

## Summary of evidence on the determinants and interventions for mental wellbeing

When applying evidence-based practice it is important to draw on the range of evidence available. Firstly, the evidence on what influences mental wellbeing and secondly the evidence about what interventions work to positively affect these influences. Examining what works might include what affects the influence the most (produces the best outcomes) but also what produces the best social and economic value.

This paper provides a summary of factors influencing mental health and wellbeing and effective interventions that address these factors. Many of the interventions may address more than one of the factors. However, interventions have been listed against the factor(s) showing with the strongest outcome from the evaluation. This paper can be added to as new research emerges. It is not exhaustive but includes information collated in a number of sources as detailed below:

- Column 1: The Mental Wellbeing Impact Assessment (MWIA) Toolkit provides a comprehensive table of evidence based factors for mental wellbeing and these have been used as the framework in column one. More information of the MWIA evidence can be found at [www.hiagateway.org.uk](http://www.hiagateway.org.uk)
- Column 2: The NW Mental Wellbeing survey and related research has identified factors most strongly associated with mental wellbeing from a population sample of 18,500. [What influences wellbeing](#)
- Column 3: The London School of Economics has published an economic case for mental health promotion interventions: [Mental Health Promotion and Mental Illness Prevention: The economic case](#)
- Column 4: The National Mental Health Development Unit commissioned UCLAN to undertake a guide to commissioning for mental wellbeing that collated evidence of practice: [Commissioning Mental Wellbeing for all - a toolkit for Commissioners](#)
- Column 5: Lynne Friedli and Michael Parsonage have undertaken a number of mental health promotion economic reviews. This is based on their latest report commissioned by the Welsh Assembly: [Promoting Mental Health and Prevention Mental Illness: the economic case for investment in Wales](#)
- Column 6: Alongside the national Department of Health strategy, *No Health Without Mental Health* (2011) is an [Economic Case for Improving Efficiency and Quality in Mental Health](#)
- Column 7: [NICE guidelines on promoting mental wellbeing: adults, in the workplace, in primary schools, in secondary schools; and community engagement](#)
- Column 8: [other best practice known locally, regionally or included in national guidance](#)

Determinant of MH (and outcome of mh intervention)		Effective Interventions					
MWIA factors	NW survey influences	LSE	UCLAN	Friedli & Parsonage	NhwMH	NICE	other best practice interventions
<b>Access to quality housing</b> e.g. security, tenure, neighbourhood, social housing, shared ownership, affordable and appropriate			Interventions to address fuel poverty		housing-based support services for people with mh problems (can save £10-20k per year per client);  warm housing (grants for insulation and heating interventions can halve the rates of common mh problems)		Affordable warmth
<b>Physical Environment</b> e.g. access to green space, trees, natural woodland, open space, safe play space, quality of built environment	being satisfied with the area you live in;	bridge safety measures for suicide prevention	community empowerment to improve neighbourhoods, safe green environments, active travel	access to green space, natural woodland, open space	bridge safety measures for suicide prevention (save £2-3m over 10 years)		

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<b>Economic security</b> e.g. access to secure employment (paid and unpaid), good working conditions, meaningful work and volunteering opportunities	having enough money to live on; household economic status being in work;		signposting to welfare advice, benefit uptake, debt management, employment support, financial literacy, information and self help; debt counselling and advice;	workplace mental health promotion		strategic & co-ordinated approach; stress audits and management; flexible working; line management; support for SMEs	Prevent pay-day loan companies and illegal loan sharking;  Living wage;
<b>Good quality food</b> e.g. affordable, accessible							food action Our Life (award winning);  reduce fast food outlets (especially close to schools);  community food projects;  increase growing space;

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<b>Leisure</b> opportunities to participate in arts, creativity, sport, culture	having time to do the things you enjoy;  being active/ non- sedentary;		exercise and arts on prescription			physical activity (low levels)	
<b>Tackling inequalities</b> e.g. addressing poverty, deprivation			fuel poverty; benefit uptake				Fairness Commission - reduce pay differentials (1:20), promote living wage, employ local people
<b>Transport</b> access and options e.g. providing choice, affordability and accessibility			community empowerment to encourage active travel, reduce traffic				
<b>Local democracy</b> e.g. devolved power, voting, community panels	influence decisions in local area					community engagement	

