

## Curriculum Vitae

June 2019

### **Barbara L. Fredrickson, Ph.D.**

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Lab Web Page:

<http://www.PositiveEmotions.org>

Book Web Pages:

<http://www.PositivtyResonance.com>

<http://www.PositivtyRatio.com>

### **Education**

- 1990                      Ph.D. in Psychology, Stanford University  
                                 Minor in Organizational Behavior
- 1986                      B.A., Carleton College, Northfield, Minnesota  
                                 Distinction in major of Psychology, Summa Cum Laude

### **Academic and Research Experience**

- 2006 to present        Kenan Distinguished Professor  
                                 Department of Psychology & Neuroscience, Social Psychology Program,  
                                 University of North Carolina at Chapel Hill
- 2000 to present        Director, Positive Emotions and Psychophysiology Laboratory  
                                 University of North Carolina at Chapel Hill (2006 to present)  
                                 University of Michigan, Ann Arbor (2000 to 2005)
- 2007 to present        Adjunct Professor of Management, Kenan-Flagler School of Business,  
                                 University of North Carolina at Chapel Hill
- 2013 to present        Member, Lineberger Comprehensive Cancer Center  
                                 Cancer Prevention and Control Research Program  
                                 University of North Carolina at Chapel Hill
- 2019 to present        Director, Social Psychology Doctoral Program  
                                 University of North Carolina at Chapel Hill
- 2016 to 2017            Visiting Scholar, University of California, Berkeley  
                                 Institute of Personality and Social Research

2010 to 2015	Director, Social Psychology Doctoral Program University of North Carolina at Chapel Hill
2005	Professor of Psychology, Department of Psychology Social Psychology Area, University of Michigan
2005	Professor of Business, Ross School of Business, Department of Management and Organizations, University of Michigan
2000 to 2005	Associate Professor of Psychology, Department of Psychology Social Psychology Area, University of Michigan
2004 to 2005	Associate Professor of Business, Ross School of Business Department of Management and Organizations, University of Michigan
1995 to 2005	Faculty Associate, Research Center for Group Dynamics Institute for Social Research, University of Michigan
1995 to 2000	Assistant Professor of Psychology, Department of Psychology Social Psychology Area, University of Michigan
1997 to 2000	Assistant Professor of Women's Studies (non-budgeted appointment) University of Michigan
1992 to 1995	Assistant Professor, Department of Psychology: Social & Health Sciences, Duke University, Durham, North Carolina
1993 to 1995	Co-Director, Project on Gender/Body/Self, Women's Studies Program, Duke University, Durham, North Carolina
1990 to 1992	Post-doctoral Fellow, NIMH Training Grant in Emotion Research Trained at the Berkeley Human Psychophysiology Lab, UC Berkeley

### **Awards, Honors, Fellowships, and Leaves**

2018	Best Professor Prize, awarded by the students of the Executive Masters in Positive Leadership and Strategy, IE School of Human Sciences and Technology, Madrid, Spain
2018	Woman of Achievement Award, Meredith College
2017	Tang Prize for Achievements in Psychology (\$100,000 CAD) The Tang Foundation for Psychological Well-Being, <i>for exceptional career contributions to the psychological well-being of humanity</i>
2017	James McKeen Cattell Fellow Award (\$40,000) Association for Psychological Science
2017	Award for Teaching Excellence, IE School of Human Sciences and Technology, Madrid, Spain
2016	Research and Study Leave, Department of Psychology and Neuroscience
2015	Identified as among "The 12 Most Influential Psychologists of Today" by <a href="#"><i>Psicologia y Mente</i></a> ( <i>Psychology and Mind</i> )

- 2015 Best Professor Prize, awarded by the students of the Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and Technology, Madrid, Spain
- 2015 Bestowed honorary membership in the Chilean Society for Positive Psychology *“for world-renown contributions to the field”*
- 2014 Identified as the 13<sup>th</sup> most influential psychologist alive today contributing to counseling psychology, by Best Counseling Degrees
- 2013 Christopher Peterson Gold Medal, inaugural award  
International Positive Psychology Association  
*“for distinguished and extraordinary service to the Association and the field of Positive Psychology”*
- 2013 Greater Good Science Center, *Love 2.0* selected as among  
“Our Favorite Books of 2013,” identified as *“the most thought-provoking, important, and useful nonfiction books published this year on the science of a meaningful life.”*
- 2013 Invited Participant (by UNC Chancellor Holden Thorp); Workshop entitled  
“The Entrepreneurial Mindset – Maximizing Faculty Impact”
- 2011 Distinguished Achievement Award, Alumni Association, Carleton College
- 2011 Visiting Hood Fellow, University of Auckland
- 2010 Senior Fellow, Mind and Life Institute
- 2010 Templeton Research Fellowship, Boston University, Off-Campus  
Assignment for contributions to the study of *“Religious and Psychological Well-Being”*
- 2009 Research and Study Leave, Department of Psychology
- 2009 Fellow, Society of Experimental Social Psychology
- 2008 Career Trajectory Award, Society of Experimental Social Psychology
- 2007 Fellow, Association for Psychological Science
- 2005 Fellow, American Psychological Association, Division 8: Society for  
Personality and Social Psychology
- 2005 Co-Director on Rackham Graduate School Interdisciplinary Teaching  
Award, University of Michigan. Course title: “Positive Organizing and  
Human Flourishing. (\$64,500)
- 2000 Templeton Prize in Positive Psychology, American Psychological  
Association, inaugural First place award (\$100,000) *for distinguished  
early-career contributions to Positive Psychology*
- 2000 Excellence in Research Award, College of Literature, Science & the  
Arts, University of Michigan (\$1,500)

- 1999 Excellence in Education Award, College of Literature, Science, & the Arts, University of Michigan (\$1,000)
- 1999 Excellence in Research Award, College of Literature, Science, & the Arts, University of Michigan (\$500)
- 1999 Rackham Summer Interdisciplinary Institute Fellow, University of Michigan: “Disciplinary and interdisciplinary approaches to the body: From cell to self” (\$7,000)
- 1998 Excellence in Education Award, College of Literature, Science, & the Arts, University of Michigan (\$500)
- 1998 Career Development Award, Office of the Provost University of Michigan (\$5,000)
- 1998 Rackham Faculty Fellowship, University of Michigan (\$7,000)
- 1997 to 1998 Project Director on Rackham Graduate School Group Pedagogy Award, University of Michigan. Project title: “Developing a Multi-Layered Pedagogy Seminar for Social Psychology GSIs.” (\$13,000)
- 1986 to 1990 Jacob K. Javits Pre-Doctoral Fellowship (\$40,000)
- 1986 Paterson Award, Minnesota Psychological Association
- 1986 John K. Bare Prize in Psychology, Carleton College
- 1985 Phi Beta Kappa, Carleton College

**Grants (\* indicates currently active)**

- 2020 to 2022 PI on Templeton World Charity Foundation Research Grant. Project title: “Understanding Whether, When, and How Artificial Intelligence Can Strengthen Human Virtues.” (\$234,000; funding proposal invited).
- 2018 to 2020\* PI on Templeton World Charity Foundation Research Grant. Project title: “Understanding Everyday Love: Do Increases in Positivity Resonance Increase Virtuous Behavior?” (\$234,000)
- 2018 to 2019\* Subject Matter Expert on UNC School of Medicine (OB/Gyn) Horizons Program Spirituality Project. Project title: “Testing the Roles of Everyday Spirituality and Love as Predictors of Successful Recovery from Maternal Substance Abuse.” (PI: John Thorp, Jr; \$20,000)
- 2017 to 2018 Co-Investigator on Flight Attendant Medical Research Institute Award. Project title: “Novel approach to overcome CRS-induced immune dysfunction.” (PI: Ilona Jaspers; \$325,500)

- 2016 to 2021\* Co-Mentor on NIH National Institute for Environmental Health Sciences K23 Award to Jada L. Brooks. Project title: “Inflammatory markers and hazardous air pollutants in Native American populations” (Primary Mentor: David Peden)
- 2014 to 2016 PI on NIH National Institute of Aging R01 Grant. Project title: “An Affective Intervention to Reverse the Biological Residue of Low Childhood SES” (\$292,781)
- 2014 to 2016 Mentor on Mind and Life 1440 Award to Brett C. Major for Real-World Contemplative Research. Project title: “How do thoughts about social closeness promote health and well-being?” (\$15,000)
- 2013 to 2015 PI on 1440 Foundation Grant. Project title: “Does love unlock collective intelligence?” (\$40,000). Co-sponsored by a gift from HopeLab.
- 2013 to 2017 PI on NIH National Center for Complementary and Integrative Health R01 Grant. Project title: “Nonconscious affective and physiological mediators of behavioral decision making.” (\$1,350,350)
- 2013 to 2015 Mentor on Mind and Life 1440 Award to K. C. Adair for Real-World Contemplative Research. Project title: “Mindfulness in interpersonal judgments and relationships in daily life” (\$15,000)
- 2012 to 2016 PI on NIH National Institute of Nursing Research R01 Administrative Supplement. Project title: “Affective and Genomic Mediators of Sustained Behavior Change.” (\$108,859)
- 2012 to 2018 PI on NIH National Cancer Institute R01 Grant. Project title: “Promoting Cancer-related Behavior Change through Positive Emotions.” (\$2,336,131)
- 2011 to 2013 Mentor on NIH National Institute of Aging F31 National Research Service Award to L. I. Catalino. Project title: “Promoting Well-Being in Midlife Adults through Positive Valuation.”
- 2010 to 2016 PI on NIH National Institute of Nursing Research R01 Grant. Project title: “Affective and Genomic Mediators of Sustained Behavior Change.” (\$2,862,482)
- 2004 to 2010 PI on NIH National Institute of Mental Health R01 Continuation Grant. Project title: “Health-Promoting Effects of Positive Emotions.” (\$1,666,975)
- 2004 to 2005 Co-Investigator on University of Michigan fMRI Center Pilot Grant. Project title: “Neuroanatomy of Resilience and Positive Emotions.” (45 scanning hours; Stephen F. Taylor, PI)
- 2003 to 2004 PI on John Templeton Foundation Research Grant. Project title: “Report Publication: Cultivation of Positive Emotions” (\$37,000)

- 2002 to 2003 Co-Investigator on Rackham Interdisciplinary and Collaborative Research Grant. Project title: “Embodying Emotion: Translating the Languages of Movement and Meaning” (\$50,000)
- 2001 to 2003 Co-Director on Grant from the John Templeton Foundation. Program title: “Positive Psychology Young Scholars Program” (\$199,500)
- 2000 to 2004 PI on NIH National Institute of Mental Health R01 Grant. Project title: “Broadening and Undoing Effects of Positive Emotions” (\$442,625)
- 1999 PI on Interdisciplinary Grant, Office of the Vice President for Research, University of Michigan. Project title: “Causes and Consequences of Self-objectification among African American and Caucasian American Adolescent Girls and their Mothers” (\$13,129)
- 1998 to 1999 PI on Rackham Faculty Grant, University of Michigan. Project title: “Effects of Positive Emotions on Mind and Body.” (\$7,968)
- 1997 to 1998 PI on Institute for Research on Women and Gender Grant, University of Michigan. Project title: “Psychological Costs of Self-Objectification in Women: Exploring Differences and Similarities across Ethnicities and Sexual Orientations.” (\$2,580)
- 1994 to 1996 PI on NIH National Institute of Mental Health B/START Award. Project title: "Psychophysiological Functions of Positive Emotions." (\$34,291)
- 1994 to 1995 PI on Arts & Sciences Research Council Grant, Duke University. Project title: "The Role of Physical Sensations in the Memory for Emotion." (\$2,500)
- 1993 to 1994 PI on Arts & Sciences Research Council Grant, Duke University. Project title: "Psychophysiological Functions of Smiles." (\$2,000)
- 1993 to 1994 Co-PI on Project on Gender/Body/Self, Meyerhoff Foundation (\$47,000)
- 1992 to 1993 PI on University Research Council Grant, Duke University. Project title: "Synchrony Among Response Systems in Emotion." (\$3,000)
- 1989 to 1990 Dissertation Research Grant, Stanford University (\$1,000)

## **Publications**

Overall citations = **75,842** and *h*-index = **85**, per Google Scholar on June 23, 2019.

