

Dolors Juvinyà-Canal, Mariano Hernán, and Javier Gallego-Diéguez

Introduction

In the last few years, the influence of salutogenesis has been growing, both in the area of research and in the public health and health promotion strategies and policies, in Spain and in Latin America. Since Hernán and Lineros (2000) reviewed this model in Spain, the number of publications that apply Antonovsky's perspective, as well as the actions based on the health assets model, have increased.

In the last few years, this model has had an impact on the health promotion actions which have been carried out in the different scenarios. More precisely, in school health promotion, some actions oriented to promote the personal and social development of educators have been promoted, and both internal and external personal resources have been considered as an important way to reinforce general resistance resources. Proposals that promote emotional health, coexistence, resilience, and physical activity have been emphasized. Another important area that has been developed lately is the momentum of the Spanish Health Promotion Universities Network and the Latin America Health Promotion Universities Network (REUS and RIUPS, respectively, in Spanish) for setting up synergies among university members and for improving health promotion education and research. The asset maps methodology is being used in order to identify health resources. In 2013, the *Alliance for Community Health* was set up by many Spanish Public Health Administration entities, by the Medicine, Nursing

and Public Health Scientific Societies and by the Public Health Universities and Education Centers, with the aim to promote community health from primary care health services.

The analysis of health social determinants and health equity has generated a large debate and has led to the development of different strategies and plans to reduce health social inequalities. The salutogenesis and health asset model is extremely useful when it is included in policies and programs whose aim is to achieve health equity.

Review of the Scientific Literature on Salutogenesis in Spanish

This literature has been searched from 2000 on in the Pubmed, Cinhal, Medline, Cochrane, Redalyc, and Scopus databases, by entering the following keywords: *salutogenesis, sense of coherence, salutogenic, salutogenic approach, health assets, and SOC*.

The selected papers were classified by their year of publication, publication type, and these topics:

- Sense of coherence
- Salutogenic policies
- Salutogenesis approach.
- Health assets

From the year 2000 to this writing, the salutogenesis literature in Spanish includes 58 articles, five books, and eight doctoral dissertations, produced in Spain, Portugal, and countries of Latin America. Tables 47.1, 47.2, 47.3, and 47.4 list journal articles in the ascending order of year of publication, with citation information in Spanish. The last column in each Table indicates in English the study group or groups that are in focus in each article.

