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## CURRICULUM VITAE

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# 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)

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### 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

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### FELLOWSHIPS, HONORS, AND AWARDS

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

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### RESEARCH INTERESTS

Happiness, well-being, positive activity interventions, gratitude, kindness, flow, close relationships, friendship, family, romantic relationships, singlehood, physical health, career success, smartphones, and social media

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### PUBLICATIONS

\*Indicates undergraduate co-author

#### PEER-REVIEWED JOURNAL ARTICLES

1. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (2022). Understanding the consequences of self-directed gratitude interventions: Are some ways of expressing gratitude more beneficial than others? *Affective Science*. <https://doi.org/10.1007/s42761-022-00160-3>
2. 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>
3. **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*. Advance online publication. <https://doi.org/10.1007/s42761-022-00150-5>
4. **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*: 904848. <https://doi.org/10.3389/fpsyg.2022.904848>
  5. 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>
  6. **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>
  7. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Rahal, D., Lyubomirsky, S., & Bower, J. E. (2022). Kindness interventions for early-stage breast cancer survivors: An online pilot randomized controlled trial. *The Journal of Positive Psychology*. Advance online publication. <https://doi.org/10.1080/17439760.2022.2093786>
  8. Kaufman, V., Rodriguez, A., **Walsh, L. C.**, Shafraanske, E., & Harrell, S. P. (2022). Unique ways in which the quality of friendships matter for life satisfaction. *Journal of Happiness Studies*, *23*, 2563-2580. <https://doi.org/10.1007/s10902-022-00502-9>
  9. **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>
  10. 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>
  11. 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>
  12. 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>
  13. 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>
  14. 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>
  15. **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**

16. **Walsh, L. C.**, \*Boz, S. G., & Lyubomirsky, S. (in press). Well-being and career success. In B. Walsh, L. Flores, P. Hartung, F. Leong, & M. Savickas (Eds.), *Career psychology*. American Psychological Association.

17. Revord, J., **Walsh, L. C.**, & Lyubomirsky, S. (2018). Positive activity interventions to enhance well-being: Looking through a social psychological lens. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction* (pp. 451–471). Routledge. <https://doi.org/10.4324/9781351231879>
18. 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](https://doi.org/10.1007/978-3-319-58763-9_6)

#### **OP-EDS/POPULAR PRESS**

19. 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>
20. **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>
21. **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**

22. **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>
23. **Walsh, L. C.**, Horton, C., & Rodriguez, A., Kaufman, V. A. (2023). Is happily ever after possible for singles? A latent profile analysis [Manuscript submitted for publication].
24. **Walsh, L. C.**, Horton, C., Kaufman, R., Rodriguez, A., & Kaufman, V.A. (2022). Oh, to be young and (not) in love: A latent profile analysis of single young adults [Manuscript submitted for publication].
25. Okabe-Miyamoto, K., **Walsh, L. C.**, Ozer, D., & Lyubomirsky, S. (2022). Measuring the experience of social connection within specific social interactions: The Connection During Conversations Scale (CDCS) [Manuscript submitted for publication].
26. **Walsh, L. C.**, Montemayor-Dominguez, M., Horton, C. \*Boz, S. G., & Lyubomirsky, S. (2022). Improving worker well-being: A continuous improvement framework [Manuscript submitted for publication].

#### **MEDIA COVERAGE**

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1. [New apps aim to douse the social media dumpster fire](#). *Scientific American*. (2023, January 30)
  2. [Skip the angry, never-sent letter – try a grateful one instead](#). *UC Riverside News*. (2022, December 15)
  3. [Top 10 insights from the "science of a meaningful life."](#) *Greater Good Magazine*. (2022, December 14)
  4. [The science of happiness](#). *John Stossel TV*. (2022, December 13)
  5. [New research on feast, thanks, and retail](#). *ConscienHealth*. (2022, November 24)
  6. [Six new studies that can help you rediscover gratitude](#). *Greater Good Magazine*. (2022, November 22)

