, our findings reveal a significant, counterintuitive link between environmental concerns and pro-environmental actions—a strong negative correlation. This challenges conventional thinking, suggesting that in South Africa, individuals with higher environmental concerns tend to engage less in eco-friendly behavior. This unusual result can be attributed to the pervasive poverty in South Africa. Those with lower socioeconomic status often express heightened environmental concerns because they rely heavily on natural resources for daily sustenance. Paradoxically, they may lack the means to translate these concerns into eco-friendly consumption practices. These findings shed new light on the concern-behavior gap in a highly unequal country, offering valuable insights for environmental policymakers seeking to understand public perceptions and behavior dynamics related to the environment. Policymakers in South Africa should consider the strong environmental concerns among vulnerable populations facing daily environmental challenges and explore additional incentives and support for sustainable consumption behaviors to aid environmental protection. Presently, sustainable consumption appears largely accessible to the financially advantaged, leaving little room for those at the lower end of the socioeconomic spectrum to adopt such practices."

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Georgia Heyward

United States of America

Can Schools Be Health-Creating Systems? Building Relational and Social Health in a Teen Parent High School

Author: Georgia Heyward

Keywords: Well-Being, Relational Health, Social Health, Intervention, Evaluation, School

"Schools have the potential to be health creating systems, offering needed support to marginalized communities who rely on public school as a source of wellbeing and physical and mental health. Sadly, many schools in the United States fail to offer even basic wellbeing. Because wellbeing is correlated with attendance, graduation, and college/career success, this has a profound effect on students, particularly for students already disadvantaged in school systems. I will share preliminary results from a multi-year collaborative research project at a school serving teen parents. I will present results from three initiatives designed to support the relational and social health of students. I will explore the effects of these initiatives, which include wellbeing and increased school commitment. The initiatives include (1) a trauma-informed discipline model that focuses on repairing relationships between students and staff and among students (2) a model to intentionally cultivate a protective youth:adult relationship that builds relational health and (3) a model to increase social health by connecting students to physical and mental health resources, while teaching skills students need to navigate community resources.

I will start with a theoretical discussion about the importance of initiatives that promote relational health, social health, and wellbeing in schools, and then move to describe the enabling conditions and barriers we identified in the formative phase of the evaluation. We found that the initiatives needed to include cultural competency training for staff, be grounded in a school-wide commitment to trauma-informed care, and explicitly focus on student skill-building. These elements proved critical when working with the highly marginalized students, many of whom were unaccompanied minors who had experienced trauma and interrupted schooling. I will conclude by sharing what we learned about appropriate measures and instruments, so schools or youth-nonprofits can monitor the success of similar initiatives."

Hossein Mousazadeh

United States

Community Well-Being Assessment through Resident Mapping: A Participatory Research Approach

Authors: Hossein Mousazadeh, Jason Ware

Keywords: Community well-being, Community engagement, Community consultation, Resident mapping, Participatory research approach

"As the centrality of community well-being garners mounting scholarly and societal attention, the imperative of robust evaluation methodologies, such as Resident Mapping, becomes increasingly evident, particularly in guiding and supporting government initiatives focused on enhancing well-being and sustainable development. Resident mapping provides a detailed and nuanced understanding of a community by leveraging the first-hand knowledge and experiences of its residents, and it fosters active engagement and empowerment of community members. This article aims to introduce an innovative groundbreaking methodology to assess community well-being through resident mapping. At its core lies the recognition of the pivotal role of resident engagement as a community consultation in shaping and assessing the well-being of their communities. By advocating for resident involvement as the cornerstone of this approach, it not only seeks to empower communities but also catalyzes a collaborative environment where local insights, needs, and aspirations are central in shaping interventions and policies. Moreover, the utilization of participatory research techniques underscores the profound impact of involving community members in understanding and actively contributing to their own well-being assessment. We believe that resident mapping is a powerful tool in understanding, engaging, and empowering communities, leading to more effective and sustainable improvements in community well-being. Beyond traditional metrics, resident mapping allows for a comprehensive assessment of



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well-being, considering social, cultural, and environmental factors. This article serves as a community consultation introduction to an evolving approach that seeks community engagement in understanding, assessing, and potentially enhancing their overall well-being and quality of life.

HOWLADER Md Hasan

Hong Kong

Endogenous and exogenous factors influencing the psychological distress and well-being of university students

Authors: HOWLADER Md Hasan; LIN Li, Jocelyn

Keywords: Psychological well-being, undergraduate students, life satisfaction, social capital, Social media

Introduction: There has been an increasing acknowledgment of the significance of mental health and the academic outcomes of university students. A growing number of university students are currently facing elevated levels of depression, anxiety, and stress due to the growing demands of education, as well as the difficulties associated with adjusting to new environments and technologies. Hence, the identification and management of these aspects are crucial in addressing and resolving this persistent issue in order to attain and provide quality higher education.

Objective: To identify the endogenous and exogenous factors affecting the psychological distress and life satisfaction of undergraduate students at public universities.

Methods: The investigators employed a cross-sectional study design. The research sample consisted of 1808 students who are enrolled in different public universities in Bangladesh. The data were obtained through the administration of a self-reported online questionnaire that included many endogenous characteristics present within the campuses. These factors included social capital, which encompassed both cognitive and structural factors, as well as academic load and academic results. Additionally, exogenous aspects such as socio-economic background and social media usage were analyzed to find associations with psychological distress and satisfaction with the lives of university students. The assessment of psychological well-being was conducted utilizing the life satisfaction scale, while the measurement of psychological distress was carried out employing the DASS21 scale.

Findings: Out of the total sample size of 1808 students who participated in the survey, a considerable majority of them were identified as male (62.8%, $n = 1135$), while the remaining 37.2% were identified as female. The mean age of the participants was 22.01 ± 1.64 , with a range of 17 to 27 years. The study revealed that female students reported a higher severity of symptoms related to depression, anxiety, stress, and anxiety compared to their male counterparts. The study demonstrated a significant correlation between the mental health issues of students, such as depression, stress, and anxiety, and within-university factors such as social capital, which may manifest in both cognitive and structural forms. Conversely, exogenous factors, such as increased use of social media, the socioeconomic background of the family, and insufficient sleep, were identified as noteworthy indicators of psychological distress and the well-being of the student population.

Conclusion: Enhancing university social capital and optimizing the utilization of social media and financial assistance appear to contribute to the improvement of mental health and wellbeing among university students.



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Joe Sirgy

United States

Organizational Strategies for Work-Life Balance: FOR WHOM, WHY, AND UNDER WHAT CONDITIONS

Authors: Dong-Jin Lee and M. Joseph Sirgy

"This presentation will focus on a forthcoming book on work-life balance (WLB) scheduled for publication by Springer (2024). The book provides a systematic review of the research literature related to the effectiveness of certain organizational policies and programs such as work-load management practices, flextime practices, flexplace practices, alternative job arrangements, and family care practices. Along with the empirical evidence and illustrative cases, we make specific recommendations to design and implement WLB balance policies and programs to maximize their effectiveness and help employees achieve their optimal level of WLB under various conditions.

