



**Psychology 255: Science of Well-Being  
Spring 2015, Tuesdays 9:10am-12pm  
Goldman Library (Psychology 3210)**

**INSTRUCTOR**

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**OFFICE HOUR**

Tuesdays 12pm-1pm or  
by appointment

**READING:** The required readings, listed immediately below each week, are due on or before the scheduled day. The *recommended* readings are not required, although you are encouraged to skim them if you have time. All readings will be emailed to students as PDFs.

**PRESENTING:** Each student will be responsible for leading discussion for one class session. This involves reading carefully and developing discussion points and questions about the required readings, *as well as* about 2-4 extra papers/chapters. If you prefer to go beyond the *recommended* lists (where applicable), please contact me if you would like suggestions about which extra papers to read and present.

**COURSE SYLLABUS**

**WEEK 1 – March 31: Can Happiness Be Increased?  
Crafting Optimal Well-Being Interventions**

- (1) Diener, E. (2013). The remarkable changes in the science of subjective well-being. *Perspectives on Psychological Science*, 8(6), 663-666.
- (2) Walton, G. M. (2014). The new science of wise psychological interventions. *Current Directions in Psychological Science*, 23(1), 73–82.
- (3) Tashiro, T., & Mortensen, L. (2006). Translational research: How social psychology can improve psychotherapy. *American Psychologist*, 61, 959-966.
- (4) Quoidbach, J., Mikolajczak, M., & Gross, J. J. (2015). Positive interventions: An emotion regulation perspective. *Psychology Bulletin*.
- (5) Schueller, S. M., Muñoz, R. F., & Mohr, D. C. (2013). Realizing the potential of behavioral intervention technologies. *Current Directions in Psychological Science*, 22, 478-483.

Recommended

- (1) Bolier, L., Haverman, M., Westerhof, G.J., Riper, H., Smit, F., & Bohlmeijer, E. (2013). Positive psychology interventions: A meta-analysis of randomized controlled studies. *BMC Public Health*, 13(119), 1-20.
- (2) Bränström, R., & Duncan, L. G., (2014). Mindfulness and balanced positive emotion. In J. Gruber & J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 497-514). New York: Oxford University Press.

## **WEEK 2 – April 7: Can the Pursuit of Happiness Backfire?**

- (1) Gruber, J., Mauss, I. B., & Tamir, M. (2011). The dark side of happiness. *Perspectives on Psychological Science*, 6(3), 222-233.
- (2) Catalino, L. I., Algoe, S. B., & Fredrickson, B. L. (2014). Prioritizing positivity: An effective approach to pursuing happiness? *Emotion*, 14(6), 1155-1161.
- (3) Forgas, J. P. (2014) On the downside of feeling good. In J. Gruber & J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 301-322). New York: Oxford University Press.
- (4) Fredrickson, B. L. (2013). Positive emotions broaden and build. *Advances in Experimental Social Psychology*, 47, 1-53.

## **WEEK 3 – April 13: NO CLASS (Beijing & Kuwait Well-Being Conferences)**

## **WEEK 4 – April 21: Theories of Emotion—Positive, Negative, and Many Others**

- (1) Diener, E., Kanazawa, S., Suh, E. M., & Oishi, S. (2014). Why people are in a generally good mood. *Personality and Social Psychology Review*.
- (2) Lerner, J. S., Li, Y., Valdesolo, P., and Kassam, K. S. (2015). Emotion and decision making. *Annual Review of Psychology*, 66, 799-823.
- (3) Quoidbach, J., Gruber, J., Mikolajczak, M., Kogan, A., Kotsou, I., & Norton, M. I. (2014). Emotion diversity and the emotional ecosystem. *Journal of Experimental Psychology: General*, 143(6), 2057-2066.

### Recommended:

- (1) Kashdan, T. B., Barrett, L. F., & McKnight, P. E. (2015). Unpacking emotion differentiation: Transforming unpleasant experience by perceiving distinctions in negativity. *Current Directions in Psychological Science*, 24(1), 10-16.

## **WEEK 5 – April 28: Pathways Between Health and Positive Constructs**

- (1) Pressman, S. D., & Bowlin, S. L. (2014). Positive affect: A pathway to better physical health. In J. Gruber & J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 183-205). New York: Oxford University Press.
- (2) Friedman, H. S., & Kern, M. L. (2014). Personality, well-being, and health. *Annual Review of Psychology*, 65(18), 1-24.
- (3) Eichstaedt, J. C., Schwartz, H. A., Kern, M. L., Park, G., Labarthe, D. R., Merchant, R. M., ... Seligman, M. E. P. (2015). Psychological language on Twitter predicts county-level heart disease mortality. *Psychological Science*.
- (4) Hill, P. L., & Turiano, N. A. (2014). Purpose in life as a predictor of mortality across adulthood. *Psychological Science*, 25, 1482-1486.