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<b>Ease of access to high quality public services</b> e.g. housing support, health and social care			universal health visiting and reducing post-natal depression; parenting interventions;	universal home health visiting for and as part of a mh package; parenting programmes;  via social prescribing	via workplaces	health visitor interventions to reduce post-natal depression;  community navigators		childcare
<b>Access to Education</b> e.g. schooling, training, adult literacy, hobbies				life long learning for older people	adult literacy and continuing education  home learning			reading schemes
<b>Challenging discrimination</b> e.g. racism, sexism, ageism, homophobia and discrimination related to disability, mental illness or faith				school based violence prevention programmes including sexual abuse and bullying prevention		school-based violence prevention programmes;  reducing stigma and discrimination of mental illness (can keep people in work and reduce service costs through early intervention)		time to change campaign

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A sense of control e.g. setting and pursuit of goals, ability to shape own circumstances			school based interventions to reduce bullying	social prescribing and increasing participation to enhance control				CCBT
Belief in own capabilities and self determination e.g. sense of purpose and meaning			parenting interventions	parenting skills programmes	parenting skills training;  workplace interventions	work-based mental health promotion	cognitive behavioural parenting programmes	
Knowledge skills and resources to make healthy choices e.g. understanding what makes us healthy and being able to make choices				access to healthy lifestyle programmes;  screening and brief intervention for alcohol in pc; multi-sectoral action on alcohol;	lifestyle behaviour change programmes - exercise, diet, alcohol, learning new skills, creative pursuits and social participation  social prescribing		mass media campaigns on knowledge and attitudes to mental health	

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<b>Maintaining independence</b> e.g. support to live at home, care for self and family				parenting skills training;			good neighbours schemes
<b>Self-help</b> provision e.g. information advocacy, groups, advice, support		parenting interventions	parenting skills programmes; sign-posting to self-help;	social prescribing	community navigators		
<b>Opportunities to influence decisions</b> e.g. at home, at work or in the community	influence decisions in local area			workplace interventions		community engagement	
<b>Opportunities for expressing views and being heard</b> e.g. tenants groups, public meetings	influence decisions in local area		community empowerment to improve neighbourhood			community engagement	
<b>Workplace job control</b> e.g. participation in decision making, work-life balance		promoting wellbeing in the workplace		workplace interventions	work-based mental health promotion (9-fold annual return on investment)	flexible working; line management;	

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<b>Collective organisation and action</b> e.g. social enterprise, community-led action, local involvement			community empowerment to improve neighbourhoods, safe green environments, active travel			community engagement	
<b>Resources for financial control</b> e.g. access to credit union, welfare rights, debt management	asking for help in financial difficulty	debt and mental health	debt counselling and advice;  signposting to welfare, benefit advice, debt management & financial literacy	debt advice, credit union, social prescribing	debt advice		
<b>Emotional well-being</b> e.g. self esteem, self worth, confidence, hopefulness, optimism, life satisfaction, enjoyment and having fun	WEMWBs score  optimism & young people (career)	school-based social and emotional learning programmes (to prevent conduct disorders)	whole-school approaches social and emotional learning, self management	parenting skills training, pre school  home learning environment  health promoting schools	social and emotional learning to prevent childhood conduct disorder (saves £10k in 10 years)	behavioural parenting programmes (self esteem);  social and emotional skills in schools	



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<b>Ability to understand, think clearly and function socially</b> e.g. problem solving, decision making, relationships with others, communication skills	WeMWBs score	parenting interventions for children with persistent conduct disorders	whole-school approaches social and emotional learning, self mangement;  workplace stress management;  signposting to welfare advice & information	parenting skills training home learning environment  lifelong learning: health promoting schools and continuing education	social and emotional learning (to prevent childhood conduct disorder)	social and emotional skills in schools	Mindfulness
<b>Have beliefs and values</b> e.g. spirituality, religious beliefs, cultural identity							
<b>Learning and development</b> e.g. formal and informal education and hobbies			opportunities for life long learning for older people;  social prescribing;	home learning environment;  social prescribing	suicide prevention training for GPs (could save over £500m in one year)		MH training (e.g. IMHEP)

