

KEYWORDS

Domains: *subjective well-being, health, interpersonal communication, computer-mediated communication.*

Theories: *self-determination theory, evolutionary theory, culture-gene coevolution.*

Variables: *affect, life satisfaction, basic human needs, trust, social capital, physical health, stress.*

SKILLS (highlights)

Methods: *ESM, Field Experiments, Public Data, Longitudinal Data, Big Data, Randomized Controlled Trials.*

Statistics: *Multilevel Linear Modeling (MLM), Structural Equation Modeling (SEM), Multivariate, Factor Analysis, Cluster Analysis; R, Mplus, SPSS, EQS, STATA, HLM.*

EDUCATION

PhD, Psychology, University of British Columbia. 2011–2015

Advisors: *Elizabeth Dunn (primary); Toni Schmader (secondary).*

Dissertation: *Digitally connected, socially disconnected: Can smartphones compromise the benefits of interacting with others?* (funded by a SSHRC grant, Vanier Graduate Scholarship).

MA, Psychology, University of British Columbia. 2009–2011

Advisor: *Elizabeth Dunn.*

Thesis: *Exploring parental well-being: Is childcare associated with parental well-being and what factors can enhance it?* (awarded for Academic Excellence by CPA).

BA, Psychology, Reed College. 2004–2008

Advisor: *Daniel Reisberg; Kathryn Oleson.*

Distinctions: *Phi Beta Kappa (Honorary Academic Society).*

EMPLOYMENT

Assistant Professor, Georgetown University. 2018–Present

Postdoctoral Research Associate, University of Virginia. 2015–2018

Advisors: *Ed Diener; Shigehiro Oishi.*

AWARDS AND DISTINCTIONS

Membership, Society of Experimental Social Psychology. 2023

Rising Star, Association for Psychological Science. 2021

Teaching Fund Award (\$1,500), Association for Psychological Science. 2020

Small Research Award (\$1,500), Society for Personality and Social Psychology. 2019

Excellent Reviewer Acknowledgement, CHI. 2016

Vanier Graduate Scholarship (\$150,000), University of British Columbia. 2012–2015

International Tuition Scholarship (\$22,000), University of British Columbia. 2009–2015

Graduate Student Travel Award (\$500), Society of Personality and Social Psychology. 2013

Certificate of Academic Excellence, Canadian Psychological Association. 2012

Howard Webster Foundation Fellowship (\$4,880), Green College. 2011

William C. Gibson Citation, Green College. 2011

Lacey Fellowship in Psychology (\$16,000), University of British Columbia. 2011

Graduate Entrance Scholarship (\$17,500), University of British Columbia. 2009

Phi Beta Kappa, Reed College. 2008

Commended for Excellence in Scholarship X 3, Reed College. 2005–2008

Professional Development Award, University of Sussex. 2006

GRANTS

Causal Effects of Exposure to Social Media on Adolescent Mental Health. R01, National Institute of Mental Health. Role: PI.

Awarded: \$1,529,894 2024–2028

Can We Effectively Promote Happiness by Fostering Digital Well-Being? Georgetown Summer Salary Supplement.

Awarded: \$10,000

Aug 2023

Greater Good in Action 2.0: Making the science of character virtue more practical, engaging, and impactful.

John Templeton Foundation. PI: Dacher Keltner, Role: Scientific Collaborator.

Awarded: \$1,778,612 (My Portion: \$66,699).

