
CURRICULUM VITAE

Lisa C. Walsh

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EMPLOYMENT

2021-present Postdoctoral Research Associate, University of California, Los Angeles (UCLA)
2015-2021 Graduate Student Researcher, University of California, Riverside (UCR)
2007-2014 Account Executive, Digital and Mobile Sales, Universal Music Group (UMG)

EDUCATION

2021 Ph.D. in Social/Personality Psychology, University of California, Riverside (UCR)
Dissertation: *Does your smartphone make you unhappy? The effects of digital media and social media on well-being* (3.94 GPA)
Committee: Sonja Lyubomirsky (Chair), Kate Sweeny, and Will Dunlop

2005 B.S. in Music Industry, minor in Gender Studies, University of Southern California (USC)
Graduated *Magna Cum Laude* (3.87 GPA)

FELLOWSHIPS, HONORS, AND AWARDS

2022 The Society for Affective Science Best Flash Talk Award Honorable Mention
2022 The Psychology of Technology Institute Dissertation Award (\$1,000)
2020-2021 UCR Robert Rosenthal Research Award, Social/Personality Area Nomination
2020 Best Novel Research Question: Social/Personality, R'Psyc Research Conference
2019-2020 UCR Social/Personality Area Graduate Student Research Award
2018 The Society for Affective Science Positive Emotions Preconference Poster Award
2016-2020 UCR Graduate Student Association Travel Grants (7 awards totaling \$1,343)
2015 UCR Chancellor's Distinguished Fellowship (\$23,000)
2002-2005 USC Thornton School of Music Honors/Dean's List

RESEARCH INTERESTS

Happiness: The Who, What, Where, When, Why, and How

- The architecture of subjective well-being, including its outcomes (e.g., positive emotions, life satisfaction), mediators/mechanisms (e.g., connectedness, elevation), moderators (e.g., personality, culture), and downstream consequences (e.g., physical health, career success)
- Pursuing happiness via positive activities (e.g., gratitude letters, acts of kindness, flow activities)

Digital Technology and Well-Being

- How smartphones and social media impact psychosocial well-being (e.g., depression, loneliness)
- Are some smartphone apps (e.g., Mail, Facebook, Tinder) associated with more (or less) happiness?
- How can we harness technology (e.g., smartphones, VR, AR, AI) to improve happiness and health?

Marriage and Close Relationships

- How close relationships (i.e., with friends, family, and partners/spouses) influence well-being
- Investigating the relationship quality and well-being of single, unpartnered daters and non-daters
- Examining and improving relationship satisfaction

The Structure of Strengths: Gratitude, Kindness, and Humility

- Exploring gratitude exchanges within a social context (actors, targets, and witnesses)
- How doing kind acts for others impacts physical health (e.g., gene expression, cellular aging)
- Gratitude as a trigger of self-improvement efforts in health, kindness, academics, and work
- Increasing state and trait humility (e.g., via self-affirmation and awe interventions)

Hedonic Adaptation to Positive and Negative Life Events

- Exploring how individual well-being levels adapt to positive events (e.g., getting married) and negative events (e.g., being diagnosed with cancer), including obstacles to sustainable happiness

