

S. Katherine Nelson-Coffey

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PROFESSIONAL EXPERIENCE

Arizona State University

2023- Associate Director, Academic Programs, School of Social and Behavioral Sciences
2022- Associate Professor of Psychology, School of Social and Behavioral Sciences

Yale University

2021-2023 Assistant Professor Adjunct, Child Study Center
2020-2021 Arnold Gesell Visiting Scholar in Parent and Child Development, Child Study Center

Sewanee: The University of the South

2021-2022 Associate Professor, Department of Psychology
2015-2021 Assistant Professor, Department of Psychology

EDUCATION

2015 Ph.D., Social/Personality Psychology, University of California, Riverside
The effects of prosocial and self-focused behaviors on psychological flourishing
2011 M.A., Social/Personality Psychology, University of California, Riverside
The joys of parenthood: The (surprising) relationship between parenthood and well-being
2008 B.S., Psychology, University of Mary Washington
Honors in Psychology, Summa Cum Laude

FELLOWSHIPS, HONORS, AND AWARDS

2021 Rising Star, Association for Psychological Science
2019 Best Early Career Presentation, World Congress on Positive Psychology
2017 Dissertation Award, Honorable Mention, International Positive Psychology Association
2016 Early Career Travel Grant, Society for Teaching of Psychology
2013 Dissertation Year Fellowship, University of California, Riverside (\$21,000 + tuition)
2014 Outstanding Teaching Assistant Award, University of California, Riverside
2012 Outstanding Research Award, The Science of Compassion Conference
2012 Graduate Research Award, University of California, Riverside (\$300)
2011 *Journal of Happiness Studies*, Editor's Choice Paper
2011 National Science Foundation Graduate Research Fellowship, Honorable Mention
2010 National Science Foundation Graduate Research Fellowship, Honorable Mention
2010-2015 University of California, Riverside Graduate Student Association Conference Travel Grants
(~\$1500)
2009 Chancellor's Distinguished Fellowship, University of California, Riverside (\$20,000 + tuition)

2008 Phi Beta Kappa, University of Mary Washington
 2008 Outstanding Senior Psychology Major Award, University of Mary Washington (\$500)
 2007 Minnie Rob Phaup Scholarship for Excellence in Psychology, University of Mary Washington
 (\$1,000)

GRANT SUPPORT

Role	Agency	Project Title	Amount	Dates
PI	National Institute of Child Health and Human Development	Social connectedness in the transition to parenthood: Implications for parent and child health and well-being (MPI: Helena Rutherford, Yale University) (R21HD110652)	\$457,210	9/2023-8/2025
<i>Internal Grants</i>				
Co-PI	ASU School of Social & Behavioral Sciences, Student Faculty Collaborative Research Grant	Safe haven gratitude and personal and relationship well-being (Student PIs: Karissa Beesley, Anisia Guzelides, Co-PI: John Coffey)	\$2,500	4/2023-12/2023
Co-PI	ASU Institute for Social Science Research	Assessing feasibility and efficacy of FitBits for a study on the role of digital and in-person social connectedness on sleep and mental well-being among adolescents and their parents (PI: Kristin Mickelson, ASU)	\$8,000	12/2022-11/2023
PI	The University of the South	Social connectedness during the transition to parenthood	\$9,900	03/2020-06/2021
PI	The University of the South	Parenting, emotions, and mental health	\$5,000	05/2019-07/2019
PI	The University of the South	Attachment-oriented gratitude, parenting behaviors, and parents' well-being	\$4,000	04/2018-06/2019
PI	The University of the South	Gratitude and social stress	\$1,000	11/2017-06/2018
Total Awarded			\$487,610	

Other Grant Proposals

Co-PI	National Science Foundation	Collaborative Research: Humility and the Quick Ego: Toward a Comprehensive Conceptualization of Humility	\$1,521,938 (ASU budget: \$326,700)	Under Review
Co-PI	Family Well-Being Research Network	Flourishing families: Developing a family model of emotional well-being (PI: John Coffey, ASU; Co-I: Greg Fosco, Pennsylvania State University)	\$24,990	Not funded
PI	National Institute of Child Health and Human Development	Social connectedness in the transition to parenthood: Biopsychosocial processes linking social relationships to parent and	\$2,499,078	Not funded

		child health.		
PI	John Templeton Foundation	The developmental context of love: Cultivating gratitude and love in parent-child relationships (Co-PI: John Coffey)	\$233,547	Not funded
PI	John Templeton Foundation, Pathways to Character	Cultivating gratitude during difficulty: The role of social support (Co-PI: Kristin Layout, California State University, East Bay)	\$292,000	Not funded

PUBLICATIONS

Summary of Scholarly Impact (as of 8/6/2023)

Citation Indices	All	Recent (since 2018)
Total number of citations	4891	3601
h-index (reflects productivity and impact, based on number of publications and citations per publication)	27	25
i10-index (publications with at least 10 citations)	37	35

Peer-Reviewed Journal Articles

**graduate student co-author; *undergraduate student co-author; †equally contributing authors

1. **Nelson-Coffey, S. K.**, & Coffey, J. K. (in press). Parents' gratitude improves well-being and family functioning. *Emotion*. <https://doi.org/10.1037/emo0001283>
2. Coffey, J. K. †, **Nelson-Coffey, S. K.** †, Parsley, H. *, & Pluess, M. W. (in press). Positive emotion expression at age 11 is associated with multiple well-being outcomes 39 years later. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03218-4>
3. **Nelson-Coffey, S. K.**, Layout, K., Coffey, J. K., & Mayes, L. C. (2023). The effects of social belonging and kindness on stress and well-being during the COVID-19 pandemic: A longitudinal experiment. *Social and Personality Psychology Compass*, e12798. <https://doi.org/10.1111/spc3.12798>
4. **Nelson-Coffey, S. K.**, Johnson, C. E. *, & Coffey, J. K. (2023). Safe haven gratitude improves emotions, well-being, and parenting outcomes among parents with high levels of attachment insecurity. *The Journal of Positive Psychology*, 18(1), 75-85. <https://doi.org/10.1080/17439760.2021.1991454>
5. Waters, L., Cameron, K., **Nelson-Coffey, S. K.**, Crone, D. L., Kern, M. L., Lomas, T., Oades, L., Owen, R., Pawelski, J. O., Rashid, T., Warren, M. A., White, M., & Williams, P. (2022). Collective wellbeing and posttraumatic growth during COVID-19: How positive psychology can help families, schools, workplaces, and marginalized communities. *The Journal of Positive Psychology*, 17(6), 761-789. <https://doi.org/10.1080/17439760.2021.1940251>
6. **Nelson-Coffey, S. K.**, & Cavanaugh, L. (2022). Baby fever: Situational cues shift the desire to have children via empathic emotions. *Journal of Experimental Psychology: Applied*, 28(2), 438-450. <https://doi.org/10.1037/xap0000381>
7. **Nelson-Coffey, S. K.**, Bohlmeijer, E., & Schotanus-Dijkstra, M. (2021). Practicing other-focused kindness and self-focused kindness among those at risk for mental disorders: Results of a

randomized controlled trial. *Frontiers in Psychology*, *12*, 741546.
<https://doi.org/10.3889/fpsyg.2021.741546>

