

## Summary of research to date

To date, the team have developed a world-class body of work on wellbeing intervention for early intervention and promotion, the assessment of mental wellbeing assessment, and the theoretical relationship between mental wellbeing and mental illness. Our work has been featured in media outlets such as the Conversation, Forbes, and Vice. Our research has been cited by leading health and mental health institutions such as the World Economic Forum, the OECD, Headspace Australia, Orygen, and the World Happiness Report.

The team are committed to research excellence and improving research quality in wellbeing research, such that clinicians and policy makers would consider adopting our findings. The team have been commissioned for research work from a number of leading Australian bodies including Beyond Blue, the Alfred Hospital, Australian Health Practitioner Regulation Agency, Mental Health Council of Tasmania, Disaster Relief Australia, and Department of Veteran Affairs. The team were Finalists in the 2022 South Australian Science Excellence and Innovations Awards in the category of 'Innovators of the Year'.

## Some highlighted studies include

### Systematic Review: most effective psychological interventions to improve wellbeing

This was the largest systematic review of psychological interventions designed to build wellbeing to date (419 RCTs,  $n = 53,288$ ). Before this paper, wellbeing was considered relevant for a 'well population' – a perspective still held in Australian mental health care. However, this paper was the first to demonstrate efficacy of wellbeing interventions in the general population, as well as those with a diagnosed mental or physical illness.

### The development and evaluation of the Be Well Plan

**Development:** This paper describes the gold-standard intervention mapping and co-design used the team to develop a novel wellbeing intervention for early intervention, the Be Well Plan. This is among the first wellbeing interventions to (1) be designed in such a rigorous way, and (2) to be described and published in detail. As demonstrated below, this rigorous design process led to an intervention that is much more effective at improving wellbeing compared with similar interventions.

**Evaluation:** This was a well-powered waitlist Randomised Controlled Trial, demonstrating the efficacy of the Be Well Plan in an at-risk population of University students. The program was demonstrated to be highly effective, with positive satisfaction ratings and high attendance rates. As an indication of the magnitude of the impact, the Be Well Plan produced on average a large effect size (i.e., Cohen's  $d = 0.7$ ) that is double the average of other mental wellbeing programs ( $d = 0.3$ ).

### Scoping review of the Dual-Continua Model of Mental Health: investigating the relationship between mental wellbeing and mental illness

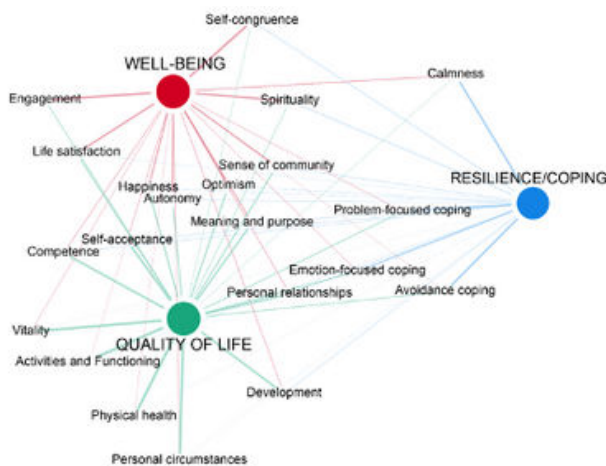
The first systematic review to demonstrate the body of evidence supporting (83 studies) the dual-continua model (DCM) of mental health, which includes both wellbeing and mental illness. This review summarised the implications of the DCM, which advocates the inclusion of mental wellbeing assessment and intervention into current mental health care, as a novel method for promotion and prevention. The review was commissioned by the Australian and New Zealand School of Government (ANZSOG) as a topic considered highly relevant for policy makers.

## Current Research Projects

The team are engaged in a number of funded research projects, which involve a diverse range of partners, funders and international research collaborations.

### Testing the Be Well Plan in clinical and non-clinical settings

The team continue to evaluate the impacts of the Be Well Plan across a range of populations and settings across Australia. In particular, different formats of the program are being tested, in addition to the standard 5 x 2 hour sessions, such as flipped-classroom models and self-managed versions. The program is being tested in clinical populations, such as survivors of breast cancer. This work has been funded to extend to support people living with Multiple Myeloma in collaboration with multiple Australian universities under the MRFF funding scheme.



### Taxonomy and Measure of wellbeing

Currently there is very little consensus around the world as to the specific components of mental wellbeing. As a result, there is confusion around the many models and measures of wellbeing that are available. Our team are actively leading a project to develop a taxonomy of mental wellbeing linked with measures for each of the domains within the taxonomy (i.e., happiness, connection, purpose, etc.). This project is being conducted in collaboration with leading academics from around the world (University of Melbourne, Australian National University, George Mason University, and Harvard University). The first study of this series has been published here.

### The Take a Minute campaign across Tasmania

This project was commissioned by the Mental Health Council of Tasmania, the peak mental health body for the state of Tasmania. Be Well Co were commissioned to design and evaluate a campaign aimed at improving wellbeing literacy across Tasmania. This project is ongoing and has required significant co-design across various community groups across Tasmania, logic modelling and evaluation design, and working with creative firms to ensure the final product is fun and engaging. This project has now been extended into youth and was highly commended at the 2024 Mental Health Service Awards of Australia and New Zealand. Find out more about the Take a Minute campaign here: [www.takeaminute.com.au](http://www.takeaminute.com.au)