PUBLICATIONS

*Indicates undergraduate co-author

PEER-REVIEWED JOURNAL ARTICLES

1. **Walsh, L. C.**, Armenta, C. N., Itzchakov, G., Fritz, M. M., & Lyubomirsky, S. (2022). More than merely positive: The immediate affective and motivational consequences of gratitude. *Sustainability*, *14*(14), 8679. <https://doi.org/10.3390/su14148679>
2. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Rahal, D., Lyubomirsky, S., & Bower, J. E. (2022). Kindness interventions for early-stage breast cancer survivors: An online pilot randomized controlled trial. *The Journal of Positive Psychology*. Advance online publication. <https://doi.org/10.1080/17439760.2022.2093786>
3. Kaufman, V., Rodriguez, A. **Walsh, L. C.**, Shafraanske, E., & Harrell, S. P. (2022). Unique ways in which the quality of friendships matter for life satisfaction. *Journal of Happiness Studies*. Advance online publication. <https://doi.org/10.1007/s10902-022-00502-9>
4. **Walsh, L. C.**, Regan, A., & Lyubomirsky, S. (2022). The role of actors, targets, and witnesses: Gratitude exchanges within a social context. *The Journal of Positive Psychology*, *17*(2), 233-249. <https://doi.org/10.1080/17439760.2021.1991449>
5. Shin, L. J., Margolis, S. M., **Walsh, L. C.**, Kwok, Y. C., Yue, X., Chan, A., Siu, N., Sheldon, K. M., & Lyubomirsky, S. (2021). Cultural differences in the hedonic rewards of recalling kindness: Priming cultural identity with language. *Affective Science*, *2*, 80-90. <https://doi.org/10.1007/s42761-020-00029-3>
6. Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2020). Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth. *Emotion*. Advance online publication. <https://doi.org/10.1037/emo0000896>
7. Fritz, M. M., **Walsh, L. C.**, Cole, S. W., Epel, E., & Lyubomirsky, S. (2020). Kindness and cellular aging: A pre-registered experiment testing the effects of prosocial behavior on telomere length and well-being. *Brain, Behavior, and Immunity – Health*, *11*, 100187. <https://doi.org/10.1016/j.bbih.2020.100187>
8. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2019). Gratitude facilitates healthy eating behavior in adolescents and young adults. *Journal of Experimental Social Psychology*, *81*, 4–14. <https://doi.org/10.1016/j.jesp.2018.08.011>
9. Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2019). A better distraction: Exploring the benefits of flow during uncertain waiting periods. *Emotion*, *19*(5), 818–828. <https://doi.org/10.1037/emo0000479>
10. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2018). Does happiness promote career success? Revisiting the evidence. *Journal of Career Assessment*, *26*(2), 199–219. <https://doi.org/10.1177/1069072717751441>

BOOK CHAPTERS

11. **Walsh, L. C.**, *Boz, S. G., & Lyubomirsky, S. (in press). Well-being and career success. In B. Walsh, L. Flores, P. Hartung, F. Leong, & M. Savickas (Eds.), *Career psychology*. American Psychological Association.
12. Revord, J., **Walsh, L. C.**, & Lyubomirsky, S. (2018). Positive activity interventions to enhance well-being: Looking through a social psychological lens. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction* (pp. 451–471). Routledge. <https://doi.org/10.4324/9781351231879>
13. Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2017). Staying happier. In M. D. Robinson & M. Eid (Eds.), *The happy mind: Cognitive contributions to well-being* (pp. 95–114). Springer. https://doi.org/10.1007/978-3-319-58763-9_6

UNDER REVIEW

14. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (2022). *What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media* [Manuscript with revise and resubmit decision at *Affective Science*].
15. **Walsh, L. C.**, *Gonzales, A., Shen, L., Rodriguez, A., & Kaufman, V. A. (2022). *Expanding relationship science to unpartnered singles: What predicts life satisfaction?* [Manuscript with revise and resubmit decision at *Frontiers in Psychology*].
16. Kaufman, V. A., Horton, C. J., **Walsh, L. C.**, & Rodriguez, A. (2022). *The unity of well-being: An inquiry into the factor structure of subjective well-being using the bifactor model*. [Manuscript with revise and resubmit decision at the *International Journal of Applied Positive Psychology*].
17. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (2022). *Understanding the consequences of self-directed gratitude interventions: Are some ways of expressing gratitude more beneficial than others?* [Manuscript with revise and resubmit decision at *Affective Science*].
18. Regan, A., Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, L., & Cole, S. (2022). *The genomic impact of kindness to self vs. others: A randomized controlled trial*. [Manuscript with revise and resubmit decision at *Brain, Behavior, and Immunity*].
19. Okabe-Miyamoto, K., **Walsh, L. C.**, Ozer, D., & Lyubomirsky, S. (2022). *Measuring the experience of social connection within specific social interactions: The Connection During Conversations Scale (CDCS)* [Manuscript submitted for publication].
20. **Walsh, L. C.**, *Boz, S. G., & Lyubomirsky, S. (2021). *Improving worker well-being* [Manuscript submitted for publication].
21. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., & Lyubomirsky, S. (2021). *Does putting away your smartphone make you happier? The effects of restricting digital media and social media on well-being* [Manuscript submitted for publication]. PsyArXiv Preprint. <https://doi.org/10.31234/osf.io/c3phw>
22. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., Twenge, J. M., & Lyubomirsky, S. (2021). *The association between well-being and objectively measured versus self-reported smartphone time* [Manuscript submitted for publication]. PsyArXiv Preprint. <https://doi.org/10.31234/osf.io/zcwmv>

IN PREPARATION

23. Kaufman, V. A., **Walsh, L. C.**, & Rodriguez, A. (2022). *It takes two: Life satisfaction and depressive symptomatology predict marital quality*.
24. Kaufman, V. A., Horton, C. J., **Walsh, L. C.**, & Rodriguez, A. (2022). *Is happily ever after possible for singles? A person-centric inquiry using latent class analysis*.

