

CURRICULUM VITAE

Lisa C. Walsh

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EDUCATION

- 2020 (expected) Ph.D. in Social/Personality Psychology**
University of California, Riverside (UCR), Riverside, CA
Dissertation: *Does your smartphone make you happy? The effects of restricting digital media on well-being*
Committee: Sonja Lyubomirsky (Chair), Kate Sweeny, and William L. Dunlop
- 2017 M.A. in Social/Personality Psychology**
University of California, Riverside (UCR), Riverside, CA
Master's Thesis: *To share or not to share? The effects of sharing gratitude*
Advisor: Sonja Lyubomirsky
- 2005 B.S. in Music Industry with a Minor in Gender Studies**
University of Southern California (USC), Los Angeles, CA
Graduated *Magna Cum Laude*

FELLOWSHIPS, HONORS, AND AWARDS

- 2018 Society for Affective Science (SAS) 5th Annual Conference: Positive Emotions
Pre-conference Poster Award Winner
- 2015 UCR Chancellor's Distinguished Fellowship
- 2002-2005 USC Thornton School of Music Dean's List
- 2001 Loyola Marymount University Music Grant

RESEARCH INTERESTS

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

- The architecture of subjective well-being, including its outcomes (e.g., positive emotions), mediators/mechanisms (e.g., connectedness), and moderators (e.g., culture)
- Pursuing happiness via positive activity interventions (aka positive practices), such as writing gratitude letters, performing kind acts, and engaging in flow activities

- The downstream consequences of well-being, such as greater health and career success
- The role of social connection in facilitating human happiness

Digital Technology and Well-Being

- How do emerging technologies (e.g., smartphones, social media, VR) impact well-being?
- What outcomes are affected? What are the mediators and moderators of these effects?
- How can we harness technology to improve happiness and health?

The Structure of Strengths: Gratitude, Kindness, and Humility

- Sharing gratitude within dynamic social networks with actors, targets, and witnesses
- Gratitude as a trigger of self-improvement efforts in health, kindness, academics, and work
- The physical health effects (as measured via biomarkers) of performing kind acts for others
- Differences in performing kind acts online vs. in-person/face-to-face
- How can people become lastingly more humble?
- Self-affirmation, gratitude, and awe as interventions to boost state humility

Hedonic Adaptation to Positive and Negative Life Events

- Exploring how individual happiness levels adapt to positive events (e.g., getting married) and negative events (e.g., being diagnosed with cancer)
- Obstacles to sustainable happiness and thwarting hedonic adaptation to positive events
- The Hedonic Adaptation Prevention Model and preventative strategies, such as integrating variety and relishing happy surprises

PUBLICATIONS

JOURNAL ARTICLES

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. doi: 10.1016/j.jesp.2018.08.011

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. doi: 10.1177/1069072717751441

Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2018). A better distraction: Exploring the benefits of flow during uncertain waiting periods. *Emotion*. Advance online publication. doi: 10.1037/emo0000479

BOOK CHAPTERS

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.), *Social psychological foundations of well-being and life satisfaction*. New York: Routledge.

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). New York: Springer.

UNDER REVIEW

Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2019). Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth.

OP-EDS/POPULAR PRESS

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>

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*. <http://blogs.lse.ac.uk/businessreview/2018/08/13/is-happiness-a-consequence-or-cause-of-career-success/>

MEDIA MENTIONS

Raz, G. & Thomas, M. (2018, December 31). The zen of video games. *NPR Wow in the World*. Retrieved from <https://www.npr.org/2018/12/28/680782350/the-zen-of-video-games?fbclid=IwAR3x6coWcqMCXvB5bQM6AvTOSBQ07yXLwPS4uvG3PV2KmkS-AbG9qkRb1gU>

Singh, M. (2018, December 24). If you feel thankful, write it down. It's good for your health. Retrieved from <https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

Tiayon, S. B. (2018, December 14). This emotion can help you eat healthier. *Greater Good Magazine*. Retrieved from https://greatergood.berkeley.edu/article/item/this_emotion_can_help_you_eat_healthier

Singh, M. (2018, November 5). Can't stop worrying? Try Tetris to ease your mind. *NPR*. Retrieved from <https://www.npr.org/sections/health-shots/2018/11/05/662212524/cant-stop-worrying-try-tetris-to-ease-your-mind>

Ouellette, J. (2018, November 2). Study: Tetris is a great distraction for easing an anxious mind. *Ars Technica*. Retrieved from <https://arstechnica.com/science/2018/11/study-tetris-is-a-great-distraction-for-easing-an-anxious-mind/>

