

S. Katherine Nelson-Coffey

Department of Psychology
The University of the South
735 University Ave
Sewanee, TN 37383

Office: (931) 598-3587
sknelson@sewanee.edu
www.katherinenelsoncoffey.com
<https://orcid.org/0000-0002-9958-6819>

PROFESSIONAL EXPERIENCE

- 2021 – Associate Professor, Department of Psychology, The University of the South
- 2021 – Assistant Professor Adjunct, Child Study Center, Yale University
- 2020 – 2021 Arnold Gesell Visiting Scholar in Parent and Child Development, Child Study Center, Yale University
- 2015 – 2021 Assistant Professor, Department of Psychology, The University of the South

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)

PUBLICATIONS

h-index: 23 *undergraduate student co-author

Peer-Reviewed Journal Articles

1. **Nelson-Coffey, S. K.**, Johnson, C. E.*, & Coffey, J. K. (in press). Safe haven gratitude improves emotions, well-being, and parenting outcomes among parents with high levels of attachment insecurity. *The Journal of Positive Psychology*.
2. **Nelson-Coffey, S. K.**, & Cavanaugh, L. (in press). Baby fever: Situational cues shift the desire to have children via empathic emotions. *Journal of Experimental Psychology: Applied*. <https://doi.org/10.1037/xap0000381>
3. 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. (in press). Collective wellbeing and posttraumatic growth during COVID-19: How positive psychology can help families, schools, workplaces, and marginalized communities. *The Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2021.1940251>
4. **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>
5. **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>
6. 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>
7. **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>
8. **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>
9. 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>
10. 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>
11. 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>
 12. **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>
 13. **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>
 14. 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>
 15. 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>
 16. **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>
 17. 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>
 18. **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>
 19. 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>
 20. **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>
 21. 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>
 22. 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>
23. **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>
 24. **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>
 25. **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>
 - #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
 26. 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>
 27. 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>
 28. 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>
 - 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
 29. 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>
 30. 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>
 31. Falkenstein, 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

32. 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>

33. **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

34. **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).
35. **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
36. **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.
37. 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).
38. **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.
39. **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.
40. **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.
41. 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.** (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 OR REVISION

- Coffey, J. K.⁺, **Nelson-Coffey, S. K.⁺**, Faulkner, H.*, & Pluess, M.W. (2021). *Does childhood positive emotion expression predict multiple well-being outcomes 40 years later?* Manuscript under review.
- ⁺Equally contributing authors

MANUSCRIPTS IN PREPARATION (Data collected and analyzed)

- Nelson-Coffey, S. K.**, Zechman, G.*, & Coffey, J. K. (2021). *Parenting with compassion: Implications for parent and child well-being*. Manuscript in preparation.
- Nelson-Coffey, S. K.**, & O'Neil, M. (2021). *Parenting motives and emotions*. Manuscript in preparation.
- Mickelson, K. D., Randall, A. K., Braunstein, B. M., O'Brien, M. M., Burlison, M., Ha, P. T., Hall, D., Iida, M., Lindstrom Johnson, S., **Nelson-Coffey, S. K.**, & Roberts, N. (2021). *Social distance adherence and adjustment: PERMA model of resilience during the COVID-19 pandemic*. Manuscript in preparation.
- Nelson-Coffey, S. K.**, & Coffey, J. K. (2021). *Grateful parenting*. Manuscript in preparation.
- Nelson-Coffey, S. K.**, & Schmitt, J.* (2021). *Flourishing and eudaimonia*. Chapter to appear in H. Friedman (Editor in Chief), *Encyclopedia of Mental Health* (3rd ed.).

GRANT WRITING

Completed

- Social connectedness during the transition to parenthood. *The University of the South*. Total Award: \$4,950. Dates of Award: 10-2020 to 06-2021. PI: Nelson-Coffey, S. K.
- Social connectedness during the transition to parenthood. *The University of the South*. Total Award: \$4,950. Dates of Award: 03-2020 to 06-2020. PI: Nelson-Coffey, S. K.
- Parenting, emotions, and mental health. *The University of the South*. Total Award: \$5,000. Dates of Award: 05-2020 to 07-2020. PI: Nelson-Coffey, S. K.

Attachment-oriented gratitude, parenting behaviors, and parents' well-being. *The University of the South*. Total Award: \$4,000. Dates of Award: 04-2018 to 06-2019. PI: Nelson-Coffey, S. K.