\*indicates student/trainee co-author.

## Peer-Reviewed Articles:

### **2019 and in press:**

114. **Fredrickson, B. L.**, Arizmendi, C.,\* Van Cappellen, P.,\* Firestone, A. M., Brantley, M. M., Kim, S. L., Brantley, J., & Salzberg, S. (2019). Contemplative moments matter: Effects of informal meditation practice on daily experiences of positive emotions and social integration. *Mindfulness*. DOI: <https://doi.org/10.1007/s12671-019-01154-2>
113. Garland, E. L. & **Fredrickson, B. L.** (2019). Positive psychological states in the arc from mindfulness to self-transcendence: Extensions of the Mindfulness-to-Meaning Theory and applications to addiction and chronic pain treatment. *Current Opinion in Psychology*, 28, 184-191. DOI: <https://doi.org/10.1016/j.copsy.2019.01.004>
112. Le Nguyen, K.,\* Lin, J., Algoe, S. B., Brantley, M., Kim, S. L., Brantley, J. & Salzberg, S. & **Fredrickson, B. L.** (2019). Loving-kindness meditation slows biological aging in novices: Evidence from a 12-week Randomized Controlled Trial. *Psychoneuroendocrinology*, 108, 20-27. DOI: <https://doi.org/10.1016/j.psyneuen.2019.05.020>
111. Lianov, L. S., **Fredrickson, B. L.**, Barron, C., Krishnaswami, J., Millstein, R. & Wallace, A. (2019). Positive psychology in lifestyle medicine and health care: Strategies for implementation. *American Journal of Lifestyle Medicine*. DOI: <https://doi.org/10.1177/1559827619838992>
110. Otero, M. C.,\* Wells, J. L.,\* Chen, K.-H.,\* Brown, C. L.,\* Levenson, R. W., & **Fredrickson, B. L.** (in press). Behavioral indices of positivity resonance associated with long-term marital satisfaction. *Emotion*.
109. Rice, E. L.,\* Adair, K. C.,\* Tepper, S. J.,\* & **Fredrickson, B. L.** (in press). Perceived social integration predicts future physical activity through positive affect and spontaneous thoughts. *Emotion*.
- 2018:**
108. Brooks, J. L.,\* Berry, D. C., Currin, E. G., Ledford, A., Knafl, G. J., **Fredrickson, B. L.**, Beeber, L. S., HAPPI Community Partnership Committee, Peden, D. B., & Corbie-Smith, G. M. (2018). A community-engaged approach to investigate cardiovascular-associated inflammation among American Indian women: A research protocol. *Research in Nursing & Health*. DOI: 10.1002/nur.21944
107. Castro-Schilo, L., **Fredrickson, B. L.**, & Mungas, D. (2018). Association of positive affect with cognitive health and decline for elder Mexican Americans. *Journal of Happiness Studies*. Online first: <https://doi.org/10.1007/s10902-018-0053-5>
106. Major, B. C.,\* Le Nguyen, K. D.,\* Lundberg, K. B.,\* & **Fredrickson, B. L.** (2018). Well-being correlates of positivity resonance: Evidence from trait and episode-level assessments. *Personality and Social Psychology Bulletin*, 44, 1631-1647. DOI: <https://doi.org/10.1177/0146167218771324>
105. **Fredrickson, B. L.** & Joiner, T. (2018). Reflections on positive emotions and upward spirals. *Perspectives on Psychological Science*, 13, 194-199. DOI: <https://doi.org/10.1177/1745691617692106>

104. **Fredrickson, B. L.** & Kok, B. E.\* (2018). Evidence for the upward spiral stands steady: A response to Nickerson. *Psychological Science*, 29, 467-470. DOI: <https://doi.org/10.1177/0956797617707319>

103. Van Cappellen, P.,\* Rice, E. L.,\* Catalino, L. I.,\* & **Fredrickson, B. L.** (2018). Positive affective processes underlying positive health behaviour change. *Psychology and Health*, 33, 77-97. <http://dx.doi.org/10.1080/08870446.2017.1320798>

## 2017:

102. Adair, K. C.,\* **Fredrickson, B. L.**, Castro-Schilo, L., Kim, S., & Sidberry, S. (2017). Present with you: Does cultivated mindfulness lead to greater social connection through gains in decentering and reductions in negative emotions? *Mindfulness*. Advance online publication: <https://doi.org/10.1007/s12671-017-0811-1>

101. **Fredrickson, B. L.**, Boulton, A. J., Firestone, A. M., Van Cappellen, P.,\* Algoe, S. B., Brantley, M. M., Kim, S.L., Brantley, J., & Salzberg, S. (2017). Positive emotion correlates of meditation practice: A comparison of mindfulness meditation and loving-kindness meditation. *Mindfulness*, 8, 1623-1633. DOI: [10.1007/s12671-017-0735-9](https://doi.org/10.1007/s12671-017-0735-9)

100. Isgett, S. F.,\* Kok, B. E.,\* Baczkowski, B., Algoe, S. B., Grewen, K. M. & **Fredrickson, B. L.** (2017). Influences of oxytocin and respiratory sinus arrhythmia on social behavior and emotions in daily life. *Emotion*, 17, 1156-1165. <http://dx.doi.org/10.1037/emo0000301>

99. Kiken, L. G.\* Lundberg, K. B.,\* & **Fredrickson, B. L.** (2017). Being present and enjoying it: Dispositional mindfulness and savoring the moment are distinct, interactive predictors of positive emotions and psychological health. *Mindfulness*, 8, 1280-1290. doi: [10.1007/s12671-017-0704-3](https://doi.org/10.1007/s12671-017-0704-3)

98. Rice, E. L.\* & **Fredrickson, B. L.** (2017a). Do positive spontaneous thoughts function as incentive salience? *Emotion*, 17, 840-855. <http://dx.doi.org/10.1037/emo0000284>

97. Rice, E. L.\* & **Fredrickson, B. L.** (2017b). Of passions and positive spontaneous thoughts. *Cognitive Therapy and Research*, 41, 350-361. DOI: 10.1007/s10608-016-9755-3.

96. Van Cappellen, P.,\* **Fredrickson, B. L.**, Saraglou, V., & Corneille, O. (2017). Religiosity and the motivation for social affiliation. *Personality and Individual Differences*, 113, 24-31. doi:10.1016/j.paid.2017.02.065.

95. Wilson, T. E., Szarek, M., Cohen, M. H., Golub, E. T., Milam, J., Young, M. A., Adedimeji, A. A., Cohen, J. & **Fredrickson, B. L.** (2017). Positive affect is associated with viral control among women with HIV infection. *Health Psychology*, 36, 91-100. DOI: 10.1037/hea0000382

## 2016:

94. Isgett, S. F.,\* Algoe, S. B., Boulton, A. J., Way, B. & **Fredrickson, B. L.** (2016). Common variant in *OXTR* predicts growth in positive emotions from loving-kindness training. *Psychoneuroendocrinology*, 73, 244-251. DOI: 10.1016/j.psyneuen.2016.08.010



93. Van Cappellen, P.,\* Toth-Gauthier, M., Saroglou, V., & **Fredrickson, B. L.** (2016). Religion and well-being: The mediating role of positive emotions. *Journal of Happiness Studies*, *17*, 485-505. DOI: 10.1007/s10902-014-9605-5

92. Van Cappellen, P.,\* Way, B., Isgett, S. F.,\* & **Fredrickson, B. L.** (2016). Effects of oxytocin administration on spirituality and emotional responses to meditation. *Social Cognitive and Affective Neuroscience*, *11*, 1579-1587. DOI: <https://doi.org/10.1093/scan/nsw078>

#### 2015:

91. Adair, K. C.\* & **Fredrickson, B. L.** (2015). Be open: Mindfulness predicts reduced motivated perception. *Personality and Individual Differences*, *83*, 198-201.

90. Cameron, C. D.,\* & **Fredrickson, B. L.** (2015). Mindfulness facets predict helping behavior and distinct helping-related emotions. *Mindfulness*, *6*, 1211-1218.

89. **Fredrickson, B. L.**, Grewen, K. M., Algoe, S. B., Firestone, A. M., Arevalo, J. M. G., Ma, J., Cole, S. W. (2015). Psychological well-being and the human conserved transcriptional response to adversity. *PLoS ONE*, *10*(3): e0121839. doi:10.1371/journal.pone.0121839

88. Garland, E. L., Farb, N. A., Goldin, P. & **Fredrickson, B. L.** (2015a). Mindfulness broadens awareness and builds eudaimonic meaning: A process model of mindful positive emotion regulation [Target Article]. *Psychological Inquiry*, *26*, 293-314.

87. Garland, E. L., Farb, N. A., Goldin, P. & **Fredrickson, B. L.** (2015b). The mindfulness-to-meaning theory: Extension, applications, and challenges at the attention-appraisal-emotion interface. *Psychological Inquiry*, *26*, 377-387.

86. Hogan, C.,\* Catalino, L. I.,\* Mata, J., & **Fredrickson, B. L.** (2015). Beyond emotional benefits: Physical activity and sedentary behaviour affect psychosocial resources through emotions. *Psychology and Health*, *30*, 354-369.

85. Kok, B. E.,\* & **Fredrickson, B. L.** (2015). Evidence for the upward spiral stands steady: A response to Heathers, Brown, Coyne, & Friedman. *Psychological Science*, *26*, 1144-1146.

#### 2014:

84. Brown-Iannuzzi, J.,\* Adair, K. C.,\* Smart-Richman, L., Payne, B. K., & **Fredrickson, B. L.** (2014). Discrimination hurts, but mindfulness may help: Trait mindfulness moderates the relationship between perceived discrimination and depressive symptoms. *Personality and Individual Differences*, *56*, 201-205.

