

Brighter Paths to Wellbeing

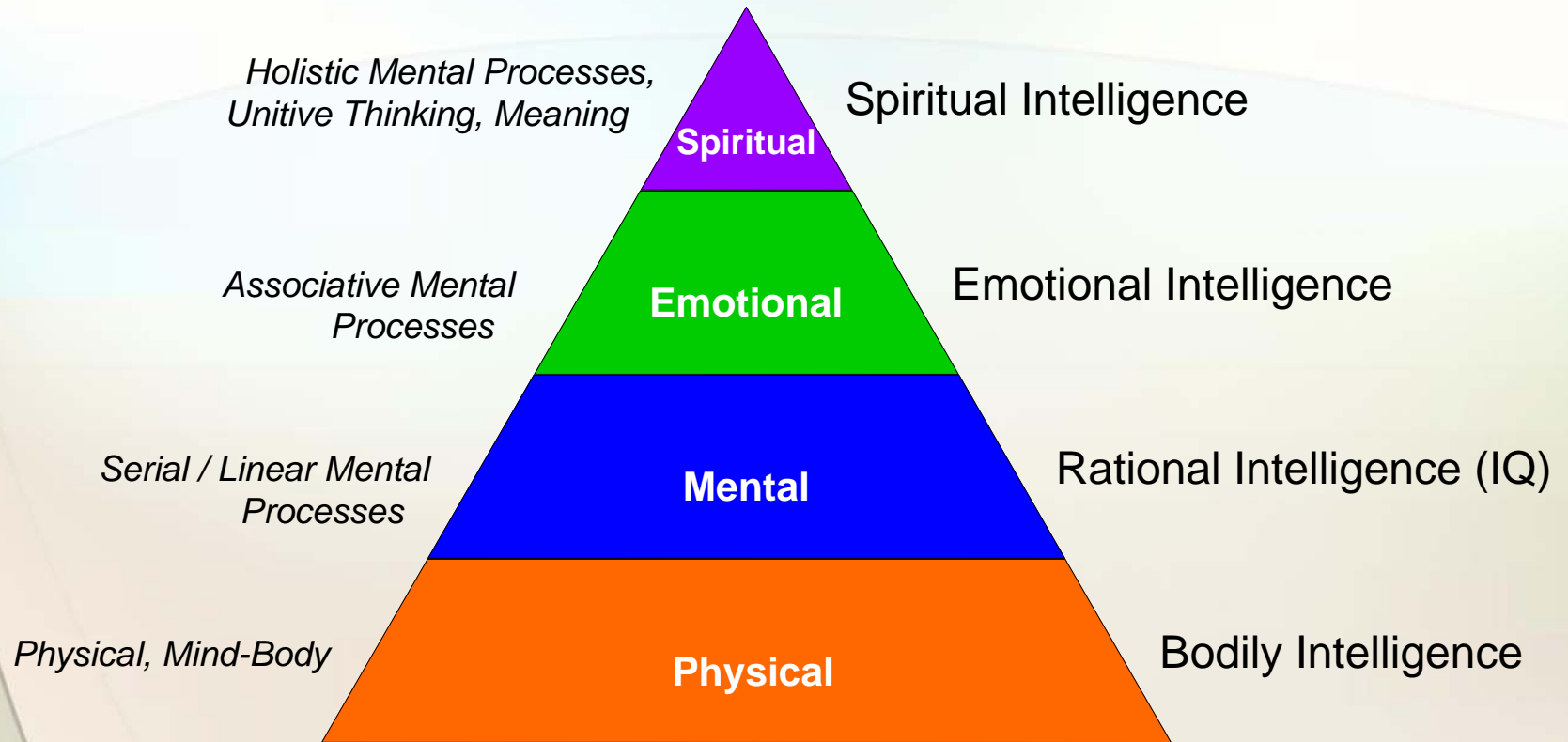
An Integrative Model of Human Intelligence & Health

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Human Intelligence

- **Single construct vs. multiple intelligences.**
- **Rational Intelligence / IQ** (linguistic, mathematical, spatial, logical abilities).
- **Emotional Intelligence** (interpersonal, intrapersonal, emotional awareness, control).
- **Bodily Intelligence** (bodily awareness, manipulation, control).
- **Spiritual Intelligence** (critical existential thinking, personal meaning production, transcendental awareness, conscious state expansion).

Human Intelligence



Human Intelligence & Health

What does the research say?