7. [Sonja Lyubomirsky: The How of Happiness](#). *The Psychology Podcast*. (2022, October 27)
8. [Dr. Lisa Walsh: Episode 134](#). *The QTS Experience*. (2022, September 28)
9. [9 ways to cope when your “friends” let you down](#). *Unwanted Life*. (2022, August 24)
10. [Gratitude letter for teens](#). *Greater Good in Action*. (2022, June 7)
11. [The science of gratitude](#). *Mindful*. (2022, February 17)
12. [One simple choice enhances the benefits of gratitude](#). *Psychology Today*. (2022, January 17)
13. [Research lead: Oversimplifying effects of tech](#). *Behavioral Scientist*. (2021, December 1)
14. [Can gratitude help you live more sustainably?](#) *Greater Good Magazine*. (2021, April 21)
15. [What to expect when you're expecting the worst](#). *The New York Times*. (2021, January 14)
16. [Congratulations, you're average](#). *Psychology Today*. (2020, November 12)
17. [The world's best dive retreats](#). *Wander Wellness Travel Magazine*. (2020, November 2)
18. [Next time you're feeling particularly stressed ... play Tetris](#). *Good News Network*. (2020, April 17)
19. [Getting good at waiting](#). *The Guardian*. (2020, April 12)
20. [Why gratitude is wasted on Thanksgiving](#). *The New York Times*. (2019, November 23)
21. [You're spending your free time wrong](#). *CNBC*. (2019, November 6)
22. [Are happy workers more productive?](#) *LinkedIn Pulse*. (2019, June 19)
23. [Measuring and adapting happiness. Part 2](#). *BTRtoday*. The Daily Beat. (2019, June 13)
24. [Does happiness lead to success? Part 1](#). *BTRtoday*. The Daily Beat. (2019, June 12)
25. [The zen of video games](#). *NPR. Wow in the World*. (2018, December 31)
26. [If you feel thankful, write it down. It's good for your health](#). *NPR. Shots*. (2018, December 24)
27. [This emotion can help you eat healthier](#). *Greater Good Magazine*. (2018, December 14)
28. [Can't stop worrying? Try Tetris to ease your mind](#). *NPR. Shots*. (2018, November 5)
29. [Tetris is a great distraction for easing an anxious mind](#). *Ars Technica*. (2018, November 2)
30. [Classic video games can help people achieve flow state](#). *KQED News*. (2018, October 31)
31. [Tetris: It could be the salve for a worried mind](#). *UC Riverside News*. (2018, October 26)
32. [University of California Well-Being Conference Highlights](#). *SPSP Character & Context* (2017, August 28)

## PRESENTATIONS

\*Indicates undergraduate student co-author

### TALKS

1. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (expected 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.
2. **Walsh, L. C.** (2022, October 20). *Gratitude within dynamic social networks* [Invited talk]. Social Colloquium Series, University of California, Los Angeles, CA, United States.
3. **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
4. **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.
5. **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.

6. **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.
7. **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.
8. **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
9. \*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
10. **Walsh, L. C.** (2020, January 23). *The science of happiness* [Invited talk]. Workplace Health and Wellness Program, University of California, Riverside, CA, United States.
11. **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.
12. 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.
13. **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.
14. **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.
15. 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.
16. 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.

17. 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.
18. 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.
19. **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.
20. **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.
21. **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.
22. **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. (expected 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]. Society for Affective Science Annual Convention, Long Beach, CA, United States.
2. **Walsh, L. C.**, Horton, C., Rodriguez, A., & Kaufman, V. A. (expected 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.
3. **Walsh, L. C.**, \*Gonzales, A., Shen, L., Rodriguez, A., & Kaufman, V. A. (expected 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.
4. Regan, A., Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., & Cole, S. W. (expected 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.
5. **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.
6. 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.
7. **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.

8. 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.
9. 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.
10. 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.
11. **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.
12. **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.
13. \*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.
14. 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.
15. 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.
16. 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.
17. **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.
18. **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.
19. **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.

20. **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
21. 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.
22. 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.
23. **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.
24. 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.
25. 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

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- 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

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**Research and data analysis:** R, SPSS, SQL, Excel, Qualtrics, G\*Power, and Open Science Foundation (OSF)

**Graphics:** Photoshop, PowerPoint, and Canva

**Languages:** English (fluent) and Spanish (basic)

**Music:** 15 years of musical training in opera (mezzo-soprano), guitar, piano, and alto saxophone

**Recreational:** Scuba Diving International (SDI) Advanced Rescue Diver with 157 dives in 11 countries (e.g., Egypt, Fiji, French Polynesia, Indonesia, Italy, Maldives, Mexico, Palau)

## PROFESSIONAL AND DEPARTMENTAL SERVICE

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2024-2025	Co-organizer, SPSP Happiness and Well-Being Preconference
2016-Present	Reviewer, <i>Clinical Psychology Review</i> , <i>Frontiers in Psychology</i> , <i>Journal of Happiness Studies</i> , and <i>PLOS One</i>
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

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**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 2<sup>nd</sup> 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

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Evaluations available upon request

### INSTRUCTOR

**Social Psychology.** (Loyola Marymount University [LMU]; Spring 2023)

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

### TEACHING ASSISTANT

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

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### 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

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### 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, which resulted in revenue increases of up to 637% YOY
- Created, initiated, and executed thousands of high-level strategic marketing cross-promotions, such as contests, giveaways, artist in-stores, meet and greets, content exclusives, and social media blasts for artists such as Taylor Swift, Lil Wayne, Lady Gaga, Nicki Minaj, Imagine Dragons, and Maroon 5
- Managed the Sales Internship Program for 4+ years, recruiting, training, and supervising all interns

## PROFESSIONAL MEMBERSHIPS

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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