8. **Nelson-Coffey, S. K.**, O'Brien, M., Braunstein, B., Mickelson, K. D., & Ha, T. (2021). Health behavior adherence and emotional adjustment during the COVID-19 pandemic in a US nationally representative sample: The roles of prosocial motivation and gratitude. *Social Science & Medicine*, *284*, 114243. <https://doi.org/10.1016/j.socscimed.2021.114243>
9. Layous, K., & **Nelson-Coffey, S. K.** (2021). The effect of perceived social support on personal resources following minor adversity: An experimental investigation of belonging affirmation. *Personality and Social Psychology Bulletin*, *47*(7), 1152-1168.
<https://doi.org/10.1177/0146167220961270>
10. **Nelson-Coffey, S. K.**, Killingsworth, M., Layous, K., Cole, S. W., & Lyubomirsky, S. (2019). Parenthood is associated with greater well-being for fathers than mothers. *Personality and Social Psychology Bulletin*, *45*, 1378-1390. <https://doi.org/10.1177/0146167219829174>
11. **Nelson-Coffey, S. K.**, Ruberton, P. M., Chancellor, J., Cornick, J., Blascovich, J., & Lyubomirsky, S. (2019). The proximal experience of awe. *PLoS ONE*, *14*, e0216780.
<https://doi.org/10.1371/journal.pone.0216780>
12. River, L. M., Borelli, J. L., & **Nelson-Coffey, S. K.** (2019). Tolerance of infant distress among working parents: Examining the roles of attachment anxiety and work-family conflict. *Parenting: Science and Practice*, *19*, 137-159. <https://doi.org/10.1080/15295192.2019.1556023>
13. Wang, R. A. H., **Nelson-Coffey, S. K.**, Layous, K., Jacobs Bao, K., Davis, O. S. P., & Haworth, C. M. A. (2017). Moderators of wellbeing interventions: Why do some people respond more positively than others? *PLoS ONE*, *12*, e0187601. <https://doi.org/10.1371/journal.pone.0187601>
14. Borelli, J. L., **Nelson-Coffey, S. K.**, River, L. M., Birken, S. A., & Moss-Racusin, C. (2017). Bringing work home: Gender and parenting correlates of work-family guilt among parents of toddlers. *Journal of Child and Family Studies*, *26*, 1734-1745. <https://doi.org/10.1007/s10826-017-0693-9>
15. **Nelson-Coffey, S. K.**, Borelli, J. L., & River, L. M. (2017). Attachment avoidance, but not anxiety, minimizes the joys of caregiving. *Attachment & Human Development*, *19*, 504-531.
<https://doi.org/10.1080/14616734.2017.1326060>
16. **Nelson-Coffey, S. K.**, Fritz, M., Lyubomirsky, S., & Cole, S. W. (2017). Kindness in the blood: A randomized controlled trial of the gene regulatory impact of prosocial behavior. *Psychoneuroendocrinology*, *81*, 8-13. <https://doi.org/10.1016/j.psyneuen.2017.030.025>
17. Borelli, J. L., **Nelson, S. K.**, River, L. M.*, Birken, S. A., & Moss-Racusin, C. (2017). Gender differences in guilt about working in parents of young children. *Sex Roles*, *76*, 356-368
<https://doi.org/10.1007/s11199-016-0579-0>
 * 200 citations
18. Layous, K., **Nelson, S. K.**, Kurtz, J. L., & Lyubomirsky, S. (2017). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *The Journal of Positive Psychology*, *12*, 385-398. <https://doi.org/10.1080/17439760.2016.1198924>
19. **Nelson, S. K.**, Robbins, M. L., Andrews, S. E., & Sweeny, K. (2017). Disrupted transition to parenthood: Gender moderates the association between miscarriage and uncertainty about conception. *Sex Roles*, *76*, 380-392. <https://doi.org/10.1007/s11199-015-0564-z>
20. River, L. M.*, Borelli, J. L., & **Nelson-Coffey, S. K.** (2016). Examining parents' attachment styles and depressive and anxiety symptoms as predictors of caregiving experiences. *Infant Mental Health Journal*, *37*, 1-14. <https://doi.org/10.1002/imhj.21587>

