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(Devlin, Zaki et al. 2014; Anderson, Hildreth et al. 2015; Ang, Lim et al. 2015; Birkeland and Buch 2015; Boylan and Ryff 2015; Brown, MacDonald et al. 2015; Chen, Van Assche et al. 2015; Chen, Vansteenkiste et al. 2015; Cheng, Weiss et al. 2015; de Groot, Smeets et al. 2015; Durso, Luttrell et al. 2015; Fredrickson, Grewen et al. 2015; Galen, Sharp et al. 2015; Grimm, Kemp et al. 2015; Hogan, Catalino et al. 2015; Kalokerinos, Greenaway et al. 2015; Keyes, Kendler et al. 2015; Kinderman, Tai et al. 2015; Lin, Wu et al. 2015; Mayordomo-Rodríguez, Meléndez-Moral et al. 2015; Quoidbach, Dunn et al. 2015; Quoidbach, Mikolajczak et al. 2015; Ranehill, Dreber et al. 2015; Smillie, Wilt et al. 2015; Zheng, Fehr et al. 2015; Zunick, Fazio et al. 2015)

Anderson, C., J. A. Hildreth, et al. (2015). **"Is the desire for status a fundamental human motive? A review of the empirical literature."** Psychol Bull 141(3): 574-601. http://www.ncbi.nlm.nih.gov/pubmed/25774679

The current review evaluates the status hypothesis, which states that that the desire for status is a fundamental motive. Status is defined as the respect, admiration, and voluntary deference individuals are afforded by others. It is distinct from related constructs such as power, financial success, and social belongingness. A review of diverse literatures lent support to the status hypothesis: People's subjective well-being, self-esteem, and mental and physical health appear to depend on the level of status they are accorded by others. People engage in a wide range of goal-directed activities to manage their status, aided by myriad cognitive, behavioral, and affective processes; for example, they vigilantly monitor the status dynamics in their social environment, strive to appear socially valuable, prefer and select social environments that offer them higher status, and react strongly when their status is threatened. The desire for status also does not appear to be a mere derivative of the need to belong, as some theorists have speculated. Finally, the importance of status was observed across individuals who differed in culture, gender, age, and personality, supporting the universality of the status motive. Therefore, taken as a whole, the relevant evidence suggests that the desire for status is indeed fundamental.

Ang, S., E. Lim, et al. (2015). **"In pursuit of happiness: Effects of mental subtraction and alternative comparison."** Social Indicators Research 122(1): 87-103. http://dx.doi.org/10.1007/s11205-014-0681-z

Using an experiment, this study examines how happiness towards, and evaluation of, experiential and material purchases are affected by mindset and comparison alternatives. When primed with a mental subtraction mindset, people became happier with their material purchases and evaluated such purchases more positively; however, those who had acquired experiences did not report significant increases in happiness or purchase evaluations. In contrast, when people did not engage in mental subtraction, recollection of purchase details did not enhance associated happiness for both material and experiential purchases. We also found that, relative to experiences, material purchases induced greater increases in happiness in the presence of inferior alternatives. When comparing purchases with superior alternatives, happiness declined significantly regardless of the type of purchase. Further, such decrements in happiness were more dramatic for material purchases than experiences. Collectively, this research suggests that happiness with material goods can increase over time with the appropriate mental strategies (i.e., mental subtraction and comparison against inferior alternatives).

Birkeland, I. and R. Buch (2015). **"The dualistic model of passion for work: Discriminate and predictive validity with work engagement and workaholism."** Motivation and Emotion 39(3): 392-408. http://dx.doi.org/10.1007/s11031-014-9462-x

The purpose of this paper was to investigate the discriminant and predictive validity of the dualistic model of passion for work. Harmonious and obsessive passion was compared to work engagement and workaholism in two studies. Study 1 was cross-sectional and supported convergent and discriminant validity of the dualistic model using exploratory structural equation modeling and confirmatory factor analysis. Study 2 was cross-lagged and applied confirmatory factor analyses, as well as hierarchical linear modeling to test discriminant, convergent, and predictive validity of harmonious and obsessive passion for work. Predictive validity was supported for obsessive and harmonious passion with respect to wellbeing, but not with respect to performance. When controlling for work engagement and workaholism, harmonious passion was negatively related to burnout and positively related to life satisfaction. In contrast, obsessive passion related positively to burnout and negatively to life satisfaction. Only workaholism predicted variance in supervisor rated organizational citizenship behaviors (negatively related), and none of the included variables were associated with supervisor rated in-role performance.