83. Catalino, L. I.,\* Algoe, S. B. & **Fredrickson, B. L.** (2014). Prioritizing positivity: An effective approach to pursuing happiness? *Emotion*, *14*, 1155-1161.

#### 2013:

82. Algoe, S. B., **Fredrickson, B. L.**, Gable, S. L. (2013). The social functions of the emotion of gratitude via expression. *Emotion*, *13*, 605-609.

81. **Fredrickson, B. L.** (2013a). Positive emotions broaden and build. *Advances in Experimental Social Psychology*, *47*, 1-53.
80. **Fredrickson, B. L.** (2013b). Updated thinking on positivity ratios. *American Psychologist*, *68*, 814-822.
79. **Fredrickson, B. L.**, Grewen, K. M., Coffey, K. A.,\* Algeo, S. B., Firestine, A. M., Arevalo, J. M. G., Ma, J., & Cole, S. W. (2013). A functional genomic perspective on human well-being. *PNAS: Proceedings of the National Academy of Sciences of the United States of America*, *110*, 13684-13689.
78. Kok, B. E.,\* Coffey, K. A.,\* Cohn, M. A.,\* Catalino, L. I.,\* Vacharkulksemsuk, T.,\* Algeo, S. B., Brantley, M. & **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.
77. Kok, B. E.,\* Waugh, C. E.,\* & **Fredrickson, B. L.** (2013). Meditation and health: The search for mechanisms of action. *Social and Personality Psychology Compass*, *7*, 27-39.
76. Lee, Y.,\* Lin, Y.-C., Huang, C.-L., & **Fredrickson, B. L.** (2013). The construct and measurement of peace of mind. *Journal of Happiness Studies*, *14*, 571-590.
75. Pecina, M., Azhar, H., Love, T. M., Lu, T., **Fredrickson, B. L.**, Stohler, C. S., Zubieta, J. (2013). Personality trait predictors of placebo analgesia and neurobiological correlates. *Neuropsychopharmacology*, *38*, 639-646.
74. Van Cappellen, P.,\* Saroglou, V., Iweins, C., Piovesana, M., & **Fredrickson, B. L.** (2013). Self-transcendent positive emotions increase spirituality through basic world assumptions. *Cognition and Emotion*, *27*, 1378-1394.
- 2012:**
73. Gross, M. M., Crane, E. A., & **Fredrickson, B. L.** (2012). Effort-shape and kinematic assessment of bodily expression of emotion during gait. *Human Movement Science*, *31*, 202-212.
72. Johnson, S. L., Murrey, G., **Fredrickson, B. L.**, Youngstrom, E., Hinshaw, S., Bass, J. M., Deckersback, T. Schooler, J., & Salloum, I. (2012). Creativity and bipolar disorder: Touched by fire or burning with questions? *Clinical Psychology Review*, *32*, 1-12.
71. Vacharkulksemsuk, T.\* & **Fredrickson, B. L.** (2012). Strangers in sync: Achieving embodied rapport through shared movements. *Journal of Experimental Social Psychology*, *48*, 399-402.
- 2011:**
70. Algeo, S. B., & **Fredrickson, B. L.** (2011). Emotional fitness and the movement of affective science from lab to field. *American Psychologist*, *66*, 35-42.
69. Catalino, L. I.,\* & **Fredrickson, B. L.** (2011). A Tuesday in the life of a flourisher: The role of positive emotional reactivity in optimal mental health. *Emotion*, *11*, 938-950.

68. Garland, E. L.,\* Gaylord, S. A., & **Fredrickson, B. L.** (2011). Positive appraisal mediates the stress-reductive effects of mindfulness: An upward spiral process. *Mindfulness*, 2, 59-67.
67. Johnson, D. P.,\* Penn, D. L., **Fredrickson, B. L.**, Kring, A. M., Meyer, P. S., Catalino, L. I.,\* & Brantley, M. (2011). A pilot study of loving-kindness meditation for the negative symptoms of schizophrenia. *Schizophrenia Research*, 129, 137-140.
66. Power, C. A.,\* Cole, E. R., **Fredrickson, B. L.** (2011). Poor women and the expression of shame and anger: The price of breaking social class feeling rules. *Feminism and Psychology*, 21, 179-197.

**2010:**

65. Coffey, K. A.,\* Hartman, M., & **Fredrickson, B. L.** (2010). Deconstructing mindfulness and constructing mental health: Understanding mindfulness and its mechanisms of action. *Mindfulness*. DOI 10.1007/s12671-010-0033-2
64. Cohn, M. A.\* & **Fredrickson, B. L.** (2010). In search of durable positive psychology interventions: Predictors and consequences of long-term positive behavior change. *Journal of Positive Psychology*, 5, 355-366.
63. Garland, E. L.,\* **Fredrickson, B. L.**, Kring, A. M., Johnson, D. P.,\* Meyer, P. S., & Penn, D. L. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits psychopathology. *Clinical Psychology Review*, 30, 849-864.
62. Gross, M. M., Crane, E. A.,\* & **Fredrickson, B. L.** (2010). Methodology for assessing bodily expression of emotion. *Journal of Nonverbal Behavior*. 34, 223-248.
61. Hayward, M. L. A., Forster, W. R., Sarasvathy, S. D., & **Fredrickson, B. L.** (2010). Beyond hubris: How highly confident entrepreneurs rebound to venture again. *Journal of Business Venturing*, 25, 569-578.
60. Johnson, K. J.,\* Waugh, C. E.,\* & **Fredrickson, B. L.** (2010). Smile to see the forest: Facially expressed positive emotions broaden cognition. *Cognition and Emotion*, 24, 299-321.
59. Kok, B. E.\* & **Fredrickson, B. L.** (2010). Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts positive emotions and social connectedness. *Biological Psychology*, 85, 432-436. DOI 10.1016/j.biopsycho.2010.09.005
58. Tong, E. M. W.,\* **Fredrickson, B. L.**, Chang, W. C., & Lim, Z. X. (2010). Re-examining hope: The roles of agency thinking and pathways thinking. *Cognition and Emotion*, 24, 1207-1215.

**2009:**

57. Brown, S. L., **Fredrickson, B. L.**, Wirth, M.,\* Poulin, M.,\* Meier, E. A.,\* Heaphy, E.,\* & Schultheiss, O. C. (2009). Social closeness increases salivary progesterone in humans. *Hormones and Behavior*, 56, 108-111.

56. Cohn, M. A.,\* **Fredrickson, B. L.**, Brown, S. L., Mikels, J. A.\* & Conway, A. M.\* (2009). Happiness unpacked: Positive emotions increase life satisfaction by building resilience. *Emotion, 9*, 361-368.
55. Dunsmore, J. C.,\* Bradburn, I. S., Costanzo, P. R., & **Fredrickson, B. L.** (2009). Mother's expressive style and emotional responses to children's behavior predict children's prosocial and achievement-related self-ratings. *International Journal of Behavioral Development, 33*, 253-264.
54. Johnson, D. P.,\* Penn, D. L., **Fredrickson, B. L.**, Meyer, P. S., Kring, A. M., & Brantley, M. (2009). Loving-kindness meditation to enhance the recovery from negative symptoms of schizophrenia. *Journal of Clinical Psychology – In Session, 65*, 499-509.
53. Wager, T. D.,\* Waugh, C. E.,\* Lindquist, M., Noll, D. C., **Fredrickson, B. L.**, & Taylor, S. F. (2009). Brain mediators of cardiovascular responses to social threat, Part I: Reciprocal dorsal and ventral sub-regions of the medial prefrontal cortex and heart-rate reactivity. *Neuroimage, 47*, 821-835.
- 2008:**
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Tugade, M.M.\* & **Fredrickson, B. L.** (2002). Positive emotions and emotional intelligence. In L. Feldman-Barrett and P. Salovey (Eds.) *The Wisdom of Feelings: Psychological Processes in Emotional Intelligence*. (pp. 319-340). New York: Guilford.

**Fredrickson, B. L.** & Branigan, C.\* (2001). Positive emotions. In T. J. Mayne & G. A. Bonnano (Eds.) *Emotion: Current Issues and Future Developments* (pp. 123-151). New York: Guilford.

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Wolfe, R.,\* Morrow, J., & **Fredrickson, B. L.** (1996). Affective disorders. In L. L. Carstensen & B. A. Edelstein & Dornbrand, L. (Eds.), *Practical Handbook on Clinical Gerontology* (pp. 274-303). New York: Sage.

Forewords/Proceedings/Abstracts/Entries/Editorials/Book Reviews/Essays/Letters/Opinions:

**Fredrickson, B. L.** (2016). Selective Data Analysis in Brown et al., Continued Critical Reanalysis. Formal Comment in *PLoS ONE*. <http://dx.doi.org/10.1371/journal.pone.0160565>

Whitney, D. & **Fredrickson, B. L.** (2015). Appreciative Inquiry meets positive psychology. *AI Practitioner*, 17(3).

Isgett, S.\* & **Fredrickson, B. L.** (2015). Broaden-and-build theory of positive emotions. *International Encyclopedia of Social and Behavioral Sciences*, 2<sup>nd</sup> Edition (Vol 2, 864-869.) <http://dx.doi.org/10.1016/B978-0-08-097086-8.26086-8>

Cole, S. W. & **Fredrickson, B. L.** (2014). Errors in the Brown et al. Critical Reanalysis. Letter to the Editor in the *Proceedings of the National Academy of Science*.

**Fredrickson, B. L.** (2014). Foreword. In J. Brantley's *Calming Your Angry Mind*. New Harbinger Publications.

**Fredrickson, B. L.** (2014). Foreword. In M. M. Tugade, M. N. Shiota, & L. D. Kirby (Eds.) *Handbook of Positive Emotions* (pp. xi-xii). New York: Guilford Press.

**Fredrickson, B. L.** (2014). Voorwoord. In E. Bohlmeijer, L. Bolier, G. Westerhof, & J. A. Walburg (Eds.) *Handboek Positieve Psychologie* (p. 13).

Cole, S. W. & **Fredrickson, B. L.** (2013). Reply to Coyne: Genomic analyses unthwarted. Letter to the Editor in the *Proceedings of the National Academy of Science*.

**Fredrickson, B. L.** (2013, August 30). Recalculating a Positivity Ratio, and Finding a Metaphor. Letter to the Editor in *The Chronicle of Higher Education*.

**Fredrickson, B. L.** (2013, March 24). Your phone vs. your heart. Opinion piece in the Sunday *New York Times*.

**Fredrickson, B. L.** (2011, August 7). Resilience. Essay in a series entitled "Archiving a September Day," prepared for the 10<sup>th</sup> anniversary of 9/11/2001. *The Chronicle of Higher Education*.

**Fredrickson, B. L.**, Hendler, L. M., Nilsen, S., O'Barr, J. F., & Roberts, T. (2011). Bringing back the body: A retrospective on the development of objectification theory. *Psychology of Women Quarterly*, 35, 689-696.

