

Curriculum Vitae

November 2021

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

- 2022 Harrington Distinguished Visiting Professor,
Baldwin Wallace University, Cleveland, OH
- 2020 Distinguished Visiting Scholar,
Benedictine University, Lisle, IL
- 2019 [Identified](#) as in the top 0.01% of scientists (across 22 scientific fields) in
terms of career-long scholarly impact based on a composite index of
citation metrics
- 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, *for exceptional career contributions to the psychological well-being of humanity*

- 2017 James McKeen Cattell Fellow Award (\$40,000 in sabbatical funding)
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
[*Psicologia y Mente*](#) (*Psychology and Mind*)
- 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”*
- 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)

- 2022 to 2027 Co-PI on NIH National Cancer Institute R01 Award. Project title: Increasing Social Connectedness after Cancer to Promote Resilience. (with Co-PI Hazel Nichols; \$3,769,946 requested; resubmitted November 2021)
- 2021 to 2023* Co-Investigator on NIH National Institute on Drug Abuse R21 Award. Project title: Mindful interoceptive mapping: Elucidating a novel

- mechanism for treating opioid misuse and chronic pain. (UNC Subcontract, \$42,000; PI: Adam Hanley, University of Utah)
- 2021 to 2023* PI on Mind and Life PEACE Grant. Project title: Does the Contemplative Practice of Loving-kindness Propel Prosocial Acts via Increased Neural Integration?: A Dynamic Functional Connectivity Approach. (\$99,940)
- 2020 to 2023* PI on Templeton World Charity Foundation Research Grant. Project title: Understanding Whether, When, and How Artificial Intelligence Can Strengthen Human Virtues. (\$233,998)
- 2020 PI on North Carolina Policy Collaboratory Grant. Project title: To Wear or Not to Wear a Face Covering: Understanding Socioemotional Factors that Predict Sustained Adherence to Novel Behaviors for the Prevention of COVID-19. (\$98,558)
- 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

[Identified in 2019](#) as among the top 0.01% of scientists (across 22 scientific fields) in terms of career-long scholarly impact based on a composite index of citation metrics, placing my career-long impact in the top 99.99th percentile rank of scientists worldwide. Overall citations = **109,078** and *h*-index = **96**, per Google Scholar on November 4, 2021.

*indicates student/trainee co-author. [‡]indicates senior anchor authorship.

Peer-Reviewed Articles:

In press:

138. Prinzing, M. M.,* Van Cappellen, P. & **Fredrickson, B. L.**[‡] (in press). "More than a momentary blip in the universe": Perceived cosmic mattering explains the link between religiousness and perceived meaning in life. *Personality and Social Psychology Bulletin*.

137. Wells, J. L.,* Haase, C. M., Rothwell, E. S.,* Naugle, K. G.,* Otero, M. C.,* Brown, C. L.,* Lai, J.,* Chen, K.-H.,* Connelly, D. E.,* Grimm, K. J.,* Levenson, R. W. & **Fredrickson, B. L.**[‡] (in press). Positivity resonance in long-term married couples: Multimodal characteristics and consequences for health and longevity. *Journal of Personality and Social Psychology*.

136. West, T., N.,* Don, B. P.* & **Fredrickson, B. L.**[‡] (in press). Attachment insecurity moderates emotion responses to mindfulness meditation and loving-kindness meditation in adults raised in low socioeconomic status households. *Emotion*.

135. Zhou, J.,* Prinzing, M. M.*, Le Nguyen, K. D.,* West, T. N.* & **Fredrickson, B. L.**[‡] (in press). The goods in everyday love: Positivity resonance builds prosociality. *Emotion*.

2021:

134. Barczak-Scarboro, N. E.,* Van Cappellen, P., & **Fredrickson, B. L.**^Ψ (2021). For whom do meditation interventions improve mental health symptoms? Looking at the roles of psychological and biological resources over time. *Mindfulness*. Advance online publication, DOI: <https://doi.org/10.1007/s12671-021-01742-1>
133. Brown, C. L.,* Chen, K.-H.,* Otero, M. C.,* Wells, J. L.,* Connelly, D.,* Levenson, R. W., & **Fredrickson, B. L.**^Ψ (2021). Shared emotions in shared lives: Moments of co-experienced affect, more than individually-experienced affect, linked to relationship satisfaction. *Emotion*. Advance online publication. DOI: <https://doi.org/10.1037/emo0000939>
132. Brown, C. L.,* & **Fredrickson, B. L.**^Ψ (2021). Characteristics and consequences of co-experienced positive affect: Understanding the origins of social skills, social bonds, and caring, healthy communities. *Current Opinion in Behavioral Sciences*, 39, 58-63. DOI: <https://doi.org/10.1016/j.cobeha.2021.02.002>
131. Don, B. P.,* Algoe, S. B., & **Fredrickson, B. L.**^Ψ (2021). Does meditation training influence social approach and avoidance goals? Evidence from a randomized intervention study of midlife adults. *Mindfulness*, 12, 582-593. DOI: <https://doi.org/10.1007/s12671-020-01517-0>
130. Don, B. P.,* Eller, J. Simpson, J. A., **Fredrickson, B. L.**, Algoe, S. B., Rholes, S. W., Mickelson, K. D. (2021). New parental positivity: The role of positive emotions in promoting relational adjustment during the transition to parenthood. *Journal of Personality and Social Psychology*. Advance online publication. <https://doi.org/10.1037/pspi0000371>
129. Don, B. P.,* Van Cappellen, P.,* & **Fredrickson, B. L.**^Ψ (2021). Understanding engagement in and affective experiences during physical activity: The role of meditation interventions. *Psychosomatic Medicine*. Publish Ahead of Print: doi: 10.1097/PSY.0000000000000909.
128. Prinzing, M. M.,* De Freitas, J.,* & **Fredrickson, B. L.**^Ψ (2021). The ordinary concept of a meaningful life: The role of subjective and objective factors in third-person attributions of meaning. *Journal of Positive Psychology*. <https://doi-org.libproxy.lib.unc.edu/10.1080/17439760.2021.1897866>
127. Tan, K. R.* Santacrose, S. J., & Wood, W. A., Mayer, D. K., Santos, H., Mucha, P. J., Schwartz, T. A. & **Fredrickson, B. L.** (2021). Positive psychological states and stress responses in caregivers of adults receiving an allogeneic bone marrow transplant: A study protocol. *Journal of Advanced Nursing*. <https://doi-org.libproxy.lib.unc.edu/10.1111/jan.14742>
126. Van Cappellen, P., Edwards, M. E., & **Fredrickson, B. L.** (2021). Upward spirals of positive emotions and religious behaviors. *Current Opinion in Psychology*, 40, 92-98. DOI: <https://doi.org/10.1016/j.copsyc.2020.09.004>
125. Waters, L., Algoe, S. B., Dutton, J., Emmons, R., **Fredrickson, B. L.**, Heaphy, E., Moskowitz, J. T., Neff, K., Niemiec, R., Pury, C., & Steger, M. (2021). Positive psychology in a pandemic: Buffering, bolstering, and building mental health. *Journal of Positive Psychology*. Open Access: <https://www.tandfonline.com/doi/full/10.1080/17439760.2021.1871945>

124. West, T. N.,* Le Nguyen, K. D.,* Zhou, J.,* Prinzing, M. M.,* Wells, J. L.,* & **Fredrickson, B. L.**^Ψ (2021). How the affective quality of social connections may contribute to public health: Prosocial tendencies account for the links between positivity resonance and behaviors that reduce the spread of COVID-19. *Affective Science*. <https://doi-org.libproxy.lib.unc.edu/10.1007/s42761-021-00035-z>

2020:

123. Arizmendi, C.,* Gates, K., **Fredrickson, B. L.**, Wright, A. (2020). Specifying exogeneity and bilinear effects in data driven model searches. *Behavior Research Methods*. Online first publication: <https://doi.org/10.3758/s13428-020-01469-2>

122. Chen, K.-H.,* Brown, C. L.,* Wells, J. L.,* Rothwell, E. S.,* Otero, M. C.,* Levenson, R. W., & **Fredrickson, B. L.**^Ψ (2020). Physiological linkage during shared positive and shared negative emotion. *Journal of Personality and Social Psychology*. Online First Publication: <http://dx.doi.org/10.1037/pspi0000337>

121. Don, B. P.,* **Fredrickson, B. L.**, & Algoe, S. B. (2020). Enjoying the sweet moments: Does approach motivation upwardly enhance reactivity to positive interpersonal processes? *Journal of Personality and Social Psychology*. Advance online publication. <https://doi.org/10.1037/pspi0000312>

