

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*
- 2005 B.S. in Music Industry with a Minor in Gender Studies**
University of Southern California (USC), Los Angeles, CA
Graduated *Magna Cum Laude* (3.87 GPA)

FELLOWSHIPS, HONORS, AND AWARDS

- 2018 Society for Affective Science (SAS) Positive Emotions Pre-Conference Poster Award
2015 UCR Chancellor's Distinguished Fellowship (\$23,000)
2002-2005 USC Thornton School of Music 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), 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

1. 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>
2. 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>
3. **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

1. 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.
2. 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

1. 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.
2. Shin, L. J., **Walsh, L. C.**, Margolis, S. M., Kwok, Y. C., Yue, X., Chan, A., Siu, N., Sheldon, K. M., & Lyubomirsky, S. (2019). Cultural differences in the hedonic rewards of recalling kindness towards close others versus strangers. Manuscript under review.

IN PREP

1. Armenta, C. N., **Walsh, L. C.**, Fritz, M. M., & Lyubomirsky, S. (2020). The proximal effects of gratitude on self-improvement. Manuscript in preparation.
2. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., & Lyubomirsky, S. (2020). Actors, targets, and witnesses: Gratitude within dynamic social networks. Manuscript in preparation.

3. **Walsh, L. C.**, Regan, A., & Lyubomirsky, S. (2020). Varieties of gratitude. Manuscript in preparation.
4. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Margolis, S., Cole, S., Twenge, J., & Lyubomirsky, S. (2020). Does your smartphone make you happy? The effects of restricting digital media on well-being. Manuscript in preparation.

OP-EDS/POPULAR PRESS

1. 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*.
2. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2019, May 24). [Happiness doesn't follow success: it's the other way around.](#) *Aeon Magazine*.
3. **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*.
 Reprinted in: Walsh, L. C., Boehm, J. K., & Lyubomirsky S. (2018, August 14). [Is happiness a consequence or cause of career success?](#) *Psychology Today*.
 Reprinted in: Walsh, L. C., Boehm, J. K., & Lyubomirsky S. (2018, August 15). [Happiness or career success: Which comes first?](#) *World Economic Forum*.

MEDIA COVERAGE

- [Why gratitude is wasted on Thanksgiving.](#) *New York Times*. (2019, November 23)
- [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.](#) *UCR News*. (2018, October 26)

PRESENTATIONS

TALKS

1. **Walsh, L. C.** (2020, January). *The science of happiness*. Invited talk for the Workplace Health and Wellness Program at the University of California, Riverside, CA.
2. **Walsh, L. C.** (2020, January). *Actors, targets, and witnesses: Gratitude within dynamic social networks*. Presentation at the Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA.
3. Fritz, M. M., Armenta, C. N., **Walsh, L. C.** & Lyubomirsky, S. (2019, April). *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.

4. **Walsh, L. C.** & Lyubomirsky, S. (2019, April). *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.
5. **Walsh, L. C.** (2019, January). *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.
6. Sweeny, K., Rankin, K., & **Walsh, L. C.** (2018, October). *Finding flow during life transitions*. Symposium presentation at the Annual Conference for the Society of Experimental Social Psychology, Seattle, WA.
7. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, July). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Talk presented at the 19th European Conference on Personality, Zadar, CROATIA.
8. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, January). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Talk presented at the Gratitude Insights Conference, University of North Carolina, Chapel Hill, NC.
9. **Walsh, L. C.** (2018, January). *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.
10. **Walsh, L. C.**, Armenta, C. N., Fritz, M. M., & Lyubomirsky (2017, July). *The effects of sharing gratitude on adolescents*. Invited talk at the Character Lab 2017 Educator Summit Research Convening, Philadelphia, PA.
11. **Walsh, L. C.** (2017, June). *To share or not to share? The effects of sharing gratitude*. Presentation at the Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA.
12. **Walsh, L. C.** (2016, February). *Hedonic adaptation*. Invited guest lecture at Introductory Psychology course (Instructor: Rachel Wu) at the University of California, Riverside, CA.

POSTERS

1. Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., Cole, S., & Epel, E. (expected 2020, February). *Kindness and cellular aging: A pre-registered intervention testing the effects of prosocial behavior on telomere length and well-being*. Poster to be presented at the 21st Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
2. Okabe-Miyamoto, K., Regan, A., **Walsh, L. C.**, Fritz, M. M., & Lyubomirsky, S. (expected 2020, February). *Face-to-face (versus digital) kind acts boost students' satisfaction with life*. Poster to be presented at the 21st Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
3. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., & Lyubomirsky, S. (expected 2020, February). *The gratitude witnessing effect in adolescents*. Poster to be presented at the 21st Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.

4. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Villamil, A., & Lyubomirsky, S. (2019, November). *iPhone screen time and well-being*. Poster presented at the 4th Annual New Directions in Research on the Psychology of Technology Conference at University of Virginia, Arlington, VA.
5. Frias, A., **Walsh, L. C.**, & Lyubomirsky, S. (2019, August). *Correlates of smartphone usage with physical and mental health*. Poster presented at the UCR Summer Research Program Symposium, Riverside, CA.
6. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Lyubomirsky, S., & Bower, Julianne (2019, March). *Kindness to others or to oneself: An online pilot randomized controlled trial to enhance well-being for breast cancer survivors*. Poster presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, BC, CANADA.
7. Fritz, M. M., Margolis, S., Armenta, C. N., Revord, J., **Walsh, L. C.**, Lyubomirsky, S., Nieminen, L., & Kellerman, G. (2019, February). *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.
8. Shin, L. J., **Walsh, L. C.**, & Lyubomirsky, S. (2019, February). *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.
9. **Walsh, L. C.**, Margolis, S., Fritz, M. M., Shin, L. J., Revord, J., Twenge, J. M., & Lyubomirsky, S. (2019, February). *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.
10. **Walsh, L. C.**, Margolis, S., & Lyubomirsky, S. (2018, October). *Smartphone usage characteristics predict greater well-being, but less mindful attention*. Poster presented at the 3rd Annual New Directions in Research on the Psychology of Technology Conference at the University of Stanford, Stanford, CA.
11. **Walsh, L. C.**, & Lyubomirsky, S. (2018, May). *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.
12. **Walsh, L. C.**, & Lyubomirsky, S. (2018, April). *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.
13. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, March). *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.
14. Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2018, March). *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.
15. **Walsh, L. C.**, & Lyubomirsky, S. (2018, March). *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.

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

FUNDED

- 11/1/18 to 10/31/21 Is gratitude only for the self? Exploring the benefits of recalling, sharing, receiving, and witnessing. John Templeton Foundation. Amount of Award: \$410,858. PI: Lyubomirsky, S. Primary Contact, Writer, & Researcher: **Walsh, L. C.**
- 1/1/18 to 12/31/19 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.**
- 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 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.**
- 12/1/16 to 12/31/19 Prosocial behavior and telomere length. HopeLab. Amount of Award: \$75,000. PI: Lyubomirsky, S. Co-PIs: Fritz, M. M., & **Walsh, L. C.**
- 9/1/16 to 8/31/18 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.**
- Invited 9/29/17 Is gratitude only for the self? The benefits of expressing, sharing, receiving, and witnessing. John Templeton Foundation. Large Grant Online Funding Inquiry (OFI) Invited for Full Proposal (~95% rejection rate). PI: Lyubomirsky, S. Primary Contact & Writer: **Walsh, L. C.**
- 1/1/17 to 3/5/17 University of California Well-Being Conference (UCWBC). Society for Personality and Social Psychology (SPSP). Small Conference Grant. Amount of Award: \$5,000. PI: Lyubomirsky, S. Contributors: Revord, J., Fritz, M. M., & **Walsh, L. C.**

NOT FUNDED

- Declined 8/16/19 Searching for the virtue of vitality: Development of a long-term vitality-boosting program. John Templeton Foundation. Large Grant Online Funding Inquiry (OFI). Amount Requested: \$532,368. PIs: Pressman, S. & Lyubomirsky, S. Primary Contact & Writer: **Walsh, L. C.**

- Declined 12/20/18 Promoting well-being via gratitude exchanges on Facebook. Instagram Awards for Research on Social Technologies. Amount Requested: \$49,400. PI: Lyubomirsky, S. Contributor/Writer: **Walsh, L. C.**
- Declined 9/29/17 Effects of social connection on human gene expression (ID#FI-14779). John Templeton Foundation. Large Grant Online Funding Inquiry. Amount Requested: \$621,331. PI: Lyubomirsky, S. Primary Contact & Writer: **Walsh, L. C.**
- Declined 8/25/17 On being kind to others: The proinflammatory and cardiovascular benefits of prosocial behavior. University of California Intercampus Health Consortium Workshop Shark Tank Grant. Amount Requested: \$8,000. Co-PIs: Fritz, M. M., **Walsh, L. C.**, Hunter, J., & Gavrilova, L.

UNDER REVIEW

- Submitted 1/15/20 Chasing energy: A search for the correlates and causes of high arousal positive affect. National Science Foundation. Division of Behavioral and Cognitive Sciences (BCS) Social Psychology Standard Grant (PD 98-1332). Amount Requested: \$547,963. PIs: Pressman, S. & Lyubomirsky, S. Writer/Contributor: **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

- Structural Equation Modeling.** Instructor: Keith Widaman, Ph.D. (UCR; currently enrolled Winter 2020 quarter)
- Dyadic Data Analysis.** Instructors: Randi L. Garcia, Ph.D. & David A. Kenny, Ph.D. (UCONN Workshop; 2018)
- 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)

UNDERGRADUATE MENTORING

- Research Coordinator,** Gabrielle Celaya (UCR; 2018–2020)
Mentorship in managing research projects and research assistants
- 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
- Research Assistants** (UCR; 2016–2020)
Trained and managed 45 undergraduate research assistants as they worked on literature reviews, participant data collection (including dried blood spots and smartphone data), and coding on a variety of research projects

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

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

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

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