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Appendix A

Table 1: Definitions of well-being and spiritual well-being and related topics

Spiritual well-being, an outcome of spiritual experience, 'pertains to the wellness or health of the totality of the inner resources of people, the ultimate concerns around which all other values are focused, the central philosophy of life that guides conduct, and the meaning giving centre of human life which influences all individual and social behaviour'	Moberg, 1979
Spiritual well-being arises from an underlying state of spiritual health and is an expression of it, much like the color of one's complexion and pulse rate are expressions of good [physical] health	Ellison, 1983
Spiritual well-being is an indication of individuals' quality of life in the spiritual dimension or simply an indication of their spiritual health	Fehring et al, 1987
Spiritual well-being correlates positively with psychological adjustment and overall wellness, marital satisfaction, physical health, social adjustment, possession of strong coping skills and resiliency in times of stress and personal crisis	Fernando & Chowdhury, 2010
To love is to act intentionally, in sympathetic response to others (including God), to promote well-being. Well-being relates to health, happiness, wholeness, flourishing and eudaimonia. It involves enhancing mental and physical aspects and deep personal relationships	Oord, 2005, p924
Well-being is defined as including physical, mental and emotional, social and spiritual dimensions	Spirituality and Well-being Strategy Group, 2013
Promotes general wellbeing in each domain: medical, nutritional, environmental, physical, social, spiritual, behavioural, psychological	Yeung & Martin, 2013
Improved quality of life, physical and mental health – all aspects of well-being	Yeung & Martin, 2013
Wellbeing is autonomy, environmental mastery, positive relationships with others, purpose in life, realization of potential and self acceptance	Ryff, 1989
Well-being has several measurable elements – building blocks for a flourishing life – positive emotion, engagement, relationships, meaning and accomplishment	Seligman, 2011
Wellbeing is a balance point between an individual's resource pool of psychological, social and physical and the challenges faced in psychological, social and physical (when the individual have more challenges than resources, the see-saw dips, along with their wellbeing, and vice versa.	Dodge et al, 2012
Assesses Physical Health, Social Health, Emotional Health, Spiritual Health and Intellectual Health	US Health and Human Services, 2000
Quality of life measures various areas of national well-being such as health, relationships, job satisfaction, economic security, education and environmental conditions	Everett, 2013
Clinical perspective of well-being: the absence of negative conditions and the psychological perspective defines well-being as the prevalence of positive attributes	Barwais, 2011
Psychological perspective of well-being: the prevalence of positive	Barwais, 2011

<p>attributes with six characteristics:</p> <ul style="list-style-type: none"> - Active pursuit of well-being - A balance of attributes - Positive affect or life satisfaction - Pro social behaviour - Multiple dimension - Personal optimization 	
Well-being is 'what people are notionally able to do and to be, and what they have actually been able to do and to be'	Gough & McGregor, 2007, p6
Simple notion of well-being, that is a life going well in a variety of ways, including a person's good, benefit, advantage, interest, prudential value, welfare, happiness, flourishing, eudemonia, utility, quality of life and thriving.	Angner, 2008
<p>Contemporary perspective on well-being:</p> <ul style="list-style-type: none"> - Well-being is an empty notion or - Well-being is an important and meaningful term which conveys meaning that no other term conveys 	Seedhouse, 1995
Well-being is a form of happiness as "a global assessment of a person's quality of life according to his own chosen criteria"	Shin & Johnson, 1978, p478
<p>Defined well-being as the general evaluation of one's quality of life, with three components:</p> <ul style="list-style-type: none"> - A cognitive appraisal that one's life was good (life satisfaction) - Experiencing positive levels of pleasant emotions - Experiencing relatively low levels of negative moods 	Deiner, 2009
Well-being is "playing an active role in creating their well-being by balancing ... different factors, developing and making use of resources and responding to stress"	Bradshaw et al, 2007, p136
20 items x 5 items reflecting the quality of relationships of each person with themselves, other people, the environment and/or God, in the Personal, Communal, Environmental and Transcendental domains of spiritual well-being. Spiritual health and well-being permeates and integrates all dimensions of health (physical, mental, emotional, social and vocational) and is a dynamic state of being, people live in harmony within relationships in the following domains of spiritual well-being	Fisher, 2010
Quality of life is "the satisfaction of an individual's values, goals and needs through the actualisation of their abilities or lifestyle"	Emerson, 1985, p282
Quality of life is "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment".	WHO, 1997
Quality of life is well-being covering four areas: quality of life in physical, mental, social and spiritual well-being (a large research program on pain and quality of life).	Ferrell 1995
A model of quality of life dividing into four life spheres: the global, external, interpersonal and personal sphere with personal representing the physical, mental and spiritual dimension	Lindströ, B & Henriksson, B. 1996
"High-level wellness involves giving good care to your physical self, using your mind constructively, expressing your emotions effectively, being creatively involved with those around you, and being concerned about your physical, psychological, and spiritual environments".	Travis & Rya, 2004
Wellness is an holistic concept and included physical, psychological and spiritual components	Connolly & Myers, 2003

Wellness is the active process through which the individual becomes aware of all aspects of the self and makes choices towards a more healthy existence through balance and integration across multiple life dimensions.	Goss & Cuddihy, 2009
Wellness is “a way of life oriented towards optimal health and well-being, in which body, mind and spirit are integrated by the individual to live life more fully within the human and natural community”	Myers et al 2000, p252
Wellness is the optimal state of health of individuals and groups with two focal concerns: the realisation of the fullest potential of an individual physically, psychologically, socially, spiritually and economically AND the fulfillment of one’s role expectations in the family, community, place of worship, workplace and other settings.	WHO cited in Smith, Tang et al 2006
Health is “a dynamic state of well-being characterized by a physical and mental potential, which satisfies the demands of life commensurate with age, culture and personal responsibility”. (Takes into account changing health needs)	Bircher, 2005, p336
Health is “a condition of well being, free of disease or infirmity, and a basic and universal human right” (links to WHO defn and ideal to contemporary issues of human rights, equity and justice)	Saracchi, 1997
Australian aboriginal define health as “health does not just mean the physical well-being of the individual but refers to the social, emotional, spiritual and cultural well-being of the whole community” (community health + spiritual well being are core aspects of health)	NHRMC, 1996