

David B. Newman

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Employment

- 2020- Post-Doctoral Scholar - Fellow
Department of Psychiatry and Behavioral Sciences
University of California, San Francisco
- 2019-2020 Post-Doctoral Scholar - Research Associate
USC Dornsife Center for Self-Report Science
University of Southern California

Education

- 2014-2019 Doctor of Philosophy, Social Psychology
Dissertation: The Dynamics of Well-Being in Daily Life: A Multilevel
Perspective
University of Southern California
- 2014-2016 Master of Arts, Social Psychology
Thesis: Conservatives Report More Meaning in Life than Liberals
University of Southern California
- 2012-2014 Master of Arts, Experimental Psychology
Thesis: Within-Person Relationships Among Prayer, Well-Being, and
Daily Events
College of William and Mary
- 2005-2009 Bachelor of Arts, Psychology
University of Virginia

Refereed Journal Articles

*indicates graduate student advisee

23. **Newman, D. B.**, Nezlek, J. B., & Thrash, T. M. (conditionally accepted). The dynamics of prayer in daily life and implications for well-being. *Journal of Personality and Social Psychology*.
22. Tay, L., Thapa, S., **Newman, D. B.**, & De Choudhury, M. (in press). Using social media to assess expressions of gratitude to God: Issues for consideration. *Religions*.
21. Busseri, M. A. & **Newman, D. B.** (in press). Happy days: Resolving the structure of daily subjective well-being, between and within individuals. *Social Psychological and Personality Science*.
20. Lutz, P. K.*, **Newman, D. B.**, Schlegel, R. J., & Wirtz, D. (in press). Authenticity, meaning in life, and life satisfaction: A multicomponent investigation at the trait and state levels. *Journal of Personality*.
19. **Newman, D. B.**, Gordon, A. M., Prather, A. A., & Mendes, W. B. (in press). Examining daily associations among sleep, stress, and blood pressure across adulthood. *Annals of Behavioral Medicine*.
18. **Newman, D. B.**, & Sachs, M. E. (in press). Variation in bittersweet nostalgic feelings and their divergent effects on daily well-being. *Emotion*
17. **Newman, D. B.** (in press). Low income amplifies the negative relationship between nostalgia proneness and well-being. *Applied Research in Quality of Life*
16. **Newman, D. B.**, Epel, E. S., Coccia, M., Puterman, E., & Prather, A. A. (2022). Asymmetrical effects of sleep and emotions in daily life. *Affective Science*, 3, 307-317. <https://doi.org/10.1007/s42761-022-00112-x>
15. **Newman, D. B.**, Schneider, S., & Stone, A. A. (2022). Contrasting effects of finding meaning and searching for meaning, and political orientation and religiosity, on feelings and behaviors during the COVID-19 pandemic. *Personality and Social Psychology Bulletin*, 48(6), 923-936
 · This manuscript was awarded the USC Behavioral Science Society writing competition prize.
14. **Newman, D. B.**, & Nezlek, J. B. (2022). The influence of daily events on emotion regulation and well-being in daily life. *Personality and Social Psychology Bulletin*, 48(1), 19-33.
13. **Newman, D. B.**, Gordon, A. M., & Mendes, W. B. (2021). Comparing daily physiological and psychological benefits of gratitude and optimism using a digital platform. *Emotion*, 21(7), 1357-1365.
12. Wen, C., K., Junghaenel, D. U., **Newman, D. B.**, Schneider, S., Mendez, M.... & Stone, A. A. (2021). The effect of training on participant adherence with a reporting time frame for momentary subjective experiences in Ecological Momentary Assessment: Cognitive

