

Academic Crossword  
Puzzles  
for Non-Academics







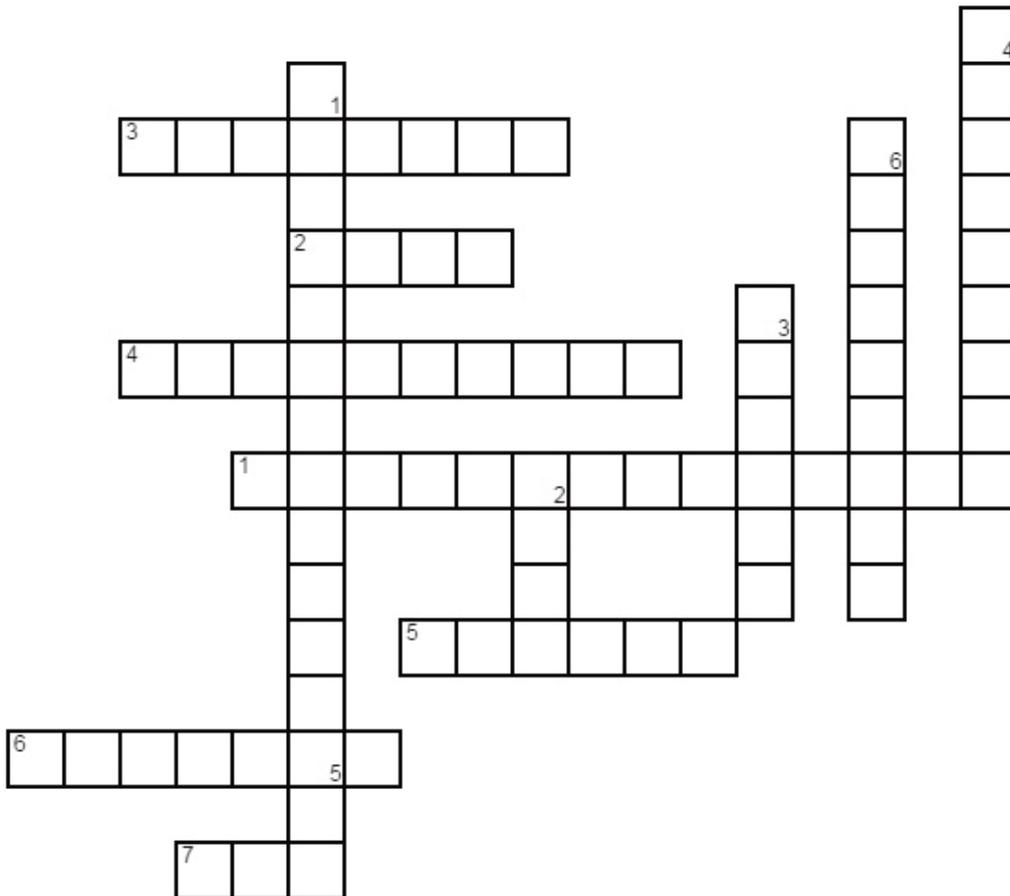
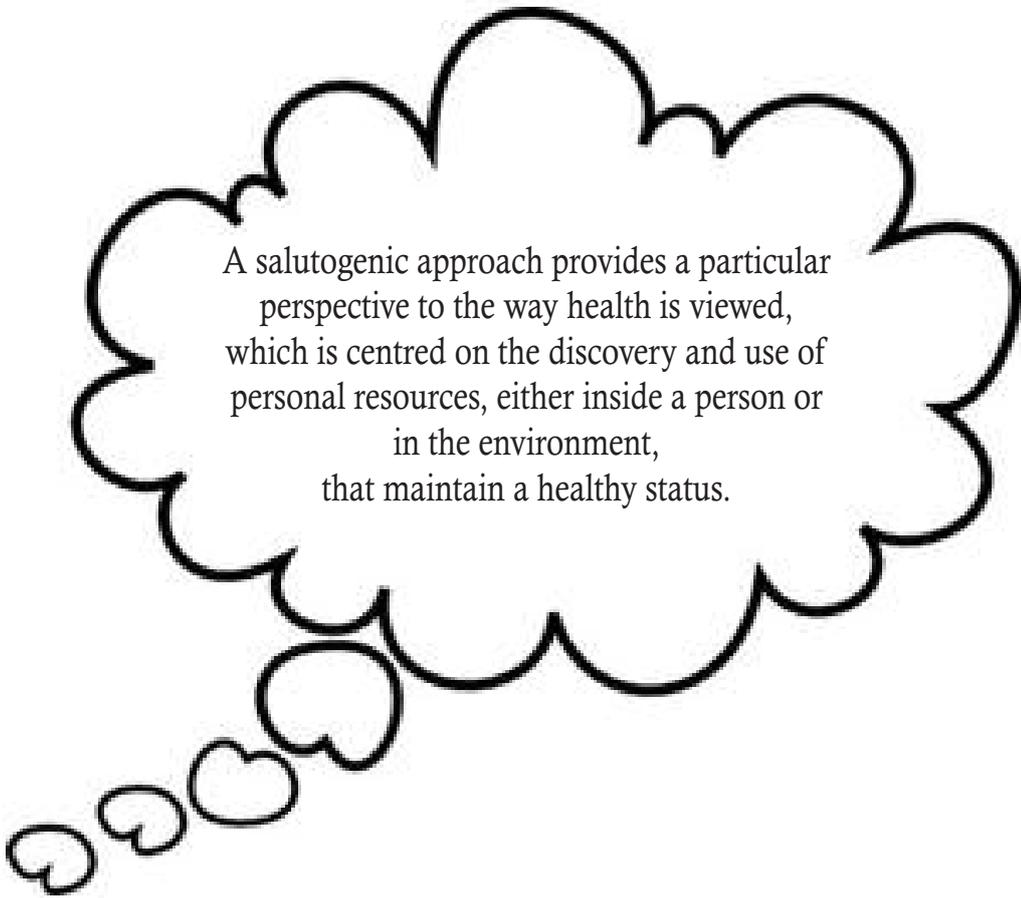
# SALUTOGENESIS 1

## ACROSS

1. it denotes the overuse of routine technical and pharmacological interventions without scientific evidence of their benefits
2. we do not see salutogenic framing in maternity care research
3. in some cases we get these outcomes as a result of medical interventions
4. salutogenesis was introduced by him
5. salutogenesis states that it oscillates along the continuum of two extremes throughout our lives
6. our generalised resistance resources can support our well-being, even if our life events are like that
7. it is a predicative indicator of health

## DOWN

1. this theory recognises that health is a continuum and it gives the answer why people despite stressful events stay well
2. it is the word missing in WHO Alta Declaration
3. this charter places an emphasis on the need to preserve and maximise health as a state of positive well-being
4. the use of admission cardiotocography for women in labour with no risk factors has been proved to increase the risk of it
5. it is a predicative indicator of health
6. the key task of this care is at least to maintain, if not to enhance the health state of mother and baby



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. medicalisation
2. used
3. unwanted
4. antonovsky
5. health
6. adverse
7. soc