2020–2023

PUBLICATIONS

* Student Advisee

Peer-Reviewed Papers

- Leitao*, M.R., Proulx, J., & **Kushlev**, K. (2023). Smartphones undermine well-being more in men than women: A mini mega-analysis. *Technology, Mind, and Behavior*. Doi: [10.1037/tmb0000125](https://doi.org/10.1037/tmb0000125)
- Heyman*, J. L., & **Kushlev**, K. (2023). Did smartphones enhance or diminish well-being during the COVID-19 pandemic? *Frontiers in Psychology*, 14. Doi: [10.3389/fpsyg.2023.1094196](https://doi.org/10.3389/fpsyg.2023.1094196)
- Heintzelman, S. J., **Kushlev**, K., & Diener, E. (2023). Personalizing a positive psychology intervention improves well-being. *Applied Psychology: Health and Well-Being*. Doi: [10.1111/aphw.12436](https://doi.org/10.1111/aphw.12436)
- Kushlev**, K., & Epstein-Shuman*, A. (2022). Lights, cameras (on), action! Camera usage during zoom classes facilitates student engagement without increasing fatigue. *Technology, Mind, and Behavior*, 3(3). Doi: [10.1037/tmb0000085](https://doi.org/10.1037/tmb0000085)
- Kudrna, L., & **Kushlev**, K. (2022). Money does not always buy happiness, but are richer people less happy in their daily lives? It depends on how you analyze income. *Frontiers in Psychology*, 13. Doi: [10.3389/fpsyg.2022.883137](https://doi.org/10.3389/fpsyg.2022.883137)
- Tov, W., Wirtz, D., **Kushlev**, K., Biswas-Diener, R., & Diener, E. (2022). Well-being science for teaching and the general public. *Perspectives on Psychological Science*. Doi: [10.1177/17456916211046946](https://doi.org/10.1177/17456916211046946)
- Cantwell*, O., & **Kushlev**, K. (2021). Anxiety talking: Does anxiety predict sharing information about COVID-19? *Technology, Mind, and Behavior*, 2(4). Doi: [10.1037/tmb0000057](https://doi.org/10.1037/tmb0000057)
- Holtzman, S., **Kushlev**, K., Wozny, A., & Godard, R. (2021) Long-distance texting: Text messaging is linked with higher relationship satisfaction in a long-distance relationship. *Journal of Social and Personal Relationships*, 38(12), 3543–3565. Doi: [10.1177/02654075211043296](https://doi.org/10.1177/02654075211043296)
- Kushlev**, K., Radosic*, N., & Diener, E. (2021). Subjective well-being and prosociality around the globe: Happy people give more of their time and money to others. *Social Psychological and Personality Science*. Doi: [10.1177/19485506211043379](https://doi.org/10.1177/19485506211043379)
- Tibbetts*, M., Epstein-Shuman*, A., Leitao*, M. R., & **Kushlev**, K. (2021). A week during COVID-19: Online social interactions are associated with greater connection and more stress. *Computers in Human Behavior Reports*, 4, 100133. Doi: [10.1016/j.chbr.2021.100133](https://doi.org/10.1016/j.chbr.2021.100133)
- Longyear*, R., & **Kushlev**, K. (2021). Can mental health apps be effective for depression, anxiety, and stress during a pandemic? *Practical Innovations*. Doi: [10.1037/pri0000142](https://doi.org/10.1037/pri0000142)
- Kushlev**, K., Heintzelman†, S. J., Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., & Diener, E. (2020). Does happiness improve health? Evidence from a randomized controlled trial. *Psychological Science*. Doi: [0.1177/0956797620919673](https://doi.org/10.1177/0956797620919673)
- Kushlev**, K., & Leitao*, M. R. (2020). The effects of smartphones on well-being: Theoretical integration and research agenda. *Current Opinion in Psychology*. Doi: [10.1016/j.copsyc.2020.05.001](https://doi.org/10.1016/j.copsyc.2020.05.001)
- Oishi, S., Choi, H., Koo, M., Galinha, I., Ishii, K., Komiyama, A., Luhmann, M., Scollon, C., Shin, J., Lee, H., Suh, E. M., Vittersø, J., Heintzelman, S. J., **Kushlev**, K., Westgate, E. C., Buttrick, N., Tucker, J., Ebersole, C. R., Axt, J., ... Besser, L. L. (2020). Happiness, meaning, and psychological richness. *Affective Science*, 1(2), 107–115. Doi: [10.1007/s42761-020-00011-z](https://doi.org/10.1007/s42761-020-00011-z)
- Heintzelman, H., & **Kushlev**, K. (2020). Emphasizing scientific rigor in the development, testing, and implementation of positive psychological interventions. *Journal of Positive Psychology*. Doi: [10.1080/17439760.2020.1789701](https://doi.org/10.1080/17439760.2020.1789701)
- Heintzelman, S. J., **Kushlev**, K., Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., Oishi, S., & Diener, E. (2019). ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote subjective well-being. *Journal of Experimental Psychology: Applied*. Doi: [10.1037/xap0000254](https://doi.org/10.1037/xap0000254)
- Kushlev**, K., Drummond, D., & Diener, E. (2020). Subjective well-being and health behaviors in 2.5 million Americans. *Applied Psychology: Health & Well-Being*, 2020, 12 (1), 166–187. Doi: [10.1111/aphw.12178](https://doi.org/10.1111/aphw.12178)

