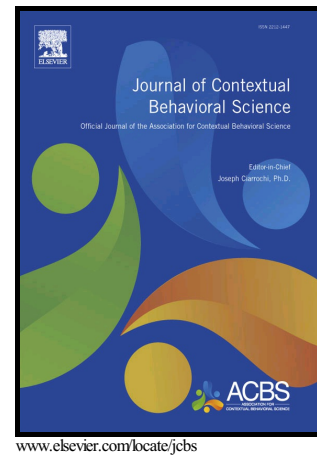


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## Psychological Flexibility as a Malleable Public Health Target: Evidence from a Representative Sample

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## Psychological Flexibility as a Malleable Public Health Target: Evidence from a Representative Sample

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### Background

Identifying salient and widespread health-promoting targets is a prerequisite for efficient public health initiatives. We tested the moderating influence of psychological flexibility — a fundamental, *trainable* set of intrapersonal and interpersonal processes that help people manage stressors and strengthen alternative adaptive behaviors — on the relationship between known risk factors and physical health, mental health, and well-being.

### Method

A representative sample of 1,035 participants in Switzerland aged 18 – 74 years answered questions about their physical health, health care utilization, mental health, well-being, and three risk factors: stressful life events, daily stress, and low

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