21. **Nelson, S. K.**, Layous, K., Cole, S. W., & Lyubomirsky, S. (2016). Do unto others or treat yourself? The effects of prosocial and self-focused behaviors on psychological flourishing. *Emotion, 16*, 850-861. <https://doi.org/10.1037/emo0000178>
*435 citations
22. Haworth, C. M. A., **Nelson, S. K.**, Layous, K., Carter, K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2016). Stability and change in genetic and environmental influences on well-being in response to an intervention. *PLOS ONE*, e0155538. <https://doi.org/10.1371/journal.pone.0155538>
23. **Nelson, S. K.**, Della Porta, M. D., Jacobs Bao, K., Lee, H., Choi, I., & Lyubomirsky, S. (2015). “It’s up to you”: Experimentally manipulated autonomy support for prosocial behavior improves well-being in two cultures over six weeks. *The Journal of Positive Psychology, 10*, 463-476. <https://doi.org/10.1080/17439760.2014.983959>
24. Sweeny, K., Andrews, S. E., **Nelson, S. K.**, & Robbins, M. L. (2015). Waiting for a baby: Navigating uncertainty in recollections of trying to conceive. *Social Science & Medicine, 141*, 123-132. <https://doi.org/10.1016/j.socscimed.2015.07.031>
25. Lyubomirsky, S., Layous, K., Chancellor, J., & **Nelson, S. K.** (2015). Thinking about rumination: The scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. *Annual Review of Clinical Psychology, 11*, 1-22. <https://doi.org/10.1146/annurev-clinpsy-032814-112733>
*238 citations
26. **Nelson, S. K.**, Kushlev, K., & Lyubomirsky, S. (2014). The pains and pleasures of parenthood: When, why, and how is parenthood associated with more or less well-being? *Psychological Bulletin, 140*, 846-895. <https://doi.org/10.1037/a0035444>
*635 citations.
27. **Nelson, S. K.**, Fuller, J. A. K., Choi, I., & Lyubomirsky, S. (2014). Beyond self-protection: Self-affirmation boosts hedonic and eudaimonic well-being. *Personality and Social Psychology Bulletin, 40*, 998-1011. <https://doi.org/10.1177/0146167214533389>
28. **Nelson, S. K.**, Kushlev, K., English, T., Dunn, E. W., & Lyubomirsky, S. (2013). In defense of parenthood: Children are associated with more joy than misery. *Psychological Science, 24*, 3-10. <https://doi.org/10.1177/0945797612447798>
 - 431 citations
 - #1 Most Read *Psychological Science* Article via Sage Publications, December 2012
 - #1 Most Popular TWiPS Article via APS, December 2012
 - One of the Top 10 Insights from 2012 on the Science of a Meaningful Life, Greater Good Science Center
29. Layous, K., **Nelson, S. K.**, & Lyubomirsky, S. (2013). What is the most optimal way to deliver a positive activity intervention? The case of writing about one’s “best possible selves.” *Journal of Happiness Studies, 14*, 635-654. <https://doi.org/10.1007/s10902-012-9346-2>
*368 citations
30. Pérez-Edgar, K., Kujawa, A., **Nelson, S. K.**, Cole, C., & Zapp, D. J. (2013). The relation between electroencephalogram asymmetry and attention biases to threat at baseline and under stress. *Brain and Cognition, 82*, 337-343. <https://doi.org/10.1016/j.bandc.2013.05.009>
31. Layous, K., **Nelson, S. K.**, Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012). Kindness counts: Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being. *PLoS ONE, 7*, e51380. <https://doi.org/10.1371/journal.pone.0051380>
 - 483 citations
 - One of the Top 10 Insights from 2012 on the Science of a Meaningful Life, Greater Good Science Center

- Top 10% most cited *PLoS ONE* articles

32. Cole, C., Zapp, D., **Nelson, S. K.**, & Pérez-Edgar, K., (2012). Speech presentation cues moderate frontal EEG asymmetry in socially withdrawn young adults. *Brain and Cognition*, 78, 156-162. <https://doi.org/10.1016/j.bandc.2011.10.013>
33. Schiffrin, H. H., Rezendes, D., & **Nelson, S. K.** (2010). Stressed and happy? Investigation of the relationship between happiness and perceived stress. *Journal of Happiness Studies*, 11, 33-39. <https://doi.org/10.1007/s10902-008-9118-1>
*494 citations
34. Falkenstern, M., Schiffrin, H. H., **Nelson, S. K.**, Ford, L., & Keyser, C. (2009). Mood over matter: Can happiness be your undoing? *The Journal of Positive Psychology*, 4, 365-371. <https://doi.org/10.1080/17439760902992415>

Commentaries (Peer-Reviewed)

35. Howell, K. H., Coffey, J. K., Fosco, G. M., Kracke, K., **Nelson, S. K.**, Rothman, E. F., & Grych, J. H. (2016). Seven reasons to invest in well-being. *Psychology of Violence*, 6, 8-14. <https://doi.org/10.1037/vio0000019>
36. **Nelson, S. K.**, Kushlev, K., Dunn, E. W., & Lyubomirsky, S. (2014). Parents are slightly happier than nonparents, but causality still cannot be inferred: A reply to Bhargava, Kassam, and Loewenstein (2014). *Psychological Science*, 25, 303-304. <https://doi.org/10.1177/0956797613508561>

Book Chapters (Peer-Reviewed)

37. Coffey, J. K., & **Nelson-Coffey, S. K.** (in press). Well-being benefits of prosocial versus self-focused behaviors. In S. Pressman & A. C. Parks (Eds.), *Activities for Teaching Positive Psychology, Second Edition*. Washington, D.C., American Psychological Association.
38. **Nelson-Coffey, S. K.**, & Schmitt, J.* (in press). Eudaimonia and flourishing. Chapter to appear in H. Friedman (Editor in Chief), *Encyclopedia of Mental Health* (3rd ed.).
39. **Nelson-Coffey, S. K.**, & Stewart, D.* (2019). Well-being in parenting. Chapter in M. Bornstein (Ed.), *Handbook of Parenting* (3rd ed., Vol. 3, pp. 596-619). New York: Routledge.
40. **Nelson-Coffey, S. K.** (2018). Married . . . with children: The science of well-being in marriage and family life. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Noba Scholar Handbook series: Subjective well-being. Salt Lake City, UT: DEF publishers. doi: nobascholar.com
41. **Nelson, S. K.**, & Lyubomirsky, S. (2016). Gratitude. In H. Friedman (Editor in Chief), *Encyclopedia of Mental Health* (2nd ed., Vol. 2, pp. 277-280). Waltham, MA: Academic Press.
42. Layous, K., **Nelson, S. K.**, & Legg, A. M. (2015). Measuring well-being in the scholarship of teaching and learning. In R. S. Jhangiani, J. D. Troisi, B. Fleck, A. Legg, & H. Hussey (Eds.), *A compendium of scales for use in the scholarship of teaching and learning* (pp. 136-151).
43. **Nelson, S. K.**, & Lyubomirsky, S. (2015). Juggling family and career: Parents' pathways to a balanced and happy life. In Page, K., Burke, R., & Cooper, C. (Eds.), *Flourishing in life, work, and careers: Individual wellbeing and career experiences*. (pp. 100-118). Cheltenham, UK: Edward Elgar.
44. **Nelson, S. K.**, Kurtz, J. L., & Lyubomirsky, S. (2015). What psychological science knows about achieving happiness. In S. J. Lynn, W. O'Donohue, & S. Lilienfeld (Eds.), *Better, stronger, wiser: Psychological science and well-being*. New York: Sage.