25. Montgomery, R., **Walsh, L. C.**, & Rutchick, A. (2022). *Interventions for intentional smartphone use increase well-being.*

OP-EDS/POPULAR PRESS

26. Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2019, October 23). Forget your worries and find your flow. *Society for Personality and Social Psychology (SPSP) Character & Context Blog*. <http://www.spsp.org/news-center/blog/rankin-walsh-sweeny-find-your-flow>
27. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2019, May 24). Happiness doesn't follow success: it's the other way around. *Aeon Magazine*. <https://aeon.co/ideas/happiness-doesnt-follow-success-its-the-other-way-round>
- Reprinted in: (in press). Moore, M. (Ed.), *Real writings with readings* (9th Ed.). Macmillan Learning.
 - Reprinted in: (2019, May 28). *Business Insider*. <https://www.businessinsider.com/happiness-doesnt-follow-success-its-the-other-way-2019-5?IR=T&r=UK>
28. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2018, August 13). Is happiness a consequence or cause of career success? *London School of Economics and Political Science (LSE) Business Review Blog*. <https://blogs.lse.ac.uk/businessreview/2018/08/13/is-happiness-a-consequence-or-cause-of-career-success/>
- Reprinted in: (2018, August 15). *World Economic Forum*. <https://www.weforum.org/agenda/2018/08/is-happiness-a-consequence-or-cause-of-career-success>
 - Reprinted in: (2018, August 14). *Psychology Today*. <https://www.psychologytoday.com/us/blog/how-happiness/201808/is-happiness-consequence-or-cause-career-success>

MEDIA COVERAGE

1. [Gratitude letter for teens](#). *Greater Good in Action*. (2022, June 7)
2. [The science of gratitude](#). *Mindful*. (2022, February 17)
3. [One simple choice enhances the benefits of gratitude](#). *Psychology Today*. (2022, January 17)
4. [Research lead: Oversimplifying effects of tech](#). *Behavioral Scientist*. (2021, December 1)
5. [Can gratitude help you live more sustainably?](#) *Greater Good Magazine*. (2021, April 21)
6. [What to expect when you're expecting the worst](#). *The New York Times*. (2021, January 14)
7. [Congratulations, you're average](#). *Psychology Today*. (2020, November 12)
8. [The world's best dive retreats](#). *Wander Wellness Travel Magazine*. (2020, November 2)
9. [Next time you're feeling particularly stressed ... play Tetris](#). *Good News Network*. (2020, April 17)
10. [Getting good at waiting](#). *The Guardian*. (2020, April 12)
11. [Why gratitude is wasted on Thanksgiving](#). *The New York Times*. (2019, November 23)
12. [You're spending your free time wrong](#). *CNBC*. (2019, November 6)
13. [Are happy workers more productive?](#) *LinkedIn Pulse*. (2019, June 19)
14. [Measuring and adapting happiness. Part 2](#). *BTRtoday*. The Daily Beat. (2019, June 13)
15. [Does happiness lead to success? Part 1](#). *BTRtoday*. The Daily Beat. (2019, June 12)
16. [The zen of video games](#). *NPR. Wow in the World*. (2018, December 31)
17. [If you feel thankful, write it down. It's good for your health](#). *NPR. Shots*. (2018, December 24)
18. [This emotion can help you eat healthier](#). *Greater Good Magazine*. (2018, December 14)
19. [Can't stop worrying? Try Tetris to ease your mind](#). *NPR. Shots*. (2018, November 5)
20. [Tetris is a great distraction for easing an anxious mind](#). *Ars Technica*. (2018, November 2)
21. [Classic video games can help people achieve flow state](#). *KQED News*. (2018, October 31)
22. [Tetris: It could be the salve for a worried mind](#). *UCR News*. (2018, October 26)
23. [Highlights from the SPSP-Funded University of California Well-Being Conference](#). *SPSP Character & Context* (2017, August 28)