## DOWN

1. salutogenesis
2. alma
3. ottawa
4. ceasarean
5. soc
6. maternity

### Across

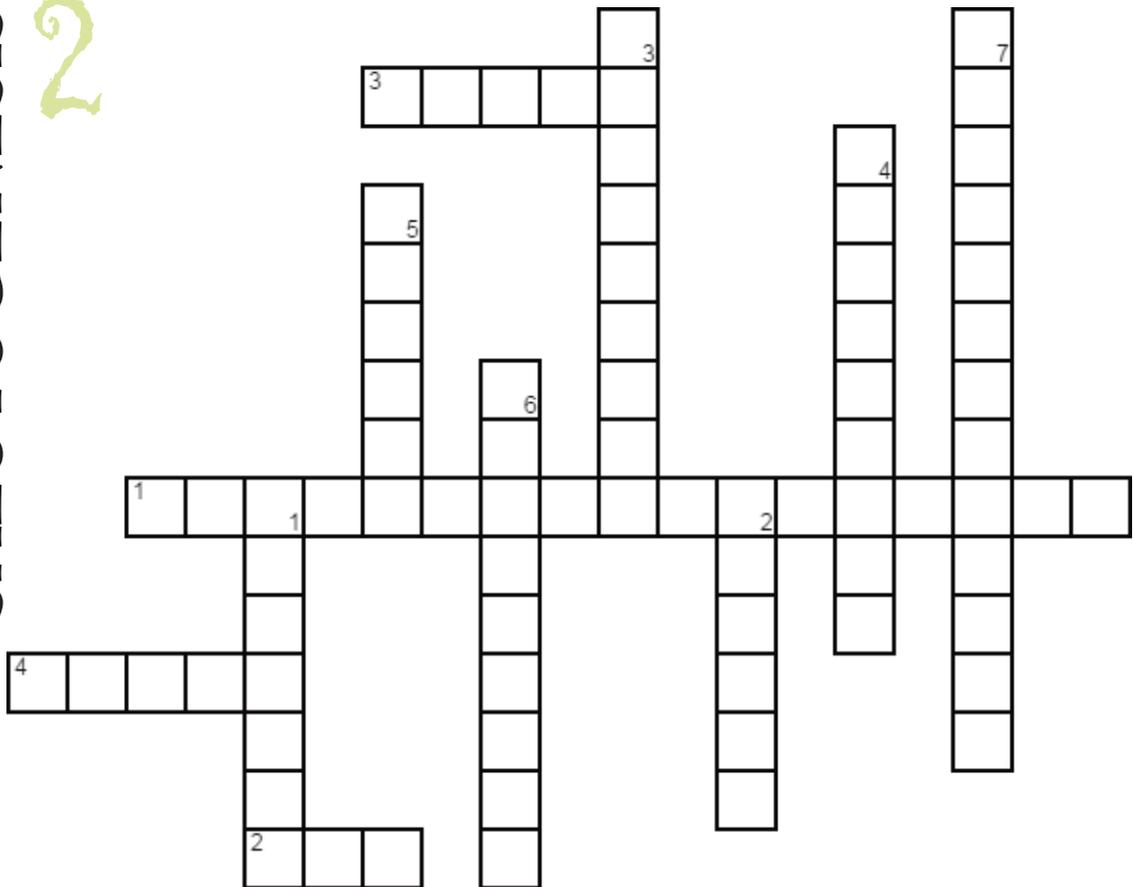
1. it denotes the overuse of routine technical and pharmacological interventions without scientific evidence of their benefits (**medicalisation**)
2. we do not see salutogenic framing in maternity care research (**used**)
3. in some cases we get these outcomes as a result of medical interventions (**unwanted**)
4. salutogenesis was introduced by him (**antonovsky**)
5. salutogenesis states that it oscillates along the continuum of two extremes throughout our lives(**health**)
6. our generalised resistance resources can support our well-being, even if our life events are like that(**adverse**)
7. it is a predicative indicator of health (**soc**)

### Down

1. this theory recognises that health is a continuum and it gives the answer why people despite stressful events stay well (**salutogenesis**)
2. it is the word missing in WHO Alta Declaration (**alma**)
3. this charter places an emphasis on the need to preserve and maximise health as a state of positive well-being (**ottawa**)
4. the use of admission cardiotocography for women in labour with no risk factors has been proved to increase the risk of it (**ceasarean**)
5. it is a predicative indicator of health (**soc**)
6. the key task of this care is at least to maintain, if not to enhance the health state of mother and baby(**maternity**)

# SALUTOGENESIS

2



## ACROSS

1. it is one of the three elements of SOC
2. they are key factors to make a movement towards health possible
3. these resources are GRR resources
4. the first name of the founder of Salutogenesis

## DOWN

1. my life challenges need to have this to be worthy of investing my energy
2. salutogenic principles can make a big difference of his/her feeding
3. it is a core area of salutogenic research within mental health
4. The absence of health is not enough. This state of life experience is most significant
5. your life span will be \_\_\_ if you adopt a salutogenic way of living
6. this sense reflects a person's view of life and capacity to respond to stressful situations
7. it is the 2nd element of SOC

# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. comprehensibility
2. grr
3. inner
4. aaron

## DOWN

1. meaning
2. infant
3. promotion
4. wellbeing
5. longer
6. coherence
7. manageability

## Across

1. it is one of the three elements of SOC (**comprehensibility**)
2. they are key factors to make a movement towards health possible (**grr**)
3. these resources are GRR resources (**inner**)
4. the first name of the founder of Salutogenesis (**aaron**)

## Down

1. my life challenges need to have this to be worthy of investing my energy (**meaning**)
2. salutogenic principles can make a big difference of his/her feeding (**infant**)
3. it is a core area of salutogenic research within mental health (promotion)
4. The absence of health is not enough. This state of life experience is most significant (**wellbeing**)
5. your life span will be \_\_\_ if you adopt a salutogenic way of living (**longer**)
6. this sense reflects a person's view of life and capacity to respond to stressful situations (**coherence**)
7. it is the 2nd element of SOC (**manageability**)

Salutogenesis is a concept derived from the work of Aaron Antonovsky and brings the focus of our interest on exploring the origin of health not the origin of disease.

Antonovsky's particular research focus was on the search for factors that keep people healthy, especially those in difficult circumstances, as opposed to investigating the reasons for ill health.

The salutogenic approach has been described as a deep personal way of being, thinking and acting, a feeling of inner trust that things will be in order independent of whatever happens.

The core salutogenic concepts are generalised resistance resources (GRRs) and a sense of coherence (SOC).

GRRs are biological, material, social, cultural, environmental and other psychosocial factors which make it easier for people to understand the meaning of their lives and structure them accordingly.

Typical GRRs are, among others, money, social support, knowledge, experience, security, peace, intelligence and traditions and there is significant overlap between those GRRs identified and "significant factors" for maintaining mental health identified in the discipline of psychology.

It is believed that if people have these kinds of resources available to them or in their immediate surroundings, there is a better chance they will be able to deal with the challenges of life, even become wiser as they go through

A sense of coherence (SOC) provides the capability to use the above mentioned GRRs. SOC is a positive way of looking at life alongside an ability to successfully manage the many stresses encountered throughout life.

# SALUTOGENESIS 3

## ACROSS

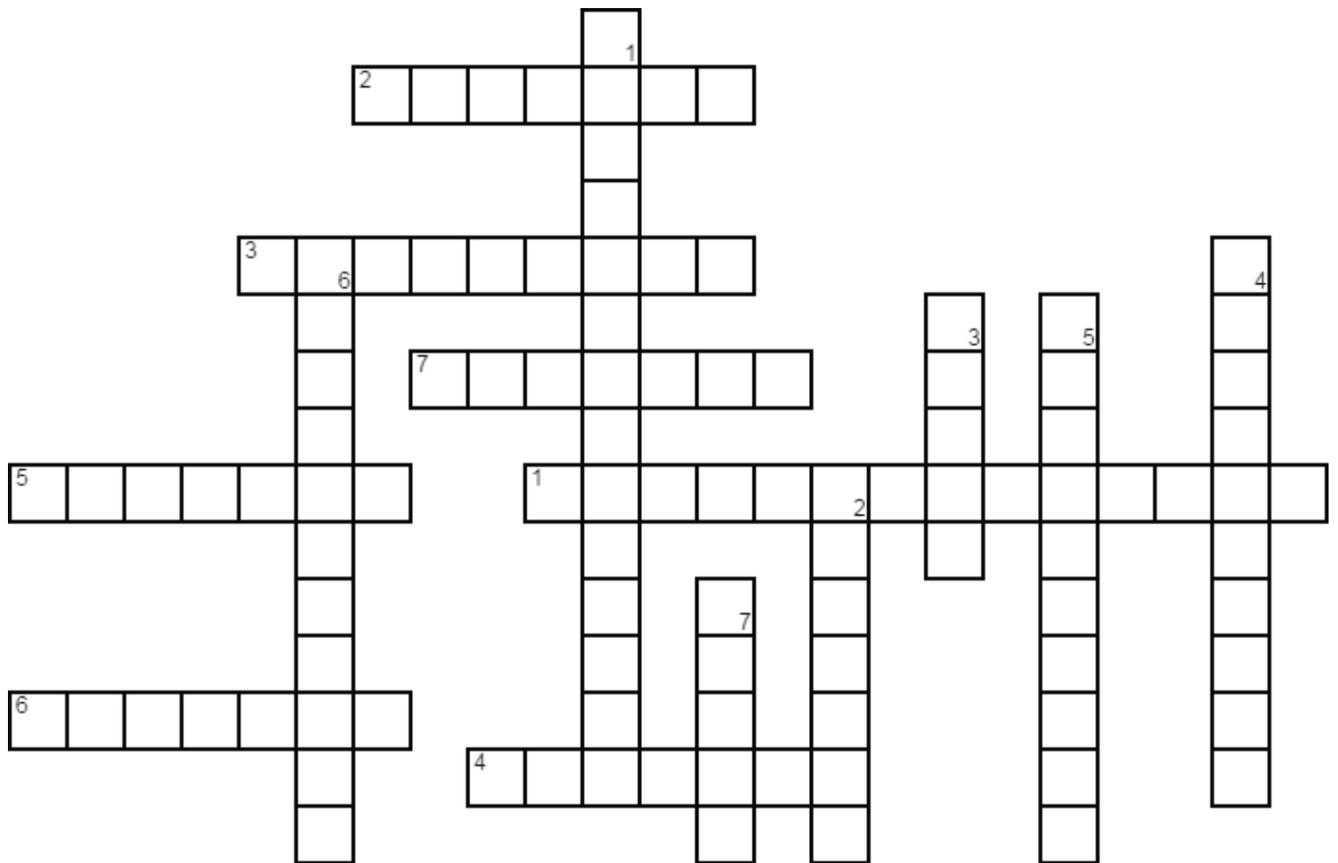
1. it is the salutogenic orientation (2 words)
2. it is the duty of the whole \_ to make sure that there are enough resources available to pregnant couples and the baby in gestation
3. try to focus on those you can find in your environment
4. the classic focus of research and study
5. sometimes parents need this to find their inner powers to raise their children
6. the more of understanding of what happens during the nine months of this phase, the \_ they are
7. when pregnant couples and parents can comprehend their life events, they can enjoy a good level of this in their life