Bodily Intelligence & Health

- **Research on bodily intelligence limited in general.**
- **“Body awareness appears to be part of a sociopsychological process through which global self-assessments of *health* are constructed” (Hansell & Mechanic, 1991).**
- **Philippines: concept of balance plays critical role in bodily awareness and self-management of chronic illness (Gay, 2003).**
- **Body Awareness Therapies (BAT) shown to increase health-related quality of life in patients with chronic pain (Gard, 2005).**
- **Mental imagery and positive affects on disease and injury recovery.**

IQ & Health

- **IQ & concurrent health**
 - **High correlations (.70) observed between lower IQ scores and indicators of poorer health (United Health Foundation of US).**
- **IQ & mortality (for review see Batty et al., 2007)**
 - **Lower scores on various tests of IQ related to higher rates of later mortality (all causes).**
 - **Replicated by longitudinal studies of IQ testing in children and adolescents (e.g., large sample in Scotland).**
 - **Effects remain significant after controlling for socioeconomic variables.**

Emotional Intelligence & Health

- **Higher emotional intelligence positively related to:**
 - **Greater mental and physical health (Tsaousis & Nikolaou 2004).**
 - **Higher life satisfaction in Canadian and Scottish samples (Austin et al., in press).**
 - **Higher mental, social, and physical health in a Spanish university sample (Extremera & Fernandez-Berrocal, 2006).**
- **EI also correlated positively with exercising and negatively with harmful health behaviours (e.g., smoking, drinking).**
- **EI plays a critical role in health care administration (Freshman & Rubino, 2002).**

Spiritual Intelligence & Health

- **Spirituality positively related to:**
 - **Adaptability in individuals suffering from physical health problems (Miller & Thoreson, 2003).**
 - **More active coping in cancer patients (Holland et al., 1999).**
 - **Quality of life in cancer patients (Brady et al., 1999), HIV patients (Simoni et al., 2002), and those with chronic pain (Amena, 2006).**
- **Spirituality appeared to moderate the negative effects of frailty in an elderly sample (Kirby et al., 2004).**
- **Personal meaning related to increased levels of mental and physical health in old age (Fry, 2000; Reker, 1997).**

Human Intelligence & Health

- **There appears to be a fair amount of support for a relationship between intelligence and health.**
- **Each intelligence, however, seems to play a slightly different role in health and wellbeing.**

Questions

- **What is the role of each intelligence in our health?**
 - I. Injury & Illness PREVENTION?**
 - II. Injury & Illness DETECTION?**
 - III. MANAGEMENT (treatment & recovery)?**

Bodily Intelligence

Primary Health-Related Functions

I. PREVENTION

Awareness of Physical Limits, Avoiding Injury, Exercise

II. DETECTION

Perception of Bodily Changes, Detecting Physical Signs/Symptoms

III. MANAGEMENT

External Management, Bodily Manipulation, Physical Compensation, Rehabilitation

Rational Intelligence (IQ)

Primary Health-Related Functions

I. PREVENTION

Scientific Learning & Logical Reasoning (in order to live a healthy lifestyle, prevent disease & injury)

II. DETECTION

Logical Reasoning & Problem-Solving, Self-Diagnosis (Recognizing Early Symptoms), Seeking Knowledge & Expert Advice

III. MANAGEMENT

External Management, Adhering to Treatments/Medications, Manipulating Environments

Emotional Intelligence

Primary Health-Related Functions

I. PREVENTION

Stress Management & Problem-Solving, Avoiding Manifestations of Stress, Staying Active via Social Networks

II. DETECTION

Perception of Emotional Shifts (Detecting Emotional Signs & Symptoms)