120. Fisher, Z. F., Chow, S.-M., Molenaar, P. C. M., **Fredrickson, B. L.**, Pipiras, V., & Gates, K. M. (2020). A square-root second-order extended Kalman filtering approach for estimating smoothly time-varying parameters. *Multivariate Behavioral Research*. <https://doi.org/10.1080/00273171.2020.1815513>

119. **Fredrickson, B. L.**, Arizmendi, C.,* Van Cappellen, P.,* (2020). Same-day, cross-day, and upward spiral relations between positive affect and positive health behaviours. *Psychology and Health*. Available online first: <https://doi.org/10.1080/08870446.2020.1778696>

118. Gruber, J., Mendle, J., Lindquist, K. A., Schmader, T., Clark, L. A., Bliss-Moreau, E., Akinola, M., Atlas, L., Barch, D. M., Barrett, L. F., Borelli, J. L., Brannon, T., Bunge, S. A., Campos, B., Cantlon, J., Carter, R., Carter-Sowell, A. R., Chen, S., Craske, M. G., Cuddy, A. J. C., Crum, A., Davachi, L., Duckworth, A. L., Dutra, S. J., Eisenberger, N. I., Ferguson, M., Ford, B. Q., **Fredrickson, B. L.**, Goodman, S. H., Gopnik, A., Greenaway, V. P., Harkness, K. L., Hebl, M., Heller, W., Hooley, J., Jampol, L., Johnson, S. L., Joormann, J., Kinzler, K. D., Kober, H., Kring, A. M., Levy Paluck, E., Lombrozo, T., Lourenco, S. F., McRae, K., Monin, J. K., Moskowitz, J. T., Natsuaki, M. N., Oettingen, G., Pfeifer, J. H., Prause, N., Saxbe, D., Smith, P. K., Spellman, B. A., Sturm, V., Teachman, B., Thompson, R. J., Weinstock, L. M., & Williams, L. A. (2020). The future of women in psychological science. *Perspectives on Psychological Science*. Available online first: <https://doi.org/10.1177/1745691620952789>

117. Lianov, L. S., Barron, C., **Fredrickson, B. L.**, Hashmi, S., Klemes, A., Krishnaswami, J., Lee, J., Le Pertel, N., Matthews, J. A., Millstein, R. A., Phillips, E. M., Sannidhi, D., de Vries, P. P., Wallace, A., & Winter, S. J. (2020). Positive psychology in health care: Defining key stakeholders and their roles. *Translational Behavioral Medicine*, 10, 637-647. DOI: <https://doi.org/10.1093/tbm/ibz150>

116. Otero, M. C.,* Wells, J. L.,* Chen, K.-H.,* Brown, C. L.,* Connelly, D.E.,* Levenson, R. W., & **Fredrickson, B. L.**^ψ (2020). Behavioral indices of positivity resonance associated with long-term marital satisfaction. *Emotion*, 20, 1225-1233. DOI: <http://dx.doi.org/10.1037/emo0000634>
115. Prinzing, M. M.,* Zhou, J.,* West, T. N.,* Le Nguyen, K. D.,* Wells, J. L.,* & **Fredrickson, B. L.**^ψ (2020). Staying ‘in sync’ with others during COVID-19: Positivity resonance mediates cross-sectional and longitudinal links between trait resilience and mental health. *Journal of Positive Psychology*. DOI: <https://doi.org/10.1080/17439760.2020.1858336>
114. Rice, E. L.,* Adair, K. C.,* Tepper, S. J.,* & **Fredrickson, B. L.**^ψ (2020). Perceived social integration predicts future physical activity through positive affect and spontaneous thoughts. *Emotion*, 20, 1074-1083. DOI: <http://dx.doi.org/10.1037/emo0000616>
113. Van Cappellen, P.,* Catalino, L. I.,* & **Fredrickson, B. L.**^ψ (2020). A new micro-intervention increases the enjoyment and continued practice of meditation. *Emotion*, 20, 1332-1343: <https://doi.org/10.1037/emo0000684>
- 2019:**
112. 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. (2019). A community-engaged approach to investigate cardiovascular-associated inflammation among American Indian women: A research protocol. *Research in Nursing & Health*, 42, 165-175. <https://doi.org/10.1002/nur.21944>
111. Castro-Schilo, L., **Fredrickson, B. L.**, & Mungas, D. (2019). Association of positive affect with cognitive health and decline for elder Mexican Americans. *Journal of Happiness Studies*, 20, 2385-2400. DOI: <https://doi.org/10.1007/s10902-018-0053-5>
110. **Fredrickson, B. L.**, Arizmendi, C.,* Van Cappellen, P., Firestine, A. M., Brantley, M. M., Kim, S. L., Brantley, J., & Salzberg, S. (2019). Do contemplative moments matter? Effects of informal meditation on emotions and perceived social integration. *Mindfulness*, 10, 1915-1925. DOI: <https://doi.org/10.1007/s12671-019-01154-2>
109. 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.copsyc.2019.01.004>
108. Le Nguyen, K. D.,* Lin, J., Algae, S. B., Brantley, M., Kim, S. L., Brantley, J. & Salzberg, S. & **Fredrickson, B. L.**^ψ (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>
107. 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*, 13, 480-486. DOI: <https://doi.org/10.1177/1559827619838992>