## DOWN

1. every birthing mother has the right to know about it (2 words)
2. this is one of the main duties a health professional needs to perform when accompanying a pregnant or birthing mother
3. it is one of the main qualities a pregnant or birthing mother needs to have in terms of self and her birthing powers
4. it is essential for pregnant couples to find a meaning in it, so that they can invest their energy in raising a child
5. it is significant to have salutogenic \_\_ to see a difference in our life
6. have you got the capacity to make use of the resources available in it?
7. health is seen as a movement between ill-health and \_ health
  
7. it is the 2nd element of SOC

“a global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that (1) the stimuli from one’s internal and external environments in the course of living are structured, predictable, and explicable; (2) the resources are available to one to meet the demands posed by these stimuli; and (3) these demands are challenges, worthy of investment and engagement.”

*Antonovsky*



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. problemsolving
2. society
3. resources
4. disease
5. support
6. happier
7. quality

## Across

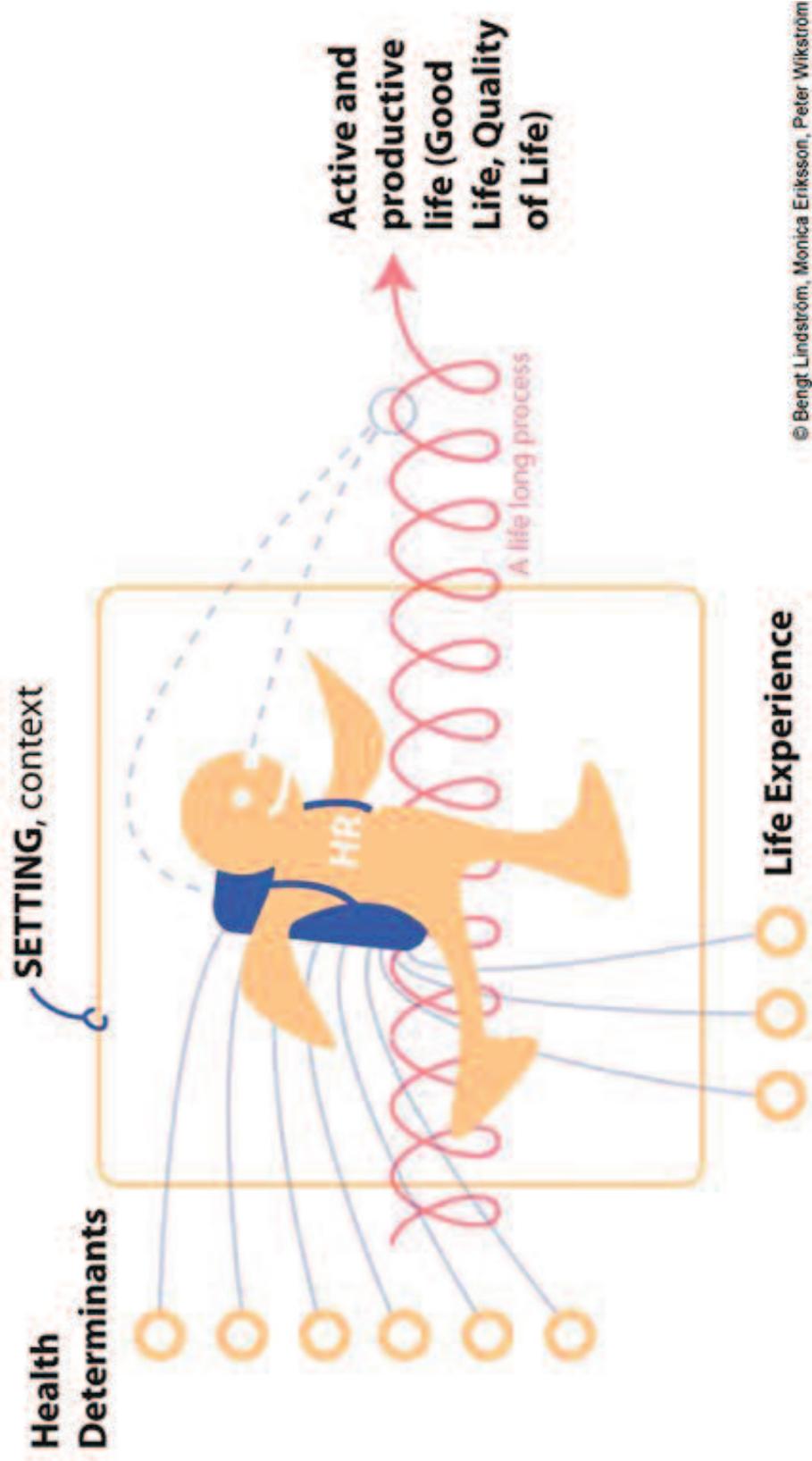
1. it is the salutogenic orientation (2 words)(**problem solving**)
2. it is the duty of the whole \_ to make sure that there are enough resources available to pregnant couples and the baby in gestation (**society**)
3. try to focus on those you can find in your environment(**resources**)
4. the classic focus of research and study (**disease**)
5. sometimes parents need this to find their inner powers to raise their children (**support**)
6. the more of understanding of what happens during the nine months of this phase, the \_ they are (**happier**)
7. when pregnant couples and parents can comprehend their life events, they can enjoy a good level of this in their life (**quality**)

## Down

1. every birthing mother has the right to know about it (2 words) (**medical process**)
2. this is one of the main duties a health professional needs to perform when accompanying a pregnant or birthing mother (**empower**)
3. it is one of the main qualities a pregnant or birthing mother needs to have in terms of self and her birthing powers (**trust**)
4. it is essential for pregnant couples to find a meaning in it, so that they can invest their energy in raising a child(**parenthood**)
5. it is significant to have salutogenic \_\_ to see a difference in our life (**philosophy**)
6. have you got the capacity to make use of the resources available in it? (**environment**)
7. health is seen as a movement between ill-health and \_ health (**total**)

## DOWN

1. medicalprocess
2. empower
3. trust
4. parenthood
5. philosophy
6. environment
7. total