Specifically, the book covers the following topics: (1) overview of organizational policies and programs of work life balance (introduction, definitions and metrics of WLB, WLB policies and programs, impact of work-life balance policies and programs), (2) theoretical mechanisms, empirical evidence, and various conditions governing the effectiveness of WLB policies and programs (various individual, program, organizational, and environmental conditions governing effectiveness of WLB policies and programs including workload management, schedule flexibility, flexible workplace, alternative job arrangements, family care policies and programs), and (3) practical recommendations for effective implementation of WLB policies and programs (how to identify employees with greater need for WLB programs, evaluate environmental circumstances for WLB programs, design effective WLB policies and programs, facilitate effective implementation of WLB policies and programs, provide management support for WLB policies and programs, and evaluate performance of WLB policies and programs).

The book comprehensively covers much of the research related to the effectiveness of certain organizational policies and programs under various individual, program, organizational, and environmental circumstances. In addition, the book makes specific evidence-based recommendations on how to design and implement WLB policies and programs under various environmental circumstances to maximize their effectiveness and help employees achieve their optimal level of WLB."

Irene Teulings

Norway

The Life Satisfaction Myth Debunked: It Does Not Measure All Important Values in People's Lives

Authors: Irene Teulings, Jinrui Liu, Ragnhild Bang Nes, Espen Røysamb, Joar Vittersø

Keywords: happiness, subjective wellbeing, life satisfaction, eudaimonic wellbeing, values

"The dichotomy between eudaimonic and subjective wellbeing has increasingly become a key interest topic of both scholars and policy makers. Whereas subjective wellbeing (labeled here as hedonic wellbeing) is defined as high positive affect, low negative affect, and life satisfaction, eudaimonic wellbeing concerns personal development and moral evaluations. Despite a variety of theories concerning eudaimonic wellbeing, scholars have pointed out great conceptual overlap between these wellbeing domains. First, they argue that hedonic and eudaimonic wellbeing are so similar that they hardly constitute two different forms of wellbeing. Secondly, it's claimed that life satisfaction constitutes a sufficient and comprehensive measure for people's wellbeing. Here, we aim to debunk these two prevailing counterarguments.

Using a Norwegian convenience sample (N = 321), we test the distinction between eudaimonic and hedonic wellbeing and whether life satisfaction is able to capture all important wellbeing aspects. We measured participants' hedonic wellbeing, conceptualized as life satisfaction, hedonic emotions, and meaning in life, as well as their eudaimonic wellbeing, conceptualized as personal growth, wisdom, and eudaimonic feelings. Participants also reported their value preferences.



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First, results from factor analyses provide evidence for the distinction between hedonic and eudaimonic wellbeing. A 2-factor solution outperformed a 1-factor solution based on conventional model fit indices (RMSR, RMSEA, TLI). Secondly, we found that participants value many eudaimonic wellbeing elements more than hedonic wellbeing, e.g., that they develop themselves as a good person. Lastly, we found that the life satisfaction measure is sensitive to participants' hedonic wellbeing elements like pleasure, but fails to capture other important wellbeing elements, like moral development and caring for others.

Our results stress that hedonic and eudaimonic wellbeing are distinct aspects of wellbeing that should be measured with separate instruments. According to people's values, life satisfaction is not the most important wellbeing measure. More importantly, the life satisfaction measure is biased towards hedonic wellbeing aspects and fails to capture how well people are doing in the fulfillment of eudaimonic aspects of feeling good. Our study shows wellbeing is about more than life satisfaction, which should urge us to prioritize these wellbeing aspects more in future research and policymaking."

Jhoner Perdomo

Venezuela

Sustainable Wellbeing. The necessary fusion of present Well-being with the future.

Author: Jhoner Perdomo

Capabilities approach; statistical indicators; human development; sustainability; wellbeing

"Sustainable Wellbeing (in Spanish: Bienestar Sustentable) is an alternative perspective that has been absent so far in other approaches to measuring well-being; to mention a few examples: The Better Life Index of the OECD, SDG Index, Prosperity Index of the Legatum Foundation, as well as the recommendations of the Eurostat to measure the Quality of Life in Europe. As wellbeing is what individuals crave according to their own values, it is essential to expand freedoms, opportunities, and empowerment of capabilities to achieve what each individual value. One way to capture it in a measurement is through the combination of the conditions associated with the capabilities, opportunities, and freedoms of individuals in time and space. On the other hand, sustainability is the basis for guaranteeing wellbeing conditions over time.

Wellbeing lies in reaching a full life according to what the individual values and the conditions that allow it. The conditions are all those that allow the opportunities and freedoms for 'Human Flourishing', where individuals can take advantage of their capabilities. At this point, the central capabilities approach proposed by Martha Nussbaum offers an important theoretical contribution. It expresses that the innate and internal capabilities of individuals, together with external conditions, are what enable combined capabilities to be obtained. In the end, these external conditions are what determine what the individual can freely 'to be' and 'to do'", so it is essential to consider them.

For the operationalization, the research identifies, defines, and justifies 12 dimensions of Sustainable Wellbeing, based on the philosophical approach of the 10 central capabilities proposed by Nussbaum. We carried out an empirical analysis for 19 countries of Latin America. After a technical and thorough review of more than 200 data sources with several indicators associated with the approach. Selected 116 indicators, distributed in the 12 dimensions. Factor analysis techniques are applied (multiple correspondence analysis), which allows connecting the dimensions or combination of the conditions associated with the capabilities, opportunities, and freedoms of its individuals."

ABSTRACTS

Jie Zhang

United States

Job loss and mental health during the COVID-19 pandemic: The mediating role of financial hardship

Authors: Rui Yao; Jie Zhang

Keywords: Financial hardship, mental health, job loss, mediation

"Abstract:

Purpose: Our study aims to elucidate the intricate relationship between job loss, financial hardship, and mental health during the pandemic. The study seeks to understand how financial hardship, exacerbated by the pandemic, mediates the impact of job loss on mental health and how income levels moderate this relationship.

Design and Methodology: We used the COVID-19 Household Pulse Survey (HPS) to study the relationships between financial hardship and mental health during the COVID-19 pandemic. The HPS is a nationally representative cross-sectional survey that started shortly after the start of the pandemic to observe the socioeconomic effects of the pandemic on American population. This study employs a two-fold approach. First, a mediation model is used to determine if financial hardship acts as a mediator between job loss due to COVID-19 and mental health disorders. Subsequently, a moderated mediation model is applied to ascertain if household income levels moderate the mediating role of financial hardship in this relationship.

Findings: Our results showed that financial hardship increases the likelihood of mental disorders. Financial hardship emerged as a significant mediator between job loss and mental health disorders. The mediation model confirmed that financial hardship significantly mediated the relationship between job loss and mental health disorders. Furthermore, income levels play a crucial role in this mediation, with high-income individuals potentially having more resources to cushion the immediate financial strain of job loss, thereby reducing its impact on mental health.

