

capabilities, studies on the construct are scarce. While experiencing team flow, individual team members are experiencing the mental state of flow simultaneously by executing their personal task for the team. To develop a body of evidence-based knowledge on team flow, we discuss the precursors and components of team flow and its consequences, and describe how these precursors and components work in three different work contexts. The proposed precursors for team flow are: (a) collective ambition; (b) shared goals; (c) aligned personal goals; (d) high skill integration; (e) open communication; (f) safety; and (g) mutual commitment. Also, we proposed four components which are: (h) sense of unity (harmony); (i) sense of joint progress; (j) trust; (k) holistic focus; (l) shared identity. The proposed consequences of team flow are (m) high performance; (n) satisfaction; (o) development; (p) meaning; and (q) positive energy, which indicate a desire to reconvene as a team and form a new collective ambition / shared identity. The case studies exemplify the importance of having a collective ambition and intrinsic motivation among team members, which forms the heart and basis of the team flow model.

## **SY16 Positive Psychology in Europe – Flourishing and Well-being on a Population Level**

### ***D. Gudmundsdottir, Directorate of Health, Iceland***

The promotion of well-being and flourishing should be part of national and local health policies. In this symposium we will look at the situation on mental well-being and flourishing in Europe and how to enhance well-being at a population level. Dora Gudmundsdottir will identify, from a large monitor (European Social Survey), the prevalence of flourishing in 29 European countries and will take a special look at results from Denmark, Iceland, Netherlands, UK, France and Russia and compare them with results from the other European countries. After that, we take a look in the Netherlands at different strategies in public health on how to promote well-being and flourishing on a population level. Jan Walburg will present a method that mobilizes support and engagement of local stakeholders that are involved in the well-being of citizens, the so-called positive health search. Linda Bolier will demonstrate the potential of implementing online positive psychological interventions (oPPIs) in healthcare in order to reach large target groups, with some vivid examples from the Netherlands. Together

with the audience we will discuss how policymakers and stakeholders at a national and local level can use these kind of strategies for their own mental health and well-being policies.

## **SY16.1 Flourishing in Europe**

### ***D. Gudmundsdottir, Directorate of Health, Iceland***

### ***F. Huppert, University of Cambridge, United Kingdom***

Background: Studies on mental well-being have suggested an association between mental well-being and various policy operations. The focus of the concept of flourishing is to include both feeling and functioning in the measurement of mental well-being, to combine positive feelings, social functioning and psychological resources.

Aims: The aim of this study is to identify the prevalence of flourishing in Europe and to take a special look at results from Denmark, Iceland, Netherlands, UK, France and Russia and compare them with results from the other European countries.

Methods: The study population of interest is European citizens in 29 countries. Data come from the European Social Survey. The sample is compared with samples of 28 European countries. The conceptual framework composed by Huppert and So (2013) was used to measure the ten features of flourishing: competence, optimism, self-esteem, resilience, positive relationships, positive emotion, engagement, emotional stability, meaning and vitality.

Results: The prevalence of flourishing in Europe is 26.1%. Denmark has the highest flourishing prevalence in Europe (over 50%) while Russia has less than 20%.

Conclusion: Compared to a previous study on flourishing in Europe, the prevalence of flourishing in Europe has risen from 15.8% in 2009 to 26.1% in 2012.

## **SY16.2 Improving Flourishing in Two Dutch Cities**

### ***J. Walburg, University of Twente, Enschede, The Netherlands***

### ***J. Joost Meijs, Healthcare center 'The Bittern', Nieuwegein, The Netherlands***

### ***C. Verheijen, Healthcare center 'The Bittern', Nieuwegein, The Netherlands***

To improve flourishing at a population level it is necessary

## SYMPOSIUM ABSTRACTS

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to invest in flourishing during the whole life course with the support of all involved stakeholders. In two Dutch cities we mobilised stakeholders to invest in the well-being and health of the civilians. We invited around sixty representatives of local schools, companies, healthcare workers, city authorities, health care insurance companies and religious, cultural and sport organisations to participate in what we called a Positive Health Search. The methodology was based on the Future Search method, developed by Weisbord and Janoff. Their version is a three day meeting while our version was a one day meeting. During that day we started with a mind map to gather all trends related to flourishing in their community. From that we went on with drawing up an inventory on what these trends meant for each of the stakeholders, after which we formulated shared goals for the near and far future and made action plans for each of the stakeholder groups. In both cities, positive action plans were developed. We will present the reasons and rationale behind this population approach, inform about the process of the Positive Health Search and present some of the results so far.

### **SY16.3 Online Positive Psychology in Public Mental Health: Integration of a Well-being and Problem-based Perspective**

**L. Bolier, Trimbos Institute, Utrecht, The Netherlands**

**J. Walburg, University of Twente, Enschede, The Netherlands**

**M. Haverman, Trimbos Institute, Utrecht, The Netherlands**

**O. Smeets, Trimbos Institute, Utrecht, The Netherlands**

**B. Boon, Trimbos Institute, Utrecht, The Netherlands**

**K. Martin Abello, Trimbos Institute, Utrecht, The Netherlands**

Online positive psychological interventions (oPPIs) may offer an effective strategy for reaching large target groups. From a public mental health perspective, it is useful to reach large groups of people at the same time, as expressed in the 'population health approach' (Rose, 2008). A relative slight increase in the level of well-being in a large proportion of the population may have a larger preventive effect on mental health than targeting the much smaller group of people that are already ill (Huppert, 2009). In the public mental health sector, oPPIs can be used as an additional approach to balance the overall problem-based nature of interventions. They can be used as non-stigmatizing tools in mental health

promotion campaigns, as well as first-step interventions in a stepped care model. In the presentation, we will focus on how oPPIs can be integrated in mental health policy, using both practice-based and evidence-based methodologies. Two examples from the Netherlands, the mental health portal Mentaalvitaal.nl (which reached over 250,000 unique visitors in 2014) and the online mental fitness training Psyfit.nl (20,000 participants in 2010 – 2014), will be highlighted as such. The results regarding the implementation and dissemination will be presented.

### **SY17 International Developments In The Application of Positive Psychology in Education**

**E. Larson, Head of Research IPEN**

Chaired by Emily Larson from the International Positive Education Network (IPEN), this symposium will outline current empirical and applied developments in positive education across the globe with participants from 1) Europe and Japan; 2) Mexico; 3) China; 4) India and United States of America; and 5) Australia. Since the launch of the positive psychology movement in 2000, education has been an area where there has been significant growth. Given positive education is now entering its 'adolescent' years, researchers are starting to see evidence of an evolution in theory beyond individual and group interventions to consider education systems and eco-systems. This timely symposium provides a compelling global snapshot of well-being developments in education. Each of the presenters will report on research conducted with systems of education and individual case studies.

### **SY17.1 Recent Developments in Well-being and Resilience Education in Europe and Japan**

**I. Boniwell, Anglia Ruskin University, United Kingdom; École Centrale Paris (ECP)**

The wealth of countries in the 21st century appears to provide relatively little protection for their youth, with recent international surveys (e.g. UNICEF, 2007) revealing a worrisome picture with regard to well-being, depression and anxiety of children and young people. Positive education is a new area that brings together the findings of positive psychology and education, with the aim of providing