- interview study. *Journal of Medical Internet Research: Formative Research*, 5(5), e28007
11. **Newman, D. B.**, Schwarz, N., & Stone, A. A. (2021). Global reports of well-being overestimate aggregated daily states of well-being. *Journal of Positive Psychology*, 16(3), 407-416. doi. 10.1080/17439760.2020.1725608
 10. **Newman, D. B.**, & Sachs, M. E. (2020). The negative interactive effects of nostalgia and loneliness on affect in daily life. *Frontiers in Psychology*, 11, 2185, doi. 10.3389/fpsyq.2020.02185
 9. **Newman, D. B.**, Sachs, M. E., Stone, A. A., & Schwarz, N. (2020). Nostalgia and well-being in daily life: An ecological validity perspective. *Journal of Personality and Social Psychology*, 118(2), 325-347. doi:[10.1037/pspp0000236](https://doi.org/10.1037/pspp0000236)
 - *This research received the SPSP Outstanding Research Award, an award for written paper at the 19th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.*
 - *This research was selected as a finalist at the 11th Annual USC Graduate Research Symposium.*
 - *ISI Web of Science -- "Highly Cited" designation, 2020*
 8. Nezelek, J. B., **Newman, D. B.**, Schuetz, A., Baumeister, R. F., Schug, J., Joshanloo, M., ... Yokota, K. (2019). An international survey of perceptions of the 2014 FIFA world cup: National levels of corruption as a context for perceptions of institutional corruption. *PLoS ONE*, 14(9). e0222492. <https://doi.org/10.1371/journal.pone.0222492>
 7. **Newman, D. B.**, Schwarz, N., Graham, J., & Stone, A. A. (2019). Conservatives report greater meaning in life than liberals. *Social Psychological and Personality Science*, 10(4), 494-503. doi:[10.1177/1948550618768241](https://doi.org/10.1177/1948550618768241)
 6. **Newman, D. B.**, & Nezelek, J. B. (2019). Private self-consciousness in daily life: Relationships between rumination and reflection and well-being, and meaning in daily life. *Personality and Individual Differences*, 136, 184-189. doi:[10.1016/j.paid.2017.06.039](https://doi.org/10.1016/j.paid.2017.06.039)
 5. Nezelek, J. B., Forestell, C., & **Newman, D. B.** (2018). Relationships between vegetarian dietary habits and daily well-being. *Ecology of Food and Nutrition*, 57(5), 425-438. doi:[10.1080/03670244.2018.1536657](https://doi.org/10.1080/03670244.2018.1536657)
 4. **Newman, D. B.**, Nezelek, J. B., & Thrash, T. M. (2018). The dynamics of searching for meaning and presence of meaning in daily life. *Journal of Personality*, 86(3), 368-379. doi: [10.1111/jopy.12321](https://doi.org/10.1111/jopy.12321)
 3. **Newman, D. B.**, Schug, J., Yuki, M., Yamada, J. & Nezelek, J. B. (2018). The negative consequences of maximizing in friendship selection. *Journal of Personality and Social Psychology*, 114(5), 804-824. doi:[10.1037/pspp0000141](https://doi.org/10.1037/pspp0000141)

2. Nezlek, J. B., **Newman, D. B.**, & Thrash, T. M. (2017). A daily diary study of relationships between feelings of gratitude and well-being. *Journal of Positive Psychology, 12*(4), 323-332. doi:[10.1080/17439760.2016.1198923](https://doi.org/10.1080/17439760.2016.1198923)
1. **Newman, D. B.**, Tay, L., & Diener, E. (2014). Leisure and subjective well-being: A model of psychological mechanisms as mediating factors. *Journal of Happiness Studies, 15*(3), 555-578. doi:[10.1007/s10902-013-9435-x](https://doi.org/10.1007/s10902-013-9435-x)

Book Chapters

- Newman, D. B.**, & Stone, A. A. (2019). Understanding daily life with Ecological Momentary Assessment. In F. Kardes, P. M. Herr, & N. Schwarz (Eds.), *Handbook of research methods in consumer psychology* (pp. 259-275). New York: Routledge
- Newman, D. B.**, & Graham, J. (2018). Religion and well-being. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being. Noba Scholar Handbook series: Subjective well-being*. Salt Lake City, UT: DEF publishers. DOI:nobascholar.com

Manuscripts under Review or Invited Submissions

- Newman, D. B.** & Sachs, M. E. (under review). The bittersweet variation model of nostalgia: Antecedents and consequences in daily life.
- Newman, D. B.**, Nezlek, J. B., & Tay, L. (under review). General gratitude and gratitude to God: Associations with personality and well-being.
- Newman, D. B.** (invited submission). Assessing dynamic fluctuations of nostalgia in daily life. *Current Opinion in Psychology*
- Moldovan, E., **Newman, D. B.**, Oleynick, V., Nezlek, J. B., & Thrash, T. M. (under review). Invented words communicate affect.
- Lutz, P. K.*, Zelenski, J. M., & **Newman, D. B.** (under review). Eco-anxiety in daily life: Relationships with well-being and pro-environmental behavior.

