TITLE: Positive Attitude as a Determinant of Mental and Physical State: Clinical Effectiveness

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RESEARCH QUESTION

What is the evidence that positive attitude is a determinant of mental and physical state?

KEY MESSAGE

The majority of evidence relating to positive attitude as a determinant of mental and physical state is related to mindfulness-based approaches and conclusions are mixed.

METHODS

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 1, 2011), University of York Centre for Reviews and Dissemination (CRD) databases, ECRI (Health Devices Gold), EuroScan, international health technology agencies, and a focused Internet search. The search was limited to English language articles published between January 1, 2006 and January 26, 2011. Filters were applied to limit the retrieval to health technology assessments, systematic reviews, meta-analyses, and randomized controlled trials. Internet links were provided, where available.

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials.

Four systematic reviews, three meta-analyses, and nine randomized controlled trials were identified pertaining to evidence that positive attitude is a determinant of mental and physical state. Additional information that may be of interest, including non-randomized studies, is included in the appendix.
Health technology assessments
No literature identified.

Systematic reviews and meta-analyses

*Mindfulness-based interventions*


*Other interventions*


Randomized controlled trials

*Mindfulness-based interventions*


Other interventions


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APPENDIX – FURTHER INFORMATION:

Non-randomized studies

Mindfulness-based interventions


Other interventions


Surveys


Review articles

24. Scorsolini-Comin F, Dos Santos MA. The scientific study of happiness and health promotion: an integrative literature review. Rev Lat Am Enfermagem. 2010 May;18(3):472-
9. PubMed: PM20721439


Additional references


This paper revisits the standard finding in individual-level studies that happiness leads to longevity. It does so in a cross-country time-series analysis in which the use of a random effects estimator controls for most relevant time-invariant factors. The findings suggest that happiness is negatively associated with longevity at the national level, and suggests a potential indirect transmission channel, as national happiness is negatively associated with public health expenditures. The paper concludes by discussing the implications of the results for public policy and future research.