KQED News Staff (2018, October 31). Classic video games can help people achieve flow state. *KQED News*. Retrieved from <https://www.kqed.org/news/11702616/orange-county-faces-federal-order-to-solve-homeless-crisis>

Warren, J. D. (2018, October 26). Tetris: It could be the salve for a worried mind: New research suggests the video game stalwart represents "flow" – a state of blissful distraction. *UCR News*. Retrieved from <http://news.ucr.acsitefactory.com/articles/2018/10/26/tetris-it-could-be-salve-worried-mind>

PRESENTATIONS

TALKS

Fritz, M. M., Armenta, C. N., **Walsh, L. C.** & Lyubomirsky, S. (April, 2019). *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 conducted at the 99th Annual Convention for the Western Psychological Association, Pasadena, CA.

Walsh, L. C. & Lyubomirsky, S. (April, 2019). *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 conducted at the 99th Annual Convention for the Western Psychological Association, Pasadena, CA.

Walsh, L. C. (January, 2019). *Does your smartphone make you unhappy? An experimental investigation of the effects of digital and social media on well-being*. Presentation at the Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA.

Sweeny, K., Rankin, K., & **Walsh, L. C.** (October, 2018). *Finding flow during life transitions*. Symposium presentation at the Annual Conference for the Society of Experimental Social Psychology, Seattle, WA.

Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (July, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Talk presented at the 19th European Conference on Personality, Zadar, CROATIA.

Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (January, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Talk presented at the Gratitude Insights Conference, University of North Carolina, Chapel Hill, NC.

Walsh, L. C. (January, 2018). *Is gratitude only for the self? Exploring the benefits of expressing, sharing, receiving, and witnessing*. Presentation at the Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA.

Walsh, L. C., Armenta, C. N., Fritz, M. M., & Lyubomirsky (July, 2017). *The effects of sharing gratitude on adolescents*. Invited talk at the Character Lab 2017 Educator Summit Research Convening, Philadelphia, PA.

Walsh, L. C. (June, 2017). *To share or not to share? The effects of sharing gratitude on sharers and targets*. Presentation at the Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA.

Walsh, L. C. (February, 2016). *Hedonic adaptation*. Invited guest lecture at Introductory Psychology course (Instructor: Rachel Wu) at the University of California, Riverside, CA.

POSTERS

Fritz, M. M., Margolis, S., Armenta, C. N., Revord, J., **Walsh, L. C.**, Lyubomirsky, S., Nieminen, L., & Kellerman, G. (February, 2019). *Putting the social in the prosocial: Do acts of kindness improve well-being more than simple social interactions?* Poster presented at the 20th Annual Convention of the Society for Personality and Social Psychology, Portland, OR.

Shin, L. J., **Walsh, L. C.**, & Lyubomirsky, S. (February, 2019). *Recalling kind acts for close others vs. strangers in English and Chinese.* Poster presented at the 20th Annual Convention of the Society for Personality and Social Psychology, Portland, OR.

Walsh, L. C., Margolis, S., Fritz, M. M., Shin, L. J., Revord, J., Twenge, J. M., & Lyubomirsky, S. (February, 2019). *Are smartphone users unhappy?: A correlational exploration of digital media, social media, and well-being.* Poster presented at the 20th Annual Convention of the Society for Personality and Social Psychology, Portland, OR.

Walsh, L. C., Margolis, S., & Lyubomirsky, S. (October, 2018). *Smartphone usage characteristics predict greater well-being, but less mindful attention.* Poster presented at the 3rd Annual Conference on the Psychology of Technology, Stanford, CA.

Walsh, L. C., & Lyubomirsky, S. (May, 2018). *To share or not to share? The effects of sharing gratitude on actors and targets.* Poster presented at the 30th Annual Convention of the Association for Psychological Science, San Francisco, CA.

Walsh, L. C., & Lyubomirsky, S. (April, 2018). *To share or not to share? The effects of sharing gratitude on actors and targets.* Poster presented at the Positive Emotions Preconference at the 5th Annual Conference of the Society for Affective Science, Los Angeles, CA.

Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (March, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults.* Poster presented at the 19th Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.

Rankin, K., **Walsh, L. C.**, & Sweeny, K. (March, 2018). *The benefits of flow while awaiting uncertain news.* Poster presented at the 19th Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.