Manuscripts in Preparation

- Newman, D. B.**, Gordon, A. M., Moore, J., & Mendes, W. B. (in preparation). Stress reduction experiments in daily life: Scaling from the lab to the world.

Newman, D. B., Lockwood, K. G., Gordon, A. M., & Mendes, W. B. (in preparation). An examination of the effect of socioeconomic status on cardiovascular health and emotions in daily life.

Newman, D. B., Nezlek, J. B., & Stone, A. A. (in preparation). The importance of considering levels of analysis in the study of well-being: A multilevel perspective

Newman, D. B., & Thrash, T. M. (in preparation). The measurement of nostalgia proneness and implications for well-being and approach and avoidance motivation.

Trujillo, M. A., **Newman, D. B.**, & Mendes, W. B. (in preparation). Sexual orientation differences in daily stress and physiology.

Kiper, G., **Newman, D. B.**, & Oyserman, D. (in preparation). Sanctifying difficult experiences in daily life.

Newman, D. B. (in preparation). Religiosity and searching for meaning in daily life: Distinguishing between- and within-person variation.

Grants

2020-2022 *The Nature of Gratitude to God in Daily Life*. John Templeton Foundation: Gratitude to God RFP. \$225,000. PI: **D. B. Newman**

2020-2022 *Public Expressions of Gratitude to God on Social Media*. John Templeton Foundation: Gratitude to God RFP: \$225,000. PI: L. Tay; Co-Is: M. De Choudhury, **D. B. Newman**.

Fellowships

2016 National Science Foundation, East Asia and Pacific Summer Institute Fellowship, Seoul National University, South Korea

2014 National Science Foundation, East Asia and Pacific Summer Institute Fellowship, Hokkaido University, Japan

Honors, Awards, and Extramural Scholarships

July 2021 Top Dissertation Award: International Positive Psychology Association

May 2021 USC Behavioral Science Society Writing Competition Award

- Apr 2020 Best Dissertation Award: Second Place Award from the International Society for Quality-of-Life Studies
- 2018-2019 Manning Endowed Fellowship, a competitive fellowship that provides a stipend, tuition, and health insurance for one year to advanced Ph.D. students at USC
- Mar 2018 SPSP Outstanding Research Award, an award for written paper presented at the 19th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.
- Apr 2016 Western Psychological Foundation Student Scholarship Award, an award for written paper presented at the 96th annual convention of the Western Psychological Association, Long Beach, CA.
- Mar 2014 Carl J. Strikwerda Award for Excellence, award for written paper presented at the Thirteenth Annual Graduate Research Symposium at the College of William & Mary, Williamsburg, VA.
- Feb 2014 Poster award at Happiness & Well-being Pre-conference at the 15th annual conference of the Society for Personality and Social Psychology, Austin, TX.
- 2013-2014 Reves Center for International Studies Faculty Fellow
Selected as graduate student to conduct research with John Nezlek and Joanna Schug in Poland and Japan. Scholarship included trip to Poland.
- 2009 Landesstiftung Baden-Wuerttemberg Scholarship Recipient

Intramural Scholarships

- 2017-2018 Psychology Department Conference Travel Award, University of Southern California
- 2017-2018 Graduate Student Government Travel Award, University of Southern California
- Spring 2017 Psychology Department Conference Travel Award, University of Southern California
- 2016-2017 Graduate Student Government Travel Award, University of Southern California
- Fall 2016 Psychology Department Conference Travel Award, University of Southern California
- 2015-2016 Psychology Department Conference Travel Award, University of Southern California

- 2014-2015 Psychology Department Conference Travel Award, University of Southern California
- 2014 Arts & Sciences Graduate Student Association Conference Funds, College of William & Mary
- 2014 Student Leadership Development Conference Grant, College of William and Mary
- 2013 Arts & Sciences Graduate Research Grant, College of William & Mary
- 2013 Arts & Sciences Graduate Student Association Conference Funds, College of William & Mary
- 2013 Department of Psychology Conference Funds, College of William & Mary
- 2009 University of Virginia Study Abroad Office Scholarship Recipient
- 2009 University of Virginia German Department Scholarship Recipient

Chaired Conference Symposia

Newman, D. B. (2023, February). How emotions shape our views, interactions, and feelings towards others. 24th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.