Boylan, J. M. and C. D. Ryff (2015). **"Psychological well-being and metabolic syndrome: Findings from the midlife in the united states national sample."** Psychosomatic Medicine 77(5): 548-558. http://journals.lww.com/psychosomaticmedicine/Fulltext/2015/06000/Psychological_Well_Being_and_Metabolic_Syndrome__.8.aspx

Objectives: Psychological well-being predicts favorable cardiovascular outcomes, but less evidence addresses biological mediators underlying these effects. Therefore, associations among well-being and metabolic syndrome (MetSyn) were examined in a national sample. Methods: Survey of Midlife in the US participants (MIDUS; n = 1205) provided survey assessments of hedonic (positive affect, life satisfaction) and eudaimonic well-being (e.g., personal growth and purpose in life) at two waves 9 to 10 years apart. MetSyn components were measured during an overnight clinic visit at Time 2 only. Outcomes included the number of MetSyn risk factors and a binary outcome reflective of MetSyn status. Results: The unadjusted prevalence of MetSyn was 36.6%. Life satisfaction (B [standard error {SE}] = −0.12 [0.04], p = .005), positive affect (B [SE] = −0.10 [0.04], p = .009), and personal growth (B [SE] = −0.10 [0.04], p = .012) predicted fewer MetSyn components and lower risk of meeting diagnostic criteria in fully adjusted models. Results were unchanged by adjustments for depressive symptoms, and were not moderated by age, sex, race, or socioeconomic status. Life satisfaction (B [SE] = −0.11 [0.05], p = .023) and a eudaimonic well-being composite (B [SE] = −0.11 [0.05], p = .045) also predicted fewer components and lower risk of meeting diagnostic criteria in longitudinal models. Conclusions: Psychosocial resources, including positive affect, life satisfaction, and personal growth, predicted reduced risk for MetSyn both cross sectionally and longitudinally. Further work should examine consequences of these linkages for cardiovascular outcomes in intervention contexts.

Brown, J., R. MacDonald, et al. (2015). **"Are people who participate in cultural activities more satisfied with life?"** Social Indicators Research 122(1): 135-146. http://dx.doi.org/10.1007/s11205-014-0678-7

The influence of various aspects of life on wellbeing has been extensively researched. However, despite little empirical evidence, participation in leisure activities has been assumed to increase subjective wellbeing. Leisure is important because it is more under personal control than other sources of life satisfaction. This study asked whether people who participate in cultural

leisure activities have higher life satisfaction than people who do not, if different types of leisure have the same influence on life satisfaction and if satisfaction is dependent on the frequency of participation or the number of activities undertaken. It used data from UKHLS Survey to establish associations between type, number and frequency of participation in leisure activities and life satisfaction. Results showed an independent and positive association of participation in sport, heritage and active-creative leisure activities and life satisfaction but not for participation in popular entertainment, theatre hobbies and museum/galleries. The association of reading hobbies and sedentary-creative activities and life satisfaction was negative. High life satisfaction was associated with engaging in a number of different activities rather than the frequency of participation in each of them. The results have implications for policy makers and leisure services providers, in particular those associated with heritage recreation. Subjective wellbeing measures, such as life satisfaction, and not economic measures alone should be considered in the evaluation of services. The promotion of leisure activities which are active and promote social interaction should be considered in programmes aimed at improving the quality of life.

Chen, B., J. Van Assche, et al. (2015). ***"Does psychological need satisfaction matter when environmental or financial safety are at risk?"*** Journal of Happiness Studies 16(3): 745-766. http://dx.doi.org/10.1007/s10902-014-9532-5
        Grounded in self-determination theory, the present study addressed the question whether the relation between satisfaction of the psychological needs for relatedness, competence, and autonomy and well-being would be constrained by satisfaction of the need for safety. In Study 1, we investigated environmental safety in a sample of young adults (N = 224) in South Africa, a country known for its low public safety. In Study 2, we focused on financial safety within a socio-economically deprived adult Chinese sample (N = 357). Although safety satisfaction yielded a positive relation to well-being in both studies, satisfaction of the psychological needs contributed to well-being above and beyond safety satisfaction and its contribution was not dependent upon the level of safety satisfaction. Further, across both studies, individuals high in safety satisfaction desired less psychological need satisfaction. Supplementary analyses in Study 2 indicated that whereas financial safety yielded a positive relation to well-being, materialism yielded a negative association. Together, these results point to the important role of basic psychological need satisfaction beyond safety satisfaction in the prediction of well-being.