2018:

106. Adair, K. C.,* **Fredrickson, B. L.**, Castro-Schilo, L., Kim, S., & Sidberry, S. (2018). Present with you: Does cultivated mindfulness lead to greater social connection through gains in decentering and reductions in negative emotions? *Mindfulness*, *9*, 737-749. DOI: <https://doi.org/10.1007/s12671-017-0811-1>
- 105 Major, B. C.,* Le Nguyen, K. D.,* Lundberg, K. B.,* & **Fredrickson, B. L.**^Ψ (2018). Well-being correlates of perceived positivity resonance: Evidence from trait and episode-level assessments. *Personality and Social Psychology Bulletin*, *44*, 1631-1647. DOI: <https://doi.org/10.1177/0146167218771324>
104. **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>
103. **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>
102. Van Cappellen, P.,* Rice, E. L.,* Catalino, L. I.,* & **Fredrickson, B. L.**^Ψ (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:

101. **Fredrickson, B. L.**, Boulton, A. J., Firestine, 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.**^Ψ (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.**^Ψ (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.**^ψ (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

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Manuscripts Under Review/Revision/in Preparation

Barczak-Scarboro, N. E.,* Cole, W. R., DeFreese, J. D., **Fredrickson, B. L.**, Keifer, A. W., Bailar-Heath, M., Burke, R. J., DeLellis, S. M., Kane, S. F., Lynch, J. H., Means, G. E., Depenbrock, P. J., & Mihalik, J. P. (2021). *Psychological resilience in active Special Operations Forces (SOF) combat service members: Descriptive analysis of a warfighter population.*

Barczak-Scarboro, N. E.,* Cole, W. R., DeFreese, J. D., **Fredrickson, B. L.**, Keifer, A. W., Bailar-Heath, M., Burke, R. J., DeLellis, S. M., Kane, S. F., Lynch, J. H., Means, G. E., Depenbrock, P. J., & Mihalik, J. P. (2021). *Special Operations Forces (SOF) career stage mental health symptoms differences in combat service members: The moderating effect of resilience.*

Brown, S. L., Ho, S. S., Swain, J. E., Johnson, K. J. & **Fredrickson, B. L.** (2021). *Empirical verification of a new model linking social relationships to physical health.*

Don, B., Van Cappellen, P., & **Fredrickson, B. L.**[‡] (2021). *Smoothing social ups and downs: Training in mindfulness and loving-kindness meditation is associated with lower variability in social connectedness across time.*

Fisher, Z. F., Kim, Y., **Fredrickson, B. L.** & Phipras, V. (2021). *Penalized estimation and forecasting of multiple subject intensive longitudinal data.*

Prinzing, M. M.,* & **Fredrickson, B. L.** (2021). *No peace for the wicked? Belief in the goodness of true selves explains the relationship between moral evaluations and third-personal happiness judgments.*

Prinzing, M. M.,* & **Fredrickson, B. L.** (2021). *What does it mean to matter? Perceived social and cosmic mattering are distinct constructs with differential links to mental health outcomes.*

Prinzing, M. M.,* & **Fredrickson, B. L.** (2021). *It's easier to be good when life feels meaningful: Perceived meaning in life promotes altruistic behavior.*

Rice, E. L.* Van Cappellen, P.* & **Fredrickson, B. L.**[‡] (2021). *Always on my mind: Positive spontaneous thoughts mediate approach motivation for increasingly harmonious passions.*

Van Cappellen, P.,* Ladd, K., Cassidy, S., Edwards, M. & **Fredrickson, B. L.** (2021). Documenting and measuring the effects of full body postures associated with positive and negative affect. Revision invited for *Cognition and Emotion*.