Implications: The research offers valuable insights for policymakers, suggesting the need for targeted interventions to mitigate the negative impact of job loss on mental health, especially during global crises. Understanding the mediating role of financial hardship and the moderating effect of income can help in designing more effective and tailored interventions.

Research Limitations: The study primarily focuses on the U.S. context, and the findings may not be universally applicable. The dynamic nature of the pandemic and its evolving impact on the economy and mental health also poses challenges to the generalizability of the results."

Jinrui Liu

Norway

Optimal Wellbeing: Should We Maximize Positive Affect and Minimize Negative Affect?

Authors: Jinrui Liu, Irene Teulings, Espen Røysamb, Ragnhild Bang Nes, Joar Vittersø

Keywords: Negative affect, subjective wellbeing, eudaimonic wellbeing, personal growth

"As a core element in the definition of subjective wellbeing, negative affect is hardly integrated in mainstream analysis or conceptualization in well-being studies. Possibly due to robust mental health research that associates negative affect with ill-being, and the intuitive assumption that minimal negative affect is conducive to optimal wellbeing. Yet negative affect regulates crucial functions in life such as guiding avoid-approach choices, reflection and learning, social relations, and personal growth, whose breakdown is detrimental to wellbeing. This paradox has not been fully explored, and it remains unclear how individuals value negative affect, and how the gap between value and reality influences wellbeing. Our survey (N= 296, Meanage= 26.75) conducted by Prolific revealed several intriguing findings. First, 87% of participants indicated a non-zero value for the ideal level of negative affect (Mean= 1.76, SD= 1.60), suggesting that complete absence of negative affect is often not preferred. Second, we found a curvilinear relationship between sense

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of personal development and the gap between current negative affect and ideal level of negative affect. Optimal sense of personal development is achieved when individuals experienced negative affect that exceeded their ideal level by 3.88 units on a 10-point scale. Third, we observed a curvilinear relationship between life satisfaction and the gap between current and ideal levels of positive affect. Optimal life satisfaction is achieved when ideal level of positive affect was roughly matched by current level, rather than when positive affect was maximized. Fourth, feeling of fear is associated with engagement ($r = .14$).

Together, the results encourage researchers to consider both current affect and ideal level of affect, and how the gap between ideals and reality may impact wellbeing. Moreover, the findings highlight the importance of negative affect for perceived growth and engagement, in addition to subjective wellbeing. Contrary to previous assumptions, minimal negative affect and maximum positive affect are not necessarily considered optimal for wellbeing. "

Katharina Bettig

Germany

Commuting and Subjective Well-being in Times of Mobile Network Roll-Out

Authors: Valentin Lindlacher, Katharina Bettig

Keywords: commuting, well-being, satisfaction, internet

"Commuting to work has been an integral part of people's lives for decades, but it is constantly evolving. While some developments, such as advanced transportation modes or quality, have clear implications for subjective well-being, the effect of smartphones and internet availability while commuting on well-being is less clear.

To determine how internet availability during the commute affects well-being, we investigate the marginal effect of commuting on life satisfaction using exogenous changes in commuting distance. These changes occur while an individual remains with the same employer and living location, indicating an employer-induced change. As a proxy for internet availability, we use the individual and year-specific number of antennas along the commute. We employ data from the German Socio-Economic Panel in a fixed-effects framework and provide event study results.

Our findings suggest that better internet availability during a commute can increase life satisfaction, but only after the widespread adoption of smartphones. We also discover that the negative impact of commuting on well-being is significant during the same period, while in the decade before, the effect was smaller and not statistically significant. Therefore, improving internet quality during commutes can be a valuable measure to mitigate the negative effects of commuting. "

Laetitia Dillenseger

France

Pro-environmental actions and subjective well-being: Evidence from a semi-field experiment

Authors: Laëtitia Dillenseger and Claire Mouminoux

Keywords: pro-environmental action, subjective well-being, waste collection, semi-field experiment

Understanding the drivers of pro-environmental behavior is crucial in addressing the environmental crisis that many countries face. In our research, we attempt to answer the following questions: How do intrinsic and extrinsic motivations explain an individual's pro-environmental behaviors? Do pro-environmental actions make us happier? Are happier people more likely to engage in pro-environmental efforts? How do monetary rewards mediate the relationship between subjective well-being and pro-environmental efforts? To do so, we conducted a two-stage experiment. In the first stage, participants were asked to complete an online survey to assess their subjective well-being, environmental concerns, and environmental attitudes. At the end of this initial step, participants were randomly assigned to four treatment groups. In the first treatment group ($N=50$), participants can allocate a fixed amount of their money to an



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organization that protects the environment. In the second treatment group (N=50), participants can also voluntarily take part in the second stage of the experiment, which involves participating in a two-hour waste collection activity. In the third treatment group (N=50), we only offer them the opportunity to voluntarily participate in the second stage of the experiment. In the last treatment group (N=50), we propose that they participate in the second stage of the experiment in exchange for monetary rewards.

Laura Kudrna

England

A cluster randomised waitlist-controlled trial of a goal-based behaviour change intervention for employees in UK workplaces enrolled in health and wellbeing initiatives

Authors: Lailah Alidu, Lena Al-Khudairy, Ila Bharatan, Paul Bird, Niyah Campbell, Graeme Currie, Karla Hemming, Kate Jolly, Laura Kudrna, Richard Lilford, James Martin, Laura Quinn, Kelly Ann Schmidtke, James Yates

Keywords: Workplaces, health, wellbeing, inequalities

"Many workplaces offer health and wellbeing initiatives to their staff as recommended by international and national health organisations. Despite their potential, the influence of these initiatives on health behaviour appears limited and evaluations of their effectiveness are rare. In this research, we propose evaluating the effectiveness of an established behaviour change intervention in a new workplace context. The intervention, 'mental contrasting plus implementation intentions', supports staff in achieving their health and wellbeing goals by encouraging them to compare the future with the present and to develop a plan for overcoming anticipated obstacles. We conducted a systematic review that identified only three trials of this intervention in workplaces and all of them were conducted within healthcare organisations. To our knowledge, our research will be the first to evaluate the effectiveness of mental contrasting in workplaces outside a solely healthcare context. We present our results from nearly 30 workplaces with outcomes related to progress towards goal achievement, perceived health and subjective wellbeing, as well as sub-group differences to examine inequalities. "



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Li LIN P.R.

