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Dual-Factor Model of Mental Health: Surpass the Traditional Mental Health Model

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ABSTRACT

Aiming at the limitations of traditional mental health model, the dual-factor model of mental health (DFM) was proposed as a new idea under the background of positive psychology trend. According to the DFM, mental health is a complete state; subjective well-being should be included into the mental health evaluation system as a positive indicator; in terms of prevention and intervention, the DFM asserted that the decrease of symptoms is only the first step of intervention, and the improvement of subjective well-being should be followed, in order to achieve the complete mental health states and reduce the recurrence of illness. Finally, this paper put forward evaluation on DFM and its future research directions.

KEYWORDS

Dual-Factor Model of Mental Health, Subjective Well-Being, Psychopathology, Psychological Suzhi

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