
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* | Committee: Sonja Lyubomirsky (Chair), Kate Sweeny, and Will Dunlop | 3.94 GPA

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 Society for Affective Science Best Flash Talk Award Honorable Mention
2022 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 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

OVERVIEW: How can everyone live their own version of the good life? Philosophers, writers, and laypeople have attempted to answer this question for centuries. One emerging answer increasing backed by psychological science suggests that feelings of connectedness, which are prompted by positive social behaviors and satisfying interpersonal relationships, are the key to a happy and fulfilling life.

Accordingly, I research the who, what, where, when, why and how of happiness. I investigate the architecture of subjective well-being, including its outcomes (e.g., positive emotions, life satisfaction), mechanisms (e.g., social connection), moderators (e.g., gender, personality), and downstream consequences (e.g., career success, physical health). In broadest terms, my work aims to (1) understand the effects of positive social behaviors (e.g., expressing gratitude, doing acts of kindness) on well-being, and (2) investigate links between interpersonal relationships (with romantic partners, friends, family) and well-being.

KEYWORDS: happiness, well-being, positive activity interventions, gratitude, kindness, flow, close relationships, friendship, family, marriage, singlehood, physical health, career success, digital technology, smartphones, social media

PUBLICATIONS

*Indicates undergraduate student co-author

h-index = 9 | 511 citations

PEER-REVIEWED JOURNAL ARTICLES

1. Okabe-Miyamoto, K., **Walsh, L. C.**, Ozer, D., & Lyubomirsky, S. (in press). Measuring the experience of social connection within specific social interactions: The Connection During Conversations Scale (CDCS). *PLOS One*.
2. **Walsh, L. C.**, Horton, C., & Rodriguez, A., Kaufman, V. A. (2023). Happily ever after for coupled and single adults: A comparative study using latent profile analysis. *Journal of Social and Personal Relationships*. Advance online publication. <https://doi.org/10.1177/02654075231197728>
3. **Walsh, L. C.**, Montemayor-Dominguez, M., Horton, C. *Boz, S. G., & Lyubomirsky, S. (2023). Worker well-being: A continuous improvement framework. *Applied Research in Quality of Life*. Advance online publication. <https://doi.org/10.1007/s11482-023-10217-5>
4. **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. *Affective Science*, 4, 82-91. <https://doi.org/10.1007/s42761-022-00150-5>
5. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (2022). Are some ways of expressing gratitude more beneficial than others? Results from a randomized controlled experiment. *Affective Science*, 4, 72-81. <https://doi.org/10.1007/s42761-022-00160-3>
6. Walsh, L. C., *Gonzales, A., Shen, L., Rodriguez, A., & Kaufman, V. A. (2022). Expanding relationship science to unpartnered singles: What predicts life satisfaction? *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.904848>
7. 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. *International Journal of Applied Positive Psychology*, 7, 461-486. <https://doi.org/10.1007/s41042-022-00077-z>
8. 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. *Brain, Behavior, and Immunity*, 106, 40-48. <https://doi.org/10.1016/j.bbi.2022.07.159>
9. **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>
10. 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*, 18(5), 743-754. <https://doi.org/10.1080/17439760.2022.2093786>
11. Kaufman, V., Rodriguez, A., **Walsh, L. C.**, Shafranske, E., & Harrell, S. P. (2022). Unique ways in which the quality of friendships matter for life satisfaction. *Journal of Happiness Studies*, 23, 2563-2580. <https://doi.org/10.1007/s10902-022-00502-9>
12. **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>
13. Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2022). Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth. *Emotion*, 22(5), 1004-1016. <https://doi.org/10.1037/emo0000896>

14. 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>
15. 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>
16. 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>
17. 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>
18. **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

19. **Walsh, L. C.**, *Boz, S. G., & Lyubomirsky, S. (2023). Well-being and career success. In B. Walsh, L. Flores, P. Hartung, & F. Leong (Eds.), *Career psychology: Models, concepts, and counseling for meaningful employment* (1st ed., pp. 235-256). American Psychological Association.
<https://doi.org/10.1037/0000339-012>
20. 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* (1st ed., pp. 451–471). Routledge. <https://doi.org/10.4324/9781351231879>
21. 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

