

# Northumbria Research Link

Citation: Cattán, 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.

URL:

This version was downloaded from Northumbria Research Link:  
<https://nrl.northumbria.ac.uk/id/eprint/596/>

Northumbria University has developed Northumbria Research Link (NRL) to enable users to access the University's research output. Copyright © and moral rights for items on NRL are retained by the individual author(s) and/or other copyright owners. Single copies of full items can be reproduced, displayed or performed, and given to third parties in any format or medium for personal research or study, educational, or not-for-profit purposes without prior permission or charge, provided the authors, title and full bibliographic details are given, as well as a hyperlink and/or URL to the original metadata page. The content must not be changed in any way. Full items must not be sold commercially in any format or medium without formal permission of the copyright holder. The full policy is available online: <http://nrl.northumbria.ac.uk/policies.html>

This document may differ from the final, published version of the research and has been made available online in accordance with publisher policies. To read and/or cite from the published version of the research, please visit the publisher's website (a subscription may be required.)



**Northumbria  
University**  
NEWCASTLE



**UniversityLibrary**

## **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.

Contact details:

Professor Mima Cattán

125B, Coach Lane Campus West

Tel: 2156484

[mima.cattan@northumbria.ac.uk](mailto:mima.cattan@northumbria.ac.uk)