III. MANAGEMENT

Internal Management & Coping, Managing Distress, Depression, & Anxiety

Spiritual Intelligence

Primary Health-Related Functions

I. PREVENTION

Stress Management & Problem-Solving, Avoiding Manifestations of Stress

II. DETECTION

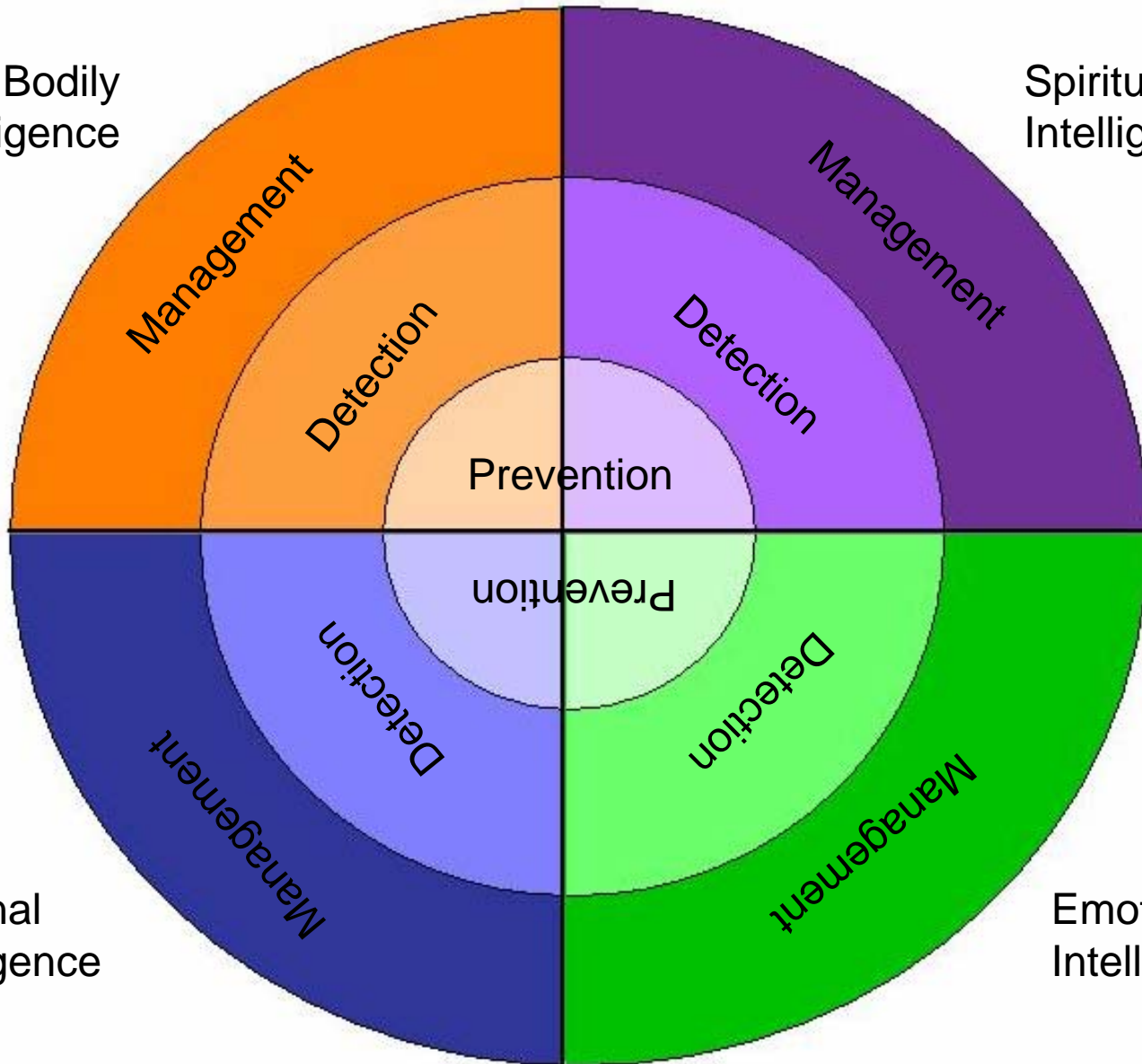
Perception of Spiritual Shifts, Detecting Changes on a Holistic or Transcendent Level

III. MANAGEMENT

Interpretation & Coping, Extracting Meaning, Purpose, & Context within One's Life