Chen, B., M. Vansteenkiste, et al. (2015). ***"Basic psychological need satisfaction, need frustration, and need strength across four cultures."*** Motivation and Emotion 39(2): 216-236. http://dx.doi.org/10.1007/s11031-014-9450-1
        The present study investigated whether satisfaction and frustration of the psychological needs for autonomy, relatedness, and competence, as identified within Basic Psychological Need Theory (BPNT; Deci and Ryan, Psychol Inquiry 11:227–268, 2000; Ryan and Deci, Psychol Inquiry 11:319–338, 2000), contributes to participants' well-being and ill-being, regardless of their cultural background and interpersonal differences in need strength, as indexed by either need valuation (i.e., the stated importance of the need to the person) or need desire (i.e., the desire to get a need met). In Study 1, involving late adolescents from Belgium and China (total N = 685; Mean age = 17 years), autonomy and competence satisfaction had unique associations with well-being and individual differences in need valuation did not moderate these associations. Study 2 involved participants from four culturally diverse nations (Belgium, China, USA, and Peru; total N = 1,051; Mean age = 20 years). Results provided evidence for the measurement equivalence of an adapted scale tapping into both need satisfaction and need frustration. Satisfaction of each of the three needs was found to contribute uniquely to the prediction of well-being, whereas frustration of each of the three needs contributed uniquely to the prediction of ill-being. Consistent with Study 1, the effects of need satisfaction and need frustration were found to be equivalent across the four countries and were not moderated by individual differences in the desire for need satisfaction. These findings underscore BPNT's universality claim, which states that the satisfaction of basic needs for autonomy, relatedness, and competence represent essential nutrients for optimal functioning across cultures and across individual differences in need strength.

Cheng, C.-H. E., J. W. Weiss, et al. (2015). ***"Personality traits and health behaviors as predictors of subjective wellbeing among a multiethnic sample of university-attending emerging young adults."*** International Journal Of Wellbeing 5(3): 21-43. http://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/355
        This study examines the relative contributions of individual characteristics of personality and health behaviors to subjective wellbeing among university-attending emerging young adults. Three dimensions of wellbeing were assessed: affective (positive affect), physical/mental (overall health), and cognitive (quality of life). The sample (N=599) consisted of students of various racial/ethnic backgrounds, including White/non-Hispanic, Hispanic/Latino, Asian/Pacific Islander, and Black/African American from a large public university in Southern California (28% male, 72% female; mean age = 20.85, SD = 1.84). Respondents completed the Student Health Survey, which consisted of items on basic demographics, substance use, health behaviors, Affect Balance Scale, Extraversion and Neuroticism subscales of the Big Five Taxonomy of Personality, Quality of Life scale, and an online food-intake survey for seven days. Descriptive statistics and bivariate correlations were calculated as preliminary analysis and hierarchical regression analyses were conducted to examine how each set of predictors contributes to the overall predictive ability and relative importance on subjective wellbeing. Extraverted individuals reported more positive affect and higher quality of life. Neuroticism was associated with less positive affect, poorer health, and lower quality of life. Physical activity was consistently associated with subjective wellbeing, accounting for 33%, 13%, and 32% of the total variance in positive affect, overall health, and quality of life, respectively. Findings indicate that health behaviors are important correlates of three dimensions of wellbeing over and above the effects of personality traits. Implications for designing health and wellness programs to improve the wellbeing and quality of life among young adults are discussed.

de Groot, J. H. B., M. A. M. Smeets, et al. (2015). ***"A sniff of happiness."*** Psychological Science 26(6): 684-700. http://pss.sagepub.com/content/26/6/684.abstract
        It is well known that feelings of happiness transfer between individuals through mimicry induced by vision and hearing. The evidence is inconclusive, however, as to whether happiness can be communicated through the sense of smell via chemosignals. As chemosignals are a known medium for transferring negative emotions from a sender to a receiver, we examined whether chemosignals are also involved in the transmission of positive emotions. Positive emotions are important for overall well-being and yet relatively neglected in research on chemosignaling, arguably because of the stronger survival benefits linked with negative emotions. We observed that exposure to body odor collected from senders of chemosignals in a happy state induced a facial expression and perceptual-processing style indicative of happiness in the receivers of those signals. Our findings suggest that not only negative affect but also a positive state (happiness) can be transferred by means of odors.

