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Citation: Cattan, Mima (2011) The development of a multi-dimensional theoretical model of the foundations of mental well-being in later life (FUEL). In: Northumbria Research Conference, 5-6 May 2011, Northumbria University, Newcastle-upon-Tyne.

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ABSTRACT - Presentation

The development of a multi-dimensional theoretical model of the foundations of mental well-being in later life (FUEL)

Without a sound theoretical grounding and an understanding of the processes that contribute to the outcomes of mental health promoting interventions, it is difficult, if not impossible, to develop effective, generalisable and robust mental health promoting interventions. In 2009, we received a Medical Research Council Network Grant to create and validate a coherent, comprehensive and evidence-based model of mental well-being in later life and to derive testable hypotheses for policy and practice changes from the model. The network brought together 16 researchers from six universities, voluntary organisations, third sector and older people. The multi-dimensional theoretical model of the foundations of mental well-being in later life (FUEL) model identified four domains; psychological attributes, functional ability, social connectedness and power and resources (consisting of factors known to impact on mental health), framed by environment and lifecourse.

This presentation will describe the development of the model and discuss its strengths, weakness and future application.

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