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Coffey, K. A.\* & **Fredrickson, B. L.** (2009). Positive emotion dysregulation. In R. E. Ingram (Ed.) *International Encyclopedia of Depression*. (pp. 434-436). NY: Springer.

Cohn, M. A.\* & **Fredrickson, B. L.** (2009). Broaden-and-build theory of positive emotions. In S. Lopez (Ed.) *The Encyclopedia of Positive Psychology, Vol 1* (pp.105-110). New York: Oxford University Press.

**Fredrickson, B. L.** & Dutton, J. E. (2008). Unpacking positive organizing: Organizations as sites of individual and collective flourishing. *Journal of Positive Psychology*, 3, 1-3.

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**Fredrickson, B. L.** (2002). The future of positive psychology. In C.R. Snyder & S. J. Lopez (Eds.) *Handbook of Positive Psychology* (pp. 763-764). New York: Oxford University Press.

Citrin, L. B.,\* & **Fredrickson, B. L.** (2001). The poker-faced man and the neurotic woman: Exploring the meanings, origins, and consequences of gendered emotional experience and expression. (Review of Agneta Fischer (Ed.) (2000). *Gender and Emotion: Social Psychological Perspectives*. New York, NY: Cambridge University Press) appearing in *Psychology of Women Quarterly, 25*, 82-83.

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**Fredrickson, B. L.** (1998). Form and function of positive emotions: The broaden-and-build model. In A. Fischer (Ed.) *Proceedings of the Xth conference of the International Society for Research on Emotions*.

**Fredrickson, B. L.** (1996). Psychophysiological functions of positive emotions. In N. Frijda (Ed.) *Proceedings of the IXth conference of the International Society for Research on Emotions*, 92-95.

**Fredrickson, B. L.** (1991). Anticipated endings: An explanation for selective social interaction. (Doctoral dissertation, Stanford University, 1990). *Dissertation Abstracts International, 3*, AAD91-00818.

### **Manuscripts Under Review/Revision/in Preparation**

Adair, K. C.,\* **Fredrickson, B. L.**, Boulton, A. J. & Payne, B. K. (2019). *Implicitly mindful? Evidence of present-moment attention and non-judgment in an automatic attitudes task.*



Arizmendi, C.,\* Gates, K., **Fredrickson, B. L.**, Wright, A. (2019). *Specifying exogeneity and bilinear effects in data driven model searches: Applications to daily diary data on affect and behaviors.*

Brown, C. L.,\* Chen, K.-H.,\* Otero, M.,\* Wells, J.,\* Connelly, D.,\* Levenson, R. W., & **Fredrickson, B. L.** (2019). *Moments of shared positive affective experience during conflict linked to marital satisfaction: Evidence for positivity resonance.*

Brown, S. L., Ho, S., **Fredrickson, B. L.**, Brown, R. M., Smith, D., Seng, J., Schultheiss, O., Carter, S., Liberzon, I., Lopez, W., Cameron, H., Reinhard, D., Munro, M., Korkaya, H., Konrath, S., & Swain, J. (2019). *Helping a familiar partner changes neural, hormonal, and immunological response to stress.*

Chen, K.-H.,\* Brown, C. L.,\* Wells, J. L.,\* Rothwell, E. S.,\* **Fredrickson, B. L.**, & Levenson, R. W. (2019). Momentary in-phase and anti-phase physiological linkage during shared positive and negative emotions. Revised for *Journal of Personality and Social Psychology*.

**Fredrickson, B. L.**, Arizmendi, C.,\* Van Cappellen, P.,\* (2019). *Yesterday's fruit and vegetable intake predicts today's positive emotions: Same-day, cross-day, and upward spiral relations between positive emotions and positive health behaviors.*

Gruber, J., Mendle, J., Akinola, M., Atlas, L., Ayduk, O., Barch, D. M., Barrett, L. F., Bliss-Moreau, E., Borelli, J. L., Bunge, S. A., Campos, B., Cantlon, J., Carter, R., Carter-Sowell, A. R., Chen, S., Cikara, M., Clark, L. A., Cuddy, A. J. C., Craske, M. G., Crockett, M., J., Crum, A., Davachi, L., Duckworth, A., Dutra, S. J., Eisenberger, N. I., Ferguson, M., Ford, B. Q., **Fredrickson, B. L.**, Gee, D. G., Goodman, S. H., Gopnik, A., Greenaway, V. P., Haines, E. L., Hamlin, J. K., Harkness, K., Hebl, M., Heller, W., Hooley, J., Jampol, L., Johnson, S. L., Joormann, J., Kinzler, K. D., Kober, H., Kring, A. M., Page-Gould, E., Paluck, B. L., Lindquist, K. A., Lombrozo, T., Lourenco, S. F., McRae, K., Monin, J. K., Moskowitz, J. T., Natsuaki, M. N., Oettingen, G., Pfeifer, J., Prause, N., Rhodes, M., Santos, L. R., Saxbe, D., Seppala, E., Smith, P. K., Somerville, L. H., Spellman, B. A., Sturm, V., Tackett, J. L., Teachman, B., Thompson, R. J., Tracy, J. L., Tsai, J. L., Weinstock, L. M., Wheatley, T., & Williams, L. A. (2019). The future of women in psychology. Revised for *Perspectives on Psychological Science*.

Kiken, L. G., Van Cappellen, P. & **Fredrickson, B. L.** (2019). *Person-meditation fit: Roles of personality and meditation type in adherence and outcomes.*

Kiken, L. G., Van Cappellen, P., & **Fredrickson, B. L.** (2019). The role of belief in internal divinity in contemplative experience, personal agency, and well-being.

Le Nguyen, K. D., Sheeran, P., & **Fredrickson, B. L.** (2019). *Hedonic Affect Regulation Tasks (HeARTs): Evidence that Down-Regulating Negative Affect and Up-Regulating and Maintaining Positive Affect Independently Contribute to Well-being.*

Lianov, L. S., **Fredrickson, B. L.**, Barron, C., Krishnaswami, J., Millstein, R. & Wallace, A. (2019). Positive psychology in lifestyle medicine and health care: Defining Key Stakeholders and Their Roles. Invited for *Translational Behavioral Medicine*.

Major, B.,\* Lundberg, K. B.,\* & **Fredrickson, B. L.** (2019). *Cultivating positivity resonance in daily social interactions: Testing the effects of a social intervention on well-being.*

Rice, E. L.\* Van Cappellen, P.\* & **Fredrickson, B. L.** (2019). *Always on my mind: Positive spontaneous thoughts mediate approach motivation for increasingly harmonious passions.*

Rothwell, E. S.,\* Chen, K.-H.,\* Brown, C. L.,\* Wells, J. L.,\* Fredrickson, B. L., & Levenson, R. W. (2019). *Interpersonal physiological linkage during shared positive emotion in married couples has long-term implications for women's health.*

Van Cappellen, P.,\* Barczak, N.,\* & **Fredrickson, B. L.** (2019). *For whom does learning to meditate promote long-standing well-being?*

Van Cappellen, P.,\* Catalino, L. I.,\* & **Fredrickson, B. L.** (2019). A new micro-intervention increases the enjoyment and continued practice of meditation. Revised for *Emotion*.

Van Cappellen, P.,\* Ladd, K., & **Fredrickson, B. L.** (2019). *Beyond the face: Positive and negative represented in and supported by full body postures.*

Zhou J.,\* Brown C. L.,\* Wells J. L.,\* Levenson R.W., & **Fredrickson B. L.** (2019). *When do positive illusion become obstacles?: Extreme positive illusions about partners' affective state during conflict undermine the benefits of empathic accuracy.*

### **Keynotes, Plenary Addresses, and Workshops**

Learning and the Brain Conference, New York, New York, May 2020  
 Wisdom 2.0, Tokyo, Japan, March 2020  
 Wisdom 2.0, Seoul, Korea, March 2020  
 Hungarian Positive Psychology Conference, Budapest, Hungary, November 2019  
 Connected Commons, Fall Summit, Williamsburg, VA, October 2019  
 College of Executive Coaching, Arroyo Grande, CA, October 2019  
 Women's Leadership Conference, Wake Forest School of Medicine, September 2019  
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2019  
 IPPA 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia, July 2019  
 Orange County Department of Aging, Mental Wellness Panelist, May 2019  
 College of Executive Coaching, Arroyo Grande, CA, May 2019  
 The Science of Happiness, A Greater Good Gathering, Scott's Valley, CA, May 2019  
 1<sup>st</sup> Annual Love Consortium Meeting, Chapel Hill, NC, April 2019  
 Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and Technology, Madrid, April 2019  
 Institute for the Advancement of Mindful Living and Compassionate San Antonio, San Antonio, TX, February 2019  
 College of Executive Coaching, Arroyo Grande, CA, December 2018  
 Center for Values-driven Leadership, Benedictine University, Lisle, IL November 2018  
 Permanente Medical Group, Oakland, CA, August 2018  
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2018  
 THINKposium, University of North Carolina, Chapel Hill, NC, August 2018  
 Happify.com, online address, August 2018  
 Third Polish Conference on Positive Psychology, Warsaw, Poland, June 2018

European Conference on Positive Psychology, Budapest, Hungary, June 2018  
 German Language Positive Psychology Conference, Keynote, Graz, Austria, June 2018  
 German Language Positive Psychology Conference, Workshop, Graz, Austria, June 2018  
 Ruth Strickler Mind-Body Lecture, University of Minnesota, Minneapolis, May 2018  
 Anniversary Speaker, The Marsh, Minnetonka, MN, May 2018  
 Summit on Happiness Science in Lifestyle Medicine, Austin, TX, May 2018  
 Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and  
 Technology, Madrid, April 2018  
 College of Executive Coaching, Arroyo Grande, CA, March-April 2018  
 Safety and Quality Conference, Duke Patient Safety Center, Durham NC, March 2018  
 Contemplative Practices for 21<sup>st</sup> Century Higher Education, Chapel Hill, NC, March 2018  
 Meredith College, Raleigh, NC, February 2018  
 New York Certificate Program in Applied Positive Psychology, February 2018  
 Linehan Family Behavioral Studies Lecture, Johns Hopkins University, November 2017  
 The Arts & Letters Club of Toronto, Tang Foundation, Toronto, Canada, November 2017  
 College of Executive Coaching, Arroyo Grande, CA, November 2017  
 Ruth Pauley Lecture, Sandhills Community College, October 2017  
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
 Member, September 2017  
 IPPA 5<sup>th</sup> World Congress on Positive Psychology, Montréal, July 2017  
 Fourth Global Forum for Business as an Agent of World Benefit, Cleveland, June 2017  
 Embodied Positive Psychology Summit, Stockbridge MA, May 2017  
 Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and  
 Technology, Madrid, April 2017  
 Sydney Symposium of Social Psychology 2017, Sydney, March 2017  
 New York Certificate Program in Applied Positive Psychology, February 2017  
 College of Executive Coaching, Arroyo Grande, CA, February 2017  
 NIH Behavioral and Social Sciences Research Festival, December 2016  
 Deerfield Academy, Deerfield, MA, October 2016  
 Abbot Downing Family Forum, September 2016  
 New York Certificate Program in Applied Positive Psychology, August 2016  
 German Language Positive Psychology Conference, Hamburg, Germany, July 2016  
 European Conference on Positive Psychology, Angers, France, June 2016  
 Canadian Conference on Positive Psychology, Niagara-on-the-Lake, Ontario, June 2016  
 Stanford Health Promotion Network Summit, Stanford University, May 2016  
 Embodied Positive Psychology Summit, Stockbridge, MA, April 2016  
 Helen Coast Hayes Endowed Lecturer, West Virginia University, April 2016  
 Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and  
 Technology, Madrid,, April 2016  
 Positran Clinical Practitioner Workshop, Paris, France, March 2016  
 Positran Public Lecture, Paris, France, March 2016  
 Association of Positive Emotion Laboratories Preconference to the annual meeting of the  
 Society for Affective Science, Chicago, Illinois, March 2016  
 Executive Leadership in Academic Medicine, Durham, North Carolina, January 2016  
 Target Corporation, Minneapolis, Minnesota, December 2015  
 Alan E. Kazdin Endowed Lecture, San Jose State University, November 2015  
 GE Power & Water, Asheville, North Carolina, October 2015  
 Washington & Lee University, Lexington, Virginia, September 2015  
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
 Member, September 2015