D. Juvinyà-Canal (✉)
University of Girona, Girona, Spain
e-mail: dolors.juvinya@udg.edu

M. Hernán
Andalusian School of Public Health, Granada, Spain
e-mail: mariano.hernan.easp@juntadeandalucia.es

J. Gallego-Diéguez
Aragon Government Directorate of Public Health, Zaragoza, Spain
e-mail: jgallego@aragon.es

Table 47.1 Sense of coherence—journal articles

Date	Authors	Article title	Journal title	Volume (issue): pages	Study group(s)
2004	Chacón Roger, M.; Jorge Grau, A.	Burnout y variables personales moduladoras en enfermeros que trabajan en hospitales oncológicos	<i>Psicología y Salud de la Universidad Veracruzana</i>	14(1):67–78	Nurses
2007	Segura, A.	La prevención de la dependencia	<i>Revista española de geriatría y gerontología</i>	42(2):7–11	Dependents
2007	Dejo Vásquez, M.	Sentido de coherencia, afrontamiento y sobrecarga en cuidadores familiares de ancianos con enfermedad crónica	<i>Avances en psicología latino-Americana</i>	25(1):64–71	Elderly relatives with chronic illness
2007	Virués-Ortega, J.; Martínez, P.; del Barrio, J.L.; Lozano, L.	Validación transcultural de la Escala de Sentido de Coherencia de Antonovsky (OLQ-13) en ancianos mayores de 70 años	<i>Medicina clínica</i>	128(13):486–492	Elderly
2008	Besteiro, J.; Álvarez, M., Lemos, S.; Muñiz, J.; Costas, C.; Weruaga, A.	Dimensiones de personalidad, sentido de coherencia y salud percibida en pacientes con un síndrome fibromiálgico	<i>International Journal of Clinical and Health Psychology</i>	8(2):411–427	Patients with fibromyalgia syndrome
2008	Fernández, M ^º E.; Mayo, L.; García Mata, M ^º . A.; Liébana, C.; Fernández, D.; Vázquez, A. M ^º .	Sentido de coherencia y salud percibida en alumnos universitarios de ciencias de la salud	<i>Revista Española de Sanidad Penitenciaria</i>	5(3):1–5	University students of health sciences
2008	Ureña Bonilla, P.	Calidad de vida, sentido de coherencia y niveles de sedentarismo en académicos y administrativos del campus presbítero Benjamín Núñez, U.N.A.	<i>Revista MH Salud</i>	5(2):1–15	Academic and administrative staff
2009	Ureña Bonilla, P.; Castro Sancho, C.	Calidad de vida, sentido de coherencia y satisfacción laboral en profesores(as) de colegios técnicos en la Dirección Regional de Heredia	<i>Educare</i>	13(1):71–87	Teachers of technical colleges
2011	Robledo-Martínez,R.; Agudelo-Calderón, C.	Aproximación a la construcción teórica de la promoción de la salud	<i>Revista de Salud Pública</i>	13(6):1031–1050	
2011	Rodríguez Costa Schmidt, D.; Aparecida Spadoti Dantas, R.	Análisis de validez y confiabilidad de la versión adaptada para el portugués del Cuestionario de Sentido de Coherencia de Antonovsky entre profesionales de enfermería	<i>Revista Latino-Americana de Enfermagem</i>	19(1):1–8	Nurses
2012	Malagón, M. C.; Juvinyà,D.;; Bonmatí, A.; Fernández, R.; Bosch, C.; Bertrna,C.; Suñer, R.	El sentido de coherencia de las enfermeras y validación del cuestionario SOC-13	<i>Metas de Enfermería</i>	15(9):27–31	Nurses
2012	Malagón, M. C.; Fuentes, C.; Suñer, R; Bonmatí, A.; Fernández, R.; Bosch, C.	El sentido de coherencia en el colectivo enfermero	<i>Enfermería Clínica</i>	22(4):214–218	Patients
2013	Paredes, J.; Agulló, J.; Vera, E.; Hernán, M.	Sentido de coherencia y activos para la Salud en jóvenes internos en centros de Menores	<i>Revista Española de Sanidad</i>	15:87–97	Young inmates
2013	García-Moya, I.; Rivera, F.; Moreno, C.; López, A.	Calidad de la relación entre los progenitores y sentido de coherencia en sus hijos adolescentes. El efecto de mediación de la satisfacción familiar	<i>Anales de psicología</i>	29(2):482–490	Teens

Besides the salutogenesis literature in journals, as listed in Table 47.5, several noteworthy books have been published. The first one was published in 2000, and the other four, were published after 10 years, one book on 2010 and three books on 2011. The last column of Table 47.5 indicates the issue covered in the book.

Finally, eight doctoral dissertations have been identified. Also, in Table 47.6, the last column indicates the subject of the doctoral dissertation, and five of the eight focus on population groups.

Table 47.2 Salutogenic policies—journal articles

Date	Authors	Article title	Journal title	Volume (issue) page	Study group
2008	Sanabria Ferrand, P.A.	Reseña de “Psicología de la Salud: Temas Actuales de Investigación en Latinoamérica” de L. Flórez Alarcón, M.M. Botero y B. Moreno Jiménez (eds.)	<i>Inter-American Journal of Psychology</i>	42(1):181–182	
2008	Segura, A.	Políticas de salud (actuaciones poblacionales) en los servicios asistenciales. Informe SESPAS 2008	<i>Gaceta Sanitaria</i>	22(1):104–110	Care services
2009	Omar, A.; Paris, L.; Aguilar de Souza, M.; Almeida da Silva, S.E.; del Pino Peña, R.	Validación del inventario de bienestar subjetivo con muestras de jóvenes y adolescentes argentinos, brasileros y mexicanos	<i>Suma Psicológica</i>	16(2):69–84	Teens
2010	De Lellis, M.	Psicología y políticas públicas saludables	<i>Revista Latinoamericana de Ciencia Psicológica</i>	2(2):102–106	
2011	Álvarez-Dardet, C.; Ruiz Cantero, M ^a T.	Patrimonio de salud ¿Son posibles las políticas salutogénicas?	<i>Revista Española de Salud Pública</i>	85(2):123–127	
2012	Agost Felip, M ^a R.; Martín Alfonso, L.	Acercamiento al papel de los procesos de exclusión social y su relación con la salud	<i>Revista Cubana de Salud Pública</i>	38(1):126–140	

Spanish Salutogenesis Group

The Spanish Salutogenesis Group was set up on July 12, 2012, stimulated by a proposal of Professor Bengt Lindström when he visited the University of Girona (Spain) for the presentation of the book “The Salutogenic Hitchhiker,” which had been translated into Spanish by the Health Promotion Chair at the University of Girona. This group was set up by the authors of this chapter with the aim to create a meeting point, a resource for Spanish-speaking professionals who are working or wish to work from the salutogenic approach, as well as to promote the work that is being carried out in Spanish speaking countries and to build a bridge with the international group. The group’s objectives are to:

- Expand the network of professionals working in salutogenesis in Spanish.
- Promote and exchange experiences and knowledge on salutogenesis.
- Promote salutogenesis research and development within our contexts.
- Stimulate the implementation of the salutogenic approach in intervention, education, and research.