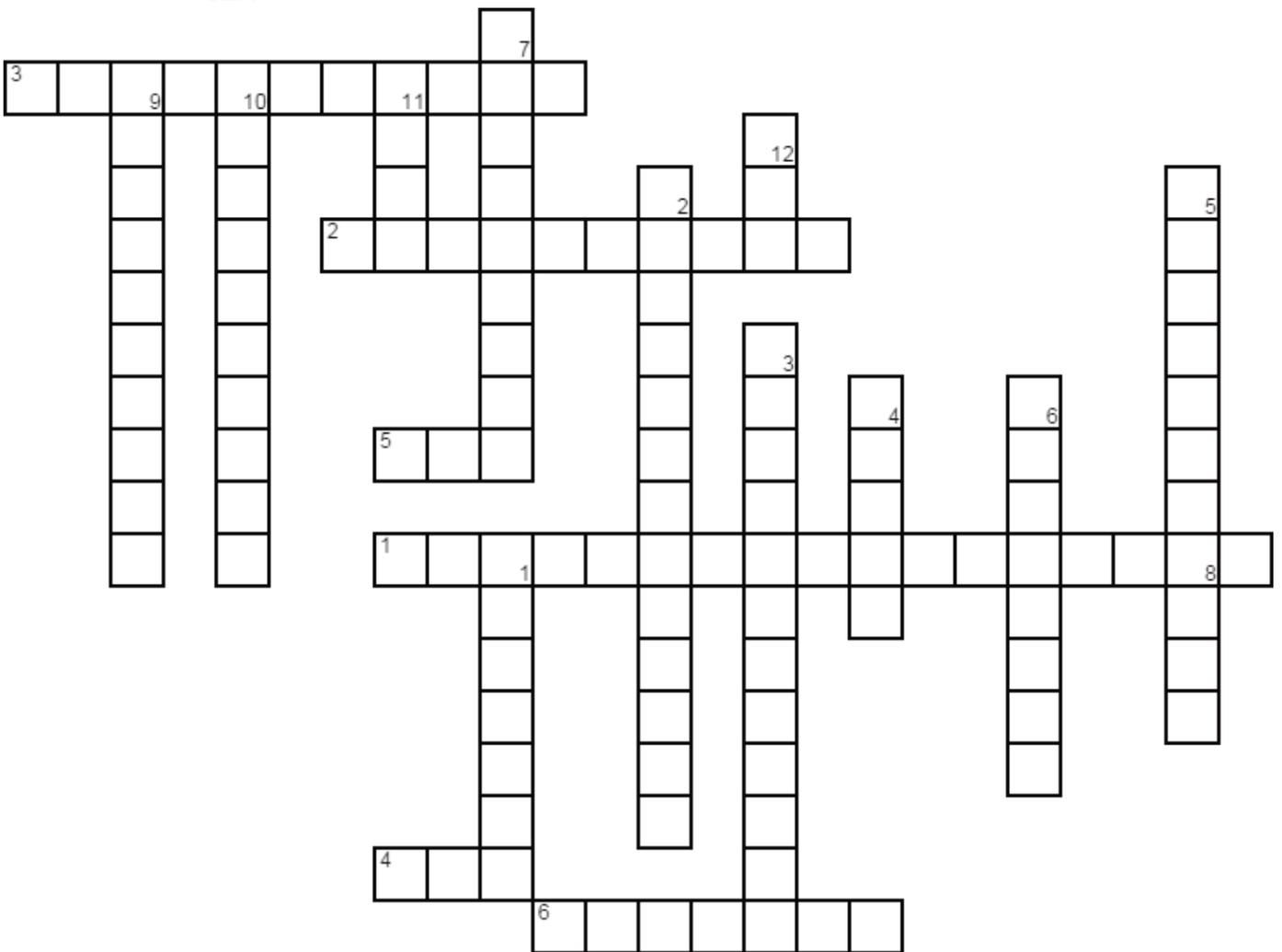
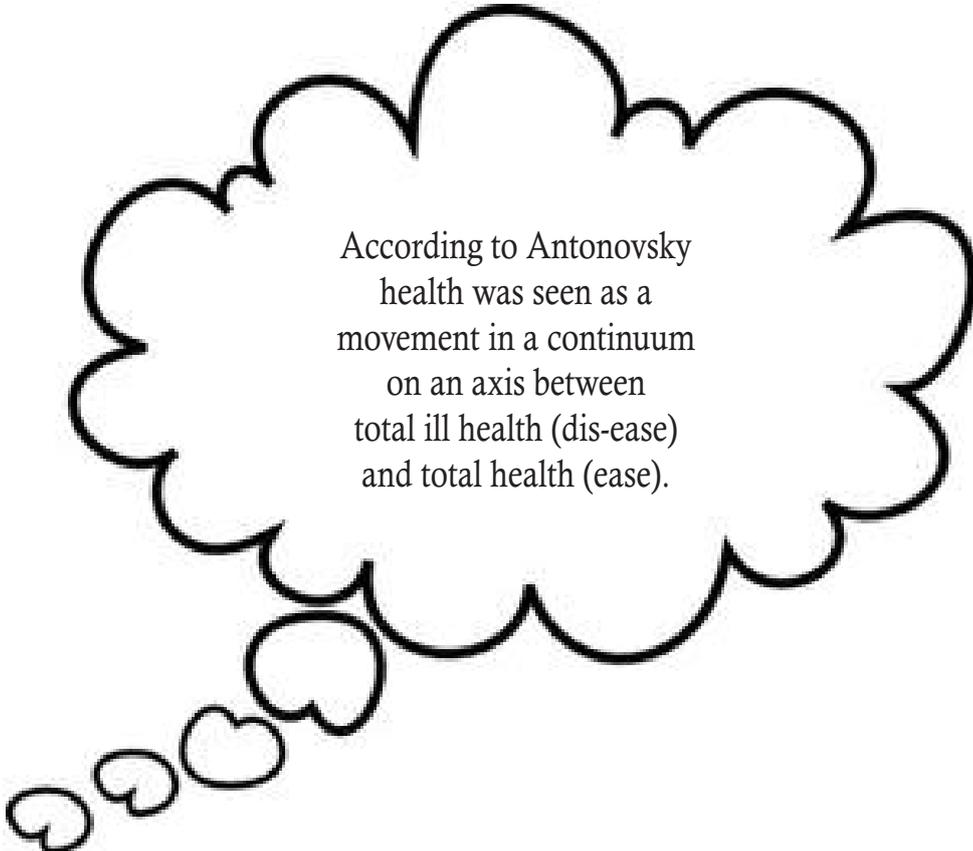
# SALUTOGENESIS 4

## ACROSS

1. it refers to the extent to which you perceive the stimuli that confront you
2. these resources can be found inside each one of us
3. it is a good coping strategy
4. salutogenesis has a universal \_
5. the\_ factor is to use and re-use them for the intended purpose each time
6. manageability is the extent to which you perceive that resources are at your disposal that are adequate to meet the \_ posed by the stimuli that bombard you

## DOWN

1. always remember to ask her to inform you about whatever process she is going to follow when your baby is born
2. it is the origin of health
3. he needs to inform you before (s)he gives you any medicine to reduce labour pain
4. she needs to explain to you why you are giving you an injection during labour
5. if you are this kind of person, you can definitely find a way even if you live in a stressful environment
6. salutogenesis can apply not only to an individual level but to a \_ level, too
7. cultural \_ is essential for building a good sense of coherence
8. to create these within your environment supports you in stressful events
9. make sure that the stimuli from your internal and external environments in the course of living are structured, predictable, and \_
10. make sure that your life challenges are worthy of\_ and engagement
11. meaningfulness refers to the extent to which you feel that \_ makes sense and so you can see your as challenges rather than burdens.
12. meaningfulness is the motivational component of the \_



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. comprehensibility
2. resistance
3. flexibility
4. use
5. key
6. demands

## DOWN

1. midwife
2. salutogenesis
3. obstetrician
4. nurse
5. coherent
6. societal
7. stability
8. ties
9. explicable
10. investment
11. life
12. soc

## Across

1. it refers to the extent to which you perceive the stimuli that confront you (**comprehensibility**)
2. these resources can be found inside each one of us(**resistance**)
3. it is a good coping strategy (**flexibility**)
4. salutogenesis has a universal \_ (**use**)
5. the\_ factor is to use and re-use them for the intended purpose each time (**key**)
6. manageability is the extent to which you perceive that resources are at your disposal that are adequate to meet the \_ posed by the stimuli that bombard you(**demands**)

## Down

1. always remember to ask her to inform you about whatever process she is going to follow when your baby is born (**midwife**)
2. it is the origin of health (**salutogenesis**)
3. he needs to inform you before (s)he gives you any medicine to reduce labour pain (**obstetrician**)

4. she needs to explain to you why you are giving you an injection during labour (**nurse**)
5. if you are this kind of person, you can definitely find a way even if you live in a stressful environment(**coherent**)
6. salutogenesis can apply not only to an individual level but to a \_ level, too (**societal**)
7. cultural \_ is essential for building a good sense of coherence (**stability**)
8. to create these within your environment supports you in stressful events (**ties**)
9. make sure that the stimuli from your internal and external environments in the course of living are structured, predictable, and \_ (**explicable**)
10. make sure that your life challenges are worthy of\_ and engagement (**investment**)
11. meaningfulness refers to the extent to which you feel that \_ makes sense and so you can see your as challenges rather than burdens. (**life**)
12. meaningfulness is themotivational component of the \_(**soc**)

# SALUTOGENESIS 5

## ACROSS

1. think of your \_ aspects and see how you can use them to add value to your life
2. there is nothing like this in the whole Universe
3. there is always some of this in all life events
4. do this to spot all opportunities in your environment
5. be like this and use your resources in many different ways to support you
6. it is the best medicine. No side-effects
7. expand your knowledge and you will see you will be able to do it more easily

## DOWN

1. get to know them and cultivate them
2. you need to discover these sides of all events in your life
3. always focus on what \_ you with the rest of the world
4. every cloud has a lining of this color
5. some people see the glass half-empty. Don't be like them. See your glass \_ (2 words)
6. focus on them and not on the opposite friends



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. charismatic
2. wrong
3. wisdom
4. scan
5. creative
6. laughter
7. explain