Association for Contextual Behavioral Science, Berlin, July 2015  
World Appreciative Inquiry Conference, Johannesburg, South Africa, July 2015  
IPPA 4<sup>th</sup> World Congress on Positive Psychology, Orlando, Florida, June 2015  
Happiness and its Causes, Sydney, Australia, June 2015, "Love, Compassion, and Ethics:  
A dialogue with the Dalai Lama" (one of 2 scientists in panel dialogue)  
Institute for Positive Psychology & Education Conference, Sydney, Australia, June 2015  
Corporate Wellbeing Conference, Bogota, Columbia, May 2015  
Corporate Wellbeing Conference, Santiago, Chile, May 2015  
Bruce MacLaren Distinguished Public Lecture, Eastern Kentucky University, April 2015  
Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and  
Technology, Madrid, April 2015  
Art and Science of Health Promotion Conference, San Diego, April 2015  
Interpersonal Neurobiology Conference, Los Angeles, California March 2015  
Emotions Pre-Conference to SPSP, Long Beach, California, February 2015  
Center for Creative Leadership, Greensboro, North Carolina, December 2014  
Eve Marie Carson Lecture, University of North Carolina at Chapel Hill, October 2014  
John A. Tate Endowed Lecture, UNC-CH Clinical Lecture Series, September 2014  
Messé Memorial Lecture, Michigan State University, East Lansing, MI, September 2014  
Christopher Peterson Memorial Lecture, University of Michigan, September 2014  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
Member, September 2014  
European Conference on Positive Psychology, Amsterdam, July 2014  
German-Austrian Positive Psychology Conference, Graz, Austria, June 2014  
Compassion Conference, The Art & Science of Mindfulness, Washington DC, May 2014  
Salon Conversation Hour, Society for Affective Science, Washington DC, April 2014  
Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and  
Technology, Madrid, April 2014  
Congress of Clinical Psychology, Psychotherapy and Counseling, Berlin, March 2014  
Psychotherapy Networker Annual Meeting, Washington DC, March 2014  
Society for Personality and Social Psychology, Austin, Texas, February 2014  
Happiness and Well-being Pre-Conference to SPSP, Austin, Texas, February 2014  
Netherlands National Conference on Positive Psychology, Amsterdam, November 2013  
Antwerp Book Fair, Antwerp, Belgium, November 2013  
Center for Creative Leadership, Brussels, Belgium, November 2013  
Ross School of Business, University of Michigan, October 2013  
TEDxLowerEastSide, New York City, October 2013  
Meng-Wu Lecture, Center for Compassion and Altruism Research and Education  
(CCARE), School of Medicine, Stanford University, October 2013  
HopeLab, Redwood City, CA, October 2013  
MentorCoach, Master Class, September-November 2013  
Coaching in Leadership and Healthcare, Boston, MA, September 2013  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
Member, September 2013  
IPPA 3<sup>rd</sup> World Congress on Positive Psychology, Los Angeles, CA, June 2013  
White House Workshop on Psychological Science and Behavioral Economics in the  
Service of Public Policy, May 2013  
Mercy Medical Center, Sioux City, Iowa, May 2013  
Center for Mindfulness International Scientific Conference, Worcester, MA, April 2013  
Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and  
Technology, Madrid, April 2013

NIH National Center for Complementary and Alternative Medicine, March 2013  
Ackland Art Museum, University of North Carolina at Chapel Hill, March 2013  
The Center for Spirituality and Healing, University of Minnesota, September 2012  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
Member, September 2012  
White House meeting on Neuroscience, Gaming, Well-being, Washington DC, Aug 2012  
The Science of Compassion, Telluride, CO, July 2012  
Young Minds 2012, Sydney Australia, June 2012  
NeuroLeadership Group, Sydney Australia, June 2012  
International Research Congress on Integrative Medicine & Health, Portland, May 2012  
International Symposia on Contemplative Studies, Denver, CO April 2012  
Carleton College Convocation Lecture, Northfield, MN April 2012  
Social Psychology at UNC and Duke (SPUD), Durham, NC March 2012  
National Institute of Nursing Research, Washington DC, January 2012  
Lake Austin Spa, Austin, TX January 2012  
Commencement Address, University of North Carolina, Chapel Hill, NC, December 2011  
Society of Southeastern Social Psychologists, Johnson City, TN, November 2011  
GlaxoSmithKline Community Meeting Keynote, Ware, UK, November 2011  
GlaxoSmithKline Community Meeting Keynote, Chapel Hill, NC, September 2011  
Center for Disease Control, Atlanta, GA, September 2011  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
Member, September 2011  
Agile 2011, Salt Lake City, UT, August 2011  
IPPA 2<sup>nd</sup> World Congress on Positive Psychology, Philadelphia, PA, July 2011  
Public Health Leadership Institute, Chapel Hill, NC, April 2011  
Leading to Wellbeing, George Mason University, Fairfax, VA, April 2011  
Goodfellow Symposium, Auckland, New Zealand, March 2011  
Workshop for Practicing Psychologists, University of Auckland, March 2011  
The University of Auckland, New Zealand, Visiting HOOD Fellow, March 2011  
Department of General Practice & Primary Health Care, Univ. of Auckland, March 2011  
Emotions Pre-Conference, Soc for Personality & Social Psych, San Antonio, January 2011  
Family Awareness Network, New Trier Township, IL, November 2010  
Gallup Wellbeing Forum, Washington, DC, October 2010  
Emory University, Compassion Meditation Conference, Atlanta, GA, October 2010  
(one of 5 scientists invited to brief His Holiness the Dalai Lama on latest findings)  
Harvard Medical School, Coaching in Medicine & Leadership, Boston, September 2010  
Beverly Johnson Pritchard Lecture, Salem College, Winston-Salem, NC, September 2010  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty  
Member, September 2010  
U. S. Environmental Protection Agency, Research Triangle Park, NC, August 2010  
American Mental Health Counselors Association, Boston, July 2010  
Prevention of Early Learning Failure Conference, Dearborn, MI, July 2010  
European Conference on Positive Psychology, Copenhagen, Denmark, June 2010  
Aalto University, Helsinki, Finland, June 2010  
Happiness & Its Causes, Sydney, Australia, May 2010  
Center for Investigating Healthy Minds, University of Wisconsin, Madison, May 2010  
(including private scientific meeting with His Holiness the Dalai Lama)  
Greater Good Science Center, University of California, Berkeley, April 2010  
West Virginia Book Faire, Martinsburg, WV, April 2010  
Center for Creative Leadership, April 2010

Association for Women Faculty and Professionals, UNC-CH, April 2010  
Fourth Conference on Integrated Psychiatry, Groningen, The Netherlands, March 2010  
Center for Consciousness and Transformation, George Mason University, March 2010  
Watauga Club, North Carolina Botanical Gardens, March 2010  
Templeton Research Lectures, Boston University, February and March, 2010  
NASA Goddard Space Flight Center, Greenbelt, MD, December 2009  
International Coach Federation, Orlando FL, December 2009  
Indiana First Responders, Indianapolis, IN, November 2009  
UNC-CH Living Legends, Chapel Hill, NC, November 2009  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2009  
National Wellness Conference, Stevens Point, Wisconsin, July 2009  
IPPA 1<sup>st</sup> World Congress on Positive Psychology, Philadelphia, PA, June 2009  
2<sup>nd</sup> Applied Positive Psychology Conference. University of Warwick, UK, April 2009  
Stauffer Symposium, Claremont Graduate University, Claremont, CA, January 2009  
Consortium for Research on Emotional Intelligence in Organization. Boston, MA, September 2009  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2008  
Mind and Life Summer Research Institute, Garrison, NY, June 2008  
Public address, University of Melbourne, Australia, March 2008  
The 4<sup>th</sup> International Conference on The (Non)Expression of Emotions in Health and Disease, Tilburg, The Netherlands, October 2007  
National Cancer Institute meeting on Incorporating Innovative Social Psychological Theory in Cancer Control Research, Washington, DC, September 2007  
International Conference on Appreciative Inquiry, Orlando, FL, September 2007  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2007  
David Myers Distinguished Lecture on the Science and Craft of Teaching Psychology, Association for Psychological Science, Washington, DC, May 2007  
G. Stanley Hall Lecturer, 2006 New England Psychological Association Meeting, Manchester, New Hampshire: October 2006  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2006  
International Society for Research on Emotions, Atlanta, Georgia, August 2006  
2<sup>nd</sup> Annual Women's Conference of the Mental Health Association of Palm Beach County. West Palm Beach, Florida: November 2005  
Centennial Celebration of Monadnock Family Services. Keene, New Hampshire, September 2005  
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2005  
G. Stanley Hall Lecturer, 2005 APA Meeting, Washington DC, August 2005  
British Columbia Psychological Association Workshop, June 2005  
Conference on Appreciative Inquiry, Miami, FL, September 2004  
European Conference on Positive Psychology, Italy, July 2004  
British Psychological Society, Annual Meeting, London, April 2004  
Mid-Winter Conference on Religion and Spirituality, Columbia, Maryland, March 2004  
Teaching Pre-Conference at the Society of Personality and Social Psychology, Austin, Texas, January 2004  
The Science of Well-Being: Integrating Neurobiology, Psychology and Social Science,

The Royal Society, London, England, November 2003  
Positive Psychology Summer Institute, August 2001  
The Gallup Organization, Lincoln Nebraska, April 2000

