

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 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

RESEARCH INTERESTS

happiness, well-being, positive activity interventions, gratitude, kindness, flow, close relationships, friendship, family, romantic relationships, singlehood, health, work, smartphones, and social media

PUBLICATIONS

*Indicates undergraduate co-author

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. 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>
3. 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>

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*. Advance online publication. <https://doi.org/10.1007/s42761-022-00150-5>
5. **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>
6. 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>
7. **Walsh, L. C.**, Armenta, C. N., Itzhakov, 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>
8. 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>
9. 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>
10. **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>
11. 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>
12. 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>
13. 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>
14. 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>
15. 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>
16. **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

17. **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.
18. 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>
19. 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

20. **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>
21. 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>
22. **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>
23. **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

24. 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].
25. **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 proposal submitted for publication].
26. Regan, A., **Walsh, L. C.**, Horton, C., Rodriguez, A., & Kaufman, V. A. (2023). Unhappy marriage, unhappy life? A latent profile analysis of discordant marriages [Manuscript submitted for publication].
27. **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>
28. **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].

29. **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].
30. **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

- [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. **Walsh, L. C.** (expected July 15, 2023). *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.

2. **Walsh, L. C.** (expected June 29, 2023). *Gratitude, Kindness, and Well-Being* [Invited talk]. Workhuman (iQ Department Brown Bag). Virtual, United States.
3. **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.
4. **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
5. **Walsh, L. C.** (2022, October 20). *Gratitude within dynamic social networks* [Invited talk]. Social Colloquium Series, University of California, Los Angeles, CA, United States.
6. **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
7. **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.
8. **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.
9. **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.
10. **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.
11. **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
12. *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
13. **Walsh, L. C.** (2020, January 23). *The science of happiness* [Invited talk]. Workplace Health and Wellness

Program, University of California, Riverside, CA, United States.

14. **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.
15. 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.
16. **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.
17. **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.
18. 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.
19. 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.
20. 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.
21. 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.
22. **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.
23. **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.
24. **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.
25. **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, 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 182 dives in 12 countries (e.g., Mexico, Egypt, Jordan, Italy, Maldives, Fiji, French Polynesia)

PROFESSIONAL AND DEPARTMENTAL SERVICE

2024-2025 Co-organizer, SPSP Happiness and Well-Being Preconference

2016-Present Peer Reviewer, *Clinical Psychology Review*, *Frontiers in Psychology*, *Journal of Happiness Studies*, and *PLOS One*

2023 Program Committee Member, Hong Kong Positive Technology International Conference

2022-2023 Guest Associate Editor, Special Issue: The Good Side of Technology, *Frontiers in Psychology*

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 Psicologia 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, 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

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