Newman, D. B., & Mendes, W. B. (2022, October). Can micro-interventions nudge behaviors, well-being, and health? Annual conference of the Society of Experimental Social Psychology, Philadelphia, PA.

Newman, D. B. (2021, February). Finding meaning and purpose during the covid-19 pandemic. 22nd annual conference of the Society for Personality and Social Psychology, virtual conference.

Newman, D. B. (2018, March). Understanding emotions and well-being: Contributions from real-time measurement. 19th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.

Newman, D. B., & Schwarz, N. (2017, January). Puzzles of well-being: Parenthood, politics, and the good life. 18th annual conference of the Society for Personality and Social Psychology, San Antonio, TX.

Conference Presentations

- Newman, D. B.,** Lutz, P., & Sachs, M. E. (2023, February). *Nostalgia's bitter potential: Bidirectional relationships between nostalgia and envy*. Symposium talk to be presented at the 24th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.
- Newman, D. B.,** Nezelek, J. B., & Tay, L. (2023, February). *Expressions and feelings of interhuman gratitude and gratitude to God in daily life*. Invited talk to be presented at the Psychology of Religion and Spirituality Pre-Conference at the 24th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.
- Newman, D. B.,** Gordon, A. M., Moore, J., & Mendes, W. B. (2022, October). *Stress reduction experiments in daily life: Scaling from the lab to the world*. Symposium talk presented at the annual conference for the Society of Experimental Social Psychology, Philadelphia, PA.
- Newman, D. B.** (2022, March). *The unique affective benefits of gratitude to God relative to interhuman gratitude in daily life*. Flash talk presented at the Positive Emotions Pre-conference at the annual conference for the Society for Affective Science, virtual conference.
- Newman, D. B.** (2022, February). *Reflections of gratitude to God in daily life*. Data Blitz talk to be presented at the Psychology of Religion and Spirituality Pre-conference at the 23rd annual conference of the Society for Personality and Social Psychology, San Francisco, CA.
- Newman, D. B.,** & Mendes, W. B. (2021, July). *The influence of dispositional gratitude and optimism on health and well-being in daily life*. Podium talk presented at the 7th International Positive Psychology Association World Congress, virtual conference.
- Newman, D. B.,** & Sachs, M. E. (2021, April). *The effect of nostalgia on well-being depends on the elicitor*. Talk presented at the conference for the Society for Affective Society, virtual conference.
- Newman, D. B.,** Schneider, S., & Stone, A. A. (2021, February). *Contrasting effects of finding meaning and searching for meaning in life on feelings and behaviors during the covid-19 pandemic*. Symposium talk presented at the 22nd annual conference of the Society for Personality and Social Psychology, virtual conference.
- Newman, D. B.** (2020, February). *Religiosity and the search for meaning in life: Between- and within-person considerations*. Data Blitz talk presented at the Psychology of Religion and Spirituality Pre-conference at the 21st annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