PRESENTATIONS

*Indicates undergraduate student co-author

TALKS

1. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Lyubomirsky, S. (March 30-April 2, 2022). *Does putting down your smartphone make you happier? The effects of restricting digital media and social media on well-being* [Flash Talk]. Society for Affective Science Annual Conference, Virtual, United States.
 - ❖ Received Best Flash Talk Award Honorable Mention
 - ❖ One of the top/highest-ranking abstracts of the conference
2. **Walsh, L. C.** (2022, January 15). The Science of Happiness. In A. Villamil (Organizer), *Fellowship Forum: The emerging research symposium* [Invited Talk]. Garrison Institute, Virtual, United States.
3. **Walsh, L. C.** & Lyubomirsky, S. (2021, February 9-13). Does your smartphone make you happy? The effects of restricting digital media and social media on well-being. In P. Ewell, S. Müller, & S. Talaifar (Organizers), *Psychology of Media and Technology Preconference* [Invited talk]. Society for Personality and Social Psychology 22nd Annual Convention, Virtual, United States.
4. **Walsh, L. C.**, Regan, A., Stapley, A., & Lyubomirsky, S. (2021, February 9-13). Give thanks: Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. In *Student/Early Career Data Blitz 2* [Symposium]. Society for Personality and Social Psychology 22nd Annual Convention, Virtual, United States.
5. **Walsh, L. C.** (2020, October 8). *Some findings from the Restrict Digital Media Study: An experimental investigation of the effects of smartphones and social media on well-being* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, United States.
6. **Walsh, L. C.** & Lyubomirsky, S. (2020, May 21). *The science of happiness* [Online master class with four sessions]. Instituto Europeo de Psicología Positiva (IEPP). Madrid, Spain.
 - Session 1: What is happiness, what is it good for, and what are its myths?
 - Session 2: Is it possible to become happier and, if yes, how?
 - Session 3: Other benefits (and possible costs) of the pursuit of happiness
 - Session 4: Identifying and using strengths
7. *Boz, S. G., **Walsh, L. C.**, & Lyubomirsky, S. (2020, May 21). *An experimental gratitude face-off study: Letters vs. lists* [Virtual talk]. R' Psyc 2nd Annual Psychology Undergraduate Research Conference, University of California, Riverside, CA, United States.
 - ❖ Received Best Novel Research Question Award
8. **Walsh, L. C.** (2020, January 23). *The science of happiness* [Invited talk]. Workplace Health and Wellness Program, University of California, Riverside, CA, United States.
9. **Walsh, L. C.** (2020, January 16). *Actors, targets, and witnesses: Gratitude within dynamic social networks* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, United States.
10. Fritz, M. M., Armenta, C. N., **Walsh, L. C.** & Lyubomirsky, S. (2019, April 25-28). Gratitude facilitates healthy eating behavior in adolescents and young adults. In Bono, G. (Chair), *Promising horizons in gratitude research: Harnessing its social dynamics to make life meaningful* [Symposium]. Western Psychological Association 99th Annual Convention, Pasadena, CA, United States.
11. **Walsh, L. C.** & Lyubomirsky, S. (2019, April 25-28). The unselfish side of gratitude: The benefits of recalling, sharing, and receiving. In Bono, G. (Chair), *Promising horizons in gratitude research: Harnessing its social dynamics to make life meaningful* [Symposium]. Western Psychological Association

99th Annual Convention, Pasadena, CA, United States.

12. **Walsh, L. C.** (2019, January 10). *Does your smartphone make you unhappy? The effects of restricting digital and social media on well-being* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, United States.
13. Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., Cole, S., & Epel, E. (2019, February 7-9). Kindness, loneliness, and cellular aging: An experimental investigation of the impact of a prosocial behavior intervention on physical health. In *Intervention Science Preconference* [Data blitz talk]. Society for Personality and Social Psychology 20th Annual Convention, Portland, OR, United States.
14. Sweeny, K., Rankin, K., & **Walsh, L. C.** (2018, October 4-6). *Finding flow during life transitions* [Symposium]. Society of Experimental Social Psychology Annual Conference, Seattle, WA, United States.
15. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, July 17-21). *Gratitude facilitates healthy eating behavior in adolescents and young adults* [Data blitz talk]. 19th European Conference on Personality, Zadar, Croatia.
16. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, January 18-19). *Gratitude facilitates healthy eating behavior in adolescents and young adults* [Flash talk]. Gratitude Insights Conference, University of North Carolina, Chapel Hill, NC, United States.
17. **Walsh, L. C.** (2018, January 9). *Is gratitude only for the self? Exploring the benefits of expressing, sharing, receiving, and witnessing* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, United States.
18. **Walsh, L. C.**, Armenta, C. N., Fritz, M. M., & Lyubomirsky (2017, July 14). *The effects of sharing gratitude on adolescents* [Invited talk]. Character Lab 2017 Educator Summit Research Convening, Philadelphia, PA, United States.
19. **Walsh, L. C.** (2017, June 8). *To share or not to share? The effects of sharing gratitude* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, United States.
20. **Walsh, L. C.** (2016, February 11). *Hedonic adaptation* [Invited guest lecture]. Introductory Psychology course (PSYC 2; Instructor: Rachel Wu) at the University of California, Riverside, CA, United States.