Walsh, L. C., & Lyubomirsky, S. (March, 2018). *To share or not to share?: The effects of sharing gratitude on actors and targets.* Poster presented at the 19th Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.

Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (January, 2017). *Gratitude and self-improvement in adolescents.* Poster presented at the 18th Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.

Ruberton, P. M., **Walsh, L. C.**, Revord, J., & Lyubomirsky, S. (January, 2017). *Do only the humble seek humility?: Characteristics of people motivated to become more humble*. Poster presented at the 18th Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.

GRANTS

- 8-1-18 to 7-31-21 Is gratitude only for the self? The benefits of recalling, sharing, receiving, and witnessing. *John Templeton Foundation*. Amount of Award: \$410,858. PI: Lyubomirsky, S. Contributor, Grant Writer, & Graduate Student Researcher: **Walsh, L. C.**
- 7-1-18 to 6-30-19 Face-to-face versus technology-mediated prosocial interactions: A randomized controlled trial of the gene regulatory impact of prosocial behavior. HopeLab. Amount of Award: \$42,600. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., Revord, J., & **Walsh, L. C.**
- 1-1-18 to 12-31-18 A randomized controlled trial of the effects of face-to-face versus technology-mediated aspirational and remedial prosocial behavior. HopeLab. Amount of Award: \$5,000. PI: Lyubomirsky. Co-PIs: Revord, J., Fritz, M. M., & **Walsh, L. C.**
- 1-1-18 to 12-31-18 Kindness online and in-person: More than skin deep. 2018 UCR Healthy Campus Initiative Project Grant Award. Amount of Award: \$1,500. PI: Revord, J. Co-PIs: Lyubomirsky, S., Fritz, M. M., & **Walsh, L. C.**
- 1-1-18 to 12-31-18 Coding kindness: An analysis of 6,324 prosocial acts. HopeLab. Amount of Award: \$5,000. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., Revord, J., & **Walsh, L. C.**
- 9-29-17 Is gratitude only for the self? The benefits of expressing, sharing, receiving, and witnessing. *John Templeton Foundation*. Online Funding Inquiry (OFI) Invited for Full Proposal (~95% rejection rate). PI: Lyubomirsky, S. Contributor & Grant Writer: **Walsh, L. C.**
- 1-1-17 to 3-5-17 Inaugural University of California Well-Being Conference. SPSP Small Conference Grant Award. Amount of Award: \$5,000. PI: Lyubomirsky, S. Contributors: Revord, J., Fritz, M. M., & **Walsh, L. C.**
- 12-1-16 to 5-31-18 Prosocial behavior and telomere length. HopeLab. Amount of Award: \$75,000. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., & **Walsh, L. C.**

PROFESSIONAL AND DEPARTMENTAL SERVICE

- 2018-2019 Campus Representative, Society for Health Psychology (APA Division 38)
 2017 Co-Organizer, University of California Well-Being Conference (UCWBC)
 2016 Ad Hoc Co-Reviewer, Clinical Psychology Review (Peer-Reviewed Journal)
 2016 Ad Hoc Reviewer, Happiness and Well-Being Pre-Conference, SPSP Convention

QUANTITATIVE AND METHODOLOGICAL TRAINING

- Dyadic Data Analysis.** Instructors: Randi L. Garcia, Ph.D. & David A. Kenny, Ph.D. (UCONN; 2018)
Multilevel Models. Instructor: Gregory Palardy, Ph.D. (UCR; 2017)
Meta-Analysis: Principles and Procedures. 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)

TEACHING EXPERIENCE

INSTRUCTOR

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

TEACHING ASSISTANT

- **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: 6.5 out of 7
- **Introductory Psychology.** Instructor: Thomas Sy, Ph.D. (UCR; Fall, 2015)
Average evaluation score across 3 sections: 6.7 out of 7

WORK EXPERIENCE

Universal Music Group (UMG) - Santa Monica, CA

2007-2014

Final Title: *Account Executive, 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 Lil Wayne, Lady Gaga, and Maroon 5

- Managed the Distribution Sales Internship Program for 4+ years, recruiting, training, and supervising all interns

PROFESSIONAL MEMBERSHIPS

Student Member, Society for Affective Science	2018-Present
Student Member, Society for Health Psychology (APA Division 38)	2017-Present
Student Member, Society for Media Psychology & Technology (APA Division 46)	2017-Present
Student Member, Association for Psychological Science	2016-Present
Student Member, Society for Personality and Social Psychology	2015-Present