## DOWN

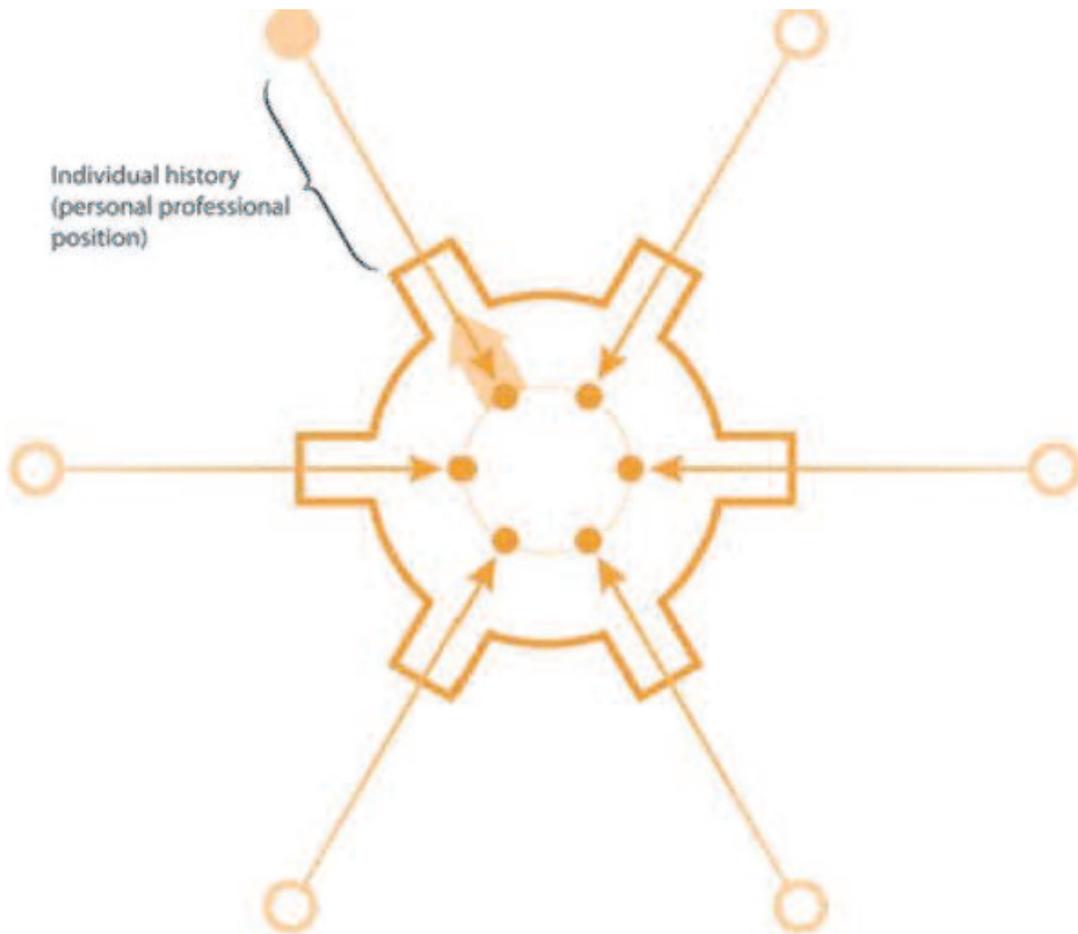
1. talents
2. positive
3. connects
4. silver
5. halffilled
6. advantages

## Across

1. think of your \_ aspects and see how you can use them to add value to your life (**charismatic**)
2. there is nothing like this in the whole Universe(**wrong**)
3. there is always some of this in all life events (**wisdom**)
4. do this to spot all opportunities in your environment(**scan**)
5. be like this and use your resources in many different ways to support you (**creative**)
6. it is the best medicine. No side-effects (**laughter**)
7. expand your knowledge and you will see you will be able to do it more easily (**explain**)

## Down

1. get to know them and cultivate them (**talents**)
2. you need to discover these sides of all events in your life (**positive**)
3. always focus on what \_ you with the rest of the world(**connects**)
4. every cloud has a lining of this color (**silver**)
5. some people see the glass half-empty. Don't be like them. See your glass \_ (2 words) (**half filled**)
6. focus on them and not on the opposite friends(**advantages**)



The interdisciplinarity model for  
building coherence and community

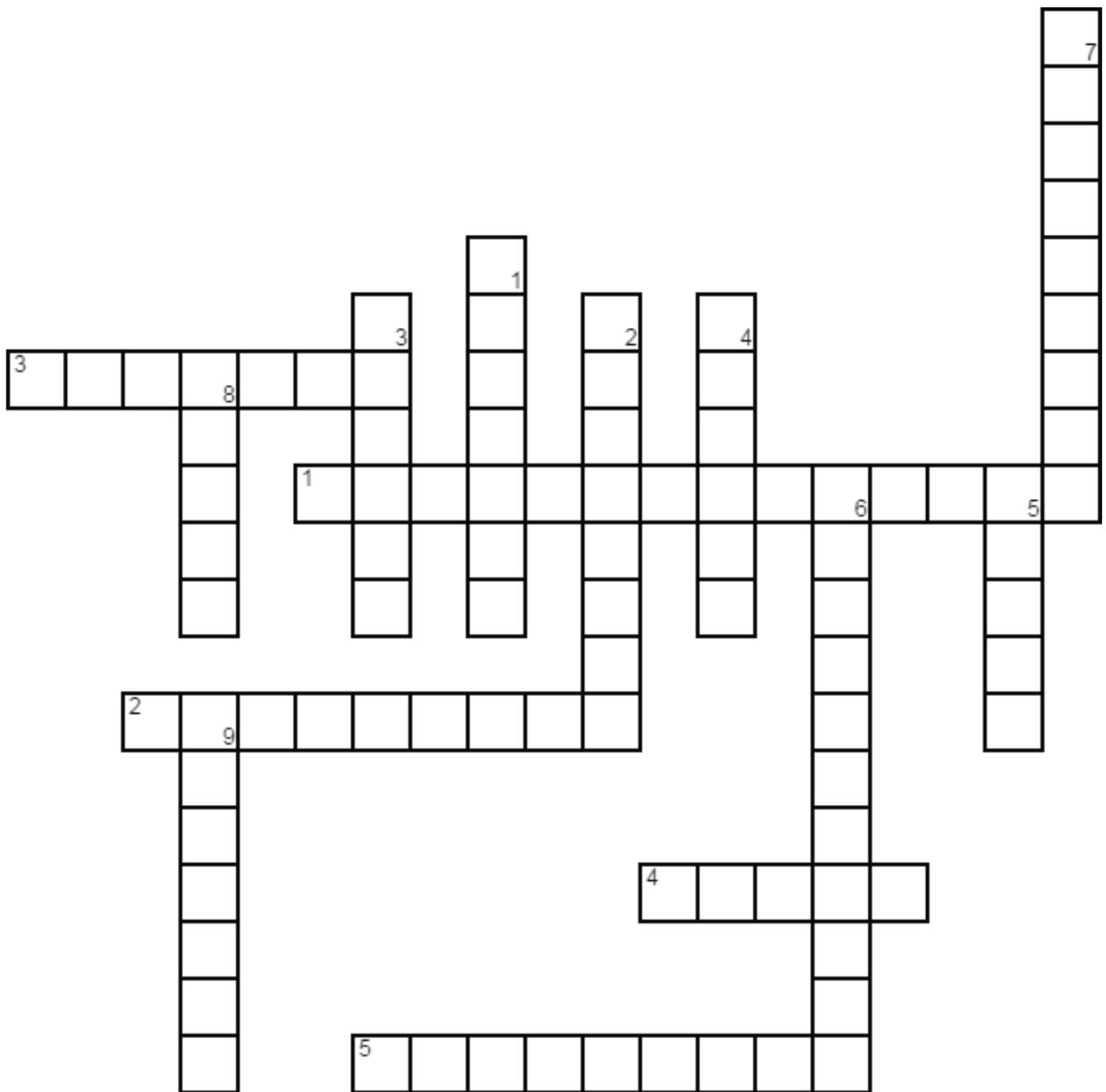
# SALUTOGENESIS 6

## ACROSS

1. the more of it you can see in your environment the better it is
2. this Ancient Greek philosopher said that parents have the privilege to grow and mature
3. if you are connected with your life \_\_, you will see meaning in all challenging events
4. think of all that \_\_ you and the father of your child
5. do this, not prevention

## DOWN

1. think of your child in gestation to be like this
2. send your (un)born child messages that are like this
3. concentrate on it and discover it in your environment
4. live a life of high \_\_ and your child will learn how to make similar choices
5. your actions \_\_ better than your words
6. empower it in yourself and in your child
7. retain it even at times of trouble
8. it provides an excellent background for evolution
9. it is the key word in raising our children



