

**Applicant**

Dr. Felix Cheung, University of Toronto

Trainee: Sofia Panasiuk

**E-mail Address**

[f.cheung@utoronto.ca](mailto:f.cheung@utoronto.ca)

**Project Title**

A causal inference approach to life satisfaction and outcome-wide health

**Project Summary**

The biopsychosocial model of health emphasizes the importance of patients' well-being in determining their physical health outcomes. Subjective well-being (SWB), including life satisfaction, has been linked to a myriad of health benefits including longevity and lower risk of disease. Previous studies on the relationship between life satisfaction and health rely on non-causal inference, and thus the jury is still out on whether greater subjective well-being actually leads to better health outcomes. This study will use the CLSA longitudinal survey with over 50,000 participants to determine whether there is a causal relationship between life satisfaction and outcome-wide health. Findings will demonstrate the potential economic benefits of implementing well-being interventions on a national level and could support evidence-backed policies to improve well-being and reduce the health-care burden.

**Keywords**

life satisfaction, outcome-wide health, causal inference