West, T. N.,* Zhou, J.* Brantley, M., Kim, S. L., Brantley, J. & Salzberg, S., Cole, S. W. & **Fredrickson, B. L.**[‡] (2021). Effect of mindfulness versus loving-kindness training on leukocyte gene expression in midlife adults raised in low socioeconomic status households. Revision invited for *Mindfulness*.

Keynotes, Plenary Addresses, and Workshops

University of St. Gallen, Switzerland, October 2022
 International Society for Research on Emotions, Los Angeles, CA, July 2022
 Baldwin Wallace University, Cleveland, Ohio, April 2022
 National Council for Mental Wellbeing, Washington DC, April 2022
 Bridging the Gap, Reisterstown, Maryland, October 2021
 Institute for Wellbeing and Happiness, University of Tecmilenio, October 2021 (virtual)
 German Language Positive Psychology Conference, Graz, Austria, July 2021 (virtual)
 Centre for Bhutan and GNH Studies, Thimphu, Bhutan, May 2021 (virtual)
 G. Stanley Hall Lecture, Johns Hopkins University, April 2021 (virtual)
 Innerwork Center, Richmond, VA, April 2021 (virtual)
 Seoul International Meditation Festival, Dongguk University, April 2021 (virtual)
 Learning & Brain Conference, New York, NY, April 2021 (virtual)
 Harvard University Human Flourishing Program, April 2021 (virtual)
 Executive Masters in Positive Leadership & Strategy, IE School of Human Sciences and Technology, Madrid, March 2021 (virtual)
 Western Positive Psychology Association, March 2021 (virtual)
 Sanford Institute, University of California, San Diego, February 2021 (virtual)
 Happiness and Its Causes, Sydney, Australia, November 2020 (virtual)
 National University of Córdoba, Argentina, November 2020 (virtual)
 National Counselling & Psychotherapy Conference, Singapore, November 2020 (virtual)
 Innovate Carolina, Chapel Hill, NC October, 2020 (virtual)
 Kate Spade Mental Health Week, October, 2020 (virtual)
 Hazelden Betty Ford Foundation, October 2020 (virtual)
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2020 (virtual)
 Carolina Performing Arts: A Conversation with Helga Davis, July 2020 (virtual)
 Center for Positive Organizations, Ann Arbor, MI, July 2020 (virtual)
 German Language Positive Psychology Conference, Graz, Austria, June 2020 (virtual)
 Benedictine University, Program in Values-Driven Leadership, June 2020 (virtual)
 Stanford Health Improvement Program, Stanford, CA June 2020 (virtual)
 Morehead Planetarium Science Café, Chapel Hill, NC May 2020 (virtual)
 Wisdom 2.0, Tokyo, Japan, March 2020 [COVID-19 cancellation]
 Wisdom 2.0, Seoul, South Korea, March 2020 [COVID-19 cancellation]
 Wisdom 2.0, Singapore, March 2020 [COVID-19 cancellation]
 Emotion Preconference Keynote, Annual Meeting of the Society of Personality and Social Psychology New Orleans, LA, February 2019
 College of Executive Coaching, Arroyo Grande, CA, February 2020 (virtual)
 Hungarian Positive Psychology Conference, Budapest, Hungary, November 2019
 Connected Commons, Fall Summit, Williamsburg, VA, October 2019
 College of Executive Coaching, Arroyo Grande, CA, September 2019 (virtual)