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. sustainability
2. aristotle
3. purpose
4. unite
5. promotion

## DOWN

1. healthy
2. positive
3. beauty
4. ideals
5. teach
6. imagination
7. stability
8. peace
9. respect

## Across

1. the more of it you can see in your environment the better it is (sustainability)
2. this Ancient Greek philosopher said that parents have the privilege to grow and mature (aristotle)
3. if you are connected with your life \_\_, you will see meaning in all challenging events (purpose)
4. think of all that \_\_ you and the father of your child(unite)
5. do this, not prevention (promotion)

## Down

1. think of your child in gestation to be like this (healthy)
2. send your (un)born child messages that are like this(positive)
3. concentrate on it and discover it in your environment(beauty)
4. live a life of high \_\_ and your child will learn how to make similar choices (ideals)
5. your actions \_\_ better than your words (teach)
6. empower it in yourself and in your child (imagination)
7. retain it even at times of trouble (stability)
8. it provides an excellent background for evolution(peace)
9. it is the key word in raising our children (respect)

# THE DEVELOPMENT OF A STRONG SOC

**Psychoemotional rather than socioeconomic factors**

## THE KEY GRRs:

1. Being in contact with ones inner feelings  
(Antonovsky 1979, 1987)
2. GOOD Intimate relationships  
(Antonovsky 1979, 1987)
3. Enjoying good Social support  
(Antonovsky 1979, 1987; Shawn et al. 2007)
4. Having meaningful everyday activities  
(Antonovsky 1979, 1987)
5. Existential coordinates in place (Antonovsky 1979, 1987)

## CHILDHOOD CONDITIONS INCLUDE

- A load balance and consistency  
(Sagy & Antonovsky 1996)
- Participation in shaping the outcomes (empowerment)  
(Sagy & Antonovsky 1996)
- Appropriate childhood conditions  
(Antonovsky 1979, 1987)
- Absence of family conflict good neighbourhood cohesion (Shawn et al. 2007)
- Introspection and reflection about job engagement (Forbech Vinje & Mittelmark 2007)

# NURSES AND MIDWIVES

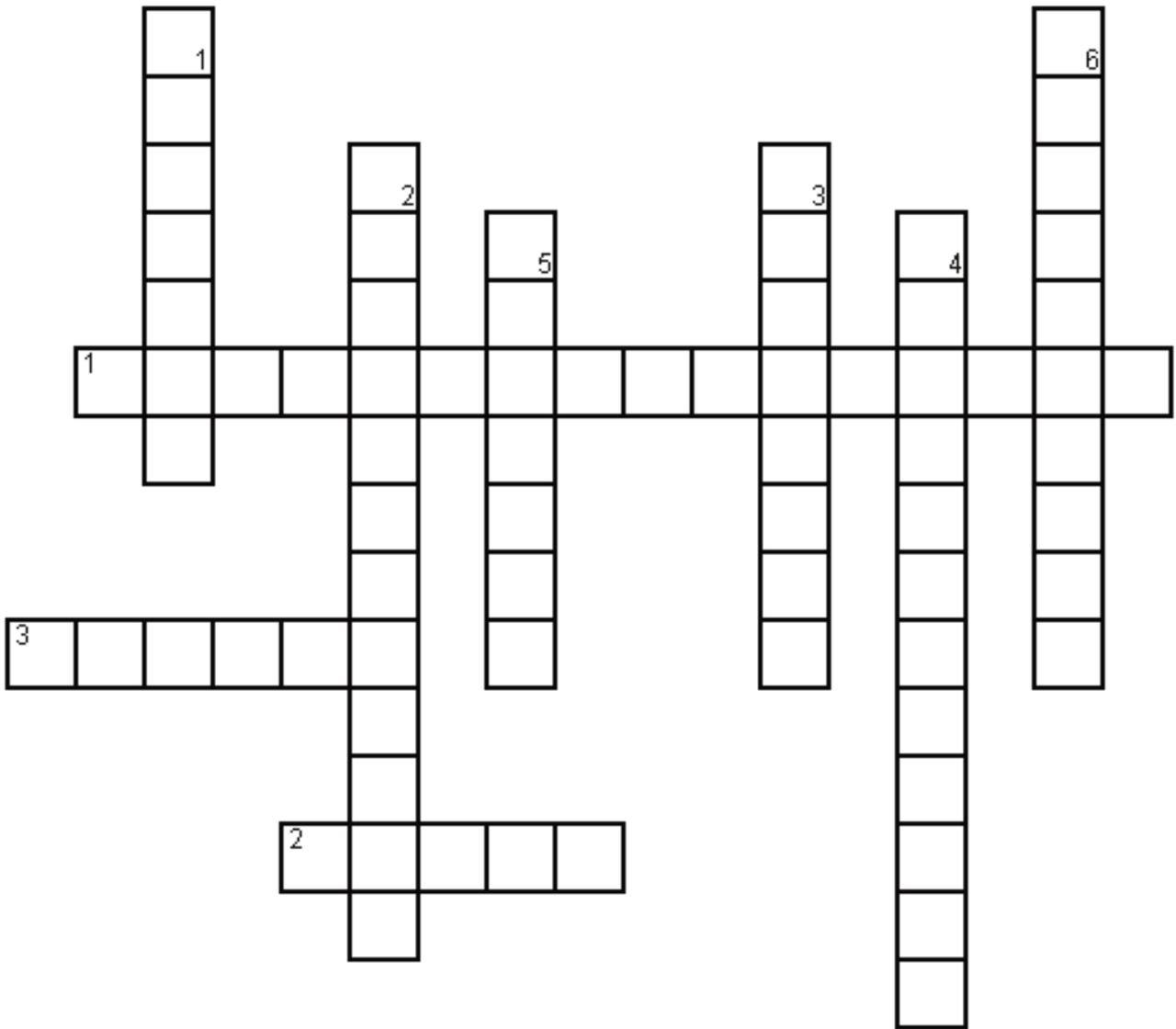
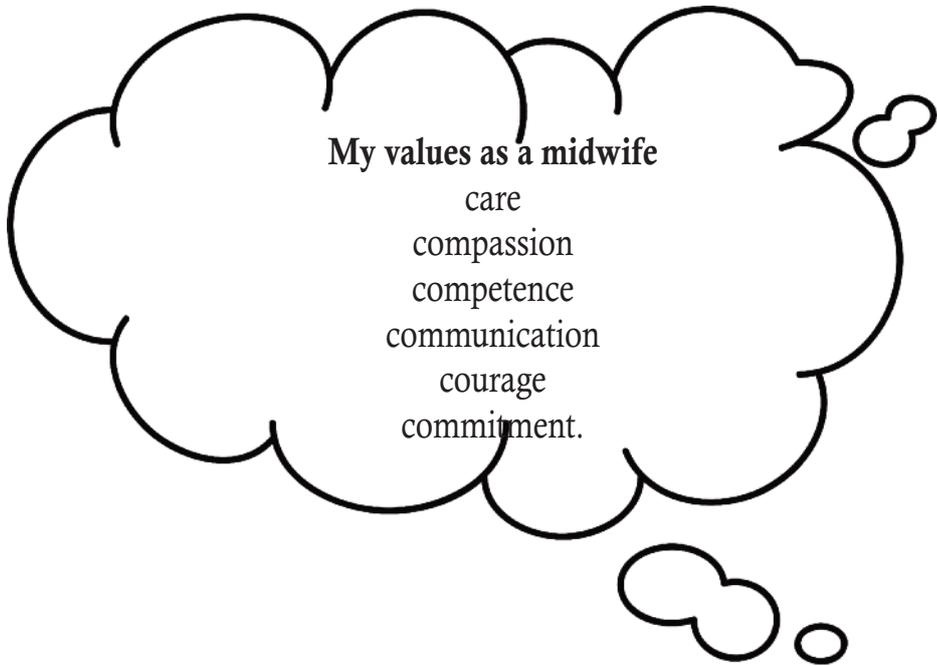


## ACROSS

1. a kind of professional training that improve their attitudes toward breastfeeding and parental support (2 words linked with a dash)
2. acronym for the Mother Perceived Professional Support Scale
3. the country where the study was performed

## DOWN

1. An interactive process that affects wellbeing and health of the individual
2. The systematic process of assessment and planning employed to remediate or prevent a social, educational, or developmental problem
3. the way a person views something or tends to behave towards it
4. pertaining to a research design or survey in which the same subjects are observed repeatedly over a period of time
5. first author's surname of «Nurses and midwives professional support increases with improved attitudes-design and effects of a longitudinal randomized controlled process-oriented intervention». She belongs to the WG5.
6. Advice or guidance, especially as solicited from a knowledgeable person



