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Title of Abstract Salutogenesis and its psychological, psychoneuroimmunological and biophysical aspects
Text of ABSTRACT **Introduction**

Salutogenesis, a term first proposed by the medical sociologist Aaron Antonovsky, denotes a central concept in the new understanding of health in the health sciences, Complementary and Alternative Medicine, and Integrative Medicine. It represents a fundamental and much-needed shift of perspective from a pathogenesis-centered view to a health-centered view of health and illness, and from investigating the causes of disease and health risks to looking into the factors, mental and emotional states, personality traits, attitudes and behaviors that make or keep somebody healthy.

Materials/Methods

Many of the psychosocial findings of salutogenesis research have been supported more recently by biomedical research in psychoneuroimmunology and the neurosciences. In a short narrative review the psychosocial findings of salutogenesis research on health-promoting psychological states and the psychoneuroimmunology/neuroscience of health, healing and resilience are presented. Based on the findings of biophysics on human biofields and the hypothesis of the correlation between psychological states, physiological processes and biofield states, suggestions for the search for biophysical correlates to the psychosocial and psychoneuroimmunological findings on salutogenesis and resilience are made.

Results

While many of the psychosocial approaches of the original salutogenesis research are found wanting and must be complemented by corresponding findings from other fields such as humanistic and positive psychology, psychoneuroimmunology and neuroscience have produced a broad and comprehensive basis for understanding the health-promoting and protective factors, mental and emotional states, personality traits, attitudes and behaviors. The corresponding knowledge on biophysical, particularly biofield parameters of health and salutogenesis seems promising for developing holistic and non-invasive methods of evaluating the dynamical health status of a person, but the existing approaches need to be thoroughly tested and developed to a scientifically acceptable level.

Conclusions

A transdisciplinary approach combining psychology and the social sciences, psychoneuroimmunology/neurosciences and biophysics seems most promising for developing the scientific basis and methods for the holistic assessment of the dynamical (processual) health status of a person.

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