45. Nelson, S. K. & Lyubomirsky, S. (2014). Finding happiness: Tailoring positive activities for optimal well-being benefits. In M. Tugade, M. Shiota, & L. Kirby (Eds.), *Handbook of positive emotions* (pp. 275 – 293). New York: Guilford.
46. Martin-Krumm, C., Lyubomirsky, S., & Nelson, S. K. (2012). Psychologie positive et adaptation: Quelle contribution? [What is the contribution of research in positive psychology and hedonic adaptation?] In C. Tarquinio & E. Spitz (Eds.), *Psychologie de l'adaptation* (pp.333-354). Bruxelles: De Boeck.

Popular Press/Op-Ed/Blogs

- Nelson-Coffey, S. K. (2021, November). Does having children really make people miserable? *Psychology Today*.
- Nelson-Coffey, S. K. (2020, March). Staying happy while social distancing. *Solidarity, Yale School of Medicine*.
- Nelson-Coffey, S. K. (2020, March). Staying happy while social distancing. *Psychology Today*.
- Nelson-Coffey, S. K. (2019, October). Are parents happier than people without children? The answer depends on whether you're a mom or a dad. *SPSP Character & Context*.
- Nelson-Coffey, S. K. (2019, March). A happiness gap between fathers and mothers. *Psychology Today*.
- Nelson-Coffey, S. K. (2019, January). Resolutions for happiness. *Psychology Today*.
- Nelson-Coffey, S. K. (2016, September). Treat yourself: Does it really make you happy? *Psychology Today*.
- Nelson-Coffey, S. K. (2016, August). A picture is worth 1,000 words, but does it make you happy? *Psychology Today*.
- Nelson-Coffey, S. K. (2016, August). Happiness is not set in stone. *Psychology Today*.
- Nelson-Coffey, S.K. (2016, August). A study of happiness and acts of kindness: What REALLY makes us happy? *Positive Psychology Program*.
- Nelson, S. K. (2014, March). When, why, and how? The questions psychologists should be asking about parents' happiness. *SPSP Blog*.

MANUSCRIPTS UNDER REVIEW AND REVISION

- Nelson-Coffey, S. K., & Rutherford, H. J. V. (2023). *It takes a village: The importance of social connection during the perinatal period*. Manuscript under revision.

MANUSCRIPTS IN PREPARATION (Data collected and analyzed)

- Nelson-Coffey, S. K., Zechman, G.*, & Coffey, J. K. (2023). *Parenting with compassion: Implications for parent and child well-being*. Manuscript in preparation.
- Nelson-Coffey, S. K., & O'Neil, M. (2023). *Parenting motives and emotions*. Manuscript in preparation.
- Van Vliet, F.***, & Nelson-Coffey, S. K. (2023). *Making mathematics happier: Bridging the gap between mathematics education and positive psychology*. Manuscript in preparation.

PRESENTATIONS

Invited Conference Presentations

Safe haven gratitude: A new approach for strengthening family well-being. Invited symposium, Happiness and Well-Being Pre-Conference, Society for Personality and Social Psychology. San Francisco, CA. February 16, 2022.

The benefits of benevolence: Prosocial behavior improves gene regulation and happiness. Invited symposium, World Congress on Positive Psychology. Melbourne, Australia. July 18-21, 2019.

Invited Academic Presentations

The Science of Happiness. Invited lecture, Arizona State University + Cintana Masterclass, virtual. November 8, 2023.

Flourishing families: Exploring the correlates, causes, and consequences of parents' well-being. Invited colloquium, School of Social and Behavioral Psychology Brown Bag Series. Arizona State University. September 20, 2023.

The pains and pleasures of parenthood: Fostering well-being in parent-child relationships. Invited colloquium, Toronto Relationships Interest Group, virtual. February 8, 2023.

What leads people to live happy and fulfilling lives? Invited presentation. College of Health Solutions and School of Social and Behavioral Sciences Research Exchange. Arizona State University. September 9, 2022.

The science of well-being: Compassion for others as a path to happiness. Invited colloquium, School of Social and Behavioral Sciences, Arizona State University. April 23, 2021.

Parenting with compassion: Implications for parent and child well-being. Invited presentation, Child Study Center, School of Medicine, Yale University. April 16, 2020.

The science of well-being: Compassion for others as a path to happiness. Invited colloquium, School of Social and Behavioral Sciences, Arizona State University. January 10, 2020.

Compassionate caregiving in parent-child relationships: Compassion, gratitude, and attachment insecurity. Invited presentation, Department of Psychology, Yale University. March 5, 2020.

The science of happiness: Relationship-oriented paths to well-being. Invited colloquium, Department of Psychology, California State University, Sacramento. December 4, 2019.

Caregiving and happiness. Invited symposium, Sewanee: The University of the South Faculty Research Luncheon. Sewanee, TN. April 13, 2018.

A journey to understanding caregiving and happiness. Invited symposium, Cologne Excellent Women in Science International Symposium. University of Cologne. Cologne, Germany. October 5-6, 2017.

Cultivating psychological well-being: Using psychological science to inform the pursuit of happiness. Invited colloquium, Sewanee: The University of the South Wellness Center. Sewanee, TN. November 19, 2015.

The science of well-being: Examining the effects of positive interventions and life-changing events. Invited colloquium, University of Wisconsin-Madison. Madison, WI. December 12, 2014.

The science of well-being: Examining the effects of positive activities and life-changing events. Invited colloquium, Sewanee: The University of the South. Sewanee, TN. November 21, 2014.

The science of well-being: Examining the effects of positive activities and life-changing events. Invited colloquium, University of New Hampshire, Durham, NH. November 6, 2014.

The pains and pleasures of parenthood: Unpacking the association between parenthood and well-being. Paper presented at the Positive Friday series at Claremont Graduate University, Claremont, CA, October 11, 2013.

The Twins Well-Being Intervention Study (TWIST): Preliminary results of a genetically sensitive online intervention. Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, October 3, 2013.

Kindness counts: Prompting prosocial behavior in preadolescents promotes peer acceptance and well-being. Paper presented at the Living Compassion Conference. Flagstaff, Arizona. October 28, 2012.

The pains and pleasures of parenting: When, why, and how does parenthood lead to more or less well-being? Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, October 11, 2012.

A positive activity intervention with school-age children. Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, January 19, 2012.

The joys of parenthood: The (surprising) relationship between parenthood and well-being. Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, February 10, 2011.

Invited Professional Presentations

Happiness and Life Satisfaction. Invited presentation, Flourishing OnBoarding Program, The University of the South. August 1, 2020.

Cultivating happiness: Current research and practical tools for increasing happiness. Invited talk, Robert Blain Family Meeting. Chicago, IL. November 18, 2016.

