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Linking Authentic Leadership to Positive Employee Health, Behavioral Engagement, and Job Performance [Dissertation Notice]

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infarction and heart failure adherence) are measures of quality of care. The analysis found an inverse association between leadership diversity and discharges, indicating a reduction in cost based on the number of hospital stays. The analysis did not provide support for an association between leadership diversity and the two measures of cardiovascular quality of hospital care. Patient diversity and racial concordance were also associated with both financial and quality outcomes.


This thesis explores the nature of leadership within the health professions and the influences upon them of the “malaise of modernity.” In order to address this question, significant aspects of the following are dealt with: moral and political philosophy, the influences of modernity, professionalism, the moral community, the communitarian ethic, leadership theories and organizational culture. Primarily a theoretical essay, this project uses a broad range of writings from classical and contemporary scholars. The objective of the thesis is to develop a model for contemporary healthcare leadership.

An exploration of moral philosophy demonstrates that the work of Plato and Aristotle still informs contemporary scholarship on healthcare values and professional practice. Discussions of the quest for the good, virtue and ethical theories relate to views of professionalism and current challenges. A critique of leadership theories concludes that there is a need for further development of an alternative framework to support the practice of ethical leadership within healthcare.


Transformational leadership is an important and well-researched theory of leadership for which research has shown a positive impact on the organization's performance. One important concept of the theory for this study is that transformational leaders are not born but can be developed. This explores the potential relationship between transformational leadership theory and formal/informal leadership development in local public health directors in the Midwest. These directors lead organizations responsible for the health and wellness of their communities. Leadership development experiences were gathered using the Leadership Development Experiences Inventory developed by the researcher, and transformational leadership was rated using a widely used leadership questionnaire. The hypotheses tested explored a potential relationship between three leadership styles (transformational, transactional, and laissez-faire) and formal or informal leadership development experiences. A significant relationship was observed between transactional leadership and formal leadership development experiences.


This study explicitly focuses upon the power of positive psychological states and behaviors, such as psychological safety, job engagement, positive employee health, and proactive...
behaviors which may have strong influence on employees’ behavior in the organization. A new emerging leadership style, authentic leadership, was employed as an important antecedent to see how leadership can promote these positive states and behaviors.

Based on Ryff’s (1995) positive human health concepts, this study developed a positive employee health construct which focuses on organizational context and environments. A four-dimensional measure was developed for this construct, and an initial homological network was tested for construct validity. Another objective of this dissertation is to examine incremental predictive validity of authentic leadership and the relationship between authentic leadership and several previously unexamined outcomes (i.e., positive employee health, job engagement, proactivity, job performance, and workplace deviance behavior).

Findings indicated that the newly developed positive employee health construct is useful in predicting job satisfaction and life satisfaction, and it is significantly related to but also distinguished from other similar constructs, such as psychological well-being and vigor. In addition, this dissertation also found that authentic leadership can be used to predict employees’ psychological safety, job engagement, positive employee health, knowledge sharing, and workplace deviance behavior.