### Contents

1 Introduction to Holism .......................................................... 1  
   Defining Holistic Child Health .............................................. 2  
   Holism and Health: A Historical Overview ............................... 3  
   Holism in the 20th Century .................................................. 5  
   Holism and Reductionism: Complementary Approaches to Health .... 6  
   Contemporary Applications of the Theory of Holism to Health ....... 7  
      Health Education ......................................................... 7  
      Health Promotion .......................................................... 7  
      Health Policy .................................................................. 8  
      Health Research ............................................................ 9  
   Drawing Boundaries Around Holism ....................................... 9  
   Two Challenges Surrounding Research Related to Holistic Child Health ................................................................. 10  
   Our Hopes for This Small Book .......................................... 11  
   References .................................................................. 12  

2 Child Perceptions of Health .................................................... 15  
   Child Perceptions of Health: A Qualitative Study .................... 16  
      Definitions of Health ..................................................... 17  
      Modelling Health Step 1: “What Does Health Look like in a Whole Person?” ......................................................... 17  
      Modelling Health Step 2: Organizing the Aspects of Health into Categories .............................................................. 18  
      Modelling Health Step 3: Organizing the Categories into the Health of a Whole Person ........................................ 18  
      Health Is Different for Everyone? ................................. 19  
   Using Metaphors as a Framework for Talking About Health ....... 20  
      Health Is a Cake ............................................................ 21  
      Health Is a House ......................................................... 23
3 Metaphors and Child Health

Using Children’s Drawing of Metaphors to Explore Holistic Health:
A Qualitative Study
- Brief Methods
- Introducing Metaphors
- Drawing Health Step 1: Draw Your Health
- Drawing Health Step 2: Adding the Research Base
- Application of Research to Individual Metaphors of Health
- Reflection on the Introduction of This Research Base
- Drawing Health Step 3: Holistic Conceptions of Health

A Strength and a Caution

References

4 Testing the Theory of Holism in Child Health Settings Using Quantitative Approaches

Our Quantitative Research Opportunity

Example 1: Analysing Family Systems Through a Holistic Measure
- How Does This Analysis Reflect Holistic Thinking?

Example 2: Analysis of Child Risk-taking Through a Holistic Measure
- How Does This Analysis Reflect Holistic Thinking?

Example 3: Creating a Holistic Measure for the Assessment of Child Health Status
- How Does This Analysis Reflect Holistic Thinking?

Example 4: Self-rated Health

Conclusion: How Do All of These Analyses Reflect Holistic Thinking?

References

5 Integration of Findings

Triangulation of Findings

Summary of Integration and Identification of Meta-Themes

Meta-theme 1: Holistic Thinking Makes a Valuable Contribution to Child Health

Meta-theme 2: Holistic Thinking Has Practical Utility for Child Health

Meta-theme 3: Holistic Thinking Helps Respect the Need for Balance in All Aspects of Health

References
Practical Applications for Holism and Child Health ................ 78
Implications for Health Education ............................... 78
Implications for Health Research and Assessment ............... 80
Wider Implications ............................................... 82
Strengths and Challenges of this Integration Protocol .......... 84
Conclusion .......................................................... 84
References ........................................................... 87

**Appendix A:** Full Methods for “Child Perceptions of Health” Qualitative Study (Chapter 2) .......................... 89

**Appendix B:** Full Methods for “Children’s Drawings of Metaphors” Qualitative Study (Chapter 3) ............ 95

**Appendix C:** Full Methods for Quantitative Analyses (Chapter 4) ..... 101
Holistic Health in Children: Conceptualization, Assessment and Potential
Michaelson, V.E.; Nathan King, N.K.; Pickett, W.
2018, IX, 104 p. 25 illus., 5 illus. in color., Softcover
ISBN: 978-3-319-64830-9