How to be happy: Lessons from psychological science. Invited workshop, South Cumberland Plateau AmeriCorps VISTA Program. Sewanee, TN. August 24, 2016.

Intentional happiness: Current research and practical tools for increasing family happiness. The Doris A. Howell Foundation for Women's Health Research. San Diego, CA, November 13, 2012.

Can a house make you happy? Panel discussion for West Hollywood's 14th Annual Art and Design Walk. West Hollywood, CA, March 25, 2011.

Chaired Conference Symposia (Peer-Reviewed)

M. Kerr & S. K. Nelson-Coffey (2019, March), *Positive well-being in the family system: Implications for parent and youth development.* Society for Research in Child Development. Baltimore, MD.

Kushlev, K. & Nelson, S. K. (2014, February). *The devil is in the details: Revealing the complexities of the association between parenting and well-being.* Society for Personality and Social Psychology. Austin, TX.

Peer-Reviewed Conference Presentations

Coffey, J. K., & Nelson-Coffey, S. K. (2023, October). Practicing gratitude to promote parent and family well-being. In J. K. Coffey (Chair), *Family thriving in daily contexts across the lifespan.* Symposium to be conducted at the Biennial Conference of Society for the Study of Human Development. Philadelphia, PA.

Nelson-Coffey, S. K., & Coffey, J. K. (2023, September). Gratitude improves parents' well-being and family functioning. In *Gratitude Interventions.* Symposium to be conducted at The Love Consortium Global Gratitude Summit. Virtual.

Nelson-Coffey, S. K., & Coffey, J. K. (2023, July). *Gratitude improves parents' well-being and family functioning.* Paper presented at the biennial World Congress on Positive Psychology. Vancouver, BC.

- Coffey, J. K., **Nelson-Coffey, S. K.**, & Pluess, M. (2023, July). *Children's positive emotions predict multiple well-being outcomes 39 years later*. Paper presented at the biennial World Congress on Positive Psychology. Vancouver, BC.
- Nelson-Coffey, S. K.**, & Coffey, J. K. (2023, May). *Gratitude improves parents' well-being, parent-child relationship quality, and family functioning*. Paper presented at the International Association for Relationships Research Mini-Conference on Resilience in Interpersonal and Social Environments (RISE). Phoenix, AZ.
- Sisson, N. M., Le, B. M., **Nelson-Coffey, S. K.**, Coffey, J. K., Ford, B. Q., & Impett, E. A. (2023, March). Pursuing children's happiness: Impacts of parents' happiness parenting goals on child, parent, and relational well-being. In L. Partington (Chair), *Contextualizing parental belief systems: Informing traditional models with contemporary questions*. Symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Salt Lake City, Utah.
- Sisson, N. M., Le, B. M., **Nelson-Coffey, S. K.**, Coffey, J. K., Ford, B. Q., & Impett, E. A. (2023, February). *Pursuing children's happiness before and during the pandemic: Impacts of parents' striving for children's happiness on child, parent, and relational well-being*. Datablitz presented at the Happiness and Well-Being Preconference at the Annual Meeting of the Society for Personality and Social Psychology (SPSP), Atlanta, GA.
- Nelson-Coffey, S. K.**, & Coffey, J. K. (2023, January). *Gratitude improves parents' well-being, parent-child relationship quality, and family functioning*. Paper presented at the Resilience in Social Environments (RISE) Initiative Conference. Glendale, AZ.
- Coffey, J. K., **Nelson-Coffey, S. K.**, Faulkner, H.*, & Pluess, M. (2021, July). Childhood positive emotions predict adult life satisfaction, optimism, meaning in life, and social well-being. In J. K. Coffey (Chair), *Wellbeing for all begins in childhood: Childhood and adolescent emotions as a path towards thriving*. Symposium conducted at the biennial World Congress on Positive Psychology. Virtual.
- Nelson-Coffey, S. K.**, Zankman, M.*, Coffey, J. K., O'Hair, C.* (2019, July). Compassionate caregiving in parent-child relationships: Compassion, gratitude, and attachment insecurity. Paper presented at the biennial World Congress on Positive Psychology. Melbourne, Australia.
- Selected Best Early Career Presentation
- Nelson-Coffey, S. K.**, Zankman, M.*, Coffey, J. K., O'Hair, C.* (2019, March). Attachment-oriented gratitude improves parenting behaviors and well-being. In M. Kerr & **S. K. Nelson-Coffey** (Chairs), *Positive well-being in the family system: Implications for parent and youth development*. Symposium conducted at the biennial meeting of the Society for Research in Child Development. Baltimore, MD.
- Wright, J., Noffsinger-Frazier, N., & **Nelson-Coffey, S. K.** (2018, November). Happiness hygiene: A workshop to enhance student flourishing and resilience. Symposium conducted at the Inaugural Symposium on Academic Resilience in Higher Education. Philadelphia, PA.
- Layous, K., **Nelson-Coffey, S. K.**, Kurtz, J. L., Margolis, S., Cole, S., & Lyubomirsky, S. (2018, May). Make someone happy and you will be happy too: An other-oriented approach to well-being. In K. M. Turetsky & C. A. Sanderson (Chairs), *Applications of brief social psychological interventions to improve academic and personal well-being*. Symposium conducted at the annual meeting for the Association for Psychological Science. San Francisco, CA.
- Nelson-Coffey, S. K.**, & Coffey, J. K. (2018, January). Cherished, protected, and accepted: Attachment-oriented gratitude promotes insecure parents' connectedness and well-being. Paper presented at the Emerging Insights from the Science of Gratitude Conference. Chapel Hill, NC.