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<b>Healthy lifestyle</b> e.g. taking steps towards this by healthy eating, regular physical activity, and sensible drinking	health in general time spent sitting or reclining levels of recreational activity		physical activity for older people (on prescription);  healthy lifestyle programmes;  Good nutrition and diet	lifestyle behaviour change programmes - exercise, diet, alcohol, learning new skills, creative pursuits and social participation  social prescribing		physical activity (low levels)	Five Ways to Wellbeing
<b>Trust and safety</b> e.g. belief in reliability of others and services, feeling safe where you live or work	how safe alone at home at night		school based violence prevention programmes including sexual abuse and bullying prevention	workplace interventions			

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<b>Social networks and relationships</b> e.g. contact with others through family, groups, friendships, neighbours, shared interests, work	financially supportive relationships  how often do you meet people not living with you  satisfaction with personal relationships	befriending of older adults	social support and education to prevent falls amongst older people;  community empowerment interventions to strengthen social networks;	social networks and support;  reducing traffic	time banking (3-fold return on investment) and community navigators (2-fold return on investment) ;  befriending for older people (can alleviate social isolation, reduce loneliness, prevent depression and reduce health service use)		
<b>Emotional support</b> e.g. confiding relationships, provision of counselling support					CBT		

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<b>Shared public spaces</b> e.g. community centre, library, faith settings, café, parks, playgrounds, places to stop and chat			community empowerment interventions to improve shared public space	green space/ green exercise;  natural environment, built environment and public space				asset transfer; use of derelict land
<b>Sustainable local economy</b> e.g. local skills and businesses being used to benefit local people, buying locally, using Time Banks	having enough money to live on;  household economic status		Timebanking	timebanking	time banks			
<b>Arts and creativity</b> e.g. expression, fun, laughter and play			arts on prescription	creative lifestyle, arts on prescription				
<b>Having a valued role</b> e.g. volunteer, governor, carer			volunteering for older people			older people volunteering		

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<b>Sense of belonging</b> e.g. connectedness to community, neighbourhood, family group, work team	length lived in area; satisfaction with area; sense of belonging		community empowerment to improve neighbourhoods, safe green environments, active travel to strengthen networks		time banks and community navigators			
<b>Feeling involved</b> e.g. in the family, community, at work	sense of belonging		community empowerment interventions;					
<b>Activities that bring people together</b> e.g. connecting with others through groups, clubs, events, shared interests	Having time to do things you enjoy; Being active; Meeting people not living with you;		social support and education for older people	collective opportunities for healthy lifestyles				

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<b>Practical support</b> e.g. childcare, employment, on discharge from services			early intervention for unemployment to promote engagement and participation;  supported work for people with mh problem;		community navigators;  employment support for people with mh problems		
<b>Ways to get involved</b> e.g. volunteering, Time Banks, advocacy	being active; having time to do things you enjoy;		volunteering for older people  through social prescribing - volunteering, time banks	timebanking	time banks and community navigators	older people volunteering  community engagement	volunteer bureaus
<b>Accessible and acceptable services or goods</b> e.g. easily understood, affordable, user friendly, non-stigmatising, non-humiliating				via workplaces	community navigators	community engagement	community navigators

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Cost of participating e.g. affordable, accessible								
Conflict resolution e.g. mediation, restorative justice			school based interventions to reduce bullying	school based violence prevention programmes including sexual abuse and bullying prevention		school-based violence prevention programmes (save £8k+ in 10 years) and interventions to reduce bullying (save £1k per pupil)		
Cohesive communities e.g. mutual respect, bringing communities together				multi-agency info sharing on alcohol related assaults				