Researchers have devoted decades to understanding what leads some people to be healthier than others. However, most people have only studied disease and disorder and failed to address strengths and wellbeing. In this study, we want to look at what is going wrong and right in different people from around the world. We want to capture the entire picture of what it means to be healthy and most importantly, track people to understand how they change over time. This is the first study to look in depth at people’s well-being from around the world. If you choose to participate, you’ll be helping us to answer some of the most tantalising questions that our society faces today!

The study begins in March 2009 and is open to the general population. Participants are required to complete five consecutive assessments (over one year), each three months apart. The survey takes around 25 to 30 minutes to complete, and you can join the study on the following dates:

- March 1st – 7th 2009
- June 1st – 7th 2009
- September 1st – 7th 2009
- December 1st – 7th 2009
- March 1st – 7th 2010

To participate you need to be 16 years of age or older and commit to undertake all five identical assessments. After you have completed the five assessments, you will:

- Receive an e-mail summary report of your scores (also compared to others).
- Go into the draw to win one of fifteen US$100 amazon.com vouchers!

You will also be offered the opportunity to opt-in to one of three different free wellbeing orientated courses after you have completed the first three assessments.