

Prof. Antonella Delle Fave

**Professor of Psychology
University of Milano, Italy**

Bio

Antonella Delle Fave, MD specialized in Clinical Psychology, is professor of Psychology at the University of Milano, Italy. Her research activities include the investigation of mental health indicators, flow experience, daily experience fluctuation patterns and well-being components across cultures, and among individuals experiencing conditions of diversity and adversity. She has been cultivating a specific interest in Indian philosophical and medical traditions. Her scientific production includes papers in international peer-reviewed journals, book chapters and academic volumes. She was President of the International Positive Psychology Association and the European Network of Positive Psychology. From 2010 to 2025 she served as Editor in Chief of the Journal of Happiness Studies.

Keynote address on:

Mental health as harmonious balance: An equitable and sustainable view of well-being

Abstract

The scientific development and fast dissemination of well-being theories and practices were dominated for decades by the view of mental health as the maximization of positive psychological functions. A less popular perspective, that emphasizes the primacy of balance and sustainability as targets in well-being promotion, is recently obtaining increasing attention from researchers, practitioners and the general population. The understanding of mental health as a balanced and dynamic state of harmonization among different aspects of the self, and between individuals and their context, is however not new in human history, rather representing a foundational concept in different cultural traditions, including the Indian one. Engaging in the translation of these original principles into theoretical models and empirical interventions can promote a truly culture-fair and equity-based view of well-being, fostering sustainability through locally appropriate interventions and acknowledging the contribution of nonwestern knowledge systems to contemporary basic and applied science. In support of this perspective, concepts and practices derived from the Indian philosophical and medical tradition, substantiated by current scientific evidence, will be briefly discussed, together with suggestions for future research directions.