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 6th World Congress on Positive Psychology, Melbourne, Australia, July 2019
 The Love Consortium Bootcamp, Ottawa, Canada, June 2019
 Orange County Department of Aging, Mental Wellness Panelist, May 2019
 College of Executive Coaching, Arroyo Grande, CA, May 2019 (virtual)
 The Science of Happiness, A Greater Good Gathering, Scott's Valley, CA, May 2019
 1st 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 (virtual)
 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, August 2018 (virtual)
 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 (virtual)
 Safety and Quality Conference, Duke Patient Safety Center, Durham NC, March 2018
 Contemplative Practices for 21st Century Higher Education, Chapel Hill, NC, March 2018
 Meredith College, Raleigh, NC, February 2018
 New York Certificate Program in Applied Positive Psychology, February 2018 (virtual)
 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 (virtual)
 Ruth Pauley Lecture, Sandhills Community College, October 2017
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty
 Member, September 2017
 IPPA 5th World Congress on Positive Psychology, Montréal, July 2017
 4th Global Forum for Business as Agents of World Benefit, Cleveland, June 2017 (virtual)
 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 (virtual)
 College of Executive Coaching, Arroyo Grande, CA, February 2017 (virtual)
 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
 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 (virtual)
 IPPA 4th 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-Chapel Hill School of Social Work 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 (virtual)
 Coaching in Leadership and Healthcare, Boston, MA, September 2013
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty
 Member, September 2013
 IPPA 3rd 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 2nd 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 1st World Congress on Positive Psychology, Philadelphia, PA, June 2009
 2nd 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 4th 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
 2nd 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

University of Arizona, Department of Psychology, November 2021
 UNC-Chapel Hill School of Medicine, Department of Psychiatry, June 2021
 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)

Berman, C. J. & Fredrickson, B. L. (July, 2021). *Vaccination: A Collective Health Behavior Impacted by Collective Positive Affective Processes*. Paper presented in B. L. Fredrickson (Chair) Advances in Understanding Positivity Resonance: Implications for Prosocial Tendencies and Pandemic Times. Symposium Chair for the 7th World Congress on Positive Psychology [virtual event].

Fredrickson, B. L. (2021, July). *Advances in Understanding Positivity Resonance: Implications for Prosocial Tendencies and Pandemic Times*. Symposium Chair for the 7th World Congress on Positive Psychology [virtual event].

Prinzing, M. & Fredrickson, B. L. (July, 2021). Staying 'In Sync' with Others During COVID-19: Perceived Positivity Resonance Mediates Cross-Sectional and Longitudinal Links between Trait Resilience and Mental Health. Paper presented in B. L. Fredrickson (Chair) Advances in Understanding Positivity Resonance: Implications for Prosocial Tendencies and Pandemic Times. Symposium Chair for the 7th World Congress on Positive Psychology [virtual event].

West, T. N. & Fredrickson, B. L. (2021, July). *The Affective Quality of Social Connections Contributes to Public Health through Heightened Prosocial Tendencies*. Paper presented in B. L. Fredrickson (Chair) Advances in Understanding Positivity Resonance: Implications for Prosocial Tendencies and Pandemic Times. Symposium Chair for the 7th World Congress on Positive Psychology [virtual event].

Zhou, J. & Fredrickson, B. L. (2021, July). *The Goods in Everyday Love: Positivity Resonance Builds Prosociality*. Paper presented in B. L. Fredrickson (Chair) Advances in Understanding Positivity Resonance: Implications for Prosocial Tendencies and Pandemic Times. Symposium Chair for the 7th World Congress on Positive Psychology [virtual event].

Tan, K. R., Mayor, D., Fredrickson, B. L., Santos, H., Wood, William, Schwartz, T. A. (2021, November). Case-oriented examination of caregiving for an allogeneic bone marrow transplant patient: Stress-related symptom trends. Paper presented at the 46th Biennial Convention, Indianapolis, IN.

Gray, A. M., West, T. N., & Fredrickson, B. L. (2021, May). *Leaning in to shared positive emotions: Does prioritizing positivity boost positivity resonance with weak ties?* Paper presented at the UNC-Chapel Hill Psychology and Neuroscience Honors Celebration [virtual event].

Gray, A. M., Zhou, J. & Fredrickson, B. L. (2021, May). *Being thankful: Do increases in gratitude increase helping behaviors regardless of setbacks?* Paper presented at the UNC-Chapel Hill Celebration for Undergraduate Research [virtual event].

Lai, J., Otero, M.C., Chen, K-H., Wells, J.L., & Fredrickson, B.L. (2021, May). *Positivity Resonance and Its Association with Synchronous Nonverbal Affiliative Behaviors and Perceived Lovingness in Long-Term Married Couples*. Paper presented at the annual meeting of the Association for Psychological Science [virtual event].

Sappenfield, C., Prinzing, M. M. & Fredrickson, B. L. (2021, May). *The Matter of Mattering: The Impact of Mattering on Depression and Suicide*. Paper presented at the UNC-Chapel Hill Celebration for Undergraduate Research [virtual event].