In order to develop a strategy that fosters the salutogenic approach, based on assets for public health, the Salutogenesis Spanish Group proposes the ten principles below:

1. The contributions of sociology, psychology, and human learning theories to medicine and health sciences have generated a salutogenic approach to public health. This

new perspective complements and, somehow, also opposes the more traditional perspective of the biomedical sciences, which focuses on the recovery of health deficits. Salutogenesis is re-oriented towards people’s well-being.

2. The salutogenic approach emphasizes the assets that generate health and also examines the elements that make it possible for people to understand, manage, and find a sense to their life. These elements focus on the individual and group resources available—the so-called general resistance resources—that help people to understand their own life, the effects of the structural inequalities and therefore become stronger to overcome them. This perspective and its health paradigms are especially necessary now, in a context of global crisis and deep economic changes that can impact people and foster social inequalities which, in turn, have an impact on health.
3. The existing knowledge should be rebuilt and new knowledge should be gathered, in order to provide legislators, politicians, managers, promotion specialists, and professionals in the health, well-being, and education sectors with positive approaches for health, well-being, and human development. The salutogenic approach should be included in public health regulations, plans, and programs.
4. Promoting an approach to public health based on the vital life of people could make it easier to understand and to manage health assets in each phase of life. If health is included in all public policies, we will be able to understand people and communities in their contexts and in the different phases of life, and clarify the changes required in policies for better health and well-being.

Table 47.3 Salutogenic approach—journals articles

Date	Authors	Article title	Journal title	Volume (issue) page	Study group
2001	Hernán, M.; Ramos, M.; Fernandez, A.	Revisión de los trabajos publicados sobre promoción de la salud en jóvenes españoles	<i>Revista Española de Salud Pública</i>	75(6) :491–503	Teens
2002	Franco, G. A.	Editorial: Los temas de la salud pública	<i>Revista Facultad Nacional de Salud Pública</i>	20(1):1–2	
2002	García Martín, M. A.; Hombrados Mendieta, M ^a I.	Control percibido y bienestar subjetivo: un análisis de la literatura gerontológica	<i>Revista multidisciplinar de gerontología</i>	12(2):90–102	Elderly
2009	Londoño Pérez, C.	Optimismo y salud positiva como predictores de la adaptación a la vida universitaria	<i>Acta Colombiana de Psicología</i>	12(1):95	College students
2009	Sánchez, D.; Lineros, C.; Hernán M.	Potenciales activos para la salud de la juventud en Nicaragua	<i>Gaceta Sanitaria</i>	20:303	Young people
2009	Pérez, M.; Jiménez, J.; García, J.; Hernán, M.	Salud en internet para adolescentes y los jóvenes	<i>Gaceta Sanitaria</i>	13:138	Teens and young people
2011	Rivera de los Santos, F.; Ramos Valverde, P.; Moreno Rodríguez, C.; Hernán García, M.	Análisis del modelo salutogénico en España: aplicación en salud pública e implicaciones para el modelo de activos en salud	<i>Revista Española de Salud Pública</i>	85(2):129–139	
2011	Morelato, G.	Maltrato infantil y desarrollo: hacia una revisión de los factores de resiliencia	<i>Pensamiento Psicológico</i>	9(17):83–96	Infants
2011	Juárez, F.	El concepto de salud: Una explicación sobre su unicidad, multiplicidad y los modelos de salud	<i>International Journal of Psychological Research</i>	4(1):70	
2012	Santana Bravo, F.; Martin Castillo, D.; Camuñez Gómez, M ^a D.; Bueno Balboteo, JM.	Estudio sobre hábitos alimenticios y actividad física en nuestros adolescentes	<i>Nutrición Hospitalaria</i>	27(3):53–75	Teens
2012	Cofiño, R.; Pasarín, M ^a I.; Segura, A.	¿Cómo abordar la dimensión colectiva de la salud de las personas? Informe SESPAS 2012	<i>Gaceta Sanitaria</i>	26(1):88–93	
2012	Oliveira, C.; Costa, A. L.	Viver o estado terminal de um familiar: leitura salutogénica de resultados de um estudo de caso	<i>Revista electrónica online (Scielo)</i>	21(3):698–709	
2012	Mariñelarena-Dondena, L.	Recepción y desarrollo de la psicología positiva en la Universidad de Buenos Aires (1998–2008)	<i>Revista Latinoamericana de Ciencia Psicológica</i>	4(2):76–83	
2012	Saforcada, E.	Psicología sanitaria: historia, fundamentos y perspectivas	<i>Revista Latinoamericana de Ciencia Psicológica</i>	4(2):120–130	
2012	Ortega-Calvo, M.; Santos, J. M.; Lapetra, J.	La animación científica en atención primaria	<i>Atención Primaria</i>	44(9):549–554	
2012	Bakker, Arnold B.; Rodríguez Muñoz, A.; Derks, D.	La emergencia de la psicología de la salud ocupacional positiva	<i>Psicothema</i>	24(1):66–72	
2012	Bakker, Arnold B.; Rodríguez Muñoz, A.	Introducción a la psicología de la salud ocupacional positiva	<i>Psicothema</i>	24(1):62–65	
2012	Thielmann, K.; Illnait Ferrer, J.	La crisis y la salud. ¿La salud en crisis?	<i>Revista Cubana de Salud Pública</i>	38(2):278–285	
2013	Juvinyà, D.	Salutogénesis, nuevas perspectivas para promover la salud	<i>Enfermería Clínica</i>	23(3):87–88	

