


Interdisciplinary Perspectives on Well-being and Intervention Strategies across Life Stages

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Article Info

Article type:

Letter to Chief Editor

How to cite this article:

Navabinejad, S. (2024). Interdisciplinary Perspectives on Well-being and Intervention Strategies across Life Stages. *KMAN Counseling and Psychology Nexus*, 1(2), 1-3. <http://doi.org/10.61838/kman.psynexus.2.1.1>



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ABSTRACT

The discourse surrounding well-being and the myriad intervention strategies designed to enhance life satisfaction and mental health spans a wide array of disciplinary boundaries and life stages. This letter seeks address the significant contributions and interdisciplinary perspectives that inform our understanding of well-being, drawing upon recent scholarly works that collectively underscore the complexity and richness of this field. Collectively, such scholarly works underscore the importance of adopting an interdisciplinary lens in the study and application of well-being interventions. From the nuanced needs of children living under the shadow of political unrest to the complex dynamics of caregiving and the influence of digital technologies, it is evident that well-being is a multifaceted phenomenon that requires a diverse array of strategies and perspectives to address effectively. Moreover, the exploration of mindfulness as a potent intervention strategy reaffirms the value of integrating psychological and behavioral science insights into the fabric of mental health care. As we continue to navigate the challenges and opportunities presented by our evolving understanding of well-being, it becomes increasingly clear that an interdisciplinary approach is not merely beneficial but essential. By fostering collaboration across disciplines, we can enhance our collective capacity to develop and implement effective intervention strategies that cater to the diverse needs of individuals across all life stages.

Keywords: *Interdisciplinary Perspectives, Well-being, Intervention Strategies, Life Stages.*

1. Introduction

The discourse surrounding well-being and the myriad intervention strategies designed to enhance life satisfaction and mental health spans a wide array of disciplinary boundaries and life stages. This letter seeks address the significant contributions and interdisciplinary perspectives that inform our understanding of well-being, drawing upon recent scholarly works that collectively underscore the complexity and richness of this field.

Cavazzoni, Fiorini, and Veronese (2022) offer a poignant narrative review that explores the resilience and life satisfaction of children residing in politically volatile environments. Their work, published in the *Child & Youth Care Forum*, meticulously details the multifaceted impact of external adversities on the internal world of the child, emphasizing the necessity of context-sensitive approaches in fostering psychological well-being in young populations (Parry et al., 2022).

Similarly, the systematic review conducted by Cooper et al. (2022) in *BMJ Open* ventures into the realm of adult mental health, evaluating the efficacy of social prescribing interventions. Their findings illuminate the "active ingredients" that contribute to the success of such programs, pointing towards a holistic integration of social, psychological, and physical health determinants in the promotion of mental wellness (Cooper et al., 2022).

Molassiotis and Wang (2022) further extend this discussion into the caregiving domain, highlighting the often-overlooked psychological burdens shouldered by informal cancer caregivers. Published in *Current Treatment Options in Oncology*, their review underscores the critical need for supportive interventions tailored to the unique challenges faced by caregivers, thus acknowledging their indispensable role in the healthcare continuum (Molassiotis & Wang, 2022).

The intricate relationship between digital platforms and psychological well-being is meticulously examined by Parry et al. (2022) in *Current Opinion in Psychology*. Their methodological critique invites a deeper exploration of social media's dual-edged impact on mental health, advocating for nuanced research approaches that can untangle this complex web (Parry et al., 2022).

On the interventional front, Rahpeima et al. (2022) demonstrate the transformative potential of interdisciplinary discharge planning for patients undergoing coronary artery angioplasty, as reported in *Investigación Y Educación en Enfermería*. Their study not only highlights the importance

of collaborative care strategies in improving treatment adherence and reducing readmissions but also reflects the broader applicability of interdisciplinary approaches in healthcare (Rahpeima et al., 2022).

Lastly, Wang, Garland, and Farb (2023) delve into the psychological mechanisms underpinning mindfulness practices and their correlation with enhanced well-being. Their research, featured in *Emotion*, elucidates the causal pathways linking mindfulness-based decentering and cognitive reappraisal to improved mental health outcomes, offering empirical support to the mindfulness-to-meaning theory (Wang et al., 2023).

Collectively, such scholarly works underscore the importance of adopting an interdisciplinary lens in the study and application of well-being interventions. From the nuanced needs of children living under the shadow of political unrest to the complex dynamics of caregiving and the influence of digital technologies, it is evident that well-being is a multifaceted phenomenon that requires a diverse array of strategies and perspectives to address effectively. Moreover, the exploration of mindfulness as a potent intervention strategy reaffirms the value of integrating psychological and behavioral science insights into the fabric of mental health care.

As we continue to navigate the challenges and opportunities presented by our evolving understanding of well-being, it becomes increasingly clear that an interdisciplinary approach is not merely beneficial but essential. By fostering collaboration across disciplines, we can enhance our collective capacity to develop and implement effective intervention strategies that cater to the diverse needs of individuals across all life stages.

Authors' Contributions

Not applicable.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Not applicable.

Acknowledgments

Not applicable.

Declaration of Interest

The author reports no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethical Considerations

Not applicable.

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