Fredrickson, B. L. (2021, April). *Love's in Need of Study Today*. Presidential Symposium organized for the annual meeting of the Society for Affective Science [virtual event].

Gray, A. M., West, T. N., & Fredrickson, B. L. (2021, April). *Leaning in to shared positive emotions: Does prioritizing positivity boost positivity resonance with weak ties?* Paper presented at the annual meeting of the Society for Affective Science [virtual event].

Gray, A. M., Zhou, J. & Fredrickson, B. L. (2021, February). *Being thankful: Do increases in gratitude increase helping behaviors regardless of setbacks?* Paper presented at the annual meeting of the Society for Personality and Social Psychology [virtual event].

Berman, C. J., West, T. N., Prinzing, M. M. Le Nguyen, K. D., Tan, K. R., Zhou, J. & Fredrickson, B. L. *Vaccination: A collective health behavior impacted by collective positive affective processes*. Paper presented at 7th World Congress on Positive Psychology [virtual event].

Prinzing, M. M. & Fredrickson, B. L. (2021, July). *What does it mean to matter? Different kinds of perceived mattering display differential relationships with positive and negative aspects of well-being*. Paper presented at 7th World Congress on Positive Psychology [virtual event].

Prinzing, M. M. & Fredrickson, B. L. (2021, April). *Positivity feels more meaningful when co-experienced: Positivity resonance is uniquely associated with perceived meaningfulness in day-to-day experiences*. Paper presented at the annual meeting of the Society for Affective Science [virtual event].

Prinzing, M. M. & Fredrickson, B. L. (2021, February). *Staying “in sync” with others during COVID-19: Positivity resonance mediates cross-sectional and longitudinal links between trait resilience and mental health*. Paper presented at the annual meeting of the Society for Personality and Social Psychology [virtual event].

Tan, K. R., Santacroce, S. J., Mayer, D. K., & Fredrickson, B. L. (2021, April). *The theory of chronic stress responses and positive emotions in caregivers of adults with advanced cancer*. Paper presented at the 46th Annual Congress of the Oncology Nursing Society [virtual event].

Prinzing, M. M. & Fredrickson, B. L. (2020, December). *The effects of a cosmic perspective on experienced meaning in life*. Southern Society for Philosophy & Psychology [virtual event].

Wells, J.L., Haase, C.M., Rothwell, E.S., Otero, M.C., Lai, J., Brown, C.L., Chen, K-H, Connelly, D.E., Levenson, R.W. Fredrickson, B.L. (2020, May). *Positivity resonance: Micro moments of connection with long-lasting health benefits*. In R. Levenson (Chair) “Couples and Health: Interpersonal Processes in Psychological and Physical Well-Being.” Association for Psychological Science. Chicago, IL [COVID-19 cancellation].

West, T. N., Zhou, J., Cole, S., & Fredrickson, B. L. (2020, April). *Can Leukocyte Basal Gene Expression in Adults Raised in Low-SES Households be Improved through Meditation Interventions?* Poster presented at the Society for Affective Science, San Francisco, CA. [selected for 90-second Poster Spotlight Talk [virtual event due to COVID-19].

Zhou, J., Le Nguyen, K. D., Prinzing, M. M. & Fredrickson B.L. (2020, April). Positive associations between daily moments of positivity resonance and daily self-transcendent virtues. Poster accepted at 2020 Society for Affective Science Conference, San Francisco, CA [COVID-19 cancellation].

West, T. N., Zhou, J., Cole, S., & Fredrickson, B. L. (2020, February). *Can Leukocyte Basal Gene Expression in Adults Raised in Low-SES Households be Improved through Meditation Interventions?* Poster presented at the Society for Personality and Social Psychology Emotion Pre-conference, New Orleans, LA.

Brown, C., Wells, J. L., Chen, K.-H., Otero, M. C., Levenson, R. W., & Fredrickson, B. L. (2019, July). *Moments of co-experienced positive affect, more than individually-experienced positive affect, linked to relationship satisfaction across conversational contexts*. 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 6th 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 6th 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 6th World Congress on Positive Psychology, Melbourne, Australia.

Wells, J. L., Rothwell, E. S., Connelly, D. E., Chen, K.-H., Brown, C., Lai, J., 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 6th 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 6th 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 6th 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.