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. process-oriented
2. mopps
3. sweden

## DOWN

1. support
2. intervention
3. attitude
4. longitudinal
5. ekström
6. counseling

### Across

1. a kind of professional training that improve their attitudes toward breastfeeding and parental support (2 words linked with a dash) (**process-oriented**)
2. acronym for the Mother Perceived Professional Support Scale (**mopps**)
3. the country where the study was performed (**sweden**)

### Down

1. An interactive process that affects wellbeing and health of the individual (**support**)
2. The systematic process of assessment and planning employed to remediate or prevent a social, educational, or developmental problem (**intervention**)
3. the way a person views something or tends to behave towards it (**attitude**)
4. pertaining to a research design or survey in which the same subjects are observed repeatedly over a period of time (**longitudinal**)
5. first author's surname of «Nurses and midwives professional support increases with improved attitudes-design and effects of a longitudinal randomized controlled process-oriented intervention». She belongs to the WG5. (**ekström**)
6. Advice or guidance, especially as solicited from a knowledgeable person (**counseling**)



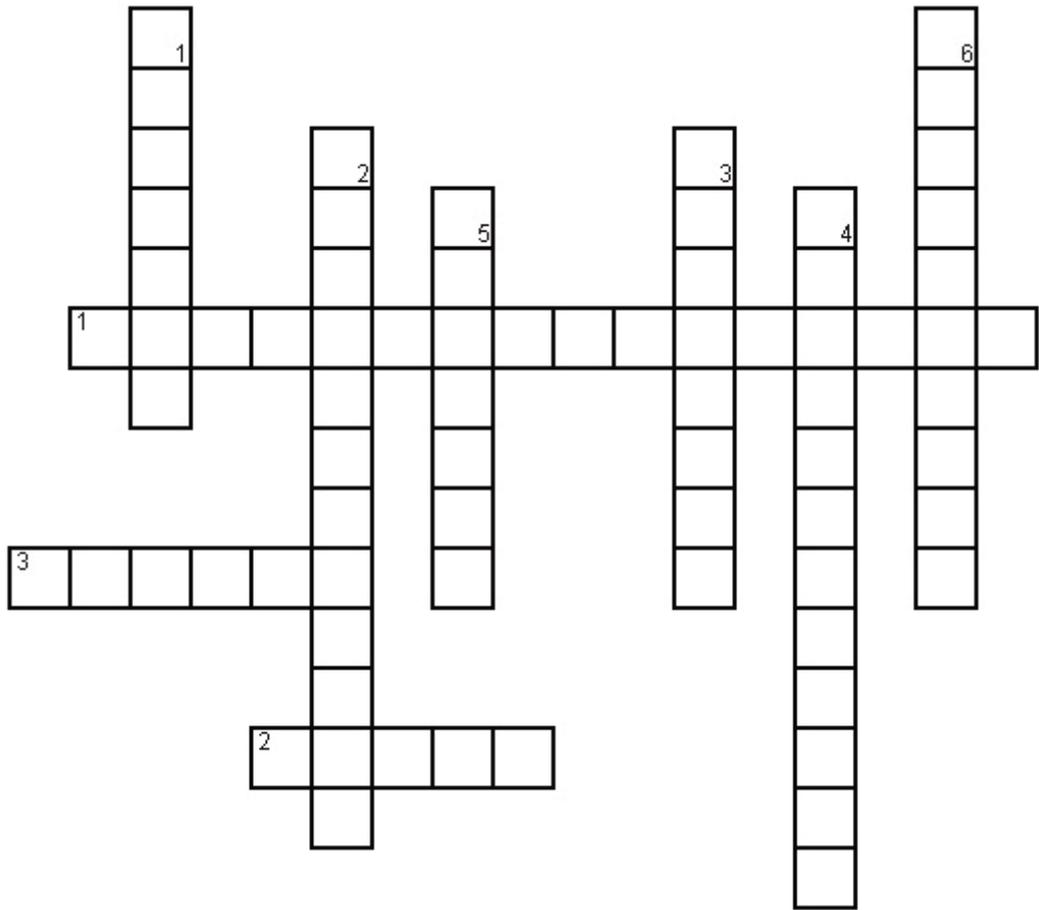
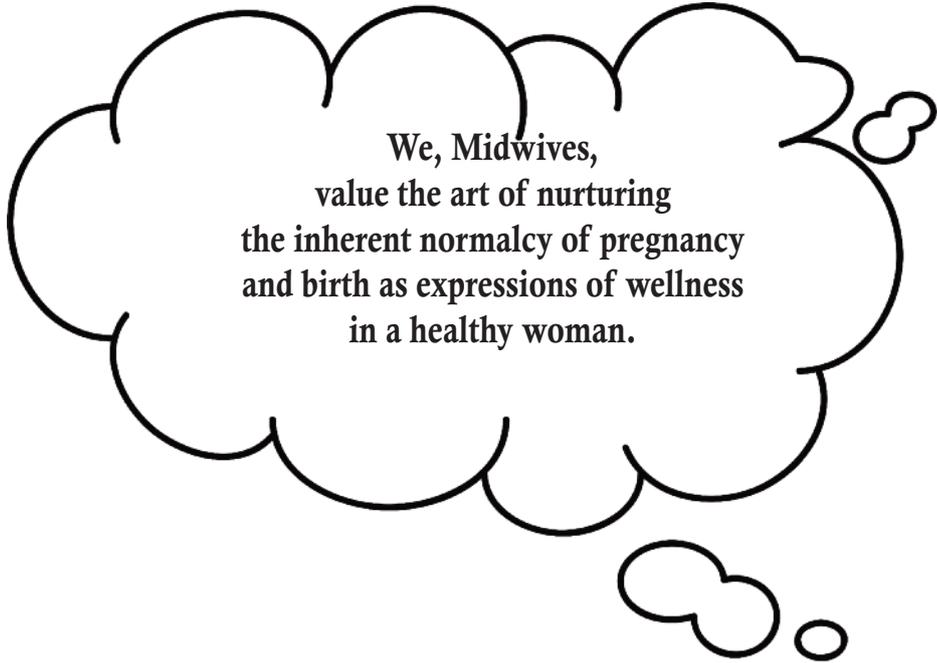
# NURSES AND MIDWIVES 2

## ACROSS

1. a kind of professional training that improve their attitudes toward breastfeeding and parental support (2 words linked with a dash)
2. acronym for the Mother Perceived Professional Support Scale
3. the country where the study was performed

## DOWN

1. An interactive process that affects wellbeing and health of the individual
2. The systematic process of assessment and planning employed to remediate or prevent a social, educational, or developmental problem
3. the way a person views something or tends to behave towards it
4. pertaining to a research design or survey in which the same subjects are observed repeatedly over a period of time
5. first author's surname of «Nurses and midwives professional support increases with improved attitudes-design and effects of a longitudinal randomized controlled process-oriented intervention». She belongs to the WG5.
6. Advice or guidance, especially as solicited from a knowledgeable person