China

Different happiness motives, different parenting practices: Longitudinal evidence on the relationship between happiness motives and parenting behaviors

Authors: Li Lin, Hoi-Wing Chan

Keywords: Hedonic motives, eudaimonic motives, extrinsic motives, parenting behaviors

"The pursuit of happiness represents a crucial pathway to people's well-being. While previous studies have mainly focused on the influence of happiness motives from an intrapersonal perspective (i.e., personal behaviors and well-being), they have overlooked their impacts on a broader range of behaviors that bear significant consequences on other's well-being. The present research aims to fill this gap from the lens of parenting practices, given that mounting evidence has suggested the impacts of parenting practices on children's well-being. As such, this research contributes to revealing the positive (versus negative) impact of happiness pursuit on others. Past studies have identified three related but distinct motives of happiness pursuit, including hedonic motives (e.g., seeking pleasure), eudaimonic motives (e.g., seeking meaning), and extrinsic motives (e.g., pursuing wealth). Thus, we examined the longitudinal associations between three happiness motives and four parenting practices (i.e., autonomy support, behavioral control, psychological control, and inconsistent parenting). Based on a two-wave longitudinal data with an interval of six months (N = 683; Mothers n = 395), we found that parents' eudaimonic motives at Time 1 predicted increased autonomy support and behavioral control while decreased psychological control and inconsistent parenting at Time 2, whereas parents' extrinsic motives at Time 1 predicted decreased autonomy support and behavioral control, controlling temporal stabilities of the variables. Time 1 hedonic motive predicted increased behavioral control at Time 2 only. Overall, our findings provide the initial evidence that happiness pursuit can influence parenting practices. Individuals with stronger eudaimonic motives and weaker extrinsic motives tend to engage in more effortful and positive parenting that presumably contributes to the wellness of children in the long run. Our results thus shed light on understanding why some parents are more prone to interact with their children in a positive (versus negative) way. Parenting interventions may consider the role of these happiness motives when helping parents develop positive parenting practices."

Luciano Sewaybricker

Brazil

A Case Against Well-being and for the Use of Happiness

Authors: Luciano Espósito Sewaybricker, Gustavo Martinelli Massola

Keywords: happiness, well-being, etymology, eudaimonia, felicitas

More than two decades after his seminal paper Subjective Well-Being, Ed Diener wrote that he substituted "happiness" for "well-being" to achieve scientific respectability and to avoid the complexities of happiness. This idea influenced the field that became broadly known as the Science of Well-being, emphasizing the latter as its focus of investigation. Nonetheless, literature differs significantly in how it uses related terms. Different expressions are used as dimensions of well-being, sometimes as synonyms, sometimes as separate objects, and even as broader than well-being. We questioned whether the Science of Well-Being's approach rigorously justifies replacing happiness with well-being. We examined the history of the word happiness, covering a time horizon from the Aristotelian concept of eudaimonia to the scientific concept of well-being, going through the lexical universe of ancient Greek, Roman Latin, and English. To do this, we consulted classic works in their original language, historical review works on happiness, and critical analysis of the current scientific use of happiness and well-being. As Bakhtin proposed, words can register the most subtle social changes by incorporating these before the rise of new theories. From this understanding, we can shed light on social

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changes in the background of happiness/well-being. We found that the case for well-being instead of happiness is sustained by a fragile appreciation of the semantic depth of happiness as it does not consider a paradox produced when both words come together. For the investigation of well-being to prosper as desired, the object must be straightforward. On the other hand, the importance that well-being borrows from happiness is not the result of simplicity but of its complexity in referring to the 'best way to live'. Well-being needs to be a synonym for happiness to capture people's interest and needs to distinguish itself from happiness in order to be researched as desired. Although it favours quantification, the current understanding of well-being neglects the plurality of takes on happiness and ideals of life. Thus, we conclude that well-being and happiness are semantically close but conceptually, metaphysically, and empirically distinct, demanding, as objects, particular investigations.

Lukas Spatz

Germany

Geography and Life Satisfaction – The impact of local factors on subjective well-being and its dependence on personal characteristics

Authors: Lukas Spatz, Prof. Dr. Dr. Thomas Brenner, Prof. Dr. Tobias Ebert

Keywords: life satisfaction, spatial factors of well-being, geographical psychology, England

We address the question how multiple issues of interest that relate to spatial context are linked to subjective-well-being in England by using Multilevel Modelling. In our approach we examine a large representative sample including about 240.000 participants from the Big Personality Test survey in Great Britain on the level of local authority districts. Our results reveal that that local variables relating to demographic characteristics of the population, the regional sector mix and amenities significantly correlate with individual life satisfaction. In comparison to individual factors such as health or employment status their impact is rather small, as they explain less than 1 % of the regression sum of squares. As a next step, we conduct a heterogeneity analysis to account for differences relating to gender, age, income and personality. We find indications that sociodemographic characteristics like the share of households with children and an indicator of environmental quality differently effect individuals in regard to gender, age and personality. In conclusion, our results suggest that the interaction between individual dispositions and the living environment are relevant for people's well-being.

Mads Larsen

Norway

The Generational Happiness Switch in Norway: Strategies of Comparison among the Young and Old

Authors: Mads Larsen, Nina Witoszek, Ottar Hellevik, June Yeung, Maciej Gorski

Keywords: generational well-being; evolution; social media; materialism; mixed-method study

"Since Norsk Monitor began their biannual survey of Norwegian well-being in 1985, the age group 15–24 has been the happiest, while 60+ has been the least happy. In the past decade, Norway experienced a generational happiness switch. 60+ is now the happiest age cohort, while 15–24 is the least happy. In our most recent quantitative survey, the young reported to suffer poorer social relationships, poorer health and physical shape, greater body pressure, more educational stress, and fear of the future. Greater materialism also contributes to their ill-being. The oldest cohort has only experienced a slight increase in well-being, while the other age groups have suffered declines. In terms of life satisfaction, the oldest score twice as high as 40–59-year-olds, and around ten times higher than the youngest age cohorts. To make sense of this generational switch, we have supplemented our quantitative survey with qualitative focus group interviews of high school seniors and retirees. The young report that social media facilitate larger comparison groups that detract from their well-being. In combination with increasing economic pressures, being under a constant barrage from media encouraging success in a variety of arenas make the young less able to appreciate life. A



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feeling of having been born into a world headed for material and environmental decline makes them gloomy about the future. By contrast, our retired informants experience an increased appreciation for their past and current life when they envision where the world is headed. Although many feel terrible for their grandchildren, such woe does not detract from their own happiness and satisfaction. The seniors also have a different relationship to the internet. Many avoid polarizing media. Their age makes them not compare themselves, to any significant extent, to more successful others. Our mixed-method study suggests that a reorganization of society and the economy could be necessary in order to elevate the well-being of young people. Unlike what was the case during the post-WWII expansion, the coming decades may not be able to distribute resources for well-being to the same extent. Generational solidarity could be key to facilitating the required changes."

