

Why HappyB?



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- Duration = January 2022 to December 2023 (2 years)
- In collaboration with the Harvard T.H. Chan School of Public Health - Department of Social and Behavioral Sciences (Prof. Viswanath's lab).

Where does Happy B come from

- Previous research mainly focused on the absence or presence of psychological symptoms ("ill-being")
- Few studies conceptualized well-being in a positive way (e.g., "hedonic" and "eudaimonic" well-being)
- Mental health is not considered as the absence of disease but is identified with the presence of positive functioning factors (World Health Organization)
- Need to differentiate state and trait well-being and consider the uniqueness of the individual