Wells, J.L., Rothwell, E.S., Connelly, D.E., Chen, K-H, Brown, C.L., Lai, J., Otero, M.C., Levenson, R.W. Fredrickson, B.L. (2019, May). *Positivity resonance: Building blocks for social connection*. Talk presented at the Bay Area Affective Science Consortium. Berkeley, CA.

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.

Chen, K-H, Brown, C.L., Wells, J.L., Rothwell, E.S., Fredrickson, B.L., Levenson, R.W. (2019, March). *Physiological linkage during moments of shared positive affect is associated with relationship satisfaction in long-term married couples*. Talk presented at the Positive Emotions Pre-Conference, Society for 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., Otero, M.C., Wells, J.L., Levenson, R.W., & Fredrickson, B.L. (2018, July). *Moments of co-experienced affect, more than individually-experienced affect, linked to relationship satisfaction across conversational contexts*. Talk presented at the Bay Area Affective Science Meeting. Palo Alto, California.

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., Sapozhnikova, A., Brown, C. L., Hua, A. Y., Otero, M. C., Wells, J. L., Fredrickson, B. L., & Levenson, R. W. (2018, May). *Diminished positive emotion linkage 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. [*selected for 90-second Poster Spotlight Talk*]

Lai, J., Otero, M.C., Wells, J.L., Levenson, R.W., & Fredrickson, B.L. (2018, April) *Caring Synchrony and Mutual Gaze in Married Couples*. Poster 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 5th Annual Positive Emotions Pre-Conference to the annual meeting of the Society for Affective Science, Los Angeles, CA.

Nakahara, E., Otero, M.C., Lai, J., Levenson, R.W., & Fredrickson, B.L. (2018, April) *Caring Synchrony and Perception of Personality: The Link Between Personality Traits and Mutual Care in Long-Term Married Couples*. Poster presented at 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). *Positivity resonance vs. shared positive affect as indicators of long-term marital satisfaction*. 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.

Chen, K-H, Brown, C.L., Rothwell, E.S., Wells, J.L., Fredrickson, B.L., Levenson, R.W. (2017, October). *When and how individuals are physiologically synchronized? Physiological synchrony between long-term married husbands and wives during the moments of shared positive affect*. Presented at the American Psychosomatic Society's Mid-Year Meeting. Berkeley, CA.

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 18th 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 mediation 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 2nd 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.

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)

Editorial Board:

Psychological Bulletin

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:

Affective Science
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
Past President, 2021-2022
President, 2020-2021
President-Elect, 2019-2020
Executive Committee Member-at-Large, 2018-2019
Founding Chair, Annual 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 undergraduate course; advanced graduate seminar; Executive Masters level; Massive Open Online Course (**MOOC**) to nearly **325,000 learners across ~200 countries** via Coursera and the UNC Friday Center for Continuing Education)
Health and Happiness (College Ideas, Inquiry, and Information First-Year Course)
Psychology of Emotions (graduate and undergraduate levels)
Research in Positive Psychology (upper-level undergraduate)
Positivity 101, 15-lecture Audio Course by Learn25 on Audible.com
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, 2019-2022
Co-Chair, Committee on Justice, Equity, Diversity & Inclusion (JEDI),
Department of Psychology & Neuroscience, 2021-2022
Co-Chair, Pathways Subcommittee of JEDI, plus Leadership Core, 2020-2022
Chair, VITAE Faculty Search Committee, Department of Psychology &
Neuroscience, 2021-2022
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, 2019-2023
Chair, Program Directors, Department of Psychology, 2015
Chair, Psychology Participant Pool Committee, 2010-2015, 2020-2021
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:

Member, Core Academic Group, Science and Ethics for Happiness and Well-being Project, Pontifical Academies of Sciences and Social Sciences, Vatican City with the United Nations Sustainable Development Solutions Network
Chair, Electorate Nominating Committee – Section J (Psychology), American Association for the Advancement of Science (2019)
Past President, Society for Affective Science (2021-2022)
President, Society for Affective Science (2020-2021)
President-Elect, Society for Affective Science (2019-2020)
Chair, Publications Committee, 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

Community Engagement:

Morehead Planetarium’s Science Café
Carolina Performing Arts collaboration with Helga Davis
Manhattan Jewish Community Center
Trend Following Podcast with Host Michael Covell

Positive Leadership Podcast with Host Jean-Philippe Courtois
Stories of Impact Podcast with Host Richard Sergay
Ten Percent Happier Podcast with Host Dan Harris

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