Malgorzata Szczyt

Poland

The impact of parental economic migration on children's subjective well-being in Poland

Authors: Malgorzata Szczyt, Dorota Strozik

Keywords: parental migration, economic migration, migration orphanhood, children's well-being

"International migration for work is increasing rapidly around the world, especially in Eastern European countries. Poland experienced a significant increase in emigration after the fall of communism in 1990s. The second major wave of emigration took place in the first decade of the 21st century and was linked to the accession to the European Union. Most Poles decide to emigrate for work purposes. Currently, according to estimates made by the International Organisation for Migration, Poland has the largest (next to Romania) emigrant population in Europe. Most studies and reports on international migration focus on adult migration flows, giving limited attention to the consequences for the children left behind. Research on the impact of parental migration on children's well-being is scarce, especially in Europe. However, living in a family with at least one parent working abroad for long periods of time is part of normal childhood experience for many children in the developing countries like Poland. The purpose of this study is to explore how the migration of parents is correlated with the subjective well-being of Polish children and their satisfaction with different aspects of their lives. The analysis will use the data gathered from the representative sample of Polish children aged 10 and 12, who participated in the third wave of the Children's Worlds survey (iscweb.org). The Children's Worlds is a major worldwide study of children's lives and well-being."

María-José Mendoza-Jiménez

Netherlands

Validating the 10-item Well-Being Instrument (WiX) in Latin-America

Authors: María-José Mendoza-Jiménez, Karen Trujillo Jara

Keywords: Well-being, Latin-America, measurement, outcomes, validity

"Background: Well-being assessment is increasingly relevant for policy evaluation across sectors like health care, social care and education. However, international efforts to develop well-being instruments mainly focus on high-income countries. Recently, the 10-item Well-being instrument (WiX) was introduced, a comprehensive measure of subjective well-being instrument that comprises ten dimensions and was validated in several European countries. In Latin-America, there also is growing interest in applying economic evaluations, but validated well-being instruments are lacking.

Objective: Assess the content and construct validity of the WiX in four Latin American countries: Argentina, Chile, Ecuador and Peru.

Methods: The WiX was translated into Spanish by a certified translator. Comprehensibility was tested in interviews with local experts and citizens. Data was collected via an online survey in Argentina (N=718), Chile (N=557), Ecuador

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(N=500), and Peru (N=526), quota sampled to be representative of the adult population in terms of age and gender. Following previous validation studies of the WiX (Voormolen et al., 2023; Bom et al., 2023), the COSMIN methodology (Mokkink et al., 2018) was adopted to assess its content and construct validity. Content validation examined relevance, comprehensiveness, and comprehensibility. Construct validity involved comparisons of the WiX with other instruments (convergent validity), evaluations of the internal structure of the WiX (structural validity), and analyses of the WiX scores across sub-groups (discriminative validity).

Results: The content validation confirmed the relevance of the ten WiX dimensions among the adult populations of the four countries. The construct validation confirmed the significant correlation between the WiX and alternative subjective measures (Cantril ladder, Satisfaction With Life Scale, EuroQoL-5D and EuroQoL-VAS). Exploratory factor analysis confirmed that the WiX assesses a latent construct that is broader than health-related quality of life.

Between-group analyses showed significant differences in total WiX scores across gender, age and income sub-groups.

Conclusion: This study confirmed the validity of the 10-item Well-being instrument (WiX) as measure of subjective well-being for policy evaluation in Argentina, Chile, Ecuador, and Peru. In addition, scores on the individual items can shed light on the dimensions of well-being that are most relevant in specific intervention contexts or for specific sub-groups of the population."

Milena Nikolova

Netherlands

The Great Resignation, Quiet Quitting, and Work Orientations

Recent trends, such as the "Great Resignation" (i.e., mass job quitting) and "Quiet Quitting" (i.e., putting minimum required effort at work), triggered heated social debates and media attention. But what worker motivations underpin these trends? This project focuses on differences in people's main motivation for working as a possible explanation. Some people view work as a job that brings a paycheck, others see it as a career and a way to get ahead in life, and still others as a calling or a life purpose. This project studies how these differences determine people's decisions related to job quitting and effort. We also explore how these relate to work meaningfulness and what are the optimal ways of measuring work meaningfulness, and work orientations in national surveys. Understanding the predictive validity of these measures is crucial to the development and inclusion of broad well-being measures for policy and practice. The paper provides insights from a novel survey conducted in the context of the Dutch LISS panel.

Miruna Pandeale

Romania

Governing Women's Bodies - The Impact of Abortion Bans on the Well-Being and Quality of Life of Women

Authors: Miruna Pandeale

Keywords: abortion, quality of life, economic well-being, psycho-social well-being, abortion ban, pro-life, pro-choice, Roe V Wade, gender studies, reproductive freedom

"This study aims to show the impact of abortion bans on modern societies and their impact on the general well-being of the female population, with a focus on the US Supreme Court's decision to overturn Roe v Wade last year, thus enabling states to enforce abortion bans throughout the territory and encouraging such movements all over the globe. In order to measure how women perceive this decision, the level of threat they feel, and their overall position on the question of abortion bans and how they impact their perceived general well-being and quality of life, qualitative research was conducted in France and subsequently in Romania, where respondents were selected to answer a series of in-depth questions. Data analysis was also employed, and media releases and positions were examined in order to provide a holistic approach on the subject matter. Furthermore, the influence of the Church in this debate is analyzed,

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as well as the extent of its role in adopting anti-abortion positions. Lastly, the study is meant to present the rhetoric of pro-life and pro-choice activists and how these movements translate into the everyday lives of modern women and their economic, psychological, and social well-being."

Namho Kim

Spain

Complete Well-being, Incomplete Well-being, and Ill-being

Authors: Namho Kim, Ismael Sanchez, Astrid Schütz

Keywords: Well-being measure, Complete well-being, PSID, Determinants of SWB

"This study introduces 'Complete Well-being,' a comprehensive concept offering a multi-dimensional perspective on subjective well-being (SWB) that integrates life satisfaction, positive emotion, and negative emotion. Utilizing data from the Panel Study of Income Dynamics (PSID), it develops a novel method for measuring SWB, categorizing individuals based on their levels in these three dimensions. The research, using the Satisfaction with Life Scale (SWLS) and emotional well-being measures, discovers that a mere 11% of Americans achieve complete well-being, characterized by high scores in all three SWB aspects. In contrast, 50% exhibit ill-being, underperforming in each indicator.

The research employs a combination of graphical analysis and logistic regression to explore variations across SWB groups, considering demographic, economic, personality, health, lifestyle, personal values, and environmental influences. This new framework is highly consistent with other well-being scales, particularly flourishing, supporting its validity. It not only confirms consistent results regarding the determinants of SWB but also uncovers new findings. For instance, it corroborates existing evidence that income is strongly related to life satisfaction but not as much to positive emotion. Also it highlights that average income levels are adequate for attaining complete well-being. Furthermore, life satisfaction is shown link to health status, changes in health, and Body Mass Index. In an interesting addition, the study finds that activities like walking and talking over the phone are associated with positive emotion. This underscores the significance of simple daily activities in enhancing emotional well-being. On the other hand, personality traits such as openness, agreeableness, and extraversion are tied to positive emotion, while conscientiousness tends to correlate with (reversed) negative emotion.