Devlin, H. C., J. Zaki, et al. (2014). ***"Not as good as you think? Trait positive emotion is associated with increased self-reported empathy but decreased empathic performance."*** PLoS ONE 9(10): e110470. http://dx.doi.org/10.1371%2Fjournal.pone.0110470
        (Available in free full text) How is positive emotion associated with our ability to empathize with others? Extant research provides support for two competing predictions about this question. An *empathy amplification* hypothesis suggests positive emotion would be associated with greater empathy, as it often enhances other prosocial processes. A contrasting

empathy attenuation hypothesis suggests positive emotion would be associated with lower empathy, because positive emotion promotes self-focused or antisocial behaviors. The present investigation tested these competing perspectives by examining associations between dispositional positive emotion and both subjective (i.e., self-report) and objective (i.e., task performance) measures of empathy. Findings revealed that although trait positive emotion was associated with increased subjective beliefs about empathic tendencies, it was associated with both increases and decreases in task-based empathic performance depending on the target's emotional state. More specifically, trait positive emotion was linked to lower overall empathic accuracy toward a high-intensity negative target, but also a higher sensitivity to emotion upshifts (i.e., shifts in emotion from negative to positive) toward positive targets. This suggests that trait positive affect may be associated with decreased objective empathy in the context of mood incongruent (i.e., negative) emotional stimuli, but may increase some aspects of empathic performance in the context of mood congruent (i.e., positive) stimuli. Taken together, these findings suggest that trait positive emotion engenders a compelling subjective-objective gap regarding its association with empathy, in being related to a heightened perception of empathic tendencies, despite being linked to mixed abilities in regards to empathic performance.

Durso, G. R. O., A. Luttrell, et al. (2015). ***"Over-the-counter relief from pains and pleasures alike: Acetaminophen blunts evaluation sensitivity to both negative and positive stimuli."*** <u>Psychological Science</u> 26(6): 750-758. <u>http://pss.sagepub.com/content/26/6/750.abstract</u>
  Acetaminophen, an effective and popular over-the-counter pain reliever (e.g., the active ingredient in Tylenol), has recently been shown to blunt individuals' reactivity to a range of negative stimuli in addition to physical pain. Because accumulating research has shown that individuals' reactivity to both negative and positive stimuli can be influenced by a single factor (an idea known as differential susceptibility), we conducted two experiments testing whether acetaminophen blunted individuals' evaluations of and emotional reactions to both negative and positive images from the International Affective Picture System. Participants who took acetaminophen evaluated unpleasant stimuli less negatively and pleasant stimuli less positively, compared with participants who took a placebo. Participants in the acetaminophen condition also rated both negative and positive stimuli as less emotionally arousing than did participants in the placebo condition (Studies 1 and 2), whereas nonevaluative ratings (extent of color saturation in each image; Study 2) were not affected by drug condition. These findings suggest that acetaminophen has a general blunting effect on individuals' evaluative and emotional processing, irrespective of negative or positive valence.

Fredrickson, B. L., K. M. Grewen, et al. (2015). ***"Psychological well-being and the human conserved transcriptional response to adversity."*** <u>PLoS ONE</u> 10(3): e0121839. <u>http://dx.doi.org/10.1371%2Fjournal.pone.0121839</u>
  (Available in free full text) Research in human social genomics has identified a conserved transcriptional response to adversity (CTRA) characterized by up-regulated expression of pro-inflammatory genes and down-regulated expression of Type I interferon- and antibody-related genes. This report seeks to identify the specific aspects of positive psychological well-being that oppose such effects and predict reduced CTRA gene expression. In a new confirmation study of 122 healthy adults that replicated the approach of a previously reported discovery study, mixed effect linear model analyses identified a significant inverse association between expression of CTRA indicator genes and a summary measure of eudaimonic well-being from the Mental Health Continuum – Short Form. Analyses of a 2- representation of eudaimonia converged in finding correlated psychological and social subdomains of eudaimonic well-being to be the primary carriers of CTRA associations. Hedonic well-being showed no consistent CTRA association independent of eudaimonic well-being, and summary measures integrating hedonic and eudaimonic well-being showed less stable CTRA associations than did focal measures of eudaimonia (psychological and social well-being). Similar results emerged from analyses of pooled discovery and confirmation samples (n = 198). Similar results also emerged from analyses of a second new generalization study of 107 healthy adults that included the more detailed Ryff Scales of Psychological Well-being and found this more robust measure of eudaimonic well-being to also associate with reduced CTRA gene expression. Five of the 6 major sub-domains of psychological well-being predicted reduced CTRA gene expression when analyzed separately, and 3 remained distinctively prognostic in mutually adjusted analyses. All associations were independent of demographic characteristics, health-related confounders, and RNA indicators of leukocyte subset distribution. These results identify specific sub-dimensions of eudaimonic well-being as promising targets for future interventions to mitigate CTRA gene expression, and provide no support for any independent favorable contribution from hedonic well-being.