- Fitz, N., **Kushlev**, K., Jagannathan, R., Lewis, T., Paliwal, D., & Ariely D. (2019). Batching smartphone notifications can improve well-being. *Computers in Human Behavior*, *101*, 84–89. Doi: [10.1016/j.chb.2019.07.016](https://doi.org/10.1016/j.chb.2019.07.016) †Shared first author
- Kushlev**, K., Drummond, D. M., Heintzelman, S. J., & Diener, E. (2019). Do happy people care about society's problems? *Journal of Positive Psychology*. Doi: [10.1080/17439760.2019.1639797](https://doi.org/10.1080/17439760.2019.1639797)
- Oishi, S., Choi, H., Buttrick, N., Heintzelman, H., **Kushlev**, K., & Besser, L. (2019). The Psychologically Rich Life Questionnaire. *Journal of Research in Personality*, *81*, 257–270. Doi: [10.1016/j.jrp.2019.06.010](https://doi.org/10.1016/j.jrp.2019.06.010)
- Kushlev**, K., Dwyer, R., & Dunn, E. W. (2019). The social price of constant connectivity: Smartphones impose subtle costs on well-being. *Current Directions in Psychological Science*, *28*(4), 347–352. Doi: [10.1177/0963721419847200](https://doi.org/10.1177/0963721419847200)
- Biswas-Diener, R., **Kushlev**, K., Su, R., Goodman, F., Kashdan, T., & Diener, E. (2019). Assessing and understanding hospitality: A brief hospitality scale. *International Journal of Well-Being*, *9*(2). Doi: [10.5502/ijw.v9i2.839](https://doi.org/10.5502/ijw.v9i2.839)
- Kushlev**, K., & Dunn, E. W. (2019). Smartphones distract parents from cultivating feelings of connection when spending time with their children. *Journal of Social and Personal Relationships*, *36*(6), 1619–1639. Doi: [10.1177/0265407518769387](https://doi.org/10.1177/0265407518769387)
- Kushlev**, K., Hunter, J., Proulx*, J., Pressman, S., & Dunn, E. (2019). Smartphones reduce smiles between strangers. *Computers in Human Behavior*, *91*, 12–16. Doi: [10.1016/j.chb.2018.09.023](https://doi.org/10.1016/j.chb.2018.09.023)
- Kushlev**, K., Diener, E., Heintzelman, S. J., & Oishi, S. (2018). The declining marginal utility of social time for subjective well-being. *Journal of Research in Personality*, *74*, 124–140. Doi: [10.1016/j.jrp.2018.04.004](https://doi.org/10.1016/j.jrp.2018.04.004)
- Dwyer, R., **Kushlev**, K., & Dunn, E. W. (2018). Smartphone use undermines enjoyment of face-to-face interactions. *Journal of Experimental Social Psychology*, *78*, 233–239. Doi: [10.1016/j.jesp.2017.10.007](https://doi.org/10.1016/j.jesp.2017.10.007)
- Kushlev**, K., & Heintzelman, S. J. (2018). Put the phone down: Testing a complement–interfere model of computer-mediated communication in the context of face-to-face interactions. *Social Psychological and Personality Science*, *9*, 702–710. Doi: [10.1177/1948550617722199](https://doi.org/10.1177/1948550617722199)
- Oishi, S., **Kushlev**, K., & Schimmack, U. (2018). Progressive taxation, income inequality, and happiness. *American Psychologist*, *73*(2), 157–168. Doi: [10.1037/amp0000166](https://doi.org/10.1037/amp0000166)
- Kushlev**, K., Proulx*, J., & Dunn, E. W. (2017). Digitally connected, socially disconnected: The effects of relying on technology rather than other people. *Computers in Human Behavior*, *76*, 68–74. Doi: [10.1016/j.chb.2017.07.001](https://doi.org/10.1016/j.chb.2017.07.001)
- Kushlev**, K., Cardoso, B., & Pielot, M. (2017). Affect influences user engagement with notification-delivered content. *Proceeding of Mobile HCI, 2017*. 1–6. Doi: [10.1145/3098279.3098569](https://doi.org/10.1145/3098279.3098569)
- Kushlev**, K., Heintzelman, S. J., Lutes, L. D., Wirtz, D., Oishi, S., & Diener, E. (2017). ENHANCE: Design and rationale of a randomized controlled trial for promoting enduring happiness and well-being. *Contemporary Clinical Trials*, *52*, 62–74. Doi: [10.1016/j.cct.2016.11.003](https://doi.org/10.1016/j.cct.2016.11.003)
- Diener, E., Heintzelman, S. J., **Kushlev**, K., Tay, L., Wirtz, D., Lutes, L. D., & Oishi, S. (2017). Findings all psychologists should know from the new science on subjective well-being. *Canadian Psychology*, *58*, 87–104. Doi: [10.1037/cap0000063](https://doi.org/10.1037/cap0000063)
- Kushlev**, K., & Proulx*, J. (2016). The social costs of ubiquitous information: Consuming information on mobile phones is associated with lower trust. *PloS One*. Doi: [10.1371.0162130](https://doi.org/10.1371/0162130)
- Kushlev**, K., Proulx*, J., & Dunn, E. W. (2016). “Silence your phones”: Smartphone notifications increase inattention and hyperactivity symptoms. *Proceedings of CHI'16*. Doi: [10.1145/2858036.2858359](https://doi.org/10.1145/2858036.2858359)
- Hudson, N. W., Lucas, R. E., Donnellan, M. B., & **Kushlev**, K. (2016). Income reliably predicts daily sadness, but not happiness: A replication and extension of Kushlev, Dunn, & Lucas (2015). *Social Psychological and Personality Science*, *7*, 828–836. Doi: [10.1177/1948550616657599](https://doi.org/10.1177/1948550616657599)
- 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*, *6*, 483–489. Doi: [10.1177/1948550614568161](https://doi.org/10.1177/1948550614568161)
- Kushlev**, K., & Dunn, E. W. (2015). Checking email less frequently reduces stress. *Computers in Human Behavior*, *43*, 220–228. Doi: [10.1016/j.chb.2014.11.005](https://doi.org/10.1016/j.chb.2014.11.005)
- Chen, L., Zhang, D., Pan, G., Ma, X., Yang, D., **Kushlev**, K., Zhang, W., & Li, S. (2015). Bike sharing station placement leveraging heterogeneous urban open data. *Proceedings of UbiComp '15*. Doi: [10.1145/2750858.2804291](https://doi.org/10.1145/2750858.2804291)
- Lickel, B., **Kushlev**, K., Savalei, V., Matta, S., & Schmader, T. (2014). Shame and the motivation to change the self. *Emotion*, *14*, 1049–1061. Doi: [10.1037/a003835](https://doi.org/10.1037/a003835)

- Nelson, S. K., **Kushlev**, K., & Lyubomirsky, S. (2014). The pains and pleasures of parenting: When, why, and how is parenthood associated with more or less well-being? *Psychological Bulletin*, *140*, 846–895. Doi: [10.1037/a0035444](https://doi.org/10.1037/a0035444)
- 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. *Psychological Science*, *25*, 303–304. Doi: [10.1177/0956797613508561](https://doi.org/10.1177/0956797613508561)
- Ashton-James, C., **Kushlev**, K., & Dunn, E. W. (2013). Parents reap what they sow: Child-centrism and parental well-being. *Social Psychology and Personality Science*, *4*, 635–642. Doi: [10.1177/1948550613479804](https://doi.org/10.1177/1948550613479804)
- Nelson, S. K., **Kushlev**, K., English, T., Dunn, E. W., & Lyubomirsky, S. (2013). In defense of parenthood: Children are a source of joy, not misery. *Psychological Science*, *24*, 3–10. Doi: [10.1177/0956797612447798](https://doi.org/10.1177/0956797612447798)
- Kushlev**, K., Dunn, E. W., & Ashton-James, C. (2012). Does affluence impoverish the experience of parenting? *Journal of Experimental Social Psychology*, *48*, 1381–1384. Doi: [10.1016/j.jesp.2012.06.001](https://doi.org/10.1016/j.jesp.2012.06.001)

Book Chapters

- Kushlev**, K., & Masling*, H. (in press). Can we trust subjective reports of screen time? Using smartphones to teach about bias and accuracy. In Pressman, S.D., & Parks, A. (Eds) *Activities for Teaching Positive Psychology*, Volume II. American Psychological Association.
- Cheng, C., & **Kushlev**, K. (2022). Digital life and well-being. *Global Wellbeing Initiative*.
- Oishi, S., **Kushlev**, K., & Benet-Martinez, V. (2020). Culture and personality: Current directions. In O.P. John, R.W. Robins, & L.A. Pervin (Eds.), *Handbook of Personality: Theory and Research*. 3rd edition. Guilford Press.
- Kushlev**, K. (2018). Media technology and well-being: A complementarity-interference model. 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.
- Kushlev**, K., & Dunn, E. W. (2012). Affective forecasting: Knowing how we will feel in the future. In S. Vazire and T. D. Wilson (Eds.), *Handbook of Self-Knowledge* (277–292). New York: The Guilford Press.