Emphasizing the importance of balanced lifestyles, positive socio-economic conditions, and supportive environments, the study offers insights into achieving complete well-being. It stresses the significant role of personal values and personality traits in improving SWB. Concluding with suggestions for refining SWB measurement scales, the research provides practical implications for individuals and policymakers to create environments conducive to complete well-being."

Patricia Groß

Germany

EudaimoMe: Designing a Mobile App to Support Everyday Eudaimonic Wellbeing

Authors: Patricia Groß, Eve Schade, Jasmin Niess

Keywords: Eudaimonia, Wellbeing Intervention, Mobile App, Virtues

"Nowadays, there is a mobile app for almost everything, including apps aimed at increasing one's wellbeing. These technologies address aspects such as physical activity, eating and sleeping habits, meditation, and mindfulness. Other apps tackle life satisfaction and happiness as their overarching goals, usually covering a mixture of the previously mentioned topics. However, one crucial aspect is still underexplored: reflecting on oneself, more precisely on personal values and aiming for be-ing a virtuous person. This is intriguing, considering its foundational significance, exemplified, for instance, in Aristotle's concept of Eudaimonia.

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We aim to address this gap by developing an app that supports eudaimonic wellbeing, e.g. by guiding users to reflect upon their core values and also adapting their daily routines accordingly. An app is particularly suitable for this endeavour, as reflection and changing habits are processes that need time. Furthermore, users are familiar with mobile apps, they do not require any additional gadgets and can easily be accessed regularly.

Currently, we are conducting an extensive literature analysis encompassing perspectives from philosophy, positive psychology, and human-computer interaction, to identify conceptual ideas for the app. Among others, it became clear that striving for maximizing performance and focusing on quantifying experiences should be seen with caution when it comes to eudaimonia.

To conclude, our work is currently at the stage where feedback from the ISQOLS community can be particularly helpful. Likewise, we believe that we can offer an interesting new approach and synthesize insights from multiple domains, thus hopefully engaging discussion among multiple disciplines."

Pauline Thuku

Kenya

Measuring Community Wellbeing in the Changing African Society: The Kenyan Situation

Authors: Pauline Thuku, Ezekiel Mwendwa

Keywords: Community, Wellbeing, Indicators, Culture, Africa

"Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfill their potential. Since wellbeing as a subject is usually studied from a Western perspective, its measurements may exclude socio-cultural characteristics that are crucial to Africans' subjective conceptualization. Among Africans, the social and community embeddedness of individuals is an integral characteristic of the socio-cultural orientation, where individual and community lives are intricately intertwined. Hence, in the phase of modernization, globalization and cultural change, there is need to measure African community wellbeing using indicators that are customized to their socio-cultural context. In Kenya, studies on wellbeing are limited, and community wellbeing is under-researched making it challenging to measure the effect of emerging issues on communities. This article therefore reviews international, regional, and local literature to formulate a set of community wellbeing indicators customized for the changing African situation. Reviewed literature shows that to be comprehensive, the indicators need to be wellgrounded in theory, capture wellbeing of community residents as well as the community as a social system, include both input as well as output indicators, and capture the wellbeing of vulnerable sub-populations. Furthermore, the indicators should measure the extent of social integration, social contribution, social coherence, social actualisation, and social acceptance of community members. The relationship between individual and community wellbeing is discussed, and application of the indicators for impact assessment and policy interventions highlighted. The article recommends the proposed community wellbeing indicators due to their adaptability to different socio-cultural contexts and appropriateness across population segments."

Priyadarshani Premarathne

Sri Lanka

Advancing Research Methodologies in Assessing the Well-being of Street Children: A Case Study in Urban Sri Lanka

Authors: Priyadarshani Premarathne

Keywords: Street children, Well-being, Methodologies, Sri Lanka, Economic crisis

"This study employs innovative methodologies to comprehensively explore the well-being of urban street children in the post-pandemic and economically challenged urban landscape of Sri Lanka. Utilizing a mixed-methods approach, a detailed case analysis involves 24 street children and their families in Kandy, showcasing the extensive application of



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new methods in well-being research. Data collection innovations include the snowball sampling technique for systematic participant selection, structured questionnaires, qualitative interviews, case studies, kin group analysis, and visual documentation. Upholding rigorous ethical standards, the research prioritizes participant well-being and confidentiality. Integrated data analysis incorporates diverse methodologies, including descriptive statistics for quantitative insights, thematic analysis for qualitative exploration, and content analysis for extracting meaningful insights from visual and textual data. Key findings reveal challenges faced by street children, such as inadequate safe living spaces, domestic violence, child abuse, compromised education, poverty, hunger, and overall well-being concerns. Patterns emerge, highlighting children cohabiting with mothers within the same kin group, engaging in manual labor, and begging. Notably, girls face a higher risk of abuse, while male children are at an elevated risk of succumbing to drug addiction, often leading to placement under alternative care. The study advocates for a rights-based, multi-faceted, community-based support system and social work interventions as essential components for safeguarding the well-being of street children and their families. Beyond its immediate context, this research introduces methodological innovations that contribute to the broader discourse on well-being, offering insights applicable beyond the Sri Lankan urban landscape to inform global discussions on vulnerable populations. In conclusion, this study emphasizes the urgency of embracing advanced research methodologies to understand comprehensively the challenges faced by street children, providing a robust foundation for informed interventions and policies aimed at enhancing their overall well-being."

Rafael Warkotsch

Germany

Effects of internal migration on the life satisfaction of apprentices

Authors: Rafael Warkotsch, Nicolai Netz, Nico Stawarz, Alexandra Wicht

Keywords: Vocational education and training (VET); Spatial Mobility; Intranational Migration; Life Satisfaction; Subjective Well-Being (SWB); Germany; Multiverse Analysis

"Transitioning from school to vocational education and training (VET) marks a pivotal moment in the lives of adolescents. Entering VET offers an opportunity for spatial mobility, allowing youths gain independence from their parents and adjust their lifestyle. However, spatial mobility can also be necessary to secure an apprenticeship or fulfill occupational aspirations. Therefore, spatial mobility upon entering VET may have far-reaching implications on young individuals' life satisfaction trajectories.

While several studies examine the influence of spatial mobility on life satisfaction for broad samples of adults, they do not consider the coupling with age-specific life events, such as entering VET. Therefore, the literature on the effects of spatial mobility on life satisfaction is not readily transferable to younger individuals. We aim to fill this research gap by exploring the life satisfaction trajectories of migrating apprentices compared to their non-migrating counterparts. In detail, we examine the effects of internal migration within Germany on apprentices' life satisfaction contingent on their pre-migration regional opportunity structures, the status attained through VET, and rural-urban migration. Using data from the German National Educational Panel Study (NEPS), we estimate fixed-effects panel regressions to deal with selection into internal migration.