Galen, L., M. Sharp, et al. (2015). ***"Nonreligious group factors versus religious belief in the prediction of prosociality."*** <u>Social Indicators Research</u> 122(2): 411-432. <u>http://dx.doi.org/10.1007/s11205-014-0700-0</u>
  Previous research has suggested that religious belief is associated with a range of prosocial behaviors such as social embeddedness and generosity. However, this literature has often conflated belief in God with group involvement and failed to control for demographic and social network effects. Rather than assessing prosociality by comparing religious group members with the unaffiliated, the present study also includes secular/nonreligious group members. Multiple regression analyses controlling for confounds diminishes many of the apparent differences between religious and nonreligious individuals. Belief in God itself accounts for approximately 1–2 % of the variance in social embeddedness domains and <1 % of the variance in the domains of outside-group charity and community volunteering. Belief in God is associated with homophily and parochial behavior such as within-group charitable donations and constrained contact with different others. These findings indicate that prosocial benefits are more related to general group membership equally available to religious and secular group members alike than they are to specifically religious content. Religious beliefs are related to within-group prosociality as well as homophily and parochialism directed to those outside the group.

Grimm, C., S. Kemp, et al. (2015). ***"Orientations to happiness and the experience of everyday activities."*** <u>The Journal of Positive Psychology</u> 10(3): 207-218. <u>http://dx.doi.org/10.1080/17439760.2014.941382</u>
  The orientation to happiness framework proposes that individuals seek well-being through three behavioral orientations: Pleasure, meaning, and engagement. We investigated how orientations to happiness (OTH) influenced the pursuit and experience of daily activities using experience sampling methods. One hundred and seventy three people responded to three text messages per day for seven days asking how they felt about their current activity. Most participants did not report a dominant orientation to happiness, and the highest rated orientation receiving did not predict which daily activities participants engaged in most. However, trait orientation to happiness related to how activities were experienced. Individuals scoring highly on all three orientations rated their activities highly on momentary pleasure, meaning, engagement, and happiness. Overall, it appears more important for daily well-being to have a balanced and strong portfolio of the three OTH than to have any one particularly dominant orientation.

Hogan, C. L., L. I. Catalino, et al. (2015). ***"Beyond emotional benefits: Physical activity and sedentary behaviour affect psychosocial resources through emotions."*** <u>Psychology & Health</u> 30(3): 354-369. <u>http://dx.doi.org/10.1080/08870446.2014.973410</u>

Physical activity is known to improve emotional experiences, and positive emotions have been shown to lead to important life outcomes, including the development of psychosocial resources. In contrast, time spent sedentary may negatively impact emotional experiences and, consequently, erode psychosocial resources. Two studies tested whether activity independently influenced emotions and psychosocial resources, and whether activity indirectly influenced psychosocial resources through emotional experiences. Using cross-sectional (Study 1a) and longitudinal (Study 1b) methods, we found that time spent physically active independently predicted emotions and psychosocial resources. Mediation analyses suggested that emotions may account for the relation between activity and psychosocial resources. The improved emotional experiences associated with physical activity may help individuals build psychosocial resources known to improve mental health. Study 1a provided first indicators to suggest that, in contrast, sedentary behaviour may reduce positive emotions, which could in turn lead to decrements in psychosocial resources. [Available in free full text from http://www.unc.edu/peplab/publications/Hogan_Catalino_Mata_Fredrickson_2015.pdf%5D.

Kalokerinos, E. K., K. H. Greenaway, et al. (2015). *"Reappraisal but not suppression downregulates the experience of positive and negative emotion."* Emotion 15(3): 271-275. http://www.ncbi.nlm.nih.gov/pubmed/25286074
	The emotion regulation literature is growing exponentially, but there is limited understanding of the comparative strengths of emotion regulation strategies in downregulating positive emotional experiences. The present research made the first systematic investigation examining the consequences of using expressive suppression and cognitive reappraisal strategies to downregulate positive and negative emotion within a single design. Two experiments with over 1,300 participants demonstrated that reappraisal successfully reduced the experience of negative and positive affect compared with suppression and control conditions. Suppression did not reduce the experience of either positive or negative emotion relative to the control condition. This finding provides evidence against the assumption that expressive suppression reduces the experience of positive emotion. This work speaks to an emerging literature on the benefits of downregulating positive emotion, showing that suppression is an appropriate strategy when one wishes to reduce positive emotion displays while maintaining the benefits of positive emotional experience.