Nonacademic Articles in Popular Press

- Kushlev**, K. (2022, July 15). Is happiness selfish? *Character and Context Blog: Society for Personality and Social Psychology*.
- Kushlev**, K. (2022, June 11). The promise and peril(s) of mental health apps. *Psychology Today*.
- Kushlev**, K. (March 11, 2022). Time for a psychologically smart technology. *Psychology Today*.
- Kushlev**, K. (February 12, 2022). How my smartphone transformed my life. *Psychology Today*.
- Kushlev**, K. (November 12, 2020). Can happiness make us healthier? Evidence from a randomized controlled trial. *Society for Clinical Psychology*.
- Kushlev**, K. (January 15, 2021). Smartphones as tools of teaching. *Noba Blog*.
- Kushlev**, K. & Dunn, E. (July 11, 2019). Parents: Disconnecting from your phone can increase connection with your kids. *Society for Personality & Social Psychology*.
- Kushlev**, K. (July 10, 2018). To improve digital well-being, put your phone down and talk to people. *The Conversation*.
- Kushlev**, K. (January 11, 2017). Does your smartphone make you less likely to trust others? *The Conversation*. (Republished in: *Fast Company*, *World Economic Forum*).
- Kushlev**, K. (May 9, 2016). Are our smartphones afflicting us all with symptoms of ADHD? *The Conversation*. (Republished in: *NewsWeek*, *Associated Press*, *IFLScience*, *Alternet*, *Daily Mail*).
- Kushlev**, K. & Dunn, E. (January 9, 2015). Stop checking email so often. *The New York Times*.

INVITED TALKS

Keynotes

- Kushlev**, K. (May 2019). *Is your smartphone making you unhappy? Not exactly*. 57th Junior Science Humanities Symposium, Georgetown University, Washington, DC.

Research Talks

- Kushlev, K.** (2023, March 29). *Are smartphones really that bad for well-being?* Applied Developmental Psychology Program, Spring 2023 Colloquia Series, George Mason University.
- Kushlev, K.** (October 2022). *The cost and benefits of constant connectivity: Is screen time really that bad for well-being?* Social Area Brownbag, Department of Psychology, McGill University, Online.
- Kushlev, K.** (April 2022). *Interdisciplinary research approaches for the study of technology*, College Board of Advisors Meeting (CBOA), Georgetown University, Washington, DC.
- Kushlev, K.** (March 2022). *Digital well-being*. SPUD: Social Psychology Under Discussion, Virginia Commonwealth University, Richmond, VA.
- Kushlev, K.** (June 2021). *Raines fellowship workshop*. Georgetown University, Washington, DC, online.
- Kushlev, K.** (June 2021). *The secret to happiness: A psychological perspective?* Catholic University of Eichstaett-Ingolstadt, Germany, online.
- Kushlev, K.** (April 2021). *The social price of constant connectivity: Smartphones impose subtle costs on well-being*. Psychology Brown Bag Invitation, University of Rochester, Rochester, NY, online.
- Kushlev, K.** (May 2020). *What is happiness*. University of Plovdiv, Bulgaria.
- Kushlev, K.** (December 2019). *What parents and practitioners need to know about smartphones: The psychological impact of digital media*. Medstar Georgetown University Hospital: Child Psychiatry Grand Rounds, Washington, DC.
- Kushlev, K.** (October 2019). *The social price of constant connectivity*. George Mason University's Colloquia Series, Fairfax, VA.
- Kushlev, K.** (October 2019). *Is your smartphone making you unhappy? Not exactly*. American Psychological Association's Innovation, Washington, DC.
- Kushlev, K.** (July 2019). *Smartphones impose subtle costs on well-being*. Georgetown University's McDonough School of Business MARK Seminar, Washington, DC.
- Kushlev, K.** (May 2019). *The social price of constant connectivity: Smartphones impose subtle costs on well-being*. University of Maryland's Seminar Series, College Park, MD.

CONFERENCES

Organizing Committee

2019 New Directions in the Psychology of Technology Conference. November 2019. Washington, DC.

Chair

- Ewell, P., Müller, S., & **Kushlev, K.** (2019). *The psychology of media and technology*. Preconference organized for the Annual Convention of the Society for Personality and Social Psychology, Portland, OR.
- Kushlev, K.**, Harari, G., & Okdie, B. (2018). *The psychology of media and technology*. Preconference organized for the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Kushlev, K.**, Schroeder, J., & Fast, N. (2017). *The psychology of technology*. Preconference organized for the Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.

Chaired Symposia

- Kushlev, K.** (2024, February 8-10). *AI's social and political footprints: Persuasion, misinformation, bias, and creativity*. Symposium organized for the Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev, K.**, & Nelson, S. K. (2014, February 13–15). *The devil is in the details: revealing the complexities of the relationship between parenthood and well-being*. Symposium organized for the Annual Convention of the Society for Personality and Social Psychology, Austin, TX.

Talks

- Bharucha, J., Layous, K., Simon-Thomas, E., Wetchler, E., Heintzelman, S., & **Kushlev, K.** (2024, April). *Exploring person-activity fit: Should happiness seekers build upon their strengths or improve upon their weaknesses?* Western Psychological Association Conference, San Francisco, CA.
- Layous, K., Simon-Thomas, E., Wetchler, E., Heintzelman, S., & **Kushlev, K.** (2024, February). *Exploring person-activity fit: Should happiness seekers build upon their strengths or improve upon their weaknesses?* Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.

