

## **Epidemiology of mental wellbeing in the Nordic countries**

### **– The importance of reliable and regular measures on mental wellbeing for public policy**

#### Abstract:

Due to the limitation of relying exclusively on economic indicators to measure progress in a society a strong emphasis has been made on the importance of developing reliable wellbeing indicators. Therefore, an epidemiology of mental wellbeing with reliable and regular measures, on a national level, is of great importance. In this presentation, a conceptual framework of mental wellbeing and flourishing will be presented together with flourishing results of the Nordic countries from the European Social survey 2012-2013. Furthermore, results from studies on the impact of the economic crisis in Iceland will be presented. The results demonstrate that there was a drop in trust in public institutions, a minor drop in happiness among adults while there was an increase in happiness among adolescents. The experience in Iceland demonstrates that even in times of austerity, there was an opportunity to give more attention to mental wellbeing indicators and strengthening wellbeing by public policies.