Table 47.4 Health assets—journal articles

Date	Authors	Article title	Journal title	Volume (issue) page	Study group
2009	Botello, B.; Hernán,M.	Opiniones de los jóvenes sobre la salud mental en Huelva según el modelo de activos.	<i>Gaceta Sanitaria</i>	33(96)	Young people
2010	Hernán, M.; Lineros, C.	Los activos para la salud. Promoción de la salud en contextos personales, familiares y sociales.	<i>Rev. FUNDESFAM</i>	2(2)	
2011	Rivera de los Santos F.; Ramos P.; Moreno C.; Hernán M.	Análisis del modelo salutogénico en España: aplicación en salud pública e implicaciones para el modelo de activos en salud	<i>Revista Española de Salud Pública</i>	85(2):129–139	
2012	Ramos-Morcilloa, A.J.; Fernández-Salazar, S.	Cuidando a un preescolar desde el modelo de activos en salud: caso clínico	<i>Enfermería Clínica</i>	22(3):166–169	Preschool
2012	Hernán, M.	Activos para la Salud y Salutogénesis; emergentes en Salud Pública	<i>bepSALUT</i>	1	
2013	Gómez-Acosta, C. A.; Londoño Pérez, C.	Modelo predictor del consumo responsable de alcohol y el comportamiento típicamente no violento en adolescentes	<i>Health and addictions: salud y drogas</i>	13(1):23–34	Teens
2013	Botello, B.; Palacio, S.; García, M.; Margolles, M.; Fernández, F.; Hernán, M.; Nieto, J.; Cofiño, R.	Metodología para el mapeo de activos de salud en una comunidad	<i>Gaceta Sanitaria</i>	27(2):180–183	
2012	Cassaretto, M.; Martínez Uribe, P.	Razones para vivir en jóvenes adultos: validación del RFL-YA	<i>Revista de Psicología</i>	30(1):169–188	Young people
2012	Fernández, M ^a R.; Thielmann, K.; Bormey Quiñones, MB.	Determinantes individuales y sociales de salud en la medicina familiar	<i>Revista cubana de salud pública</i>	38(3):484	
2012	Ruiz-Azarola, A.; Perestelo-Pérez, L.	Participación ciudadana en salud: formación y toma de decisiones compartida. Informe SESPAS 2012	<i>Gaceta Sanitaria</i>	26:158–161	
2012	Agost Felip, M ^a R.; Martín Alfonso, L.	Acercamiento al papel de los procesos de exclusión social y su relación con la salud	<i>Revista Cubana de Salud Pública</i>	38(1):126–140	
2013	Pérez Jarauta, M.J.; Echaui Ozcoidi, M.	Educación versus coerción. Una apuesta decidida por la educación para la salud	<i>Gaceta Sanitaria</i>	27(1):72–74	
2013	Morgan, A.; Hernán, M.	Promoción de la salud y el bienestar a través del modelo de activos	<i>Revista Española de Sanidad</i>	15(3):78–86	