- Nelson-Coffey, S. K.,** Layous, K., Cole, S. W., & Lyubomirsky, S. (2017, July). Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. In A. M. Roepke (Chair), *New developments in positive intervention research*. Symposium conducted at the World Congress on Positive Psychology, Montreal, Quebec.
- Nelson-Coffey, S. K.,** Layous, K., Cole, S. W., Killingsworth, M., & Lyubomirsky, S. (2017, January). Gender moderates the association between parenthood and well-being. In D. Newman (Chair), N. Schwarz (Co-Chair), *Puzzles of well-being: Parenthood, politics, and the good life*. Symposium conducted at the annual meeting for the Society of Personality and Social Psychology. San Antonio, TX.
- Nelson, S. K.,** & Lyubomirsky, S. (2016, May). The joy of fatherhood and the stress of motherhood: Gender moderates the association between parenthood and well-being. In M. A. Killingsworth (Chair), J. Schroeder (Co-Chair), *Finding happiness: Surprising sources of meaning and well-being*. Symposium conducted at the annual meeting for the Association for Psychological Science. Chicago, IL.
- Nelson, S. K.** (2015, April). *The science of well-being: Examining the role of positive activities and life changing events*. Paper presented at the Virtues, Narrative, and Resilience Conference. Sewanee, TN.
- Nelson, S. K.,** & Lyubomirsky, S. (2015, February). Who benefits more from having children? The role of gender in the link between parenthood and well-being. In R. Neel (Chair), J. A. Krems (Co-Chair), *The meaning of life: Empirically assessing self-actualization, well-being, and satisfaction*. Symposium conducted at the annual meeting for the Society of Personality and Social Psychology. Long Beach, CA
- Nelson, S. K.,** & Lyubomirsky, S. (2014, April). *"It's up to you": Autonomy support for prosocial behavior improves well-being*. Paper presented at the annual meeting for the Western Psychological Association. Portland, OR.
- Nelson, S. K.,** & Lyubomirsky, S. (2014, February). Parenthood unpacked: When, why, and how is parenthood associated with well-being? In K. Kushlev (Chair), **S. K. Nelson** (Co-Chair), *The devil is in the details: Revealing the complexities of the association between parenting and well-being*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology. Austin, TX.
- Nelson, S. K.,** & Lyubomirsky, S. (2013, June). *Beyond self-protection: Self-affirmation benefits well-being*. Paper presented at the World Congress on Positive Psychology. Los Angeles, CA.
- Haworth, C. M. A., Carter, K., Layous, K., **Nelson, S. K.,** Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2013, June). What do genetic influences on wellbeing really mean for the success of intervention programs? Paper presented at the World Congress on Positive Psychology. Los Angeles, CA.
- Haworth, C. M. A., Palmer, C., Layous, K., **Nelson, S. K.,** Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2012, August). *The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention*. Paper presented at the European Association for Behavioural and Cognitive Therapies. Geneva, Switzerland.
- Parra, L. A., Pérez-Edgar, K., **Nelson, S. K.,** Cole, C. E., & Zapp, D. J. (2009, October). *The relationship between inhibitory control and sadness in young boys' and girls' ability to detect threat: Touch the Snake!* Presented at the Annual NIMH Career Opportunities in Research (COR) Colloquium, Albuquerque, New Mexico.
- Falkenstern, M., Ford, L., Keyser, C., **Nelson, S. K.,** & Schiffrin, H. H. (2008, April). *Mood over matter: Can happiness be your undoing?* Paper presented at the annual meeting of the Virginia Psychological Association, Charlottesville, VA.

- Nelson, S. K.,** & Schiffrin, H.H. (2008, April). *Happy people don't follow the stereotype: The impact of mood on stereotyping*. Paper presented at the annual meeting of the Virginia Psychological Association, Charlottesville, VA.
- Dell, J., Edwards, T., McCall, K., **Nelson, S. K.,** Rezendes, D., & Schiffrin, H. H. (2007, April), *Don't worry be happy: An intervention to increase happiness among college students*. Paper presented at the annual meeting of the Virginia Psychological Association, Richmond, VA.

Peer-Reviewed Poster Presentations

- Coffey, J. K., **Nelson-Coffey,** & Pluess, M. (2023, March). *Age 11 emotions associated with multiple well-being outcomes 39 years later*. Poster to be presented at the Biennial Meeting of the Society for Research in Child Development. Salt Lake City, Utah.
- Zechman, G. *, Stallings, E. *, Coffey, J. K., & **Nelson-Coffey, S. K.** (2020, February). *Compassionate caregiving in parent-child relationships*. Poster to be presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.
- Nelson-Coffey, S. K.,** & O'Neil, M. (2020, February). *Emotional variability in parents across caregiving experiences*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. New Orleans, LA.
- Coffey, J. K., Faulkner, H. *, **Nelson-Coffey, S. K.,** & Bailey, O. (2019, March). *Infant happiness predicts childhood IQ and adult educational attainment*. Poster presented at the Biennial Meeting of the Society for Research in Child Development. Baltimore, MD.
- Layous, K., & **Nelson-Coffey, S. K.** (2019, January). *Social support fosters gratitude following adversity*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Portland, OR.
- Cooper, R., **Nelson-Coffey, S. K.,** & Layous, K. (2018, May). *The effect of social support on people undergoing adversity*. Poster presented at the Annual Convention of the Association of Psychology Science. San Francisco, CA.
- O'Hair, C. M. *, Zankman, M. *, Coffey, J. K., & **Nelson-Coffey, S. K.** (2018, March). *The rewards of parenthood: A longitudinal examination of the factors predicting parents' life satisfaction*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.
- Nelson-Coffey, S. K.,** & Coffey, J. K. (2018, March). *Attachment-oriented gratitude promotes insecure parents' connectedness and well-being*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.
- Ruberton, P. M., **Nelson-Coffey, S. K.,** Chancellor, J., Cornick, J. E., Blascovich, J., & Lyubomirsky, S. (2018, March). *The proximal experience of awe*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.
- Nelson, S. K.,** & Cavanaugh, L. A. (2016, January). *Baby fever: Social cues shift the desire to have children*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.
- Fritz, M. M., **Nelson, S. K.,** Lyubomirsky, S., & Cole, S. W. (2016, January). *Kindness is in the blood: The biological health indicators of experimentally induced prosocial behavior*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.
- Armenta, C., Layous, K., **Nelson, S. K.,** Chancellor, J., & Lyubomirsky, S. (2016, January). *Gratitude and self-improvement in the workplace*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