- Newman, D. B.**, Sachs, M. E., Stone, A. A., & Schwarz, N. (2019, February). *Nostalgia and well-being in daily life: An ecological validity perspective*. Symposium talk presented at the 11th annual USC Graduate Research Symposium, Los Angeles, CA.
- Newman, D. B.**, Sachs, M. E., Stone, A. A., & Schwarz, N. (2018, March). *An examination of the relationship between nostalgia and well-being in daily life*. Symposium talk presented at the 19th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.
- Newman, D. B.**, Nezelek, J. B., & Thrash, T. M. (2018, March). *Within-person relationships between prayer, daily events, and well-being*. Data Blitz talk presented at the Happiness and Well-Being Pre-conference at the 19th annual conference of the Society for Personality and Social Psychology, Atlanta, GA.
- Newman, D. B.**, Nezelek, J. B., & Thrash, T. M. (2017, July). *The dynamics of search for meaning and presence of meaning in daily life*. Individual podium presentation talk presented at the 5th World Congress on Positive Psychology, Montreal, Canada.
- Newman, D. B.**, Thrash, T. M., Maruskin, L. A., Moldovan, E. G., Oleynick, V. C., & Belzak, W. C. (2017, July). *Inspired writers inspire readers high in openness*. Individual podium presentation talk presented at the 5th World Congress on Positive Psychology, Montreal, Canada.
- Newman, D. B.**, Nezelek, J. B., & Thrash, T. M. (2017, June). *Distinguishing between- and within-person relationships between searching for meaning in life and well-being*. Data blitz talk presented at the 5th biennial conference of the Association for Research in Personality, Sacramento, CA.
- Newman, D. B.**, Schwarz, N., Graham, J., & Stone, A. A. (2017, January). *Conservatives report more meaning in life than liberals*. Symposium talk presented at the 18th annual conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Nezelek, J. B., & **Newman, D. B.** (2016, September). *Dynamical aspects of self-evaluation and self-structure*. Part of a symposium entitled "Identity, self, and self-esteem in diversity" organized by Elwira Brygola. 9th International Conference on the Dialogical Self, Lublin, PL.
- Newman, D. B.**, Schug, J., Yamada, J., Yuki, M., & Nezelek, J. B. (2016, August). *The psychological consequences of maximizing in selecting friends and the moderating role of relational mobility*. Paper presented at the 23rd International Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- Schug, J., **Newman, D. B.**, McCauley, T., Lamba, A., & Buys, M. (2016, August). *Relational mobility and the formation of new relationships: Psychological tendencies and relational outcomes*. Symposium talk presented at the 23rd International Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.

Newman, D. B., Schug, J., & Nezlek, J. B. (2016, April). *The negative consequences of maximizing in friendship selection*. Paper presented at the 96th annual convention of the Western Psychological Association, Long Beach, CA.

Newman, D. B., Nezlek, J. B., & Thrash, T. M. (2016, January). *Understanding the relationships between searching for meaning in life and well-being in daily life*. Data Blitz talk at the Dynamical Systems and Computational Modeling: Social Dynamics in a Changing World Pre-conference at the 17th annual conference of the Society for Personality and Social Psychology, San Diego, CA.

Newman, D. B., Nezlek, J. B., Thrash, T. M., & Schug, J. (2014, March). *An examination of the daily relationships between prayer and well-being*. Presentation at the Thirteenth Annual Graduate Research Symposium at the College of William & Mary, Williamsburg, VA.

Newman, D. B., Dombrowski, J. T., Thrash, T. M., & Nezlek, J. B. (2013, March). *The relationship between well-being, meaning in life and cognitive and physiological reactions: A day-level approach*. Presentation at the Twelfth Annual Graduate Research Symposium at the College of William & Mary, Williamsburg, VA.

Poster Presentations

Newman, D. B., Sachs, M. E., Stone, A. A., & Schwarz, N. (2019, February). Recalled nostalgic experiences are atypically positive. Poster presented at the 20th annual conference of the Society for Personality and Social Psychology, Portland, OR.

Newman, D. B., Nezlek, J. B., & Thrash, T. M. (2015, February). *A causal link from daily gratitude to daily well-being*. Poster presented at the 16th annual conference of the Society for Personality and Social Psychology, Long Beach, CA.

Newman, D. B., Schug, J., Yamada, J., & Yuki, M. (2015, February). *The effect of relational mobility and maximizing in selecting friends on well-being*. Poster presented at the Advances in Cultural Psychology Pre-conference at the 16th annual conference of the Society for Personality and Social Psychology, Long Beach, CA.

Newman, D. B. & Schug, J. (2014, November). *Delta chi or sigma pi? Maximizing in selecting friends relates negatively to well-being*. Poster presented at the 35th annual conference of the Society for Judgment and Decision Making, Long Beach, CA.

Newman, D. B., Schug, J., & Yuki, M. (2014, June). *Cross-cultural differences in maximizing tendencies and well-being*. Poster presented at the Japanese Society for the Promotion of Science Summer Institute Fellows Orientation, Tokyo, Japan.