POSTERS

1. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., Twenge, J. M., & Lyubomirsky, S. (2022, February 16-19). *The association between well-being and objectively measured versus self-reported smartphone and social media time* [Poster presentation]. Society for Personality and Social Psychology 23rd Annual Convention, San Francisco, CA, United States.
2. Okabe-Miyamoto, K., **Walsh, L. C.**, Ozer, Dan, & Lyubomirsky, S. (2022, February 16-19). *Measuring felt connection with specific social interactions: The Connection During Conversations Scale* [Poster presentation]. Society for Personality and Social Psychology 23rd Annual Convention, San Francisco, CA, United States.
3. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., & Lyubomirsky, S. (2021, November 12-13). *Does your smartphone make you unhappy? The effects of restricting digital and social media* [Poster presentation]. Psychology of Technology Institute Annual Conference, University of California, Santa Barbara, CA, United States.

4. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (2021, February 11-13). *Elevated or indebted? Understanding the consequences of self-directed gratitude interventions* [Poster presentation]. Society for Personality and Social Psychology 22nd Annual Convention, Virtual, United States.
5. Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., Cole, S., & Epel, E. (2020, February 27-29). *Kindness and cellular aging: A pre-registered intervention testing the effects of prosocial behavior on telomere length and well-being* [Poster presentation]. Society for Personality and Social Psychology 21st Annual Convention, New Orleans, LA, United States.
6. Okabe-Miyamoto, K., Regan, A., **Walsh, L. C.**, Fritz, M. M., & Lyubomirsky, S. (2020, February 27-29). *Face-to-face (versus digital) kind acts boost students' satisfaction with life* [Poster presentation]. Society for Personality and Social Psychology 21st Annual Convention, New Orleans, LA, United States.
7. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., & Lyubomirsky, S. (2020, February 27-29). *The gratitude witnessing effect in adolescents* [Poster presentation]. Society for Personality and Social Psychology 21st Annual Convention, New Orleans, LA, United States.
8. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Villamil, A., & Lyubomirsky, S. (2019, November 8-9). *iPhone screen time and well-being* [Poster presentation]. New Directions in Research on the Psychology of Technology 4th Annual Conference, University of Virginia, Arlington, VA, United States.
9. *Frias, A., **Walsh, L. C.**, & Lyubomirsky, S. (2019, August 19). *Correlates of smartphone usage with physical and mental health* [Poster presentation]. Mentoring Summer Research Internship Program (MSRIP) 32nd Annual Research Symposium, University of California, Riverside, CA, United States.
10. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Lyubomirsky, S., & Bower, Julianne (2019, March 9-12). *Kindness to others or to oneself: An online pilot randomized controlled trial to enhance well-being for breast cancer survivors* [Poster presentation]. American Psychosomatic Society 77th Annual Scientific Meeting, Vancouver, BC, Canada.
11. Fritz, M. M., Margolis, S., Armenta, C. N., Revord, J., **Walsh, L. C.**, Lyubomirsky, S., Nieminen, L., & Kellerman, G. (2019, February 7-9). *Putting the social in the prosocial: Do acts of kindness improve well-being more than simple social interactions?* [Poster presentation]. Society for Personality and Social Psychology 20th Annual Convention, Portland, OR, United States.
12. Shin, L. J., **Walsh, L. C.**, & Lyubomirsky, S. (2019, February 7-9). *Recalling kind acts for close others vs. strangers in English and Chinese* [Poster presentation]. Society for Personality and Social Psychology 20th Annual Convention, Portland, OR, United States.
13. **Walsh, L. C.**, Margolis, S., Fritz, M. M., Shin, L. J., Revord, J., Twenge, J. M., & Lyubomirsky, S. (2019, February 7-9). *Are smartphone users unhappy?: A correlational exploration of digital media, social media, and well-being* [Poster presentation]. Society for Personality and Social Psychology 20th Annual Convention, Portland, OR, United States.
14. **Walsh, L. C.**, Margolis, S., & Lyubomirsky, S. (2018, October 19). *Smartphone usage characteristics predict greater well-being, but less mindful attention* [Poster presentation]. New Directions in Research on the Psychology of Technology 3rd Annual Conference, University of Stanford, Stanford, CA, United States.
15. **Walsh, L. C.**, & Lyubomirsky, S. (2018, May 24-27). *To share or not to share? The effects of sharing gratitude on actors and targets* [Poster presentation]. Association for Psychological Science 30th Annual Convention, San Francisco, CA, United States.