- Chancellor, J., Cornick, J., **Nelson, S. K.**, Blascovich, J., & Lyubomirsky, S. (2015, March). *Above the pale blue dot: Effecting awe and state humility in immersive virtual environments*. Poster presented at the inaugural meeting of the International Convention of Psychological Science. Amsterdam, Netherlands.
- Layous, K., Kurtz, J., **Nelson, S. K.**, & Lyubomirsky, S. (2015, February). Triggering kindness: Mechanisms and outcomes. Poster presented at the Annual Meeting of the Society of Personality and Social Psychology, Long Beach, CA.
- Nelson, S. K.**, Fuller, J. A., Choi, I., & Lyubomirsky, S. (2013, January). *Self-affirmation and subjective well-being: Affirming core values enhances life satisfaction and positive affect, and decreases negative affect*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Nelson, S. K.**, Layous, K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, July). *Kindness counts: Promoting well-being and peer acceptance through prosocial behavior*. Poster presented at the Meeting for the Science of Compassion, Telluride, CO.
- Selected for Outstanding Research Award, Science of Compassion Conference
- Layous, K., **Nelson, S. K.**, Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, April). *Spreading positivity in the classroom: An acts of kindness intervention*. Poster presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Layous, K., **Nelson, S. K.**, Jacobs Bao, K., Plomin, R., Haworth, C. M., A., & Lyubomirsky, S. (2012, January). *Are parents more accurate at gauging the happiness of their sons or daughters?* Poster presented at the Emotion Pre-Conference for the Annual Meeting of the Society of Personality and Social Psychology, San Diego, CA.
- Nelson, S. K.**, Layous, K., Oberle, E., Lyubomirsky, S., & Schonert-Reichl, K. A. (2012, January). *An acts of kindness intervention among school-age children*. Poster presented at the Annual Meeting of the Society of Personality and Social Psychology, San Diego, CA.
- Nelson, S. K.**, & Lyubomirsky, S. (2011, January). *The joys of parenthood: The relationship between parenthood and happiness*. Poster presented at the Annual Meeting of the Society of Personality and Social Psychology, San Antonio, TX.
- Layous, K., **Nelson, S. K.**, & Lyubomirsky, S. (2011, January). *The effect of a "best possible self" intervention on expectancy for success*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Pérez-Edgar, K., Kujawa, A., **Nelson, S. K.**, Zapp, D., & Cole, C. E. (2010, March). *Affective response to peer evaluation in young children: The role of gender and temperament*. Poster presented at the Anxiety Disorders Association of America Annual Meeting, Baltimore, MD.
- Konrad, R., Jaswal, V. K., Pérez-Edgar, K., Palmquist, C. M., Kreaflle, J., **Nelson, S. K.**, & Cole, C. (2010, March). *Individual differences in skepticism: Links to inhibitory control*. Poster presented at the Annual Meeting of the International Society on Infant Studies, Baltimore, MD.
- Cole, C., Jaswal, V. K., Pérez-Edgar, K., **Nelson, S. K.**, & Kreaflle, J. (2010, March). *The relationship between temperament and young children's deference to information from adults*. Poster presented at the Annual Meeting of the International Society on Infant Studies, Baltimore, MD.
- Nelson, S. K.**, Cole, C. E., Pérez-Edgar, K., Zapp, D. J., & LoBue, V. (2009, October). *Detection of angry faces predicts attentional bias towards affective faces*. Poster presented at the Biennial Meeting of the Cognitive Development Society, San Antonio, TX.
- Pérez-Edgar, K., **Nelson, S. K.**, Cole, C.E., & Zapp, D. J. (2009, October). *Links between attention orienting and attention biases in 'hot' and 'cold' contexts*. (2009, October). Poster presented at the Biennial Meeting of the Cognitive Development Society, San Antonio, TX.

Cole, C. E., Zapp, D., Pérez-Edgar, K. Gupta, D., Brown, A., & **Nelson, S. K.** (2008, November). *Attentional biases to threatening faces in relation to self-reported behavioral and frontal asymmetry*. Poster presented at the Annual Meeting of the Society for Neuroscience, Washington, DC.

Other Presentations

Johnson, C.*, Stolz, M. G.*, Stackhouse, S.*, Faulkner, H.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2019, April). *“You can’t sit with us”: Gratitude buffers the effects of social exclusion*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

Faulkner, H.*, **Nelson-Coffey, S. K.**, & Bailey, O.*, & Coffey, J. K., (2019, April). *Infant happiness predicts childhood IQ and adult educational attainment*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

Eoff, H.*, & **Nelson-Coffey, S. K.** (2018, April). *Attachment-oriented gratitude in romantic relationships*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

- McCrady Prize for Best Poster in Psychology

O’Hair, C.*, Zankman, M.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2018, April). *The rewards of parenthood: A longitudinal examination of the factors predicting parents’ life satisfaction*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

Zankman, M.*, O’Hair, C.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2018, April). *Attachment avoidance and parental well-being: A compassionate and self-image goal model*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

Faulkner, H.*, Bailey, O.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2017, April). *Characterizing kindness: The association between the nature of prosocial behavior and well-being*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

- McCrady Prize for Best Poster in Behavioral Sciences

Sanders, G.*, Mayes, L., Rutherford, H., Coffey, J. K., & **Nelson-Coffey, S. K.** (2017, April). *Improving parents’ happiness: Preliminary data*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

Stolz, M. G.*, & **Nelson-Coffey, S. K.** (2017, April). *The role of sibling relationships in stress recovery*. Poster presented at the Annual Scholarship Sewanee. Sewanee, TN.

TEACHING EXPERIENCE

Courses Taught at Arizona State University

Semester	Course*	Enrolled	Rating**	Type
Fall 2022	PSY 494/598: Topic: Advanced Positive Psychology	6	5.0	In-Person
Spring 2023	PSY 550: Advanced Social Psychology	14	5.0	In-Person
Fall 2023	PSY 494/585: Advanced Positive Psychology	12		In-Person

*Classification of courses: 100-299 lower-division undergraduate courses; 300-499 upper-division undergraduates; 500-799 graduate level

**Average response to student evaluation of teaching: “I would rate the instructor’s overall performance in this course: (5=highest rating; 1=lowest rating).”