### **Invited Colloquia**

Carleton College, Department of Psychology, Northfield, MN, February 2019  
MIT Media Labs, Massachusetts Institute of Technology, Cambridge, MA, October 2018  
School of Nursing, University of North Carolina, Chapel Hill, NC, October 2018  
Duke University, Department of Psychology & Neuroscience, Durham, NC, October 2017  
UNC-Chapel Hill, Clinical Psychology Doctoral Program, September 2017  
Université du Québec à Montréal, Montréal, Canada, September 2017  
University of Tromsø, Tromsø, Norway, September 2016  
Complutense University of Madrid, Madrid, Spain, April 2016  
University of Paris Ouest Nanterre, Paris, France, March 2016  
University of Lisbon, Lisbon, Portugal, April 2015  
Yale University, Dennis Cherlin Colloquium, Department of Psychology, February 2015  
Columbia University, Department of Psychology, October 2014  
University of California, Berkeley, Department of Psychology, October 2013  
Wake Forest University, Department of Psychology, September 2012  
The University of Auckland, New Zealand, Department of Psychology, March 2011  
UNC-Chapel Hill, University Managers Association, May 2011  
UNC-Chapel Hill, Appreciative Inquiry Workshop, May 2010  
UNC-Chapel Hill, School of Social Work, Clinical Lecture Series, November 2009  
UNC-Chapel Hill, Kenan-Flagler School of Business, May 2009  
Duke University, Social Psychology, April 2009  
St. Luke's Roosevelt Hospital, Cardiology Fellows, New York March 2009  
The Rubin Museum, New York, March 2009  
Stanford University, Department of Psychology, May 2008  
University of California, Berkeley, Change, Plasticity & Development Group, May 2008  
University of California, San Francisco, Integrative Medicine, May 2008  
Cornell University, Department of Psychology, April 2008  
Geelong Grammar School, Australia, March 2008  
University of North Carolina at Chapel Hill, Integrative Medicine, June 2007  
University of Michigan, Michigan Integrative Medicine, April 2007  
University of North Carolina at Chapel Hill, Campus Health Services, April 2006  
Washington University, Department of Psychology, April 2006  
Pittsburgh Mind-Body Center, February 2006  
University of Toronto, Department of Psychology, March 2005  
University of North Carolina at Chapel Hill, Department of Psychology, March 2005  
University of Chicago, Graduate School of Business, February 2005  
Duke University, Department of Psychology, December 2004  
University of Pennsylvania, Department of Psychology, April 2004  
Michigan State University, Department of Psychology, March 2004  
Carleton College, Department of Psychology, October 2003  
University of Michigan Business School, September 2003  
The Ohio State University, Department of Psychology, April 2003  
The Gallup Organization, Lincoln Nebraska, June 2002  
Arizona State University, Department of Psychology, April 2001  
University of Arizona, Department of Psychology, November 1999  
University of Michigan, Family Care Resources Department, October 1999  
University of Pennsylvania, Department of Psychology, October 1999  
Bowling Green State University, Department of Psychology, April 1999  
College of William and Mary, Department of Psychology, February 1999  
University of California, Berkeley, Department of Psychology, April 1997  
University of Delaware, Department of Psychology, October 1996

University of North Carolina at Chapel Hill, Department of Psychology, June 1995  
Duke University Medical Center, Geriatric Grand Rounds, February 1995  
Colorado College, Department of Psychology, April 1994  
University of North Carolina at Chapel Hill, Department of Psychology, March 1993  
Carleton College, Department of Psychology, October 1990

**Conference Presentations (selected from last 5 years)**

Brown, C., Wells, J. L., Chen, K.-H., Otero, M. C., Levenson, R. W., & Fredrickson, B. L. (2019, July). *Moments of shared positive affective experience during conflict linked to marital satisfaction*. Presented in B. L. Fredrickson (Chair) Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages. Invited Founding Researchers Symposium at the 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia.

Chen, K.-H., Brown, C., Wells, J. L., Otero, M. C., Levenson, R. W., & Fredrickson, B. L. (2019, July). *Happy together, hearts beating together: Moments of shared positive affect are associated with greater physiological synchrony between husbands and wives during a conflict conversation*. Presented in B. L. Fredrickson (Chair) Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages. Invited Founding Researchers Symposium at the 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia.

Otero, M. C., Wells, J. L., Chen, K.-H., Brown, C., Levenson, R. W., & Fredrickson, B. L. (2019, July). *Behavioral indices of positivity resonance associated with long-term marital satisfaction*. Presented in B. L. Fredrickson (Chair) Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages. Invited Founding Researchers Symposium at the 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia.

Wells, J. L., Chen, K.-H., Brown, C., Otero, M. C., Levenson, R. W., & Fredrickson, B. L. (2019, July). *Modeling positivity resonance as a latent construct to predict concurrent and longitudinal marital satisfaction*. Presented in B. L. Fredrickson (Chair) Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages. Invited Founding Researchers Symposium at the 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia.

Fredrickson, B. L., Le Nguyen, K. D., & Lin, J. (2019, July). *Loving-kindness meditation slows biological aging in novices: Evidence from a 12-week randomized controlled trial*. Presented at the 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia.

Zhou J., Brown C. L., Wells J. L., Levenson R.W., Fredrickson B.L. (2019, July). *When do positive illusion matters?: Spouses' positive illusions about partners' affective state during conflict compensate for deficits in empathic accuracy*. Presented at the 6<sup>th</sup> World Congress on Positive Psychology, Melbourne, Australia.

Gates, K. M., Arizmendi, C. Fisher, Z., & Fredrickson, B. L. (2019, May). *Examining person-specific responses to experimental manipulation*. In N. Bolger & K. S. Zee (Chairs) One size does not fit all: Experimental Effects in Psychology Are Heterogeneous. Symposium presented at the annual meeting of the Association for Psychological Science, Washington, DC.



McInnes, B., Le Nguyen, K. D., Banawa, M., Fredrickson, B. L. (2019, April). A sense of belongingness mediate the relationship between self-compassion and depression. Poster presented at the Carolina Research in Social and Personality Psychology (CRISPP) Conference.

Prinzing, M. M., & Fredrickson, B. L. (2019, April). *The folk concept of a meaningful life: Subjectivist or objectivist?* Presented at the 12th Annual UAPA Graduate Conference in Experimental Philosophy, Albany, New York.

Fredrickson, B. L. (2019, March). Positive emotions and physical health. In J. Mikels & A. Reed (Chairs) From the Ivory Tower to Industry: Emotion and Decision Making Across the Life Span. Pre-Conference to the annual meeting of the Society of Affective Science, Boston, MA.

Fredrickson, B. L., Moskowitz, J. T. & Niedenthal, P. (2019, March). *The future of the science of positive emotions.* In L. Williams (Chair) Sixth annual Positive Emotions Pre-Conference to the annual meeting of the Society of Affective Science, Boston, MA.

Le Nguyen, K. D., Lin, J., Algoe, S. B., Brantley, M., Kim, S., Brantley, J., Salzberg, S., & Fredrickson, B. L. (2019, March). Loving-kindness meditation slows biological aging: Evidence from a 12-week longitudinal randomized controlled study. Presented at the 6th annual Positive Emotions Pre-Conference to the annual meeting of the Society for Affective Science, Boston, MA. [*Best Poster Award.*]

Zhou J., Brown C. L., Wells J. L., Levenson R.W., Fredrickson B.L. (2019, March). *When and for whom positive illusion matters: Wives' positive illusions about husbands' affective state during conflict compensate for deficits in empathic accuracy.* Presented at the 6th annual Positive Emotions Pre-Conference to the annual meeting of the Society for Affective Science, Boston, MA.

Zhou, J., Rebuli, M., Duffney, P., Almond, M., Ebert, C., Kimple, A. Jaspers, I. & Fredrickson, B. L. (2019, March). *Gene expression of emotional dysfunction related to chronic rhinosinusitis.* Presented at the annual meeting of the Society for Affective Science, Boston, MA.

Le Nguyen, K. D., Lin, J., Algoe, S. B., Brantley, M., Kim, S., Brantley, J., Salzberg, S., & Fredrickson, B. L. (2019, February). Loving-kindness meditation slows biological aging: Evidence from a 12-week longitudinal randomized controlled study. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.

Kiken, L. G., Van Cappellen, P., & Fredrickson, B. L. (2018, November). *Person-meditation fit: Do baseline personality and meditation type interact to predict adherence to practice?* Presented at the International Symposium for Contemplative Research, Phoenix, AZ.

Brown, C. L., Chen, K.-H., Otero, M. C., Levenson, R. W., & Fredrickson, B. L. (2018, May). *Moments of shared positive affect during conflict linked to marital satisfaction: Evidence for positivity resonance.* In K. D. Le Nguyen & B. L. Fredrickson (Chairs) Feeling as One: Evidence for the Benefits of Positivity Resonance. Symposium presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Chen, K.H., Brown, C. L., Sapozhnikova, A., Fredrickson, B. L., Miller, B. L., & Levenson, R. W. (2018, May). *Diminished linkage in positive emotional behaviors between*

*patients with behavioral variant frontotemporal dementia and their caregivers.* In K.-H. Chen & R. W. Levenson (Chairs) *Interpersonal Linkage in Multiple Behavioral and Biological Systems – Evidence from Human and Nonhuman Primates.* Symposium presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Fredrickson, B. L. (2018, May). *Positivity Resonance: Origins and Future Possibilities.* In J. Tracy (Chair) *30 Years of Affective Science in the Bay Area: A look at How Far We've Come and Where We Should Go Next.* Invited Symposium presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Le Nguyen, K. D., Major, B. C., Lundberg, K., & Fredrickson, B. L. (2018, May). *Perceived Positivity Resonance Predicts Well-being.* In K. D. Le Nguyen & B. L. Fredrickson (Chairs) *Feeling as One: Evidence for the Benefits of Positivity Resonance.* Symposium presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Otero, M. C., Wells, J. L., Chen, K.-H., Brown, C. L., Levenson, R. W., & Fredrickson, B. L. (2018, May). *Global positivity resonance vs. shared positive affect as indicators of long-term marital satisfaction: A comparison of two behavioral coding systems.* In K. D. Le Nguyen & B. L. Fredrickson (Chairs) *Feeling as One: Evidence for the Benefits of Positivity Resonance.* Symposium presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Rothwell, E. S., Chen, K.-H., Brown, C. L., Wells, J. L., Fredrickson, B. L., & Levenson, R. W. (2018, May). *Interpersonal physiological linkage during shared positive emotion in married couples has long-term implications for women's health.* In K. D. Le Nguyen & B. L. Fredrickson (Chairs) *Feeling as One: Evidence for the Benefits of Positivity Resonance.* Symposium presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Chen, K.-H., Sapozhnikova, A., Brown, C. L., Hua, A. Y., Otera, M. C., Wells, J. L., Miller, B. L., Fredrickson, B. L., & Levenson, R. W. (2018, April). *Diminished positive emotional linkage between patients with behavioral variant frontotemporal dementia and their caregivers.* Presented at the annual meeting of the Society for Affective Science, Los Angeles, CA.