- Moon*, K., **Kushlev**, K., Patterson, J. D., Beaty, R. E., Green, A. E. (2024, February 8). *A computational approach to creativity: Fostering success and equity in college admissions*. The Computational Social Psychology Preconference at the Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev**, K., Moon*, K., Green, A. (2024, February 8-10). *Does ChatGPT promote or hinder human creativity?* Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Ross, M. Q., & **Kushlev**, K. (2023, November 16-19). *Antecedents and consequences of smartphone self-extension* [Paper presentation]. National Communication Association 109th Annual Convention, National Harbor, MD.
- Castelo, N., **Kushlev**, K., Ward, A., Esterman, M., & Reiner, P. (2023, July 6–8). *Reducing mobile internet use improves sustained attention, mental health, and subjective well-being*. European Association for Consumer Research, Amsterdam, Netherlands.
- van der Willigen*, T. & **Kushlev**, K. (2023, June 2). *Phenomenological and ontological autonomy: Integrating self-determination, self-control, and authenticity*. The 8th International Self-Determination Theory Conference, Orlando, FL.
- van der Willigen*, T. & **Kushlev**, K. (2023, February 25). *Phenomenological and ontological authenticity*. "Roundtable Unconference," Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- van der Willigen*, T. & **Kushlev**, K. (2023, February 22). *Choice and the self: Integrating self-determination, self-control, authenticity, and well-being*. Authenticity Preconference at the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- van der Willigen*, T., & **Kushlev**, K. (2022, June 7). *A unified model of autonomy: Integrating self-determination, self-control, and well-being*. Tenth SELF International Conference, Virtual.
- Leitao*, M.R., Proulx*, J., & **Kushlev**, K. (2021, November 12–13). *Phone interference, well-being, and gender: A mega-analysis on the impact of phone use as moderated by gender*. The New Directions in Research on the Psychology of Technology Conference, Santa Barbara, California.
- Leitao*, M.R., Proulx* J., & **Kushlev**, K. (2021, November 4–5). *Phone interference, well-being, and gender: A mega-analysis on the impact of phone use as moderated by gender*. The American Psychological Association's Technology Mind and Society Conference, Virtual.
- Kushlev**, K. (2020, October). *Lead of digital life*. Global Wellbeing Summit 2020. Tokyo, Japan.
- Kushlev**, K., Proulx*, J., Lickel, B., & Schmader, T. (2020, August 7–11). *To accept one's flaws or to change them: Shame motivates first steps towards self-change*. The Annual Meeting of the Academy of Management, Virtual.
- Heintzelman, S. J., **Kushlev**, K., & Diener, E. (2019, October 17–19). *Evaluating strategies for personalizing well-being interventions*. Symposium entitled "The Good Life: New Insights into the Psychology of Happiness and Well-Being." Lora Park, Chair. The Annual Conference of the Society of Experimental Social Psychology Conference. Toronto, ON.
- Longyear*, R., & **Kushlev**, K. (2019, April 5). *Associations between subjective well-being, health behavior, and population health metrics*. Colloquium for Research in the Social Sciences & Humanities at Georgetown University, Washington, DC.
- Kushlev**, K., Dunn, E., Proulx*, J., Dwyer, R., Hunter, J., & Pressman, S. (2019, February 7–9). *The hidden costs of constant connection*. The Annual Convention of the Society for Personality and Social Psychology, Portland, OR.
- Kushlev**, K. (2019, February 7–9). *The psychological effect of pervasive connectivity: A theoretical sketch*. Preconference for Media and Technology at the Society for Personality and Social Psychology Annual Convention, Portland, OR.
- Kushlev**, K. (2018, November 9). *The psychological effects of pervasive connectivity: A theoretical sketch*. Georgetown University's Workshop on Computing for Physical and Mental Health, Washington, DC.
- Kushlev**, K., Heintzelman, Kanippayoor J. M., Leitner, D. S. J., Lutes, L. D., Wirtz, D. Oishi, S., & Diener, E. (2018, April 5–7). *Delivering happiness online: A randomized controlled trial of a web platform for increasing subjective well-being*. American Psychological Association's conference on Technology, Mind & Society, Washington, DC.

- Kushlev, K., Proulx*, J., Dunn E. W., Hunter, J., & Pressman, S.** (2018, March 1–3). *The effects of smartphones on face-to-face social interactions*. The Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Dunn, E. W., Dwyer, R., & **Kushlev, K.** (2018, March 1–3). *Phones at the dinner table: Does smartphone use undermine enjoyment of face-to-face social interactions?* The Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Dwyer, R., **Kushlev, K., & Dunn, E. W.** (2017, November 3–4). *Smartphone use undermines enjoyment of face-to-face social interactions*. Psychology of Technology Conference, Berkeley, CA.
- Kushlev, K. & Dunn, E.** (2017, January 19–21). *Do smartphones complement or compromise the benefits of face-to-face interactions?* The Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.
- Kushlev, K.** (2016, October 21–22). *Do smartphones complement or compromise the benefits of face-to-face interactions?* Psychology of Technology Conference, Los Angeles, CA.
- Kushlev, K., Proulx*, J., & Dunn E. W.** (2016, May 7–12). *“Silence your phones”: Smartphone notifications increase inattention and hyperactivity symptoms*. CHI 2016, San Jose, CA.
- Kushlev, K., Proulx*, J., & Dunn E. W.** (2015, February 26–28). *Just google it: Relying on smartphones for information compromises trust and social connectedness*. Happiness and Well-Being Preconference at the Annual Convention of the Society for Personality and Social Psychology, Long Beach, CA.
- Kushlev, K., Dunn, E. W., & Ashton-James, C.** (2014, June 5–7). *The effects of money on goal activation and subjective well-being*. The Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Kushlev, K., Dunn, E. W., & Ashton-James, C.** (2014, February 13–15). *Money impoverishes parental experience*. The Annual Convention of the Society for Personality and Social Psychology, Austin, TX.