OP-EDS/POPULAR PRESS

22. **Walsh, L. C.**, & Kaufman, V. K., (2023, May 22). Breaking stereotypes: What makes single people happy? *Society for Personality and Social Psychology (SPSP) Character & Context Blog*.
<https://spsp.org/news/character-and-context-blog/walsh-kaufman-single-people-happiness-stereotypes>
23. 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>
24. **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>
25. **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>

UNDER REVIEW

26. Horton, C. J., **Walsh, L. C.**, Rodriguez, A., Kaufman, V. A. (2023). The diversity of well-being indicators: A latent profile analysis [Manuscript submitted for publication].
27. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., Twenge, J. M., & Lyubomirsky, S. (2023). Are some apps better for well-being? A correlational study of iPhone users [Manuscript submitted for publication].
28. Regan, A., **Walsh, L. C.**, Horton, C., Rodriguez, A., & Kaufman, V. A. (2023). Contextualizing marital dissatisfaction: Examining profiles of discordant spouses across life domains [Manuscript submitted for publication].
29. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., & Lyubomirsky, S. (2023). Does putting down your smartphone make you happier? The effects of restricting digital media on well-being [Manuscript submitted for publication]. *PsyArXiv Preprints*. <https://doi.org/10.31234/osf.io/c3phw>
30. **Walsh, L. C.**, Horton, C., Kaufman, R., Rodriguez, A., & Kaufman, V.A. (2023). Oh, to be young and (not) in love: A latent profile analysis of single young adults [Manuscript submitted for publication].

MEDIA COVERAGE

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- [Gratitude really is good for you. Here's what the science shows.](#) *The New York Times*. (2023, June 8)
 - [New apps aim to douse the social media dumpster fire.](#) *Scientific American*. (2023, January 30)
 - [Skip the angry, never-sent letter – try a grateful one instead.](#) *UC Riverside News*. (2022, December 15)
 - [Top 10 insights from the "science of a meaningful life."](#) *Greater Good Magazine*. (2022, December 14)
 - [The science of happiness.](#) *John Stossel TV*. (2022, December 13)
 - [New research on feast, thanks, and retail.](#) *ConscienHealth*. (2022, November 24)
 - [Six new studies that can help you rediscover gratitude.](#) *Greater Good Magazine*. (2022, November 22)
 - [Sonja Lyubomirsky: The How of Happiness.](#) *The Psychology Podcast*. (2022, October 27)
 - [One simple way to be happier on your phone.](#) *Techno Sapiens*. (2022, October 24)
 - [Dr. Lisa Walsh: Episode 134.](#) *The QTS Experience*. (2022, September 28)
 - [9 ways to cope when your "friends" let you down.](#) *Unwanted Life*. (2022, August 24)
 - [Gratitude letter for teens.](#) *Greater Good in Action*. (2022, June 7)
 - [The science of gratitude.](#) *Mindful*. (2022, February 17)
 - [One simple choice enhances the benefits of gratitude.](#) *Psychology Today*. (2022, January 17)
 - [Research lead: Oversimplifying effects of tech.](#) *Behavioral Scientist*. (2021, December 1)
 - [Can gratitude help you live more sustainably?](#) *Greater Good Magazine*. (2021, April 21)
 - [What to expect when you're expecting the worst.](#) *The New York Times*. (2021, January 14)
 - [Congratulations, you're average.](#) *Psychology Today*. (2020, November 12)
 - [The world's best dive retreats.](#) *Wander Wellness Travel Magazine*. (2020, November 2)
 - [Next time you're feeling particularly stressed ... play Tetris.](#) *Good News Network*. (2020, April 17)
 - [Getting good at waiting.](#) *The Guardian*. (2020, April 12)
 - [Why gratitude is wasted on Thanksgiving.](#) *The New York Times*. (2019, November 23)
 - [You're spending your free time wrong.](#) *CNBC*. (2019, November 6)
 - [Are happy workers more productive?](#) *LinkedIn Pulse*. (2019, June 19)
 - [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.](#) *UC Riverside News*. (2018, October 26)
[University of California Well-Being Conference Highlights.](#) *SPSP Character & Context* (2017, August 28)