Le Nguyen, K. D., Major, B. C., Lundberg, K. B., & Fredrickson, B. L. (2018, April). *Being in Sync: Perceived Positivity Resonance and Its Association with Well-being.* Presented at the 5<sup>th</sup> Annual Positive Emotions Pre-Conference to the annual meeting of the Society for Affective Science, Los Angeles, CA.

Otero, M. C., Wells, J. L., Chen, K.-H., Brown, C. L., Levenson, R. W. & Fredrickson, B. L. (2018, April). *Global positivity resonance vs. shared positive affect as indicators of long-term marital satisfaction: A comparison of two behavioral coding systems.* Presented at the annual meeting of the Society for Affective Science, Los Angeles, CA.

Van Cappellen, P., Catalino, L. I., Suslik, R. T., Firestone, A. M., & Fredrickson, B. L. (2018, April). *Learning about healthy ways to relate to positivity moderates the effects of loving-kindness meditation on emotions.* Presented at the annual meeting of the Society for Affective Science, Los Angeles, CA.

Brady, A. L., Le Nguyen, K. D., & Fredrickson, B. F. (2018, March). *Curious exploration predicts psychological and social wellbeing*. Presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Le Nguyen, K. D., Major, B. C., Lundberg, K. B. & Fredrickson, B. L. (2018, March). *Perceived Positivity Resonance and its association with Well-being*. Presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Brown, C. L., Chen, K.-H., Levenson, R. W., & Fredrickson, B. L. (2017, July). *Moments of shared positive affect during conflict linked to marital satisfaction: Evidence for positivity resonance*. Talk presented at the 2017 Science for Scientists Pre-Congress to the 5th World Congress on Positive Psychology, Montreal, Canada.

Kiken, L. G., Van Cappellen, P., & Fredrickson, B. L. (2017, July). *The role of belief in internal divinity in daily spiritual experience and well-being*. Talk presented at the 2017 Science for Scientists Pre-Congress to the 5th World Congress on Positive Psychology, Montreal, Canada.

Isgett, S. F., & Fredrickson, B. L. (2017, July). *Smiling in the face of danger: Threat-enhanced role of cardiac vagal tone of automatic facial mimicry*. Individual podium presentation at the 5th World Congress on Positive Psychology, Montreal, Canada.

Lai, J., Otero, M., Levenson, R. W., & Fredrickson, B. L. (2017, July). *We move the same: Mutual care behavior in dementia patient and caregiver dyad*. Presented at the 2017 Science for Scientists Pre-Congress to the 5th World Congress on Positive Psychology, Montreal, Canada.

Major, B. C., Lundberg, K. B., Fredrickson, B. L. (2017, July). *Cultivating Positivity Resonance in Social Interactions: The Effects of a Positive Social Engagement Intervention on wellbeing*. Individual podium presentation at the 5th World Congress on Positive Psychology, Montreal, Canada.

Otero, M. C., Lai, J., Levenson, R. W., & Fredrickson, B. L. (2017, July). *Shared positive affect between dementia patients and spousal caregivers: Insights into the importance of positivity resonance for caregiver functioning*. Talk presented at the 2017 Science for Scientists Pre-Congress to the 5th World Congress on Positive Psychology, Montreal, Canada.

Wells, J. L., Verstaen, A., Lai, J., Levenson, R. W., & Fredrickson, B. L. (2017, July). *Behavioral synchrony as an indicator of positive emotional well-being in dementia patients and caregivers*. Presented at the 2017 Science for Scientists Pre-Congress to the 5th World Congress on Positive Psychology, Montreal, Canada.

Brady, A. L., Le Nguyen, K. D., & Fredrickson, B. L. (2017, April). *Curious exploration predicts psychological and social wellbeing*. Presented at the Carolina Research in Social and Personality Psychology, Durham, NC.

Chen, K.-H., Brown, C. L., Rothwell, E. S., Fredrickson, B. L., & Levenson, R. W. (2017, April). *Happy hearts beat as one: Moments of shared positive emotion are associated with greater physiological synchrony*. Talk delivered at the 2017 Positive Emotions Pre-Conference to the annual meeting of the Society for Affective Science, Boston, MA.

Le Nguyen, K. D., Sheeran, P., & Fredrickson, B. L. (2017, April). *Feeling even better: Emotion regulation differs in negative versus mildly positive affective state*. Presented at the 2017

Positive Emotions Pre-Conference to the annual meeting of the Society for Affective Science, Boston, MA.

Le Nguyen, K. D., Sheeran, P., & Fredrickson, B. F. (2017, April). *The influence of affective states on strategy choices in emotion regulation: an exploratory study*. Presented at the Carolina Research in Social and Personality Psychology, Durham, NC.

Isgett, S. F., & Fredrickson, B. L. (2017, January). *Cardiac vagal tone enhances facial mimicry under threat*. Poster presented at the 18<sup>th</sup> annual meeting and Nonverbal Preconference of the Society of Personality and Social Psychology, San Antonio, TX.

Kiken, L. G., Van Cappellen, P., & Fredrickson, B. L. (2017, January). *The role of belief in internal divinity in meditation experience and well-being*. Talk presented at 2017 Psychology of Religion preconference at the Society for Personality & Social Psychology Annual Meeting, San Antonio, TX.

Major, B. C., Lundberg, K. B., Fredrickson, B. L. (January, 2016). *Cultivating positivity resonance: The effects of positive social engagement on health and wellbeing*. Poster presentation at the annual conference of the Society of Personality and Social Psychology, San Diego, CA.

Wager, T. D., Waugh, C. E., Lindquist, M. S., Noll, D., Fredrickson, B. L., & Taylor, S. (2016, October). *Brain mediators of cardiovascular responses to social threat: Part I: Reciprocal dorsal and ventral sub-regions of the medial prefrontal cortex and heart-rate reactivity*. Available at SSRN: <https://ssrn.com/abstract=2858521>

Boulton, A. J. & Fredrickson, B. L. (2016, March). *Differing effects of two meditative practices on daily-life experiences of positive emotions*. Poster presented at the annual meeting of the Society for Affective Science, Chicago, IL.

Fredrickson, B. L. (2016, March). *Why prioritize positivity?* Invited TED-style talk presented at the annual meeting of the Society for Affective Science, Chicago, IL.

Fredrickson, B. L. & Isgett, S. F. (2016, January). *Learning to Love: Cumulative Variability in OXTR and CD38 moderates the positive emotion yield of loving-kindness training*. Paper presented as part of the symposium "Beyond the sniff: Implications of the oxytocin system for inter- and intra-individual processes," P. Van Cappellen, Chair, at the annual meeting for the Society for Personality and Social Psychology, San Diego, CA, USA.

Isgett, S.F., Way, B.M., Van Cappellen, P., & Fredrickson, B.L. (2016, January). *Oxytocin's delicate dance with age and gender: effects on emotional attention*. Poster presented at the Emotion Preconference associated with the annual meeting for the Society of Personality and Social Psychology, San Diego, CA.

Major, B.C., Lundberg, K.B., Fredrickson, B.L. (2016, January). *Cultivating Positivity Resonance: The Effects of Positive Social Engagement on Health and Wellbeing*. Poster presented at the annual meeting of the Society of Personality and Social Psychology, San Diego, CA.

Van Cappellen, P., Way, B., Isgett, S., & Fredrickson, B. L. (2016, January). *The biology of spirituality: Effects of oxytocin administration and genotype*. Paper presented as part of the symposium "Beyond the sniff: Implications of the oxytocin system for inter- and intra-individual

processes,” P. Van Cappellen, Chair, at the annual meeting for the Society for Personality and Social Psychology, San Diego, CA, USA.

Major, B.C., Lundberg, K.B., Fredrickson, B.L. (2015, September). *Cultivating Positivity Resonance in Social Interactions: The Effects of Positive Social Engagement on Health and Wellbeing*. Invited talk delivered at the Seminar in Self-Regulation at Wake Forest University, Winston Salem, NC.

Van Cappellen, P. & Fredrickson, B. (2015, July). *Transcending the self: The relation between spirituality, social affiliation, and oxytocin*. Paper presented at the Fourth World Congress of the International Positive Psychology Association, Orlando, FL, USA.

Adair, K.C., & Fredrickson, B. L. (2015, June). *Present with you: The effects of mindfulness training on positivity resonance and interpersonal attention*. Paper presented in Symposium entitled, “Leading-edge Methods, Measures, and Findings in Positive Psychology Research,” K. C. Adair & E. L. Rice, Co-chairs, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Fredrickson, B. L. Isgett, S. F., Firestine, A. M. & Cole, S. W. (2015, June). *Loving-kindness meditation reduces adversity-related patterns of gene expression: Results from a randomized controlled trial*. Paper presented in Symposium entitled, “Genetics of Psychological Well-being,” Michael Pluess, Chair, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Isgett, S.F., Algoe, S.B., & Fredrickson, B.L. (2015, June). *Learning to Love: Genetic variation in the oxytocin system moderates the positive effects of loving-kindness training*. Paper presented in Symposium entitled, “Genetics of Psychological Well-being,” Michael Pluess, Chair, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Kiken, L. G., & Fredrickson, B. L. (2015, June). *Is savoring the moment enough? Benefits of perceived ability to savor the moment may depend on a mindful disposition*. Paper presented in Symposium entitled, “Leading-edge Methods, Measures, and Findings in Positive Psychology Research,” K. C. Adair & E. L. Rice, Co-chairs, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Major, B.C., Lundberg, K.B., Fredrickson, B.L. (2015, June). *Cultivating Positivity Resonance in Social Interactions: The Effects of Positive Social Engagement on Health and Wellbeing*. Paper presented in Symposium entitled, “Leading-edge Methods, Measures, and Findings in Positive Psychology Research,” K. C. Adair & E. L. Rice, Co-chairs, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Rice, E. L., & Fredrickson, B. L. (2015, June). *Let’s get physical: Automatic thoughts reflect incentive salience for health behaviors*. Paper presented in Symposium entitled, “Leading-edge Methods, Measures, and Findings in Positive Psychology Research,” K. C. Adair & E. L. Rice, Co-chairs, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Tepper, S., Rice, E. L., Adair, K. C., & Fredrickson, B. L. (2015, June). *Friends with (health) benefits? The effect of sociality on engagement in health behaviors*. Poster presented at the Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

Adair, K. C., & Fredrickson, B. L. (2015, April). *Present with you: The effects of mindfulness training on positivity resonance and interpersonal attention*. Paper presented at the Carolina Research in Social Psychology Conference, Durham, NC.

Isgett, S. F., Algoe, S. B., & Fredrickson, B. L. (2015, April). *Learning to Love: OXTR and CD38 polymorphisms moderate the daily positive emotion yield of loving-kindness training*. Poster presented at the Carolina Research in Social Psychology Conference, Durham, NC.

Rice, E. L., & Fredrickson, B. L. (2015, April). *Let's get physical: Automatic thoughts reflect incentive salience for health behaviors*. Paper presented at the Carolina Research in Social Psychology Conference, Durham, NC.