Keyes, C. M., K. Kendler, et al. (2015). *"The genetic overlap and distinctiveness of flourishing and the big five personality traits."* Journal of Happiness Studies 16(3): 655-668. http://dx.doi.org/10.1007/s10902-014-9527-2
	The growing evidence that subjective well-being (SWB) produces an array of beneficial outcomes has increased requests for recommendations on how to promote it. Evidence that all of SWB's genetic variance overlaps with personality led to the strong claim that it is a 'personality thing' and that personality is the strongest predictor of SWB. However, studies do not include a comprehensive assessment that reflects eudaimonic as well as hedonic SWB. We revisit the question of SWB's complete overlap with personality employing the tripartite model—emotional, psychological, and social—of SWB that, together, reflect Keyes' (2002) model of flourishing. Data are from the Midlife in the United States national sample of 1,386 twins. Analyses were done using Mx to test Cholesky decomposition models and a two latent factor common pathway model. One-third of the total (72 %) heritability of flourishing and 40 % of its environmental variability are distinct from the big-five personality traits. We also find a low phenotypic association (mean r = .22) between the three dimensions of SWB and big-five personality traits despite substantial shared genetic etiology. In addition to non-trivial amounts of distinctive genetic and environmental variance and low phenotypic correlation, we point to limited investigation of reciprocal causation of SWB and personality. Psychologist should not yet conclude that SWB is a 'personality thing' anymore than personality might be a 'well-being thing'.

Kinderman, P., S. Tai, et al. (2015). *Causal and mediating factors for anxiety, depression and well-being*.
	Background The relationship between well-being and mental ill health is complex; people may experience very low levels of well-being even in the absence of overt mental health problems. Aims This study tested the hypothesis that anxiety, depression and well-being have different causal determinants and psychological mediating mechanisms. Method The influence of causal and mediating factors on anxiety, depression and well-being were investigated in a cross-sectional online questionnaire survey hosted on a UK national broadcasting website. Results Multivariate conditional independence analysis of data from 27 397 participants revealed different association pathways for the two constructs. Anxiety and depression were associated with negative life events mediated by rumination; low levels of subjective well-being were associated with material deprivation and social isolation, mediated by adaptive coping style. Conclusions Our findings support the 'two continua' model of the relationship between psychological well-being and mental health problems, with implications for both treatment and prevention.

Lin, S.-H., C.-h. Wu, et al. (2015). *"Unpacking the role of self-esteem in career uncertainty: A self-determination perspective."* The Journal of Positive Psychology 10(3): 231-239. http://dx.doi.org/10.1080/17439760.2014.950178
	The aim of this study is to explain why students with high self-esteem have lower career uncertainty than students with low self-esteem. Based on self-determination theory, students with high self-esteem would have higher efficacy in making decisions, which would encourage them to choose a major for self-concordance, such as interest and ability, and increase their course involvement. Both factors are assumed to be related to lower career uncertainty. Data from a national survey of the Taiwan Higher Education Database within the Survey Research Data Archive from juniors at 92 colleges and universities in Taiwan (N = 7418) were analyzed to examine the model. Results supported the proposed model by showing that students with high self-esteem had lower career uncertainty because they chose a major for self-concordant reasons and had a strong motivation to learn, both of which contribute to lower career uncertainty.

Mayordomo-Rodríguez, T., J. Meléndez-Moral, et al. (2015). *"Coping strategies as predictors of well-being in youth adult."* Social Indicators Research 122(2): 479-489. http://dx.doi.org/10.1007/s11205-014-0689-4
	This study aimed to determine the effects of two types of coping strategies on wellbeing in a sample of 405 young people using structural equation modeling. A survey research design was employed. Two constructs were measured: coping strategies and well-being. Goodness of fit indices was analyzed to select, the best structural equation model of coping as a potential predictor of well-being, as measured by Ryff's well-being scales. Problem-focused coping positively predicted a significant portion of variance in well-being, while emotion-focused coping negatively predicted well-being. Religion as a coping strategy did not end up in the final model. The results' impact within the literature on youth well-being is discussed. It was concluded that young people do not typically use religion or magical thinking as coping strategies, and the use of negative auto-focused coping was associated with lower problem-focused coping.