16. **Walsh, L. C.**, & Lyubomirsky, S. (2018, April 26-28). To share or not to share? The effects of sharing gratitude on actors and targets [Poster presentation]. In *Positive Emotions Preconference*, Society for Affective Science 5th Annual Conference, University of California, Los Angeles, CA, United States.
 - ❖ Received Positive Emotions Preconference Poster Award
17. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, March 1-3). *Gratitude facilitates healthy eating behavior in adolescents and young adults* [Poster presentation]. Society for Personality and Social Psychology, 19th Annual Convention, Atlanta, GA, United States.
18. Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2018, March 1-3). *The benefits of flow while awaiting uncertain news* [Poster presentation]. Society for Personality and Social Psychology 19th Annual Convention, Atlanta, GA, United States.
19. **Walsh, L. C.**, & Lyubomirsky, S. (2018, March 1-3). *To share or not to share?: The effects of sharing gratitude on actors and targets* [Poster presentation]. Society for Personality and Social Psychology 19th Annual Convention, Atlanta, GA, United States.
20. Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2017, January 19-21). *Gratitude and self-improvement in adolescents* [Poster presentation]. Society for Personality and Social Psychology 18th Annual Convention, San Antonio, TX, United States.
21. Ruberton, P. M., **Walsh, L. C.**, Revord, J., & Lyubomirsky, S. (2017, January 19-21). *Do only the humble seek humility?: Characteristics of people motivated to become more humble* [Poster presentation]. Society for Personality and Social Psychology 18th Annual Convention, San Antonio, TX, United States.

GRANTS

FUNDED

1. **Walsh, L. C.** (Primary Contributor) & Lyubomirsky, S. (Principal Investigator). (2018-2021). *Is gratitude only for the self? Exploring the benefits of recalling, sharing, receiving, and witnessing* (ID No. 61113) [\$410,858 grant]. John Templeton Foundation. <https://www.templeton.org/grant/is-gratitude-only-for-the-self-exploring-the-benefits-of-recalling-sharing-receiving-and-witnessing>
2. Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky S. (Co-Principal Investigators). (2016-2019). *Prosocial behavior and telomere length* [\$75,000 grant]. HopeLab.
3. Fritz, M. M., Revord, J., **Walsh, L. C.**, & Lyubomirsky S. (Co-Principal Investigators). (2018-2019). *Face-to-face versus technology-mediated prosocial interactions: A randomized controlled trial of the gene regulatory impact of prosocial behavior* [\$42,600 grant]. HopeLab.
4. Revord, J., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (Co-Principal Investigators). (2018-2019). *A randomized controlled trial of the effects of face-to-face versus technology-mediated aspirational and remedial prosocial behavior* [\$5,000 grant]. HopeLab.
5. Fritz, M. M., Revord, J., **Walsh, L. C.** & Lyubomirsky S. (Co-Principal Investigators). (2018). *Coding kindness: An analysis of 6,324 prosocial acts* [\$5,000 grant]. HopeLab.
6. Revord, J., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (Co-Principal Investigators). (2016-2018). *Kindness online and in-person: More than skin deep* [\$1,500 grant]. UCR Healthy Campus Initiative Project.
7. Revord, J., Fritz, M. M., **Walsh, L. C.** (Contributors), & Lyubomirsky, S. (Principal Investigator). (2017). *University of California Well-Being Conference (UCWBC)* [\$5,000 small conference grant]. Society for Personality and Social Psychology.