Van Cappellen, P., & Fredrickson, B. L. (2015, April). *Spiritual and religious practices elicit positive emotions that build well-being, prosociality, and continued practice*. Paper presented at the 2<sup>nd</sup> Annual Positive Emotions Pre-conference of the Society for Affective Science Meeting, Oakland, CA.

Adair, K. C., Barczak, N., Tepper, S. J., & Fredrickson, B. L. (2015, March). *Present with you: The effects of mindfulness training on interpersonal attention and insight during a behavioral lab task*. Poster presented at the annual University of North Carolina at Chapel Hill Academic Research Conference, Chapel Hill, NC.

Scott, P., Sturza, M., Grewen, K. M., Meltzer-Brody, S. E., Fredrickson, B. L., Houk, K., & Stuebe, A. M. (2015, March). *Perinatal Post-traumatic stress symptoms, mood, parenting and infant feeding*. *Reproductive Sciences*, 22 (suppl 1): 277A. Poster presented at 62nd Annual Meeting of the Society for Reproductive Investigation; San Francisco, CA.

Sturza, M., Scott, P., Grewen, K. M., Meltzer-Brody, S. E., Zerwas, S. C., Fredrickson, B. L., Houk, K., & Stuebe, A. M. (2015, March). *Perinatal Eating Disorder Symptoms, Parenting Stress, and Infant Feeding* [abstract]. *Reproductive Sciences*, 22 (suppl 1): 277A. Poster presented at 62nd Annual Meeting of the Society for Reproductive Investigation; San Francisco, CA.

Adair, K. C., & Fredrickson, B. L. (2015, February). *Present with you: The effects of mindfulness training on positivity resonance and interpersonal attention*. Data blitz presented at the Happiness and Well-being Preconference to the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Arizmendi, C., & Fredrickson, B. L. (2015, February). *Loving-Kindness Meditation attenuates the relationship between depressive symptoms and negative emotions experienced during social interactions*. Poster presented at the Society for Personality and Social Psychology Annual Conference, Long Beach, CA.

Isgett, S. F., Algoe, S. B., & Fredrickson, B. L. (2015, February). *Learning to Love: OXTR and CD38 polymorphisms moderate the daily positive emotion yield of loving-kindness training*. Paper presented at the Social Neuroendocrinology Preconference associated with the annual meeting for the Society for Personality and Social Psychology, Long Beach, CA.

Isgett, S. F., Algoe, S. B., & Fredrickson, B. L. (2015, February). *Learning to Love: OXTR and CD38 polymorphisms moderate the daily positive emotion yield of loving-kindness training*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Rice, E. L., & Fredrickson, B. L. (2015, February). *Let's get physical: Automatic thoughts reflect incentive salience for health behaviors*. Presented at the Emotions Preconference associated with the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Kiken, L. G., & Fredrickson, B. L. (2014, October). *Is savoring the moment enough? Benefits of savoring the moment may depend on a mindful disposition*. Talk presented at the 2014 Society of Southeastern Social Psychologists Annual Meeting, Athens, GA.

## **Professional Activities**

### Associate Editor:

American Psychologist  
Journal of Positive Psychology  
Guest Editor: Special Issue on Positive Emotions (2006)  
Guest Editor: Special Issue on Positive Organizing,  
(with Jane E. Dutton, 2008)

### Consulting Editor:

Journal of Personality and Social Psychology: ASC & PPID  
Emotion  
Cognition and Emotion  
Motivation and Emotion  
Personality and Social Psychology Bulletin  
Prevention & Treatment

### Guest Editorial Reviewing:

Proceedings of the National Academy of Sciences  
Psychoneuroendocrinology  
Journal of Personality and Social Psychology  
American Psychologist  
Health Psychology  
International Journal of Behavioral Medicine  
Journal of Experimental Social Psychology  
Journal of Gerontology  
Neuroimage  
Social, Cognitive and Affective Neuroscience  
Mindfulness  
PLoS One  
Psychological Bulletin  
Psychological Review  
Psychological Science  
Psychology and Aging  
Psychology of Women Quarterly  
Psychophysiology  
Social Cognition

Social Development

Association Memberships:

American Psychological Association  
Fellow Status, Division 8  
Association for Psychological Science  
Fellow Status  
Board Member, 2006-2009  
International Society for Research on Emotion  
1998 Program Committee  
Society for Experimental Social Psychology  
Fellow Status  
Society for Personality and Social Psychology  
Fellows Chair, 2007-08  
International Positive Psychology Association  
Past-President, 2017-2019  
President, 2015-2017  
President-Elect, 2013-2015  
Board Member, 2011-2013  
Society for Affective Science  
President-Elect, 2019-2020  
Executive Committee Member-at-Large, 2018-2019  
Founding Chair, Positive Emotions Pre-Conference  
American Association for the Advancement of Science  
Chair, AAAS Section J (Psychology) Electorate Nominating Committee

Advanced Training:

Structural Equation Modeling, 5-day workshop with Curran-Bauer Analytics  
Longitudinal Structural Equation Modeling, 5-day workshop with  
Curran-Bauer Analytics  
Multi-Level Modeling, 5-day workshop with Curran-Bauer Analytics

Courses Taught:

Positive Psychology (first-year undergraduate seminar; advanced graduate level;  
Executive Masters level; Massive Open Online Course (**MOOC**) to more  
than **208,000 learners across ~200 countries** via Coursera and the UNC  
Friday Center for Continuing Education)  
Health and Happiness (Ideas, Inquiry, and Information First-Year Course)  
Psychology of Emotions (graduate and undergraduate levels)  
Research in Positive Psychology (upper level undergraduate)  
The Love Consortium Bootcamp, Core Faculty (graduate level)  
School of Positive Transformation, online and web-based teaching  
Positive Emotions in Positive Organizing (1-day Executive Education)  
Positive Organizing and Human Flourishing (interdisciplinary graduate level)  
Social Psychology (introductory undergraduate level)  
Research Methods in Social Psychology (undergraduate level)  
Advanced Social Psychology (graduate level)  
Personality and Social Psychology (introductory undergraduate level)  
Measuring Emotions (5-day workshop for RCGD, Institute for Social Research)  
Selected Topics in Emotion Research (advanced graduate level)  
Social Psychology of Women's Bodies (advanced undergraduate level)  
Situational Construction of Race, Gender & Culture (advanced graduate level)  
Psychology of Women (graduate level)

Internal Service:



Program Director, UNC-CH Social Psychology Doctoral Program, 2019-2023  
 Conflict of Interest Committee, College of Arts & Sciences, 2017-  
 Merit Evaluation Committee, Department of Psychology and Neuroscience, 2018  
 Program Director, UNC-CH Social Psychology Doctoral Program, 2010-2015  
 Diversity Committee, Department of Psychology, 2014-2016  
 Massive Open Online Course (MOOC) Advisory Committee, UNC-CH, 2017  
 Co-Director, Positive Psychology Science Fund, 2011-  
 Graduate Education Committee, 2010-2015  
 Chair, Program Directors, Department of Psychology, 2015  
 Chair, Psychology Participant Pool Committee, 2010-2015  
 Chair, Research Assistant Professor Search Committee, 2013-2014  
 Chair, Social Psychology Faculty Search Committees, 2010-2012  
 Chair, Psychology and Cancer Faculty Search Committee, 2011-2012  
 Institutional Review Board, 2010-2012, Alternate Member, 2013  
 Central Selection Committee, Morehead-Cain Fellowships, 2012, 2013, 2014  
 Distinguished Chairs Selection Committee, 2008-2009, 2013  
 Chair, Colloquium Committee, Department of Psychology, 2008-2010  
 Departmental Advisory Committee, 2007-2010.  
 Social Psychology Faculty Search Committee, 2008-09  
 Social Science & Cancer Research, Faculty Search Committee, 2008-09, 2009-10  
 Chair, Psychology and Ethnicity Faculty Search, 2007-08  
 Co-Chair, Neuroimaging in Psychology Faculty Search, 2006-07  
 Diversity Committee, Department of Psychology, 2014-  
 Task Force on Faculty Diversity, 2006-14  
 Task Force on Review of Untenured Faculty, 2006-2007  
 Social Psychology Program Admissions Committee, 2006-2013  
 Colloquium Committee, 2007-2008.

International and National Service:

Chair, Electorate Nominating Committee – Section J (Psychology),  
 American Association for the Advancement of Science (2019)  
 President-Elect, Society for Affective Science (2019-2020)  
 Executive Committee, Society for Affective Science (2018-2019)  
 Board of Directors, International Positive Psychology Association (2011-2019)  
 Past-President, International Positive Psychology Association (2017-2019)  
 President, International Positive Psychology Association (2015-2017)  
 Congress Chair, Fifth World Congress of the International Positive Psychology  
 Association, held in Montreal July 13-16, 2017 (2015-2017)  
 President-Elect, International Positive Psychology Association (2013-2015)  
 Founder and Co-Chair, Association for Positive Emotions Laboratories (2014-)  
 Board of Governors, Center for Creative Leadership (2012-2015)  
 Organizer, Inaugural Positive Emotions Pre-Conference to the annual meeting of  
 the Society of Affective Science, Washington DC, April 24, 2014  
 National Advisory Board, Positive Coaching Alliance  
 Advisory Board, The Psych Report  
 Member, Study Section, NCI/NIH, U01 FOA “Fundamental Mechanisms of  
 Affective and Decisional Processes in Cancer Control” (2014)  
 Member, Expert Review Panel, 1440 Awards, Mind & Life Institute, 2014  
 Member, Study Section, NCCAM/NIH, Clinical Studies of Complementary &  
 Alternative Medicine, ZAT1 HS-11 (2013)  
 Subject Matter Expert, Comprehensive Soldier Fitness, U.S. Army (2009-2011)  
 Board of Directors, Association for Psychological Science (2006-2009)  
 Division 8 Fellows Chair, American Psychological Association (2007-2008)  
 Visiting Faculty Scholar, Geelong Grammar School, Victoria, Australia, 2008  
 International Advisory Board, Centre for Applied Positive Psychology, U.K.  
 International Advisory Board, Australian Positive Psychology Council  
 Senior Scientist, Gallup International Research and Education Council

The Gallup Organization  
Board of Advisors, Values in Action (VIA) Classification of Strengths Project  
Program Committee, International Positive Psychology Summit

**Selected Media Coverage:**

CBS This Morning  
The New York Times  
U.S. News & World Report  
The Times of London  
The Atlantic  
The Economist  
Larry King Now  
The Week  
The Los Angeles Review of Books  
Scientific American MIND  
Entrepreneur Magazine  
O! The Oprah Magazine  
People Magazine  
CNN.org  
The Huffington Post  
BBC: The Strand  
WRAL TV  
CBC Ontario Today  
New Scientist  
Parents Magazine  
WNYC Radio  
WUNC Radio  
Wired Magazine  
Mindful Magazine  
The Sun Magazine  
Brain Pickings  
Greater Good Magazine