Posters

- Moon*, K., **Kushlev, K., Green, A.** (2024, February 8-10). *Does ChatGPT promote or hinder human creativity?* Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Moon*, K., Lee, S., Ko, Y.G., **Kushlev, K.** (2023, May 26). *Benefits of happiness on learning: Emotional well-being predicts GPA and online learning engagement during COVID-19*. The 2023 APS Annual Convention, Washington, D.C., USA.
- Moon*, K., Lee, S., Ko, Y.G., **Kushlev, K.** (2023, February 25). *Benefits of happiness on learning: Emotional well-being predicts GPA and online learning engagement during COVID-19*. The Society for Personality and Social Psychology 2023 Annual Convention, Atlanta, GA.
- Rabil*, K.E., Leitao*, M.R., & **Kushlev, K.** (2023, February 25). *Virtual learning is not associated with lower happiness in college students: The role of in-person interactions with close others*. The Society for Personality and Social Psychology 2023 Annual Convention, Atlanta, GA.
- Leitao*, M.R., & **Kushlev, K.** (2022, February 17–21) *The effects of humanizing health algorithms on judgements and belief*. The Psychology of Media & Technology Preconference at the Annual Convention of the Society of Personality and Social Psychology, San Francisco, CA.
- Leitao*, M.R., Proulx*, J., Singh, K., & **Kushlev, K.,** (2022, February 17–21). *The negative effects of phones during in-person interactions are larger for men: A mega-analysis of nine studies*. The Annual Convention of the Society of Personality and Social Psychology, San Francisco, CA.
- Stachle*, S., & **Kushlev, K.** (2022, February 16). *You’ve been warned: Pictorial warning labels increase motivation for improving digital habits*. The Annual Convention of the Society for Personality and Social Psychology, San Francisco, CA.
- van der Willigen*, T., & **Kushlev, K.** (2022, February 16). *A unified model of autonomy: Integrating self-determination, self-control, and well-being*. The Existential Psychology Preconference at the Annual Convention of the Society for Personality and Social Psychology, San Francisco, CA.
- Leitao*, M. R., & **Kushlev, K.** (2021, May 26–27). *Health algorithms, judgement, and behavior*. The Annual Convention of the Association for Psychological Science, Virtual.
- Epstein-Shuman*, A., & **Kushlev, K.** (2021, May 26–27). *Lights, cameras (on), action! Camera usage during zoom classes facilitates engagement without increasing fatigue*. The Annual Convention of the Association for Psychological Science, Virtual.

- Cantwell*, O., & **Kushlev**, K. (2021, February 9–13). *Yes, we (anxiously) can: Liberal ideology and anxiety predict social distancing during the covid-19 pandemic*. The Annual Convention of the Society for Personality and Social Psychology, Virtual.
- Leitao*, M.R., & **Kushlev**, K. (2021, February 9–13). *Screen time in bed predicts better sleep outcomes in college students*. The Annual Convention of the Society for Personality and Social Psychology, online.
- Tibbetts*, M., & **Kushlev**, K. (2021, February 9–13). *Digital behaviors and well-beings during social distancing: Evidence from an exploratory study during covid-19*. The Annual Convention of Society for Personality and Social Psychology, Virtual.
- Dotson, E.K., Moshontz, H., Ivanishvilli, V., **Kushlev**, K., & Hard, B. (2020, February 27–29). *An experimental study of the impact of smartphones on classroom enjoyment, attention, and learning*. The Annual Convention of Society for Personality and Social Psychology, New Orleans, LA.
- Leitao*, M.R., **Kushlev**, K., & Diener, E. (2020, February 27–29). *Those on the other side of the tech divide*. The Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
- Proulx*, J., **Kushlev**, K., Schmader, T., & Tracy, J. (2018, March 1–3). *Shame for past addictive drinking in recovering alcoholics predicts intentions to seek therapy in coping with future alcohol cravings*. The Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Proulx*, J., **Kushlev**, K., Hunter, J., Pressman, S., & Dunn, E. W. (2018, March 1–3). *Smartphones reduce smiling between strangers*. The Psychology of Media & Technology Preconference at the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Ciszewski, S., Lutes, L., **Kushlev**, K., Heintzelman, S.J., Kanippayoor, J.M., Leitner, D., Wirtz, D., Oishi, S., & Diener, E. (2017, April 25–29). *ENHANCE: A preliminary examination of physiological outcome data following a 12-week well-being intervention*. Canadian Obesity Summit, Banff, Alberta.
- Lutes, L. D., Wirtz, D. R., Chrusch, C., Kanippayoor J. M., Leitner, D., Heintzelman, S., **Kushlev**, K., & Diener, E., (2016, May 19–21). *ENHANCE: Enduring happiness and continued self-enhancement*. International Behavioral Trials Network Conference, Montreal, Quebec, Canada.
- Proulx*, J., **Kushlev**, K., & Dunn, E. W. (2016, January 28–30). *The smartphone paradox: Relying on our digitally connected devices for information compromises social connectedness*. The Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev**, K., & Dunn E. W. (2013, January 17–19). *Checking email less often reduces stress leading to increased well-being*. The Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
- Whillans, A., **Kushlev**, K., & Dunn, E. W. (2013, January 17–19). *Harnessing situational attributions to increase feelings of social responsibility*. Judgment & Decision-Making Preconference at the Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
- Kushlev**, K., Dunn, E. W., & Ashton-James, C. (2012, July 26–29). *The effect of wealth on meaning in life*. 7th Biennial Meeting of the International Network for Personal Meaning, Toronto, ON.
- Kushlev**, K., Dunn, E. W., & Ashton-James, C. (2012, January 26–28). *Does affluence impoverish the experience of parenting?* Emotion Preconference at the Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev**, K., Dunn, E. W., Ashton-James, C., & Trudeau, R. (2010, January 28–30). *Can parenting make people happy...or at least give them meaning?* Judgment and Decision-Making Preconference at the Annual Convention of the Society for Personality and Social Psychology, Las Vegas, NV.
- Kushlev**, K., & Reisberg, D. (2009, April 23–26). *The effect of mindfulness on the emotional experience of choosing*. The Annual Convention of the Western Psychological Association, Portland, OR.
- Kushlev**, K., Federow, M., Cook, A., Grant, A., Moffitt, U., & Oleson, K. C. (2009, April 23–26). *Observers' impressions of subjective overachievers and self-handicappers*. The Annual Convention of the Western Psychological Association, Portland, OR.