NOT FUNDED

8. **Walsh, L. C.** (Contributor), Lyubomirsky, S. (co-Principal Investigator), & Fredrickson, B. L. (co-Principal Investigator). (2020). *Research consortium on the biological and behavioral underpinnings of human flourishing: A Many Labs discovery venture* [Requesting \$5-20 million]. Templeton World Charity Foundation Request for Ideas (RFI) Proposal.
9. **Walsh, L. C.** (Contributor) & Lyubomirsky, S. (Principal Investigator). (2020). *Building a new science of psychedelic social psychology: The effects of 3,4-methylenedioxymethamphetamine (MDMA) on social connection* [Requesting \$5-20 million]. Templeton World Charity Foundation Request for Ideas (RFI) Proposal.
10. **Walsh, L. C.** (Primary Contributor), Lyubomirsky, S. (Co-Principal Investigator), & Pressman, S. (Principal Investigator). (2020). *Chasing energy: A search for the correlates and causes of high arousal positive affect* [Requested \$547,963]. National Science Foundation. Division of Behavioral and Cognitive Sciences (BCS) Social Psychology Standard Grant (PD 98-1332).
11. **Walsh, L. C.** (Primary Contributor), Lyubomirsky S. (Co-Principal Investigator), & Pressman, S. (Principal Investigator). (2019). *Searching for the virtue of vitality: Development of a long-term vitality-boosting program* (ID No. FI-19301) [Requested \$532,368]. John Templeton Foundation Large Grant Online Funding Inquiry (OFI).
12. **Walsh, L. C.** (Primary Contributor) & Lyubomirsky, S. (Principal Investigator). (2018). *Promoting well-being via gratitude exchanges on Facebook* [Requested \$49,400]. Instagram Awards for Research on Social Technologies.
13. **Walsh, L. C.** (Primary Contributor) & Lyubomirsky, S. (Principal Investigator). (2017). *Effects of social connection on human gene expression* (ID No. FI-14779) [Requested \$621,331]. John Templeton Foundation Large Grant Online Funding Inquiry (OFI).
14. Fritz, M. M., **Walsh, L. C.**, Hunter, J., & Gavrilova, L. (Co-Principal Investigators). (2017). *On being kind to others: The proinflammatory and cardiovascular benefits of prosocial behavior* [Requested \$8,000]. University of California Intercampus Health Consortium Workshop Shark Tank Grant.

QUANTITATIVE AND METHODOLOGICAL TRAINING

Data Scientist with R. 10 courses (e.g., tidyverse, ggplot2) with various instructors (DataCamp; 2022)
Introduction to SQL. Instructor: Nick Carchedi, M.A. (DataCamp; 2021)
Structural Equation Modeling. Instructor: Keith Widaman, Ph.D. (UCR; 2020)
Dyadic Data Analysis. Instructors: David A. Kenny, Ph.D. & Randi L. Garcia, Ph.D. (UCONN Workshop; 2018)
“Repligate”: Reliability and Reproducibility in Psychology. Instructor: David Funder, Ph.D. (UCR; 2017)
Multilevel Models. Instructor: Gregory Palardy, Ph.D. (UCR; 2017)
Meta-Analysis. Instructor: Robert Rosenthal, Ph.D. (UCR; 2016)
Research Methods in Social/Personality Psychology. Instructor: Megan Robbins, Ph.D. (UCR; 2016)
Multiple Regression/Correlation Analysis. Instructor: Daniel Ozer, Ph.D. (UCR; 2016)
Experimental Design and Analysis of Variance. Instructor: Robert Rosenthal, Ph.D. (UCR; 2016)
Statistical Inference. Instructor: Elizabeth Davis, Ph.D. (UCR; 2015)
Non-Experimental Research Methods. Instructor: William Breland, Ph.D. (Audited; USC; 2015)

SKILLS

Research and data analysis: R, SQL, SPSS, Excel, Qualtrics, G*Power, and Open Science Foundation (OSF)
Graphics: Photoshop, PowerPoint, and Canva
Languages: English (fluent) and Spanish (basic)
Music: 15 years of musical training in opera (mezzo-soprano), guitar, piano, and alto saxophone

Fiction: Published 2 short stories and edited 3 short story anthology volumes with NaNo Los Angeles

Recreational: Scuba Diving International (SDI) Advanced Rescue Diver with 139 dives in 10 countries (e.g., Mexico, Italy, Egypt, Fiji, Indonesia)