Courses Taught in Previous Appointments

Principles of Psychology; Personality Psychology; Health Psychology; Social Psychology; Relationships

and Health; Psychology of Happiness and Meaning in Life

STUDENT MENTORING

ASU Undergraduate Barrett Honors Thesis (Chair)

Fall 2023 Tina Vuong

ASU Undergraduate Barrett Honors Thesis Committees (Non-Chair)

Spring 2023 Anabel Santos

ASU Psychology MS Thesis Committees (Chair)

Spring 2025 Haruka Oshika, Kayla Stevenson

**ASU Psychology MS Thesis Committees (Non-Chair) **

Spring 2023 Victoria Klennert

Spring 2024 Natali Barragan, Karissa Beesley, Anisia Guzelides, Albina Letniku, Julia Suciu

PROFESSIONAL SERVICE

Service to the Profession (outside of Arizona State University)

- 2023 Guest Editor, *Social and Personality Psychology Compass*, Special Issue: The Social and Personality Psychology of COVID-19
- 2020 Scientific Program Reviewer, World Congress on Positive Psychology
- 2017 Reviewer, Swiss National Science Foundation
- 2016-2017 Reviewer, NSF Graduate Research Fellowship Program
- 2016 Conference Reviewer, Tennessee Psychological Association
- 2015-2017 Co-Organizer, Happiness and Well-Being Pre-Conference, Society for Personality and Social Psychology

Ad Hoc Journal Reviews:

American Psychologist
Current Research in Ecological and Social Psychology
Demography
Developmental Psychobiology
Emotion
European Journal of Developmental Psychology
Journal of Child and Family Studies
Journal of Family Issues
Journal of Family Psychology
Journal of Happiness Studies
Journal of Marriage and Family
Journal of Personality
Journal of Personality and Social Psychology
Journal of Research in Personality
Journal of Social and Personal Relationships
Motivation & Emotion
Parenting: Science & Practice
Perspectives on Psychological Science
PLoS ONE
Psychological Science
Self & Identity

Social Indicators Research
Social Psychological and Personality Science
The Journal of Positive Psychology

Institutional Service (Arizona State University)

New College Service

Review Panel, New College Scholarship, Research, & Creative Activities (SRCA) Seed Grant Program 2023

School of Social & Behavioral Sciences Service

RISE Executive Board 2023 -
 SSBS Onboarding Committee 2023 -
 Search Committee Member, Assistant/Associate Teaching Professor (Positive Psychology) 2022-2023
 Ad Hoc Review Committee, Student-Faculty Collaborative Research Grants 2022

Prior Institutional Service (The University of the South)

Co-Chair, Institutional Review Board 2022
 President, Phi Beta Kappa 2021-2022
 Member, Institutional Review Board 2021-2022
 Member, Research Grants Committee 2018-2022
 Psychology Participant Pool Coordinator 2018-2022
 Member, Advisory Committee for Certificate Programs in Civic and Global Leadership 2016-2020
 Member, Benefits Committee 2016-2019
 Member, Fulbright Campus Committee 2016-2018
 Faculty Advisor, Healthy Hut 2016-2018
 Member, Behavioral Neuroscience Search Committee 2015

PROFESSIONAL AFFILIATIONS

Association for Psychological Science
 International Positive Psychology Association
 Society for Personality and Social Psychology
 Society for Research in Child Development
 Society for the Teaching of Psychology

SELECTED MEDIA ATTENTION

Print

ASU Thrive Magazine. March 1, 2023. More than surviving—thriving.
ASU News. December 20, 2022. [“Hope for happiness.”](#)
Shape Magazine. November 2020. “Bring on the feel-good.”
Discover Magazine. June 2020. [“Awe-Struck.”](#)
The Atlantic. May 3, 2019. “What number of kids makes parents happiest?”
Pacific Standard. March 6, 2019. “Parenthood is more likely to make you happy if you’re a man.”
Metro Parent. February 8, 2019. “How moms can be happier and more playful in parenting.”
The Chicago Tribune. February 6, 2019. “Dads are happier than moms. Science wants to know why.”
The Washington Post. February 6, 2019. “Dads are happier than moms. Science wants to know why, and so do I.”
Motherly. February 6, 2019. “Dads are happier parents than moms, says a new study—but it’s a lot more complicated than that.”
Mother. February 5, 2019. “New study claims fathers are happier than mothers—but it’s way more

complicated.”

- Red Tricycle*. February 4, 2019. “Are dads happier than moms? A new study weighs in.”
- Parents*. February 4, 2019. “Fathers are happier than mothers, study shows—and here’s why.”
- WalletHub.com*. March 13, 2017. “2017’s Happiest Places to Live.”
- Sewanee Features*. June 2, 2016. “Prescription for happiness.”
- Pacific Standard*. May 18, 2016. “More evidence that helping others is a catalyst for well-being.”
- MSN*. April 26, 2016. “A harmless way to feel happier.”
- Medical Daily*. April 26, 2016. “Random acts of kindness raise dopamine levels and boost your mood.”
- UPROXX*. April 25, 2016. “Looking for a mood boost? A new study reveals that ‘retail therapy’ won’t help, but something much simpler will.”
- Huffington Post*. April 25, 2016. “Psychologists reveal one of the best ways to boost your mood.”
- Success*. September 4, 2015. “5 built-in joys of parenthood.”
- LiveScience*. May 8, 2015. “5 scientific reasons motherhood rules.”
- LiveScience*. February 19, 2014. “Money, sleep and love: What makes a happy parent?”
- Time Magazine*. August 1, 2013. “Do children bring happiness—or misery?”
- NPR*. February 19, 2013. “Does having children make you happier?”
- USA Today*. January 16, 2013. “Are parents happier? Dads may be, but not moms, singles.”
- Greater Good Science Center*. January 3, 2013. “The Top 10 Insights from the ‘Science of a Meaningful Life’ in 2012.”
- BBC News*. December 28, 2012. “Kinder children are more popular.”
- Huffington Post*. December 27, 2012. “Kind kids are happier and more popular (Study).”
- NPR*. December 27, 2012. “Random acts of kindness can make kids more popular.”
- Time Magazine*. June 14, 2012. “Parents—especially dads—are happier than their childless pals.”
- The Economist*. May 19, 2012. “The joys of parenthood: Father’s day.”
- The Atlantic*. May 18, 2012. “Study of the day: Maybe parents actually are happier than non-parents.”
- Global News*. May 18, 2012. “Miserable no more: New research says parents are happier than non-parents.”
- Daily Mail*. May 18, 2012. “Yes, it can seem a struggle... but parents are actually happier people, study says.”
- MSNBC*. May 17, 2012. “Parents happier than non-parents: Study.”
- Science Daily*. May 17, 2012. “Parents are happier people: Parents experience greater happiness and meaning in life than nonparents, psychologists find.”

Radio/Podcast

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|-------------------|----------------------------------|---|
| May 24, 2022 | The Science of Personality | “The Science of Health and Happiness” |
| May 14, 2020 | Academic Minute | "A Happiness Gap for Mothers" |
| June 14, 2019 | SiriusXM DoctorRadio | “About Our Kids” |
| February 13, 2019 | Southern California Public Radio | “AirTalk,” with Larry Mantle |

Last Updated: August 29, 2023