Newman, D. B., Schug, J., Nezlek, J. B., Mitchell, C. I., Fay, J. L., Kim, H., & Merians, A. N. (2014, May). *The moderating effect of friendship choices on daily maximizing and well-*

being. Poster presented at the 26th Association for Psychological Science Annual Convention, San Francisco, CA.

Newman, D. B., Nezlek, J. B., Thrash, T. M., & Schug, J. (2014, February). *Between- and within-person differences in prayer and well-being*. Poster presented at the Happiness & Well-being Pre-conference at the 15th annual conference of the Society for Personality and Social Psychology, Austin, TX.

Newman, D. B., Nezlek, J. B., Thrash, T. M., & Dombrowski, J. (2014, February). *The surprising effects of daily events on meaning in life: Findings from a diary study*. Poster presented at the 15th annual conference of the Society for Personality and Social Psychology, Austin, TX.

Moldovan, E. G., Thrash, T. M., **Newman, D. B.**, & Oleynick, V. C. (2014, February). *Participant-Invented Nonwords Communicate Affect*. Poster presented at the 15th annual conference of the Society for Personality and Social Psychology, Austin, TX.

Newman, D. B., Tay, L., & Diener, E. (2013, May). *A model of psychological mechanisms mediating leisure to subjective well-being*. Poster presented at the 25th Association for Psychological Science Annual Convention, Washington, D.C.

Mitchell, C., Schug, J. Fay, J., Kim, H., & **Newman, D. B.** (2013, May). *Relational mobility impacts dyadic personality assortment: Evidence from two cultures*. Poster presented at the 25th Association for Psychological Science Annual Convention, Washington, D.C.

Select Media Coverage

Nostalgia

[“Why are people nostalgic for early-pandemic life?”](#) (September 29, 2021). *The Atlantic*
[“It’s natural to feel happy and sad at the same time. Here’s when it can become a problem.”](#)
(August 4, 2021). *The Washington Post*
[“Does nostalgia make you happy or sad?”](#) (September 9, 2020). *Psychology Today*
[“The psychology of nostalgia: New studies show why we reminisce about the past”](#) (March 2, 2020). *Psychology Today*
["What triggers nostalgia? Feelings of unhappiness, USC Dornsife study finds"](#) (April 3, 2019).
USC Dornsife News

Political Orientation and Meaning in Life

[“Conservatives are happier than liberals. Discuss.”](#) (October 20, 2021). *The New York Times*
["Conservatives Find More Meaning in Life than Liberals"](#) (July 25, 2019). *Character and Context blog* (Society for Personality and Social Psychology website)
["Conservatives Report Greater Meaning in Life"](#) (March 20, 2019). *Academic Minute*
["Authoritarian Liberals and Satisfied Conservatives"](#) (August 9, 2018). *Psychology Today*
["Why Conservatives Find Life More Meaningful than Liberals"](#) (July 26, 2018). *The Atlantic*

["Conservatives 'think life has more meaning' than liberals do"](#) (July 19, 2018). *Yahoo! News*
["Conservatives more satisfied with life than liberals, finds study"](#) (July 19, 2018). *CBS Philly*
["Conservatives more likely to know 'the meaning of life' than liberals, massive study finds"](#) (July 18, 2018). *Live Science*
["Conservatives believe their lives are more meaningful than liberals, study finds"](#) (July 18, 2018). *The Independent*
["Want to live a happier life? Be a conservative!"](#) (July 17, 2018). *Fox News*
["What is the meaning of life? Ask a conservative"](#) (July 17, 2018). *Phys.org*
["What is the meaning of life? Ask a conservative"](#) (July 17, 2018). *Science Daily*
["What is the meaning of life? Ask a conservative"](#) (July 16, 2018). *USC Dornsife News*
["What is the meaning of life? Depends on your politics"](#) (July 16, 2018). *USC News*
["Study: Conservatives Are Happier Than Liberals"](#) (July 13, 2018). *The Daily Signal*
["Study: Conservatives Are Happier Than Liberals"](#) (July 11, 2018). *The Daily Caller*
["Conservatives Report Having Greater Purpose in Life Compared to Liberals, Study Finds"](#) (July 10, 2018). *The Christian Post*
["Conservatives report greater meaning and purpose in life than liberals, suggests new study"](#) (July 9, 2018). *Zodab*
["Conservatives report greater meaning and purpose in life than liberals, study finds"](#) (July 8, 2018). *PsyPost*
["Das Glück sitzt im rechten Spektrum"](#) (June 25, 2018). *Süddeutsche Zeitung* (German newspaper)
["Conservatives are more likely to feel their lives have meaning"](#) (June 19, 2018). *Pacific Standard*