Table 47.5 Salutogenesis books

Date	Authors	Title	Publishing Company	Issue
2000	Grün, Anselm	¿Qué enferma y qué sana a los hombres?	Verbo Divino	Factors that make people ill or better
2010	Hernán García, M.; Lúis Mena Jiménez, Á.; Morgan, A.	Formación en salutogénesis y activos para la salud	Escuela Andaluza de Salud Pública	Assets for health
2011	Hernán García, Mariano; Lúis Mena Jiménez, Ángel; Lineros González, Carmen; Botello Díaz, Blanca; Cubillana de la Cruz, Pablo García; Huertas Povedano, Ángeles	Activos para la salud y promoción de la salud mental	Escuela Andaluza de Salud Pública	Assets for health
2011	Ley C.; Rato M.	Deporte, juego y técnicas participativas como herramientas terapéuticas	Lambert Acad.	Therapeutic value of certain techniques
2011	Lindström, B.; Eriksson, M./Traducción: Dolors Juvinyà	Guía del autoestopista salutogénico : camino salutogénico hacia la promoción de la salud	Documenta Universitaria	Translation into Spanish of a guide

Table 47.6 Salutogenesis—doctoral dissertations

Date	Author	Title	University	Subject
2006	Carrondo, E.	Formada profissional de enfermeiros e desenvolvimento da criança: contributo para um perfil centrado no paradigma salutogénico; Nurses' professional training and child development: contribution to a profile centered on the salutogenic paradigm	Universidade do Minho	Training of professionals
2009	Ley, C.	Acción psicosocial a través del movimiento, juego y deporte en contextos de violencia y de conflicto. Investigación sobre la adecuación sociocultural de la 'terapia a través del deporte' y evaluación de un programa con mujeres en Guatemala	Universidad Politécnica de Madrid	Psychosocial action through sport
2010	Fernández, M. E.	Estrés percibido, estrategias de afrontamiento y sentido de coherencia en estudiantes de enfermería: su asociación con salud psicológica y estabilidad emocional	Universidad de León	Population groups
2011	Ruiz, D.	Calidad de vida del alumnado del aula de mayores de la universidad de Málaga y utilización de los servicios de salud	Universidad de Málaga	Population groups
2012	Bennasar, M.	Estilos de vida y salud en estudiantes universitarios: la universidad como entorno promotor de la salud	Universidad de les Illes Balears	Population groups
2012	Rivera de los Santos, F.	Salutogénesis y sentido de coherencia: un estudio psicométrico de la escala SOC en adolescentes españoles	Universidad de Sevilla	Population groups
2013	Bustamante, E.	La comunicación interna y la promoción de la salud estudio de caso en Madrid salud	Universidad Autónoma de Barcelona	Communication and health promotion
2013	Carrillo, J.	Promoción de la salud de los empleados públicos de la Región de Murcia: prevención del estrés a través del Taiji Quan y Qigong	Universidad de Murcia	Population groups

5. Professionals should be involved with communities in all issues related to the health development process, enabling them to use all the capacities of people in a place and social context. By being aware of all we can do for our health and of what should be socially changed—and by taking the necessary steps required—we will illuminate the opportunities available to be healthy.
 6. It is important to learn more about the relationship between health and the sense of coherence, which allows people to understand, manage, and find a sense to what happens along their life, and also to know how this impacts on their personal quality of life and on that of their community. An asset for health could be defined as any element or resource that reinforces the capacity of individuals, communities, and populations, so that they keep their health, well-being, and sense of coherence.
 7. We should foster and improve the evidence that allows us to further understand the elements that make people and communities live a healthier life. This could help us to emphasize the health determinant analysis models that aim at understanding which is the origin of health and its correlation with quality of life. We should identify the key elements or resources that contribute to health and well-being in childhood and youth—which are crucial phases in life to learn in a healthy way—and also in other stages in life.
 8. In order to develop purposes for the strategy that fosters the salutogenic approach, it is very important to apply a multidisciplinary approach and to complement experimental studies with narration, epidemiology, ethnography, sociology, and biomedical sciences.
 9. A key element consists of identifying experiences, types of strategies, initiatives, and ways to work that more efficiently lead to the promotion of capacities and abilities in individuals and communities, so that health is maintained, promoted, and recovered.
 10. It is absolutely necessary to work so that projects and actions include some indicators that lead to the evaluation of programs based on positive models. We should improve the ability to understand not only the things that work and their results, but also how things work in different contexts—because the social context of people helps to identify priorities and, thus, promote the elements which generate health and reduce the stress created by unfair inequalities, as well as all the elements that could help to design policies that allow people to evolve towards health objectives in the medium and long term.
- The website of the [Spanish Salutogenesis Group](#) disseminates information about the Group, news related to it, resources, projects, and links.

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