### Recommended:

- (1) Kok, B. E., Coffey, K. S., Cohn, M. A., Catalino, L. I., Vacharkulksemsuk, T., Algoe, S. B., ... & Fredrickson, B. L. (2013). How positive emotions build physical health: Perceived positive social connections account for the upward spiral between positive emotions and vagal tone. *Psychological Science*, 24, 1123-1132.
- (2) Pressman, S.D., Gallagher, M. & Lopez, S. (2013). Is the emotion-health connection a “first world problem”? *Psychological Science*, 24, 544-549.

## **WEEK 6 – May 5: Interesting Ties Between Money and Well-Being**

- (1) Diener, E., Ng, W., Harter, J., & Arora, R. (2010). Wealth and happiness across the world: Material prosperity predicts life evaluation, whereas psychosocial prosperity predicts positive feeling. *Journal of Personality and Social Psychology*, *99*(1), 52-61.
- (2) Boyce, C. J., Wood, A. M., Banks, J., Clark, A. E., & Brown, G. D. A. (2013). Money, well-being, and loss aversion: Does an income loss have a greater effect on well-being than an equivalent income gain? *Psychological Science*, *24*, 2557-2562.
- (3) Kushlev, K., Dunn, E. W., & Lucas, R. E. (2015). Higher income is associated with less daily sadness but not more daily happiness. *Social Psychological and Personality Science*.
- (4) Tay, L., Morrison, M., & Diener, E. (2014). Living among the affluent: Boon or bane? *Psychological Science*.

### Recommended:

- (1) Quoidbach, J., Dunn, E. W., Petrides, K. V., Mikolajczak, M. (2010). Money giveth, money taketh away: The dual effect of wealth on happiness. *Psychological Science*, *21*, 759-763.
- (2) Jiang, Y., Chen, Z., & Wyer, R. S. W. (2014). Impact of money on emotional expression. *Journal of Experimental Social Psychology*, *55*, 228-233.

## **WEEK 7 – May 12: Cutting-Edge Research on Savoring**

- (1) Bhattacharjee, A., & Mogilner, C. (2014). Happiness from ordinary and extraordinary experiences. *Journal of Consumer Research*, *41*(1), 1–17.
- (2) Cooney, G., Gilbert, D. T., & Wilson, T. D. (2014). The unforeseen costs of extraordinary experience. *Psychological Science*.
- (3) Croft, A., Dunn, E. W., & Quoidbach, J. (2014). From tribulations to appreciation: Experiencing adversity in the past predicts greater savoring in the present. *Social Psychological and Personality Science*, *5*(5), 511–516.
- (4) House, J., DeVoe, S. E., & Zhong, C.-B. (2014). Too impatient to smell the roses: Exposure to fast food impedes happiness. *Social Psychological and Personality Science*.

## **WEEK 8 – May 19: The Genomics and Genetics of Well-Being**

- (1) Slavich, G. M., & Cole, S. W. (2013). The emerging field of human social genomics. *Clinical Psychological Science*, *1*(3), 331-348.
- (2) Fredrickson, B. L., Grewen, K. M., Coffey, K. A., Algoe, S. B., Firestine, A. M., Arevalo, J. M. G., ... Cole, S. W. (2013). A functional genomic perspective on human well-being. *PNAS*, *110*(33), 13684-13689.
- (3) Nes, R. B. (2014). Genetic and environmental influences on positive emotionality. In J. Gruber & J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 140-168). New York: Oxford University Press.

### Recommended:

- (1) Pluess, M., & Meaney, M. J. (2016), Genes, environment, and psychological well-being. In M. Pluess (Ed.), *Genetics of psychological well-being: The role of heritability and genetics in positive psychology* (pp. 251-265). New York: Oxford University Press.

## **WEEK 9 – May 26: Happiness Across Cultures**

- (1) Oishi, S., Graham, J., Kesebir, S., & Galinha, I. C. (2013). Concepts of happiness across time and cultures. *Personality and Social Psychology Bulletin*, 39(5), 559-577.
- (2) Tsai J., & Park, B. (2014). The cultural shaping of happiness: The role of ideal affect. In J. Gruber & J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides* (pp. 345-362). New York: Oxford University Press.
- (3) Joshanloo, M., & Weijers, D. (2014). Aversion to happiness across cultures: A review of where and why people are averse to happiness. *Journal of Happiness Studies*, 15, 717-735.

### Recommended:

- (1) Joshanloo, M. (2014). Eastern conceptualizations of happiness: Fundamental differences with western views. *Journal of Happiness Studies*, 15, 475-493.
- (2) Oishi, S., Diener, E., Choi, D., Kim-Prieto, C., & Choi, I. (2005). The dynamics of daily events and well-being across cultures: When less is more. *Journal of Personality and Social Psychology*, 93, 685-698.

## **WEEK 10 – June 2: NO CLASS (Santiago Well-Being Conference)**