Bodily
Intelligence

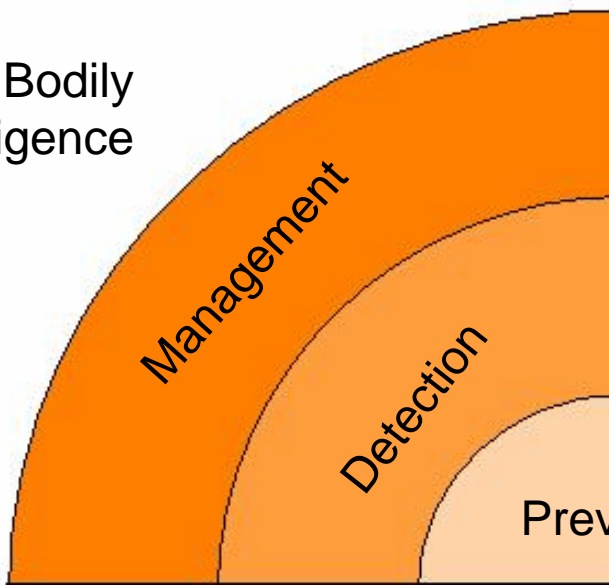
Spiritual
Intelligence



Rational
Intelligence

Emotional
Intelligence

Bodily
Intelligence

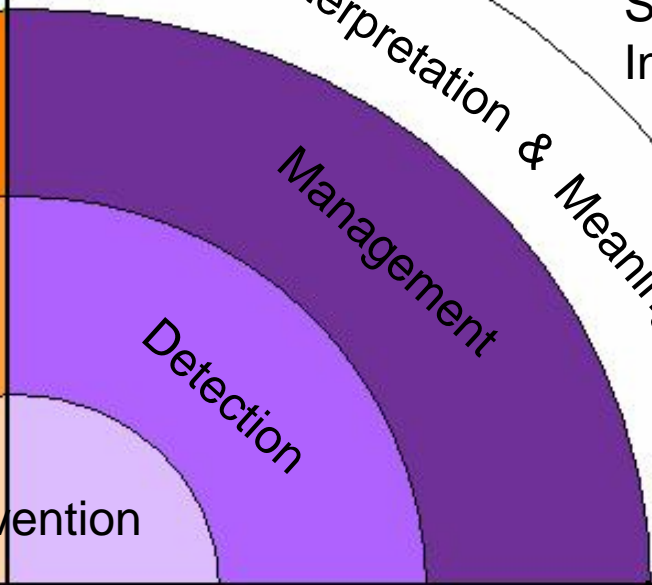


Management

Detection

Prevention

Spiritual
Intelligence

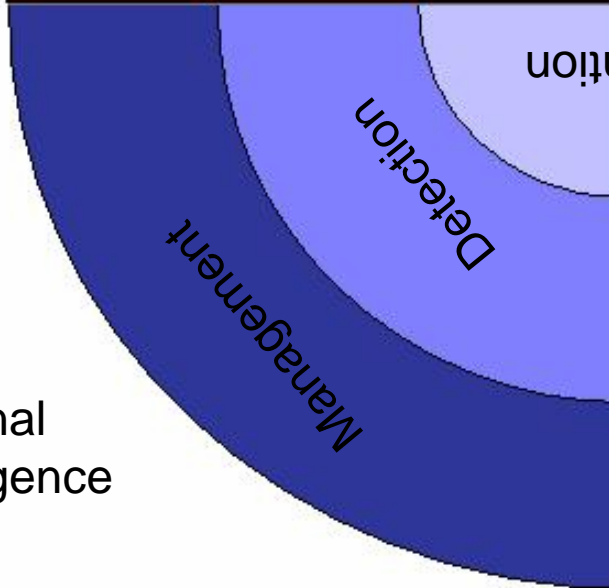


Management & Meaning

Detection

Prevention

Rational
Intelligence

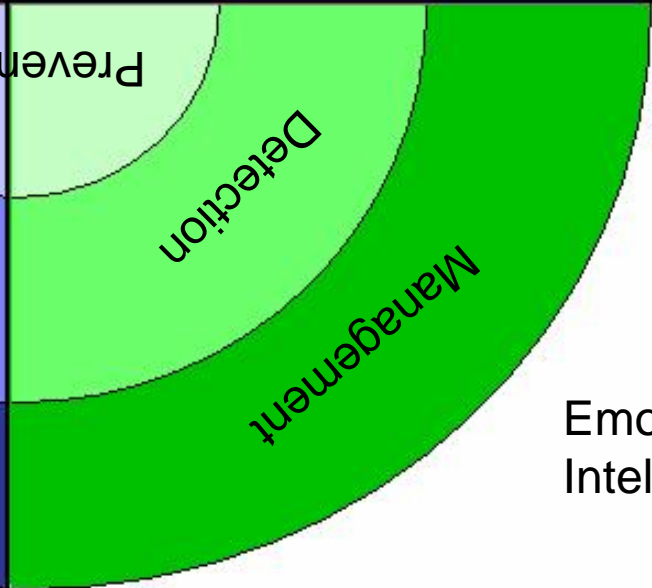


Management

Detection

Prevention

Emotional
Intelligence



Management

Detection

Prevention

Interpretation & Meaning

Lance Armstrong:

“Without the illness I would never have been forced to re-evaluate my life and my career. I know if I had not had cancer, I would not have won the Tour de France.”



Interpretation & Meaning

Jeremy Feldbusch:

“No regrets whatsoever. If I had one good eye left, I’d be banging on the Army’s door asking them to let me back in.”



Interpretation & Meaning

Jacqui Saburido:

“Life must have some meaning.”

“Even if it means sitting here in front of a camera with no ears, no nose, no eyebrows, no hair, I’ll do this a thousand times if it will help someone make a wise decision. I also think some of us who are strong have to go through things that help us make choices for those who are weaker.”



Conclusions

- **Spiritual intelligence plays a critical role in all steps of healthcare, particularly management & recovery.**
- **It leads to unique outcomes that other intelligences/abilities cannot produce.**
- **Is one ever completely recovered from an illness or injury if one has not interpreted the event in the context of one's life?**
- **How can the healthcare system (and society in general) adapt to better allow individuals to apply spiritual abilities to their health & wellbeing?**

“Health is a large word. It embraces not the body only, but the mind and spirit as well; and not today's pain or pleasure alone, but the whole being and outlook of a man.”

James H. West