Our results show a significant positive impact of internal migration on apprentices' life satisfaction upon entering VET. This effect even slightly increases in subsequent years. Surprisingly, neither the pre-migration regional opportunity structure nor the attained status nor migrating from rural-urban migration can entirely explain this effect. Thus, our results suggest that other factors, such as the attainment of greater independence from the parents, might explain the observed life satisfaction gains of the migrating apprentices. On a broader note, our study illustrates the need to consider the idiosyncrasies of specific life stages when analysing the impact of spatial mobility on life satisfaction."

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Rebecca Stewart

British Columbia

Informing an Indigenous digital health ecosystem through integration of social determinants of health and quality of life measures.

Authors: Ayumi Sasaki, M.A., R.C.C., Kathleen Lounsbury, M.S.N., R.N., Monica Friesen, B.N., R.N., Rebecca Stewart, B.Sc.N, R.N., Cate Tso, B.Sc.N. student, Paul Foth, M.T.S., Reilly Baldwin B.Com., M.P.H., Kendra Rieger, Ph.D., R.N., Rick Sawatzky, Ph.D., R.N.

Keywords: Indigenous, wellbeing, quality of life, social determinants of health, digital health

"Culturally safe healthcare empowers the pursuit and enhancement of quality of life (QOL) at the personal, social, and community levels of care. This is exceptionally important for Indigenous peoples, who continue to experience the impacts of colonization, including health inequities. Indigenous ways of being well focus on a whole-person approach and extend to a nation-based, whole-community approach that respects Indigenous sovereignties. This study aims to describe pertinent social determinants of health (SDOH) and QOL measures as they apply to health and social services in Canadian Indigenous communities.

Through a two-eyed seeing approach, we are critically examining the experiences, priorities, and concerns of Indigenous peoples regarding their wellbeing by conducting: (a) a hermeneutic review of academic and grey literature, (b) an interpretive descriptive qualitative study with storytelling involving ongoing Learning Alliance Table focus groups and interviews, and (c) a Delphi study with Indigenous knowledge keepers and service providers.

To date, we have gathered information from 101 academic articles, 22 grey literature documents, 7 Learning Alliance focus groups, and 2 interviews. Concurrent data analysis involves sensitized reading of the data to Indigenous worldviews and priorities and integrating with the various lenses of knowledge.

Initial results from the literature indicate SDOH and QOL domains are not independent of one another and are grounded in underlying principles of interconnectedness, sovereignty, relationality, orality, and culture, which are impacted by the sequelae of colonization. This was affirmed by qualitative study participants who conveyed Indigenous knowledges, underscoring the need of a relational, holistic, and strength-based framework that is adaptable within each community's circumstances.

Our analysis identifies the need to further delineate the integration and application of SDOH and QOL measures in digital health systems in a way that emphasizes privileging Indigenous voices for the use and governing of their own data. A next phase of our research is to inform an Indigenous health ecosystem through a wellness measurement framework that is person-centred, nation-based, community driven, and culturally relevant for health and social services in Indigenous communities in Canada."

Russell Kabir

Japan

An Examination of the Psychometric Properties and Structural Validity of the Japanese Version of the Mental Health Continuum-Short Form with Emerging Adults Russell Sarwar Kabir, Gahl Liberzon

Author: Russell Sarwar Kabir

Keywords: mental health continuum, human flourishing, Japan, emerging adults, psychometrics

"Introduction: The stage of emerging adulthood is a unique period characterized by the developmental challenge of building the self-regulation skills needed to achieve higher levels of positive well-being, or flourishing, in later life. The Mental Health Continuum-Short Form (MHC-SF) is a 14-item instrument designed to capture a range of human flourishing and account for a synthesis of emotional, social, and psychological sources of subjective well-being. The MHC-SF is understudied in Japan. While included in a cross-national study of university students from 38 nations, Japan's sample comprised a relatively modest number of 195 participants. A large-sample cross-sectional study of 7012



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established adults examined the MHC-SF but was limited regionally to an occupational complex in Tsukuba, Japan. A validation study of the MHC-SF found acceptable fit for a second-order model of three factors with 567 elderly Japanese participants but was drawn from communities in only two of Japan's forty-seven prefectures. Here, we examine the psychometric properties in a geographically diverse sample of emerging adults throughout Japan. Methods: An online survey was conducted with 1364 individuals (aged 18-29 for eligibility; 47 prefectures represented) through Qualtrics. The MHC-SF-J (Keyes et al., 2002; Ohkata et al., 2021) was included in an observational study design. Listwise deletion for missing data and careless responders resulted in an analytic sample size of 1326 emerging adults (675 females; Mage = 25.22, SD = 3.08). Summary statistics, reliability analysis, confirmatory factor analysis, and measurement invariance testing were performed in JASP (Version 0.17.3).

Results: The MHC factors showed high estimates of internal consistency (α range: .89-.90) and 54.2% of the sample met criteria for flourishing. Structural validity was most supported for a factor model with modification indices of same-factor item-pairs ($\chi^2(205) = 611.275, p < .001, RMSEA = .055$ (90% CI: .050-.060), CFI = .992, TLI = .993, SRMR = .025). Strict measurement invariance was supported via MG-CFA for current and non-university student survey respondents.

Conclusion: Our findings for emerging adults throughout Japan suggested comparable psychometric properties to the original MHC-SF-J validation developed for older adults in local communities. Modeling approaches and implications for developmental studies of human flourishing in Japan are discussed."

Suvi-Jonna Martikainen

Finland

Co-operative inquiry supporting meaningfulness and quality of work

Author: Suvi-Jonna Martikainen

Keyword: meaningful work; co-operative inquiry; qualitative methodology; work-related wellbeing

"Understanding employee experiences of work-related wellbeing is important for enhancing overall quality of life.

Especially qualitative methodologies to inquire authentic employee experiences are needed for good work life to root on genuine employee-led development. This study proposes co-operative inquiry as such methodology for the application to the study and development of work-life into supporting quality of life, meaningfulness, and eudaimonic wellbeing at work.

The study focuses on how a co-operative inquiry process supports the data-generation around authentic employee-experiences of meaningful work, how to construct such a process, and how does co-operative inquiry relate to social change that increases quality of life in the work life context.

This methodological contribution bases on a research project conducted in Finland, participating education, and nursing professionals in the public sector. Four working communities participated in a co-operative inquiry process with the aim to create understanding into experiences of meaningfulness and meaninglessness, and the factors that support or suppress them. The presentation describes the co-operative inquiry process and discusses a practical model of supporting meaningful work and eudaimonic wellbeing that roots on employee experiences gathered in the research process.

Co-operative inquiry, as coined by Heron (1996), draws from different epistemologies bringing together four modes of knowledge: propositional, practical, presentational, and experiential. Participation of the group that the research phenomenon most concerns is central for the methodology. The phases of dialogue and social meaning-making, observation through practice, reflection, and perspective-taking alternate in the process. Methods and techniques to facilitate different modes of knowledge, and the phases of meaning-making, observation, and reflection are described in the presentation.

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However, as co-operative inquiry entails various possibilities for the social construction of knowledge, understanding, and a focus towards meaningful work, also various practical limitations need acknowledging. The problematics and possibilities of planning a co-operative inquiry process in terms of participation, expectations, and objectives as well as boundaries and impacts of the process are discussed.