TEACHING AND MENTORSHIP

Teaching

Georgetown University:

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| <i>ICOS 202</i> , Lecturer | 2022 |
| <i>Digital Well-Being</i> , Lecturer | 2022 |
| <i>Thriving in College and Beyond</i> , Lecturer | 2020 |
| <i>Research Methods & Statistics</i> , Lecturer | 2020–Present |
| <i>Health Psychology</i> , Lecturer | 2019–Present |
| <i>Social Psychology</i> , Lecturer | 2018–Present |

University of Virginia:

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| <i>The Science of Happiness</i> , Consultant and Guest Lecturer | 2016 |
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University of British Columbia:

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| <i>Social Psychology</i> , Instructor of Record | 2014 |
| <i>Social Psychology</i> , Head Teaching Fellow | 2013 |
| <i>Research Methods</i> , Teaching Fellow | 2012 |
| <i>Introduction to Statistics</i> , Teaching Fellow | 2012 |
| <i>Mentorship Certification Program for Graduate Students</i> , Discussion Leader | 2012 |
| <i>Introduction to Psychology</i> , Teaching Assistant | 2011 |
| <i>Social Psychology</i> , Teaching Assistant | 2010 |
| <i>Cultural Psychology</i> , Teaching Assistant | 2009 |

Mentorship

Georgetown University:

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| <i>Primary Mentor for MAPP Program at University of Pennsylvania</i> | 2020 |
| <i>Psychology Honors Advisor</i> | 2019–Present |
| <i>Research Experience Based Learning Mentor</i> | 2018–Present |

University of Virginia:

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| <i>Psychology Honors Thesis Advisor</i> (3 students) | 2012–2015 |
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University of British Columbia:

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| <i>Primary Mentor for Tri-Mentoring Program</i> | 2012 |
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Teaching Certificates & Training

Raising a Resilient Scientist (RRS): Communication Skills to Build Trainee Resilience (February, 2024). Office of Intramural Training and Education. National Institutes of Health.

Teaching Learning & Innovation Summer Institute 2022, Georgetown University.

Course design institute 2020: Psychology, Center for New Design in Learning and Scholarship, Georgetown University.

Graduate mentorship program, Department of Psychology, University of British Columbia.

Instructional skills workshop, Teaching and Academic Growth, University of British Columbia.

Completion of 100 hours of volunteer work, Brighton and Hove Millennium Volunteers.

Presentation skills, verbal communication, active listening, effective feedback, University of Sussex.

Research Team Training

How to be a good writer, Talk given to research assistants.

Preparing for graduate school, Talk given to research assistants.

How to generate creative research ideas, Training organized for research assistants.

Using SPSS to test hypotheses, Training organized for research assistants.

Preparing for graduate school, Talk given to research assistants.

The research process: From coming up with an idea to publishing, Talk given to research assistants.

Service

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| <i>Partner in program, Friends of Teen Brain Trust, Teen Brain Trust.</i> | 2021 |
| <i>Member, Diversity, Equity, and Inclusion Committee, Department of Psychology.</i> | 2020–2021 |
| <i>Judge, GU Undergraduate Research Conference.</i> | 2019 |
| <i>Keynote Speaker, 57th Junior Science Humanities Symposium, Georgetown University.</i> | 2019 |
| <i>Organizer, Undergraduate Academic Career Fair, Department of Psychology.</i> | 2018–2020 |
| <i>Organizer, Undergraduate Nonacademic Career Fair, Department of Psychology.</i> | 2018–2020 |
| <i>Consultant, Meeting with Asst. Vice President for Student Health Vince WinklerPrins M.D.</i> | 2018 |

EXTERNAL ENGAGEMENT

Research Collaborations with Industry

DvertD, SC, USA: *Effects of disabling smartphones at school.*
Telefonica Research, Spain: *Effect of affect on engagement with notification-delivered content.*

Boards

ExpiWell: *Scientific Advisory Board Member* (since 2022).
Centre for Digital Health and Human Agency: *Advisory Board Member* (since 2022).

Public Talks

Increasing happiness. UVA Medical Center.
Happiness: What do we know? The Healthy UBC Initiatives.
Achieving happiness: Is there a recipe for happiness? The Healthy UBC Initiatives.
The psychological cost of wealth. Green College, UBC
The pursuit of happiness. Green College, UBC.

Podcasts/Videos

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| <i>CBC: Yes, money really can buy happiness</i> | Feb 2024 |
| <i>Marketing Connections: How personal devices shape lives</i> | Mar 2023 |
| <i>Leadership NOW with Dan Pontefract, Are we unhappy because of technology?</i> | May 2022 |
| <i>A World of Wellbeing Podcast, Digital well-being.</i> | Mar 2021 |
| <i>Talk of Today, Happiness and society.</i> | Apr 2020 |
| <i>Wall Street Journal, How smartphones sabotage your brain's ability to focus.</i> | May 2019 |

Radio Interviews (selected)

BBC World News, Wisconsin Public Radio, WCVE (NPR-affiliate), InfoTrak, Wallstreet Journal, NPR's "Wait Wait...Don't Tell Me!", Bulgarian National Radio.

