

Applicant

Dr. Eric Kim, University of British Columbia

E-mail Address

eric.kim@psych.ubc.ca

Project Title

Identify underlying pathways and characterize key moderators of the higher life satisfaction and lower mortality risk association

Project Summary

In light of our nation's 1) rapidly ageing population, 2) rising medical costs, and 3) how we live longer but sicker lives, citizens, researchers and policy-makers alike are seeking novel and scalable paths to enhance population health. These realities invite the exploration of an innovative path already of great interest to citizens and policy-makers - policies aimed at enhancing life satisfaction. Prominent intergovernmental organizations (e.g., OECD, WHO, UN) urge countries to go "Beyond gross domestic product (GDP)," and also use well-being indicators (e.g., life satisfaction) when making policy decisions. Thus, great momentum for prioritizing the enhancement of life satisfaction already exists. Further, growing research shows that life satisfaction is uniquely associated with reduced mortality risk. However, underlying mechanisms and potential moderators are unclear. Without this understanding, a promising population-health intervention cannot progress.

Keywords

life satisfaction, happiness, health psychology, epidemiology