Reference: Heron, J. 1996. Cooperative Inquiry: Research into the human condition. London: Sage."

Wendy Tsoriyo

South Africa

Community Participation in Local Community Programmes in Gauteng Province, South Africa

Author: Wendy Tsoriyo

Keywords: community participation, societal well-being, social indicators, local community development

"Community participation has become one of the most used social indicator for societal well-being. Bringing together the ideas of the local community in planning and development has proved to be ideal for sustainable growth and overall societal well-being. It provides the local community members with the right to make decisions in the local decision-making process on the issues that directly affect their localities. Successful community participation involves the local authorities proactively engaging local communities and them an opportunity to let their voices be heard. This article utilizes Quality of Life (QoL) field survey data from Gauteng City Region Observatory to explore how the community of Gauteng Province in South Africa is participating in the development and implementation of local community programmes. This study employs quantitative methods of K- K-means clustering and logistic regression models to determine the types of social groups and social indicators that are significantly associated with community participation in local community development programmes. Using the K-means clustering the study identifies four distinct social clusters namely (i) those who have stayed for more than 10 years, with high community trust and belonging (ii) those who have stayed for more than 10 years, with low community trust and high sense of belonging (iii) those who have stayed for 5 years and under, with low community trust and belonging (iv) those who have stayed for more 5 years and under, with high community trust and belonging. These social groups have different levels of participation in local decision-making. Those who have stayed for more than 10 years, and have high community trust and belonging are 2 times more likely to participate in community decision-making than those who have stayed for 5 years and under, with low community trust and belonging. The key determinants of community participation are length of stay, sense of belonging and one's level of trust. The study proposes that policies and legal frameworks that instil belongingness and community trust to improve the participation of members of communities in local development programmes to attain the overall goal of societal well-being."

Xiaotong LI

China

The Associations of Online Communication and Well-being among Chinese School-aged Children: The Mediating Role of Social Capital

Authors: Xiaotong LI, Li LIN

Keywords: online communication, psychological well-being, subjective well-being, social capital, school-aged children

"The increasing popularity of the internet and electronic devices has led to a rise in online communication (e.g., talking on WeChat) among school-aged children. Much endeavor has been made to understand children's online communication from a problem-based perspective, focusing on issues like internet or social networking addictions. However, there is limited knowledge regarding the potential benefits it can offer to children. To address this research gap, we investigated the relationship between online communication with different targets (i.e., family members, real-life friends, online friends, and online strangers) and the well-being of Chinese school-aged children and attempted

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to examine the mechanisms through the mediation of social capital. A total of 905 primary school students (Mean age = 10.3, Female: N = 416; Male: N = 489) were recruited. They reported on the frequency of online communication, self-disclosure, perceived responsiveness, social capital, life satisfaction, positive and negative affect, and basic psychological needs. We conducted a series of structural equation models to estimate the direct effects of online communication frequency and quality on well-being and their indirect effects through social capital. As expected, the results revealed that self-disclosure to and perceived responsiveness from family members and real-life friends in online communication (but not the frequency of online communication) positively predicted social capital, which further positively predicted subjective well-being and psychological well-being. However, we only observed the direct effect of perceived responsiveness from online friends on subjective well-being and no significant links in the model of online strangers. This research makes a significant contribution to the existing literature by shedding light on the bright side of online communication among school-aged children. The findings also suggest that quality rather than quantity of online communication (particularly with family members and real-life friends) may contribute to children's well-being and social capital possibly plays a mediation role. These findings may provide implications for developing strategies that direct children to optimize their online communication experiences."

Yiwan Ye

United States

Cohort Size and Health and Happiness Inequalities around the World

Author: Yiwan Ye

Keywords: Easterlin Hypothesis, Cohort Size, Self-Rated Health, Happiness, Age Period Cohort Interaction Modeling

"Significance: Easterlin's relative cohort size hypothesis suggests that being born in a large cohort result in adverse life outcomes. Although social inequalities in health and wellness are extensively studied in the U.S. and other developed countries, little is known is whether cohort size effects remain consistent among low- and middle-income countries. Additionally, this study explores if the impact of birthplace outweighs that of birth timing (cohort effect) in shaping self-rated health (SRH) and subjective well-being.

Method: Firstly, I conducted a descriptive analysis to illustrate uncontrolled age, cohort, period, and cohort size effects across countries, using data from 7 waves of cross-sectional data from the integrated World Value Survey and European Value Survey (N = 96,231). Subsequently, I employ age-period-cohort interaction modeling to depict cohort size and temporal effects across the 8 countries. Additional age-period-cohort models were tested for sensitivity.

Results: Larger cohort sizes correspond to diminished happiness in the pooled models (O.R. 1.02, $P < 0.001$) and in 3 out of the 8 countries. The association between larger cohort sizes and lower SRH is observed only in the pooled models (O.R. 1.02, $P < 0.001$). Health and happiness vary across age groups, decades, and birth cohorts, even after accounting for demographic and socioeconomic factors. Worldwide, younger birth cohorts are generally healthier and happier, except for a minor uptick in unhappiness seen in early baby boomers (1946-1955).

Conclusion: The findings support Easterlin's relative cohort size hypothesis for happiness but remain inconclusive for SRH. Cohort size effects on subjective wellness vary significantly across countries. Age, cohort, and period effects on health and happiness align with previous literature, but disparities in well-being between countries overshadow temporal patterns. Thus, where one is born appears to carry greater significance than the timing of birth in the last century. Policy implications regarding global inequalities are discussed."



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Zhi-xiao Jia

Japan

Gendered Effects of Telework on Subjective Well-being during Covid-19: The Case of Japan

Authors: Zhi-xiao Jia, Risa Hagiwara

Keywords: Covid-19, gender, subjective well-being, telework, time allocation

"We investigate the effect of telework on employees' subjective well-being (SWB) in Japan during the Covid-19 period, with an emphasis on the potential gender discrepancies in the telework effect. We use the latest 4 available waves of Japan Household Panel Survey (JHPS) and its Covid-19 module conducted between early 2020 to early 2021 (i.e., within one year of the Covid-19 outbreak). Telework effect is estimated via both Fixed Effect (FE) and Difference in Difference (DiD) methods. We find that, telework decreases employees' SWB during Covid-19. However, this negative effect is significant only for males. We also find that, telework results in an expansion of housework and childcare hours for females. This is in line with gender expectations that females are caretakers, which would increase female teleworkers' affective utility following gender identity theory, and thus partially offset the negative affective effect from the increasing domestic burden. On the other hand, males' working hours are decreased when teleworking, which contradicts gender norms and would hence attenuate male teleworkers' affective utility. Although males' leisure time increases when teleworking, which would improve their SWB, the combined effect is still significantly negative. Thus, our results imply that Japanese males might still lexicographically value the conservative gender norm that males are breadwinners."



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