Quoidbach, J., E. W. Dunn, et al. (2015). *"The price of abundance: How a wealth of experiences impoverishes savoring."* Pers Soc Psychol Bull 41(3): 393-404. http://www.ncbi.nlm.nih.gov/pubmed/25583943
	We investigated the long-standing-yet previously untested-idea that an abundance of desirable life experiences may undermine people's ability to savor simpler pleasures. In Study 1, we found that the more countries individuals had visited, the less inclined they were to savor a future trip to a pleasant but ordinary destination. In Study 2, we conducted a field experiment at a popular tourist attraction, where we manipulated participants' perceptions of their own experiential backgrounds; when

participants were led to feel well-traveled, they devoted significantly less time to their visit compared with individuals who were led to feel less worldly. We replicate these findings in Study 3 and found evidence that the observed effect could not be easily explained by other mechanisms. Being a world traveler-or just feeling like one-may undermine the proclivity to savor visits to enjoyable but unextraordinary destinations by endowing individuals with a sense of abundance.

Quoidbach, J., M. Mikolajczak, et al. (2015). ***"Positive interventions: An emotion regulation perspective."*** <u>Psychol Bull</u> 141(3): 655-693. http://www.ncbi.nlm.nih.gov/pubmed/25621978
> The rapid growth of the literature on positive interventions to increase "happiness" has suggested the need for an overarching conceptual framework to integrate the many and apparently disparate findings. In this review, we used the process model of emotion regulation (Gross, 1998) to organize the existing literature on positive interventions and to advance theory by clarifying the mechanisms underlying their effectiveness. We have proposed that positive emotions can be increased both in the short- and longer-term through 5 families of emotion regulation strategies (i.e., situation selection, situation modification, attentional deployment, cognitive change, and response modulation), showing how these emotion regulation strategies can be applied before, during, and after positive emotional events. Regarding short-term increases in positive emotions, our review found that attentional deployment, cognitive change, and response modulation strategies have received the most empirical support, whereas more work is needed to establish the effectiveness of situation selection and situation modification strategies. Regarding longer-term increases in positive emotions, strategies such as situation selection during an event and attentional deployment before, during, and after an event have received strong empirical support and are at the center of many positive interventions. However, more work is needed to establish the specific benefits of the other strategies, especially situation modification. We argue that our emotion regulation framework clarifies existing interventions and points the way for new interventions that might be used to increase positive emotions in both nonclinical and clinical populations.

Ranehill, E., A. Dreber, et al. (2015). ***"Assessing the robustness of power posing: No effect on hormones and risk tolerance in a large sample of men and women."*** <u>Psychological Science</u> 26(5): 653-656. http://pss.sagepub.com/content/26/5/653.short
> This study is well described in Arstechnica - http://arstechnica.com/science/2015/04/power-poses-might-not-be-so-powerful-after-all/ - "In 2010, researchers at Harvard Business School claimed to have found (PDF) that striking powerful poses caused hormonal and behavioral changes. "Power poses" seemed to raise testosterone, lower cortisol, and increase risk-taking behavior. As with all research, replication was needed to check the validity of the results. An attempt at replication using additional controls, published recently in Psychological Science, found no behavioral or hormonal effects of "power poses," although they did result in a boost in subjective perception of power. In other words, the original research did not hold up."

Smillie, L. D., J. Wilt, et al. (2015). ***"Quality of social experience explains the relation between extraversion and positive affect."*** <u>Emotion</u> 15(3): 339-349. http://www.ncbi.nlm.nih.gov/pubmed/25603131
> The personality trait extraversion is associated with higher positive affect, and individuals who behave in an extraverted way experience increased positive affect. Across 2 studies, we examine whether the positive affectivity of extraverts can be explained in terms of qualitative aspects of social experience resulting from extraverted (i.e., bold, assertive) behavior. In our first study (N = 225, 58% female), we found that social well-being, a broad measure of quality of social life (Keyes, 1998) was a significant mediator of the relation between trait extraversion and trait positive affect. This effect was specific to 1 aspect of social well-being-social contribution, one's sense of making an impact on one's social world. In our second study (N = 81, 75% female), we found that a momentary assessment of social well-being mediated the effect of experimentally manipulated extraverted behavior (in the context of 2 brief discussion tasks) on state positive affect. Furthermore, perceived contribution to the discussion tasks accounted for up to 70% of the effect of enacted extraversion on positive affect. This is the first identified mediator of the effect of enacted extraversion on positive affect. Implications and suggestions for extensions of this research are discussed.