Maximizing in Friendship Selection

["Paradoxical consequences of maximizing when choosing the best friends"](#) (November 18, 2017). *Brain and Life* (online blog)
["How to avoid regret in your social life"](#) (June 2, 2017) *Huffington Post*
["The best strategy for choosing friends is to aim for 'good enough'"](#) (May 9, 2017). *Science of Us*, nymag.com (website)
["Paradoxical consequences of maximizing when choosing the best friends"](#) (May 8, 2017). *Character and Context blog* (Society for Personality and Social Psychology website)
["Searching for better, cooler friends might backfire"](#) (May 3, 2017). *Science News for Students* (website)

Searching for Meaning in Life

["Guten Tag, was ist der Sinn des Lebens?"](#) (June 11, 2017) *Welt am Sonntag* (German newspaper)

Gratitude

["Be grateful: It may improve your health"](#) (December 3, 2021). *University of Michigan News*
["Cellphone data reveals health benefits of gratitude"](#) (November 22, 2021). *Psychology Today*
["The gift that keeps on giving? A simple thank you"](#) (December 20, 2016). *William & Mary News and Media* (website)

Vegetarianism

[“8 surprising psychological facts about vegetarians”](#) (January 2, 2020). *Psychology Today*

Research Experience

2020 -	Emotion, Health, and Psychophysiology Lab <i>Post-Doctoral Scholar</i> Professor: Wendy Berry Mendes	UC San Francisco
2019 - 2020	Center for Self-Report Science <i>Post-Doctoral Scholar</i> Professor: Arthur Stone	University of Southern California
2014 – 2019	SEEP Lab (Situating, Embodied, Experiential, Pragmatic Lab) <i>Ph.D. Student</i> Professor: Norbert Schwarz	University of Southern California
Summer 2016	Center for Happiness Studies <i>Research Fellow</i> Professor: Incheol Choi	Seoul National University
2014 - 2017	Values, Ideology, and Morality Lab <i>Ph.D. Student</i> Professor: Jesse Graham	University of Southern California
Summer 2014	Culture, Social Ecology, and Psychology Lab <i>Research Fellow</i> Professor: Masaki Yuki	Hokkaido University
2012 - 2014	Diary Study Lab, M.A. Student Professor: John Nezlek	The College of William & Mary
2012 - 2014	Culture Lab, M.A. Student Professor: Joanna Schug	The College of William & Mary
2011 - 2012	Ed Diener Lab, Research Assistant Professor: Ed Diener	Annandale, VA
Summer 2010	Hedonic Psychology Lab, Research Assistant Professor: Daniel T. Gilbert	Harvard University
Spring 2010	Social Psychology Lab, Research Assistant Professor: Timothy D. Wilson	University of Virginia

Spring 2008 **Social Identity and Shared Understanding Lab**
Research Assistant
Professor: Stacey Sinclair

University of Virginia

University Teaching Experience

University of Southern California

Spring 2017 Teaching Assistant for PSYC 274, Statistics

Fall 2016 Teaching Assistant for PSYC 274, Statistics

Spring 2016 Teaching Assistant for PSYC 274, Statistics

Fall 2015 Teaching Assistant for PSYC 274, Statistics

College of William and Mary

Spring 2014 Teaching Assistant for PSYC 622, Proseminar in Personality

Fall 2013 Teaching Assistant for PSYC 422, Behavior Modification

Summer 2013 Teaching Assistant for PSYC 302, Research Methods in Psychology

Spring 2013 Teaching Assistant for PSYC 202, Introduction to Psychology as a Social Science

Spring 2013 Teaching Assistant for PSYC 302, Research Methods in Psychology

Fall 2012 Teaching Assistant for PSYC 202, Introduction to Psychology as a Social Science

Fall 2012 Teaching Assistant for PSYC 202, Introduction to Psychology as a Natural Science

