

Invited Symposium: Health and well-being in the digital era: Socio-ecological perspectives

Organizers: Márta Csabai and Tamás Martos (U of Szeged, Hungary)

The last few decades have brought promising developments in the application of the bio-psycho-social approach in the integrated care models of healthcare. There is a growing need that the traditional medical view of diseases and their treatment should be gradually replaced by the emphasis on health promotion and a more democratic concept of provider-client interactions. These developments are partly facilitated by the fast increase and availability of (digital) health information, and the need for the extension of the health-illness spectrum by the dimension of general well-being. The invited papers of the symposium critically reflect on these developments and the challenges brought by them. Marta Bassi (Italy) will present a working model of integrated care, the Care System Group, a research team comprising psychologists and physicians from nine centers in Northern, Central and Southern Italy. Peter Schulz (Switzerland) will demonstrate how on one side the availability of digital information influences patients' information search, but also the challenges for patient empowerment and autonomy. The problems of patient autonomy and empowerment are critically reflected by Sara Kim (US), who will address the question of psychological safety in relation to speaking up and power dynamics in healthcare. The complex, bio-psycho-social view of health and well-being is enlightened in the systems theory approach by Tamas Martos and Viola Sallay (HU), emphasizing the transactional processes between individuals and their personal niches and the relevance of these processes to health outcomes.