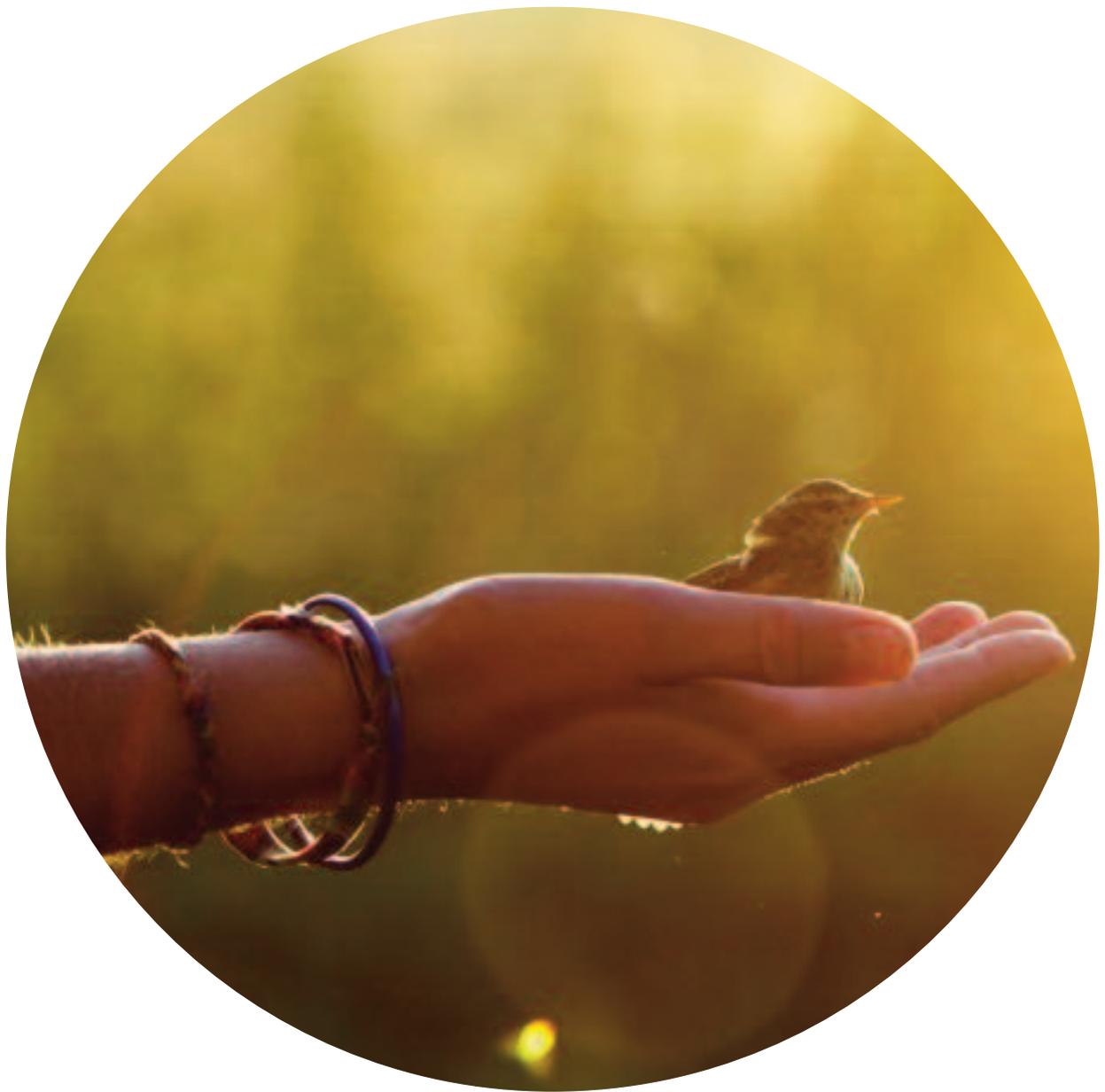
# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. process-oriented
2. mopps
3. sweden

## DOWN

1. support
2. intervention
3. attitude
4. longitudinal
5. ekström
6. counseling



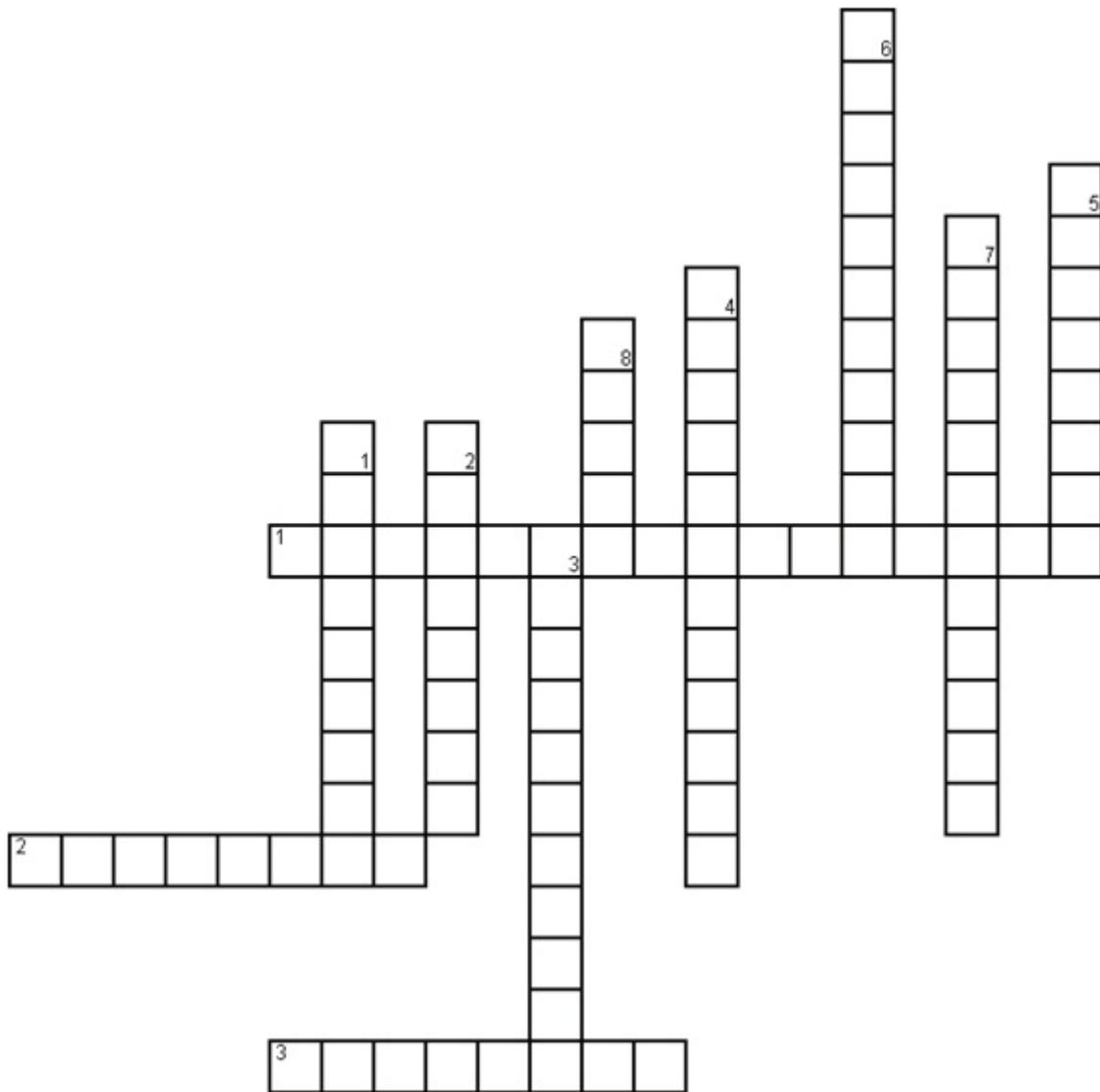
# OBSTETRIC VIOLENCE 1

## ACROSS

1. Consent by a person to undergo a medical procedure, participate in a clinical trial, or be counseled by a professional such as a social worker or lawyer, after receiving all material information regarding risks, benefits, and alternatives (two words linked with a dash).
2. To treat roughly or wrongly.
3. Author of Lectures on the theory and practice of midwifery, published in Lancet on 1827, 1st author that used the concept of Obstetric Violence

## DOWN

1. The first country that introduced the concept of Obstetric Violence as a legal term.
2. an unjust or unwarranted exertion of force or power
3. immoral, illegal, or unethical professional conduct or neglect of professional duty
4. The basic rights and freedoms to which all humans are considered to be entitled, often held to include the rights to life, liberty, equality, and a fair trial, freedom from slavery and torture, and freedom of thought and expression (two words linked with a dash).
5. author of The Birth of the Clinic in 1963
6. Latin American and Caribbean Network for the Humanization of Childbirth
7. Any injury or illness that occurs because of medical care
8. any action that intentionally harms or injures another person



# KEY-KEY-KEY-KEY-KEY

## ACROSS

1. informed-consent
2. mistreat
3. blundell

## Across

1. Consent by a person to undergo a medical procedure, participate in a clinical trial, or be counseled by a professional such as a social worker or lawyer, after receiving all material information regarding risks, benefits, and alternatives. (**informed-consent**)
2. To treat roughly or wrongly. (**mistreat**)
3. Author of Lectures on the theory and practice of midwifery, published in Lancet on 1827, 1st author that used the concept of Obstetric Violence (**blundell**)

## Down

1. the first country that introduced the concept of Obstetric Violence as a legal term. (**venezuela**)
2. an unjust or unwarranted exertion of force or power (**violence**)
3. immoral, illegal, or unethical professional conduct or neglect of professional duty (**malpractice**)
4. The basic rights and freedoms to which all humans are considered to be entitled, often held to include the rights to life, liberty, equality, and a fair trial, freedom from slavery and torture, and freedom of thought and expression (two words linked with a dash). (**human-rights**)
5. author of The Birth of the Clinic in 1963 (**foucault**)
6. Latin American and Caribbean Network for the Humanization of Childbirth (**relacahupan**)
7. Any injury or illness that occurs because of medical care (**iatrogenesis**)
8. any action that intentionally harms or injures another person (**abuse**)

## DOWN

1. venezuela
2. violence
3. malpractice
4. human-rights
5. foucault
6. relacahupan
7. iatrogenesis
8. abuse