Zheng, X., R. Fehr, et al. (2015). ***"The unburdening effects of forgiveness: Effects on slant perception and jumping height."*** <u>Social Psychological and Personality Science</u> 6(4): 431-438. http://spp.sagepub.com/content/6/4/431.abstract
> Research shows that in the aftermath of conflict, forgiveness improves victims' well-being and the victim–offender relationship. Building on the research on embodied perception and economy of action, we demonstrate that forgiveness also has implications for victims' perceptions and behavior in the physical domain. Metaphorically, unforgiveness is a burden that can be lightened by forgiveness; we show that people induced to feel forgiveness perceive hills to be less steep (Study 1) and jump higher in an ostensible fitness test (Study 2) than people who are induced to feel unforgiveness. These findings suggest that forgiveness may lighten the physical burden of unforgiveness, providing evidence that forgiveness can help victims overcome the negative effects of conflict.

Zunick, P. V., R. H. Fazio, et al. (2015). ***"Directed abstraction: Encouraging broad, personal generalizations following a success experience."*** <u>J Pers Soc Psychol</u> 109(1): 1-19. http://www.ncbi.nlm.nih.gov/pubmed/25984786
> People with negative self-views may fail to generalize appropriately from success experiences (e.g., Wood, Heimpel, Newby-Clark, & Ross, 2005). We drew on theories regarding self-views (Swann, Griffin, Predmore, & Gaines, 1987) and abstraction (Semin & Fiedler, 1991), as well as past linguistic framing work (e.g., Marigold, Holmes, & Ross, 2007, 2010; Salancik, 1974), to create a new technique to encourage people with negative self-views to generalize broadly from a success experience to the self-concept. We call this technique directed abstraction. In Experiment 1, participants with negative self-views who completed a directed abstraction writing task following success feedback regarding a novel laboratory task generalized more from that success, reporting higher ability levels and greater expectations of future success in the relevant domain. In Experiment 2, directed abstraction produced similar results (including more positive self-related affect, e.g., pride) after participants recalled a past public speaking success. In Experiment 3, participants high in fear of public speaking gave two speeches in a context designed to be challenging yet also to elicit successful performances. Directed abstraction helped these participants generalize from their success to beliefs about their abilities, expectations about the future, and confidence as a speaker. In Experiment 4, directed abstraction following success on a verbal task increased persistence in the face of failure on a subsequent verbal task. We discuss implications for understanding how and when people generalize from a success, compare directed abstraction to existing interventions, and suggest practical applications for this influence technique. [BPS Digest - http://digest.bps.org.uk/2015/06/heres-technique-that-helps-self.html - comments "Last week Kathleen finally put aside her fears about public speaking to give a presentation… and it went pretty well! But when you caught her at lunch today and asked if she wanted future opportunities to present, you found she was as pessimistic about her ability as ever. This story reflects an unfortunate truth: people with low self-belief are liable to hold onto negative assumptions about themselves despite concrete evidence of the contrary; that is, they fail to "generalise from success". Thankfully, in a new paper, psychologist Peter Zunick and his colleagues describe a technique, called directed abstraction, that can help the self-critical change their mindsets. Direct abstraction means stopping to consider how a specific success may have more general implications – this is the abstraction part

– and also ensuring this thinking is directed towards how personal qualities were key to the success. Let's see what this means in practice. In a first study, 86 students guessed the number of dots flashed up on screen, and were given fake but convincing positive feedback on their performance. Half the students were then asked to explain how they completed the task, which kept their thoughts on a very concrete, specific level. The other half were prompted to engage in directed abstraction by completing the sentence: "I was able to score very high on the test because I am: ... " This query is not about how, but why – a more abstract consideration – and also focuses on the individual's own qualities. Engaging in directed abstraction appeared to give a particular boost to those participants who'd earlier reported believing they have low competence day to day: afterwards, they not only had more confidence in their estimation ability (than similarly self-critical control participants), they also believed they would do better at similar tasks (like guessing jelly beans in a jar) that they faced in the future. In another experiment, Zunick's research team sifted through hundreds of students to find 59 with low faith in their public speaking skills. Each of them was given a few minutes to prepare and then make a speech to camera on the topic of transition to college life, a fairly easy one to tackle. Each participant then watched themselves on video, with the experimenter offering reassuring feedback and implying that they did surprisingly well. The same participants then engaged in directed abstraction (or the control "how" query) before being thrown once more into the breach with a second speechmaking experience, this time on a tough topic, with no coddling feedback afterward – this was the real deal. Did the directed abstraction participants gain confidence from their early success that could survive a rockier second round? They did, reporting more confidence for future public speaking than their peers. The technique seems to be appropriate for a range of settings, although obviously it's only useful to use it following an event that can be reasonably seen as a success, otherwise it could backfire. And it's simple to use to help a friend or yourself, just by taking the time after a success to think through what it owes to your personal qualities. Then confidence can follow."]