PROFESSIONAL AND DEPARTMENTAL SERVICE

2022	Guest Associate Editor, Special Issue: The Good Side of Technology, <i>Frontiers in Psychology</i>
2021-2022	Chair, UCLA Psychology Department Postdoctoral Academic Committee
2021	Co-Reviewer, John Templeton Foundation External Grant Review
2021	Reviewer, <i>PLOS One</i>
2020	Reviewer, <i>Journal of Happiness Studies</i>
2020	Reviewer, UCR R'Psyc 2nd Annual Undergraduate Psychology Research Conference
2020	Reviewer, Association for Psychological Science Student Research Awards
2018-2019	UCR Campus Representative, Society for Health Psychology (APA Division 38)
2016-2017	Co-Organizer, University of California Well-Being Conference (UCWBC)
2016	Co-Reviewer, <i>Clinical Psychology Review</i>
2016	Reviewer, Happiness and Well-Being Preconference, SPSP 17th Annual Convention

UNDERGRADUATE MENTORING

Research Assistants (RAs; UCR; 2016–2021)

- Trained and managed 55 RAs as they worked on literature reviews, in-lab participant data collection (including blood spots and smartphone data), and coding on a variety of research projects

Special Projects:

- S. Gokce Boz (2020-2021):
 - Co-authored paper (under review)
 - Co-authored chapter (in press)
 - R'Psyc 2nd Annual Psychology Undergraduate Research Conference [Virtual Talk]
- Gabrielle Celaya (2018-2020): Mentorship in managing projects and RAs as Research Coordinator
- Alec Frias (2019): Mentoring Summer Research Internship Program [Poster Presentation]

TEACHING EXPERIENCE

Evaluations available upon request

INSTRUCTOR

The Science of Well-Being. (UCR; Summer, 2019)

Average evaluation score: 4.7 out of 5

TEACHING ASSISTANT

Social Psychology. Instructor: Calen Horton, M.A. (UCR; Summer 2020)

TAs not evaluated during summer sessions

Drugs and Behavior. Instructor: Erin Alderson, M.A. (UCR; Summer 2020)

TAs not evaluated during summer sessions

Cyberpsychology. Instructor: Karolyn Andrews, Ph.D. (UCR; Winter 2019)

Average evaluation score across 3 sections: 6.4 out of 7

Introductory Psychology. Instructor: Rachel Wu, Ph.D. (UCR; Winter 2016)

Average evaluation score across 3 sections: 6.4 out of 7

Introductory Psychology. Instructor: Thomas Sy, Ph.D. (UCR; Fall 2015)

Average evaluation score across 3 sections: 6.6 out of 7

CONSULTING EXPERIENCE

Major Social Media Companies

2016-21

- Worked with 2 top social media companies to design large experimental and cross-sectional studies
- Refined research questions, as well as wrote and edited prompts and measures
- Interpreted and disseminated results via corporate reports and presentations
- Proposed new potential business strategies and follow-up studies

Buck Davis (Speaker, Trainer, & Coach)

2020-21

- Consulted on the design and implementation of corporate training programs (e.g., The Power of Positivity; Race, Resilience, and the Role of the Ally) for various types of corporate employees (e.g., IT support people, sales representatives)
- Reviewed a variety of empirical psychological literature and summarized relevant studies for lay audiences

World Happiness Foundation

2020

- Created and executed a four-session online master class on the science of happiness for Instituto Europeo de Psicología Positiva (IEPP) in Madrid, Spain

BUSINESS EXPERIENCE

Universal Music Group (UMG) - Santa Monica, CA

2007-14

Final Title: *Account Executive*, Digital and Mobile Sales

Starting Title: *Administrative Assistant*, Digital Marketing and Product Development

- Maximized sales and optimized the marketing strategy of over 100 digital and mobile accounts, (e.g., Samsung, Sony, AT&T, and T-Mobile) with a final account base generating \$15 MM+ in annual revenue
- Specialized in new accounts, facilitating the launch and continued growth of nascent businesses, which resulted in revenue increases of up to 637% YOY
- Created, initiated, and executed thousands of high-level strategic marketing cross-promotions, such as contests, giveaways, artist in-stores, meet and greets, content exclusives, and social media blasts for artists such as Taylor Swift, Lil Wayne, Lady Gaga, Nicki Minaj, Imagine Dragons, and Maroon 5
- Managed the Sales Internship Program for 4+ years, recruiting, training, and supervising all interns

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA; Divisions 38 & 46), 2017-present

Association for Psychological Science (APS), 2016-present

Psychology of Technology Institute (PTI), 2017-present

Society for Affective Science (SAS), 2018-present

Society for Personality and Social Psychology (SPSP), 2015-present