

## CURRICULUM VITAE

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# *Lisa C. Walsh*

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## EDUCATION

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- 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

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- 2018                      Society for Affective Science 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

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### **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

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### 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. Manuscript under review.

#### 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 COVERAGE

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- [Measuring and adapting happiness. Part 2.](#) *BTRtoday. The Daily Beat*. (2019, June 13)
- [Does happiness lead to success? Part 1.](#) *BTRtoday. The Daily Beat*. (2019, June 12)
- [The zen of video games.](#) *NPR. Wow in the World*. (2018, December 31)
- [If you feel thankful, write it down. It's good for your health.](#) *NPR. Shots*. (2018, December 24)
- [This emotion can help you eat healthier.](#) *Greater Good Magazine*. (2018, December 14)
- [Can't stop worrying? Try Tetris to ease your mind.](#) *NPR. Shots*. (2018, November 5)
- [Tetris is a great distraction for easing an anxious mind.](#) *Ars Technica*. (2018, November 2)
- [Classic video games can help people achieve flow state.](#) *KQED News*. (2018, October 31)
- [Tetris: It could be the salve for a worried mind.](#) *UCR News*. (2018, October 26)

#### PRESENTATIONS

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##### 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**

Frias, A., **Walsh, L. C.**, & Lyubomirsky, S. (expected August, 2019). *Correlates of smartphone usage with physical and mental health*. To be presented at the UCR Summer Research Program Symposium, Riverside, CA.

Haydon, M. D., **Walsh, L. C.**, Fritz, M. F., Lyubomirsky, S., & Bower, Julianne (March, 2019). *Kindness to others or to oneself: An online pilot randomized controlled trial to enhance well-being for breast cancer survivors*. Presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, BC, CANADA.

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

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- 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

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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

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**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)

## UNDERGRADUATE MENTORING

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**Research Coordinator,** Gabrielle Celaya (UCR; 2019–2020)  
 Training in various research functions, such as overseeing other Research Assistants for literature review, data collection, and coding purposes

**Senior Honors Capstone Project,** Cheryl-Mae Mallabo (UCR; 2018–2020)  
 Thesis: Linking smartphone app usage to well-being

**Mentoring Summer Research Internship Program,** Alec Frias (UCR; 2019)  
 Poster: Correlates of smartphone usage with physical and mental health

## TEACHING EXPERIENCE

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### ASSOCIATE INSTRUCTOR

- **The Science of Well-Being.** (UCR; Summer, 2019)  
*Average evaluation score: 4.7 out of 5*

### 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: 6.4 out of 7*
- **Introductory Psychology.** Instructor: Thomas Sy, Ph.D. (UCR; Fall, 2015)  
*Average evaluation score across 3 sections: 6.6 out of 7*

## WORK EXPERIENCE

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### 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

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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