Gratitude and social stress. *The University of the South*. Total Award: \$1,000. Dates of Award: 11-2017 to 06-2018. PI: Nelson-Coffey, S. K.

Funding Proposals

Social connectedness in the transition to parenthood: Biopsychosocial processes linking social relationships to parent and child health. *Eunice Kennedy Shriver National Institute of Child Health & Human Development*. Proposed Dates of Award: 09-2020 to 08-2025. Requested Award: \$2,499,078. PI: Nelson-Coffey, S.K. Not funded.

The developmental context of love: Cultivating gratitude and love in parent-child relationships. *John Templeton Foundation*. Requested Award: \$233,547. Proposed Dates of Award: 06-01-2020 to 03-31-2023. PI: Nelson-Coffey, S. K. Co-PI: Coffey, J. K. Not funded.

Cultivating gratitude during difficulty: The role of social support. *Pathways to Character Competition*. Requested Award: \$292,000. Proposed Dates of Award: 06-01-2018 to 05-31-2020. PI: Nelson-Coffey, S. K. Co-PI: Layous, K. Not funded.

PRESENTATIONS

Invited Talks

Compassionate caregiving in parent-child relationships. Invited symposium, Happiness and Well-Being Pre-Conference, Society for Personality and Social Psychology. San Francisco, CA. February 16, 2022.

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

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

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

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

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.

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.

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.

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

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.

Peer-Reviewed Conference Presentations

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 to be 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 for 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 to be 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.
- 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, L., **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

- 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 for 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 to be presented at the Annual Meeting for 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 for the Society for Research in Child Development. Baltimore, MD.
- Layous, K., & **Nelson-Coffey, S. K.** (2019, January). *Social support fosters gratitude following adversity*. Poster to be 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 for the International Convention of Psychological Science. Amsterdam, Netherlands.
- Layous, K., Kurtz, J., **Nelson, S. K.**, & Lyubomirsky, S. (2015, February). *Triggering kindness: Mechanisms and outcomes*. Paper 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 for 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.
- 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 for 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 for 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 for 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 for 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., Kreaflé, 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.**, & Kreaflé, 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 of

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

Principles of Psychology
 Personality Psychology
 Health Psychology
 Social Psychology
 Relationships and Health
 Psychology of Happiness and Meaning in Life

DEPARTMENTAL AND UNIVERSITY SERVICE

2021 – 2022	President, Phi Beta Kappa	University of the South
2021 – present	Institutional Review Board	University of the South
2020 –	Research Grants Committee	University of the South

present		
2018 – present	Participant Pool Coordinator	Department of Psychology, University of the South
2016-present	Advisor (~34 Psychology Majors and Pre-Major students)	College of Arts and Sciences, University of the South
2016 - 2020	Member, Advisory Committee for Certificate Programs in Civic and Global Leadership	College of Arts and Sciences, University of the South
2016- 2018	Member, Fulbright Campus Committee	College of Arts and Sciences, University of the South
2016 – 2019	Member, Benefits Committee	College of Arts and Sciences, University of the South
2016 -2018	Faculty Advisor, Healthy Hut	College of Arts and Sciences, University of the South
2016	Co-Author, Expansion Proposal for Cultural Psychologist	Department of Psychology, University of the South
2015-2016	Co-Author, Revision to Psychology Curriculum	Department of Psychology, University of the South
2015	Member, Behavioral Neuroscience Search Committee	Department of Psychology, University of the South
November 19, 2015	Speaker, Wellness Center Colloquium Series	University of the South
2012 – 2013	Peer Mentor	Department of Psychology, UC Riverside
2012 – 2013	Graduate Student Representative	Department of Psychology, UC Riverside

PROFESSIONAL SERVICE

Co-Organizer, Happiness and Well-Being Pre-Conference, Society for Personality and Social Psychology, 2015-2017

Ad Hoc Reviewer for:

American Psychologist
Demography
Developmental Psychobiology
Emotion
European Journal of Developmental Psychology
Journal of Family Issues
Journal of Happiness Studies
Journal of Marriage and Family
Journal of Personality
Journal of Personality and Social Psychology
Journal of Positive 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
Social Indicators Research

Reviewer for Tennessee Psychological Association conference, 2016

Reviewer for the National Science Foundation Graduate Research Fellowship Program, 2016-2017

Reviewer for the Swiss National Science Foundation, 2017

Scientific Program Reviewer, World Congress on Positive Psychology, 2020

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

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

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: October 14, 2021