Media Mentions (selected)

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| <i>CBC: Can money buy happiness? Income may boost emotional well-being more than we thought</i> | Feb 2024 |
| <i>Science Journal for Kids and Teens: Which type of people tend to help others?</i> | Apr 2023 |
| <i>Fast Company: You should probably stop checking your email so much.</i> | Sep 2022 |
| <i>Forbes: Is technology causing our unhappiness? Yes and no.</i> | May 2022 |
| <i>Discover: Phone notifications are messing with your brain.</i> | Apr 2022 |
| <i>The New York Times: Yale's happiness professor says anxiety is destroying her students.</i> | Feb 2022 |
| <i>The Washington Post: Are smartphones serving as adult pacifiers?</i> | Feb 2022 |
| <i>Livestrong: 7 ways to remove email stress from your life.</i> | Aug 2021 |
| <i>Discover: Are flip phones really better for you?</i> | Jun 2021 |
| <i>Yahoo!: 101 ways to have fun online with your kids.</i> | Mar 2021 |
| <i>Psychology Today: Must life go downhill as you age, or do you have a choice?</i> | Jan 2021 |
| <i>Psychology Today: Do interesting experiences make a "good life?"</i> | Dec 2020 |
| <i>Open Democracy: Why is white fragility so popular?</i> | Aug 2020 |
| <i>Scientific American: In defense of the psychologically rich life.</i> | Aug 2020 |
| <i>Science Daily: Health and happiness depend on each other.</i> | Jul 2020 |

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| <i>APS</i> : Health and happiness depend on each other, psychological science says. | Jul 2020 |
| <i>Psychology Today</i> : Can having a happier outlook on life make us healthier? | Jul 2020 |
| <i>Forbes</i> : Happy people don't ignore the world's problems, they act to solve them. | Jan 2020 |
| <i>BBC</i> : How busyness leads to bad decisions. | Dec 2019 |
| <i>Bloomberg</i> : A wealth tax could deliver a happiness dividend. | Oct 2019 |
| <i>Forbes</i> : Three ways to get your cell phone under control. | Aug 2019 |
| <i>National Geographic</i> : Asia's live-streaming industry promises intimacy. So why are users so lonely? | Jul 2019 |
| <i>National Public Radio (NPR)</i> : Want to feel happier today? Try talking to a stranger. | Jul 2019 |
| <i>National Geographic</i> : Smartphones revolutionize our lives—but at what cost? | Jan 2019 |
| <i>The New York Times</i> : Suicides have increased. Is this an existential crisis? | Jun 2018 |
| <i>Time Magazine</i> : You asked: should I ditch my smartphone? | May 2018 |
| <i>WIRED Magazine</i> : The research behind Google's new tools for digital well-being. | May 2018 |
| <i>Time Magazine</i> : Using your phone at dinner isn't just rude. it also makes you unhappy. | Feb 2018 |
| <i>The Huffington Post</i> : Can you switch off? | Dec 2017 |
| <i>The New York Times</i> : How big do you want your nest egg to be? | Feb 2017 |
| <i>Smithsonian Magazine</i> : France says "au revoir" to after-hours work email. | Jan 2017 |
| <i>New York Post</i> : You're working an extra day per week without even knowing it. | Aug 2016 |
| <i>VICE Media</i> : Researchers say that smartphones are causing ADHD-like symptoms in adults. | May 2016 |
| <i>WIRED Magazine</i> : Phone notifications cause 'ADHD-like symptoms.' | May 2016 |
| <i>Business Insider</i> : A higher income may not make you happy, but it will make you less sad. | Feb 2015 |
| <i>New York Magazine</i> : Money makes you less sad, but not more happy. | Jan 2015 |
| <i>The New Republic</i> : Wealth doesn't make the rich happier, but poverty makes the poor sadder. | Jan 2015 |
| <i>Huffington Post</i> : Stress linked to frequent email checking. | Dec 2014 |
| <i>New York Magazine</i> : You'll be less stressed if you check your email less frequently. | Dec 2014 |
| <i>U.S. News & World Report</i> : How to separate family time from your finances. | Mar 2014 |
| <i>The Atlantic</i> , Study: Parents only as happy as their unhappiest child. | Nov 2013 |
| <i>National Public Radio (NPR)</i> : Does having children make you happier? | Feb 2013 |
| <i>The Economist</i> : Having children really does make a man more content with life. | May 2012 |

see <https://www.kushlev.com/media/> for links to all articles and additional media mentions.

Consulting

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| Research-to-Policy Collaboration. | 2023 |
| Luce Research. Colorado Springs, CO, <i>Healthy technology use.</i> | Jun 2019 |
| Ipsos. Barcelona, Spain, <i>Digital well-being.</i> | May 2019 |
| Canvas8 Limited. London, UK, <i>Digital happiness.</i> | Sep 2018 |

LEADERSHIP

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| Organizing Committee, <i>New directions in the psychology of technology.</i> | 2019 |
| Chair, <i>Psychology of media and technology,</i> SPSP. | 2019 |
| Chair, <i>Psychology of media and technology,</i> SPSP. | 2018 |
| Chair, <i>Psychology of technology,</i> SPSP. | 2017 |
| President, <i>Graduate student committee,</i> Department of Psychology, UBC. | 2012–2013 |
| Vice President, <i>Dining society,</i> Green College, UBC (\$500,000 yearly turnover). | 2011–2012 |
| President, <i>Dining society,</i> Green College, UBC (\$500,000 yearly turnover). | 2010–2011 |
| Founder, <i>Meditation and yoga community group,</i> Green College, UBC. | 2010–2011 |
| Member, <i>Resident council,</i> Green College, UBC. | 2009–2011 |
| Chair, <i>Social committee,</i> Green College, UBC. | 2009–2010 |

PROFESSIONAL MEMBERSHIPS

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| <i>Society of Experimental Social Psychology (SESP).</i> |
| <i>Society for Personality & Social Psychology (SPPS).</i> |
| <i>Association for Psychological Science (APS).</i> |

PROFESSIONAL SERVICE

Proceedings of the National Academy of Sciences (PNAS)

Nature Communications

Journal of Personality and Social Psychology

Journal of Experimental Social Psychology

Social Psychological and Personality Science

Personality and Social Psychology Bulletin

Journal of Social and Personal Relationships

Psychological Science

Journal of Psychology: General

Social Sciences and Medicine (SSM) – Population Health

Computers in Human Behavior

Cyberpsychology, Behavior, and Social Networking

Proceedings of CHI'16

Journal of Positive Psychology

Journal of Social Psychology

Journal of Public Health

Human-Computer Interaction

Mobile HCI (ACM)

Health Psychology

Media Psychology

Emotion

SIOP

CHI