PRESENTATIONS

*Indicates undergraduate student co-author

TALKS

1. Fisher, A., **Walsh, L. C.**, Kaufman, V. A., & Girme, Y. (expected 2023, December 14-17). *Heteronormative pressure to partner engenders greater relationship desire and loneliness among singles* [Individual paper presentation]. International Conference on Singlehood, Adam Mickiewicz University, Poznań, Poland.
2. **Walsh, L. C.** (2023, July 15). *Discover the science of gratitude: Pathways to a happier life* [Invited talk]. In Palos Verdes Library District's "Find Your Own Voice" Summer Reading Program. Peninsula Center Library, Palos Verdes, CA, United States.
3. **Walsh, L. C.** (2023, June 29). *The social layers of gratitude* [Invited talk]. Workhuman iQ (WHiQ) Brown Bag Research Talk. Virtual, United States.
4. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (2023, April 27-30). *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*. In Bono, G. (Chair), *Recent advances in gratitude research: Various practices for thriving in today's world* [Symposium]. Western Psychological Association 101st Annual Convention, Riverside, CA, United States.
5. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (2023, March 30 – April 1). *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* [Flash talk]. Society for Affective Science Annual Convention, Long Beach, CA, United States.
 - ❖ One of the top/highest-ranking abstracts of the conference
6. **Walsh, L. C.** (2022, October 20). *Gratitude within dynamic social networks* [Invited talk]. Social Colloquium Series, University of California, Los Angeles, CA, United States.
7. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Lyubomirsky, S. (2022, March 30 – April 2). *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
8. **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.
9. **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.
10. **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.

11. **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, Virtual, United States.
12. **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
13. *Boz, S. G., **Walsh, L. C.**, & Lyubomirsky, S. (2020, May 21). *An experimental gratitude face-off study: Letters vs. lists* [Flash talk]. R' Psyc 2nd Annual Psychology Undergraduate Research Conference, University of California, Riverside, Virtual, United States.
 - ❖ Received Best Novel Research Question Award
14. **Walsh, L. C.** (2020, January 23). *The science of happiness* [Invited talk]. Workplace Health and Wellness Program, University of California, Riverside, CA, United States.
15. **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.
16. 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.
17. **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.
18. **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.
19. 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.
20. 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.
21. 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.

22. 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.
23. **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.
24. **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.
25. **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.
26. **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.**, Horton, C., Rodriguez, A., & Kaufman, V. A. (2023, March 30 - April 1). *The unity of well-being: An inquiry into the structure of subjective well-being using the bifactor model* [Poster presentation]. In Positive Emotions Preconference, Society for Affective Science Annual Convention, Long Beach, CA, United States.
2. **Walsh, L. C.**, Horton, C., Rodriguez, A., & Kaufman, V. A. (2023, March 30 - April 1). *The unity of well-being: An inquiry into the structure of subjective well-being using the bifactor model* [Poster presentation]. In Main Conference, Society for Affective Science Annual Convention, Long Beach, CA, United States.
3. **Walsh, L. C.**, Horton, C., Rodriguez, A., & Kaufman, V. A. (2023, February 23-25). *The unity of well-being: An inquiry into the structure of subjective well-being using the bifactor model* [Poster presentation]. Happiness and Well-Being Preconference. Society for Personality and Social Psychology 24th Annual Convention, Atlanta, GA, United States.
4. **Walsh, L. C.**, *Gonzales, A., Shen, L., Rodriguez, A., & Kaufman, V. A. (2023, February 23-25). *What predicts life satisfaction for singles? A latent profile analysis* [Poster presentation]. Society for Personality and Social Psychology 24th Annual Convention, Atlanta, GA, United States.
5. Regan, A., Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., & Cole, S. W. (2023, February 23-25). *The genomic impact of kindness to self vs. others: A randomized controlled trial* [Poster presentation]. Society for Personality and Social Psychology 24th Annual Convention, Atlanta, GA, United States.
6. **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.
7. 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.
8. **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.
9. 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.
 10. 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.
 11. 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.
 12. **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.
 13. **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.
 14. *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.
 15. 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.
 16. 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.
 17. 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.
 18. **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.
 19. **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.
 20. **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.