Invited Talks/Lectures

Mar. 31, 2020 “Beyond the lab: Field studies and ecological momentary assessment” Discussion facilitated at Research Methods: Developing, Testing, and Publishing Ideas, University of Southern California

Nov. 6, 2019 “Threats to validity” Lecture given to Scientific Inquiry and Reasoning in Health Care, University of Southern California

Oct. 2, 2019 “Well-being in daily life: Insights from Ecological Momentary Assessment methods,” Research presentation at Social Psychology Colloquium Talk, California State University, Long Beach

- Mar. 6, 2017 “The negative consequences of maximizing in friendship selection” Research presentation as part of a lecture given to The Science of Happiness, University of Southern California
- Aug. 5, 2016 “The effect of cultural conversation norms on meaning in life,” Research presentation at the National Research Foundation Summer Institute Fellows Closing Ceremony, Seoul, South Korea.
- Jun. 26, 2014 “The consequences of maximizing in selecting friends and the moderating role of relational mobility,” Research presentation at Psychology Department Colloquium, Hokkaido University, Japan
- Apr. 15, 2014 “Well-Being”, Lecture given to Introduction to Psychology as a Social Science, College of William and Mary
- Mar. 27, 2014 “The relationship between prayer and well-being: Between- and within-person differences,” Research presentation at Warsaw School of Social Sciences and Humanities, Poland
- Apr. 18, 2013 “Observational and Survey Research,” Lecture given to Research Methods, College of William and Mary
- Mar. 25, 2013 “Introduction to PsychoPy,” Psychology Department Colloquium, College of William and Mary
- Mar. 14, 2013 “Well-Being”, Lecture given to Introduction to Psychology as a Social Science, College of William and Mary
- Mar. 12, 2013 “Personality”, Lecture given to Introduction to Psychology as a Social Science, College of William and Mary
- Feb. 12, 2013 “Tutorial on PsychoPy”, Lecture given to Topics in Psychology, College of William and Mary
- Nov. 15, 2012 “Well-Being”, Lecture given to Introduction to Psychology as a Social Science, College of William and Mary

Academic Service

- 2012- 2013 Graduate Student Association for Arts and Sciences, College of William and Mary
- Psychology department representative
 - Fall 2012 Student Travel Grant Committee Member
 - Fall 2013 Student Travel Grant Committee Member

Invited Peer Review

- Reviewed for 56 different journals
- 98% percentile for verified reviews at Publons
- <https://tinyurl.com/qrczf4o>

Affective Science

Applied Psychology: Health and Well-Being

Applied Research in Quality of Life

Archives of Gerontology and Geriatrics

Behavior Research Methods

BMC Public Health

British Journal of Psychology

Current Psychology

Emotion

European Journal of Personality

Frontiers in Psychology

*Handbook of Positive Psychology Assessment
(book chapter)*

*International Journal of Environmental
Research and Public Health*

*International Journal of Health Policy and
Management*

International Journal of Psychology

*International Journal of Psychology and
Counselling*

International Journal of Wellbeing

Japanese Psychological Research

Journal for the Scientific Study of Religion

Journal of American College Health

Journal of Applied Social Psychology

Journal of Consumer Psychology

Journal of Experimental Social Psychology

Journal of Happiness Studies

Journal of Leisure Research

Journal of Pacific Rim Psychology

Journal of Personality

Journal of Personality and Social Psychology

Journal of Positive Psychology

Journal of Social and Personal Relationships

Leisure Sciences

Leisure Studies

Motivation and Emotion

Personality and Individual Differences

Personality and Social Psychology Bulletin

Perspectives on Psychological Science

Philosophical Psychology

PLOS ONE

Proceedings B

PNAS

Psychological Bulletin

Psychological Science

Religions

SAGE Open

Scientific Reports

Self and Identity

Social Justice Research

Social Psychological and Personality Science

Social Psychology

Sustainability

Sustainable Cities and Society

*The Journal of Psychology: Interdisciplinary
and Applied*

The Service Industries Journal

The Spanish Journal of Psychology

Urban Science

World Leisure Journal

Invited Grant Review

National Science Centre

Professional Memberships

Association for Psychological Science

Association for Research in Personality

International Positive Psychology Association

International Society for Quality of Life Studies

Society for Affective Science
Society for Personality and Social Psychology