21. **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
22. 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.
23. 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.
24. **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.
25. 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.
26. 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

AWARDED

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.

UNFUNDED

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

- Latent Profile Analysis.** Instructor: Sara K. Tufts, Ph.D. (Pitt Methods Workshop; 2022)
- Item Response Theory.** Instructor: Matthew Diemer, Ph.D. (Pitt Methods Workshop; 2022)
- 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 L. 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, Excel, SPSS, MPlus, SQL, Qualtrics, G*Power, and 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

Recreational: Scuba Diving International (SDI) Advanced Rescue Diver with 182 dives in 12 countries (e.g., Mexico, Egypt, Jordan, Italy, Maldives, Fiji, French Polynesia)

PROFESSIONAL AND DEPARTMENTAL SERVICE

2016-Present	Ad Hoc Reviewer for various journals, including <i>Clinical Psychology Review</i> , <i>Frontiers in Psychology</i> , <i>International Journal of Human-Computer Interaction</i> , <i>Journal of Happiness Studies</i> , <i>Personality and Social Psychology Bulletin</i> , <i>PLOS One</i> , and <i>Social Psychological and Personality Science</i>
2023-2024	Co-organizer, SPSP 2024 Convention Happiness and Well-Being Preconference
2023	Reviewer, SPSP 2024 Convention Single Presenter Submissions
2023	Program Committee Member, Hong Kong Positive Technology International Conference
2022-2023	Guest Associate Editor, Special Issue: The Good Side of Technology, <i>Frontiers in Psychology</i>
2022	Reviewer, SPSP 2023 Convention Single Presenter Submissions
2021-2022	Chair, UCLA Psychology Department Postdoctoral Academic Committee
2021	Co-Reviewer, John Templeton Foundation External Grant Review
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)
2017	Reviewer, Happiness and Well-Being Preconference, SPSP Convention

UNDERGRADUATE MENTORING

Research Assistants (RAs; UCR; 2016-2021)

- Trained and managed 57 RAs as they worked on literature reviews, in-lab participant data collection (including dried blood spots and smartphone data), coding, study design, data collection, statistical analyses, poster presentations, talks, and co-authored manuscripts.

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): Research Coordinator / Lab Management
- Alec Frias (2019): Mentoring Summer Research Internship Program [Poster Presentation]

TEACHING EXPERIENCE

Evaluations available upon request

INSTRUCTOR

Social Psychology. (Loyola Marymount University [LMU]; Spring 2023; Average evaluation: 4.8 out of 5)

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

TEACHING ASSISTANT

Social Psychology. Instructor: Calen Horton, M.A. (UCR; Summer 2020; No TA summer evaluations)

Drugs and Behavior. Instructor: Erin Alderson, M.A. (UCR; Summer 2020; No TA summer evaluations)

Cyberpsychology. Instructor: Karolyn Andrews, Ph.D. (UCR; Winter 2019; Average evaluation: 6.4 out of 7)

Introductory Psychology. Instructor: Rachel Wu, Ph.D. (UCR; Winter 2016; Average evaluation: 6.4 out of 7)

Introductory Psychology. Instructor: Thomas Sy, Ph.D. (UCR; Fall 2015; Average evaluation: 6.6 out of 7)

CONSULTING EXPERIENCE

Major Social Media Companies

2016-2021

- 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)

2020-2021

- 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 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

2007-2014

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
- 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

Society for Personality and Social Psychology (SPSP)

Society for Affective Science (SAS)

Psychology of Technology Institute (PTI)

Western Psychological Association (WPA)

International Positive Psychology Association (IPPA)

Association for Psychological Science (APS)

American Psychological Association (APA)

Association for Women in Science (AWIS)

Psych #rstats Club