

# **30 positive psychology relevant abstracts** **february '16 newsletter**

(Allan 2015; Berlin and Kaunitz 2015; Bertram-Hümmer and Baliki 2015; Bilderbeck, Brazil et al. 2015; Brunet, Gunnell et al. 2015; Chopik, Kim et al. 2015; Coffey, Warren et al. 2015; Coulton, Clift et al. 2015; Datu and Reyes 2015; Emery, Toste et al. 2015; Ford, Dmitrieva et al. 2015; Galambos, Fang et al. 2015; Galla and Duckworth 2015; Gielnik, Spitzmuller et al. 2015; Girme, Overall et al. 2015; Gorwood, Demyttenare et al. 2015; Hiemstra and Van Yperen 2015; Jetten, Branscombe et al. 2015; Kim, Boldt et al. 2015; Lau, Cheung et al. 2015; Muise, Schimmack et al. 2015; Oishi and Kesebir 2015; Orquin and Kurzban 2015; Proctor, Tweed et al. 2015; Puntscher, Hauser et al. 2015; Schellenberg and Bailis 2015; Tamir, Schwartz et al. 2015; Twenge, Sherman et al. 2015; Ye, Ng et al. 2015; Richards 2016)

Allan, B. (2015). **"Balance among character strengths and meaning in life."** *Journal of Happiness Studies* 16(5): 1247-1261. <http://dx.doi.org/10.1007/s10902-014-9557-9>

Several scholars have suggested that character strengths are interdependent and should be in balance for a meaningful and fulfilling life, but this hypothesis has not been tested. Therefore, the aim of this study was to assess if the degree of agreement between selected character strength pairs was positively related to meaning in life and if the level of difference between pairs was negatively associated with meaning in life. Using polynomial regression with response surface mapping, results indicated that honesty and kindness, love and social intelligence, and hope and gratitude had the strongest relations to meaning in life when both pairs were in agreement. When one character strength was higher than its pair, this predicted lower levels of meaning in life. The exception was bravery and fairness where the degree of discrepancy predicted meaning in life when bravery was higher than fairness. These results suggest that balance among character strengths is important for meaning in life.

Berlin, M. and N. Kaunitz (2015). **"Beyond income: The importance for life satisfaction of having access to a cash margin."** *Journal of Happiness Studies* 16(6): 1557-1573. <http://link.springer.com/article/10.1007/s10902-014-9575-7>

We study how life satisfaction among adult Swedes is influenced by having access to a cash margin, i.e. a moderate amount of money that could be acquired on short notice either through own savings, by loan from family or friends, or by other means. We find that cash margin is a strong and robust predictor of life satisfaction, also when controlling for individual fixed-effects and socio-economic conditions, including income. Since it shows not to matter whether cash margin comes from own savings or with help from family members, this measure captures something beyond wealth.

Bertram-Hümmer, V. and G. Baliki (2015). **"The role of visible wealth for deprivation."** *Social Indicators Research* 124(3): 765-783. <http://link.springer.com/article/10.1007/s11205-014-0824-2>

Motivated by the lack of literature linking actual to perceived relative deprivation, this paper assesses the role of visibility in goods and assets vis-à-vis income behind perceptions of relative deprivation. We rely on household survey data that include unique information on reported perceived deprivation with a pre-specified reference group, namely others in the same town or village. Based on a large number of asset and consumption items, we create an index of visible wealth by aggregating visible goods and assets using principal component weights. We show that relative deprivation in visible wealth has a significantly stronger effect than income in determining levels of perceived relative deprivation. The finding is robust under various sensitivity checks and for a number of controls. Our result sheds light on the importance of the visibility of the objects of comparison on an individual's assessment of the own relative economic situation and proposes that future research should not only rely on income-based deprivation measures.

Bilderbeck, A. C., I. A. Brazil, et al. (2015). **"Preliminary evidence that yoga practice progressively improves mood and decreases stress in a sample of uk prisoners."** *Evid Based Complement Alternat Med* 2015: 819183. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4534616/>

(Free full text available) Objectives. In the first randomized controlled trial of yoga on UK prisoners, we previously showed that yoga practice was associated with improved mental wellbeing and cognition. Here, we aimed to assess how class attendance, self-practice, and demographic factors were related to outcome amongst prisoners enrolled in the 10-week yoga intervention. Methods. The data of 55 participants (52 male, 3 female) who completed a 10-week yoga course were analysed. Changes in pre- and postyoga measures of affect, perceived stress, and psychological symptoms were entered into linear regression analyses with bias-corrected and accelerated bootstrap confidence intervals. Class attendance, self-practice, demographic variables, and baseline psychometric variables were included as regressors. Results. Participants who attended more yoga classes and those who engaged in frequent (5 times or more) self-practice reported significantly greater decreases in perceived stress. Decreases in negative affect were also significantly related to high frequency self-practice and greater class attendance at a near-significant level. Age was positively correlated with yoga class attendance, and higher levels of education were associated with greater decreases in negative affect. Conclusions. Our results suggest that there may be progressive beneficial effects of yoga within prison populations and point to subpopulations who may benefit the most from this practice.

Brunet, J., K. E. Gunnell, et al. (2015). **"An integrative analytical framework for understanding the effects of autonomous and controlled motivation."** *Personality and Individual Differences* 84: 2-15. <http://www.sciencedirect.com/science/article/pii/S0191886915001579>

(Available in free full text) Purpose To use polynomial regression analysis with response surface methodology to examine the extent to which autonomous motivation (AM) and controlled motivation (CM) as separate constructs, as well as how the degree of agreement/differentiation and the direction of differentiation among them, can predict outcomes in academic and health contexts. Methods Data from two studies with university students and one study with breast cancer survivors were used. Results In general, AM predicted positive academic and health outcomes, whereas CM positively predicted negative outcomes. Positive outcomes were generally higher whereas negative outcomes were generally lower when AM was greater than CM and when agreement between AM and CM increased. Conclusions Consideration of the degree of agreement and the direction of differentiation between AM and CM adds to the interpretation of the associations between motivation and outcomes in academic and health contexts that is not captured by simply examining AM or CM separately or using a combined AM-CM score.

Chopik, W. J., E. S. Kim, et al. (2015). **"Changes in optimism are associated with changes in health over time among older adults."** *Social Psychological and Personality Science* 6(7): 814-822. <http://spp.sagepub.com/content/6/7/814.abstract>

Little is known about how optimism differs by age and changes over time, particularly among older adults. Even less is known about how changes in optimism are related to changes in physical health. We examined age differences and longitudinal changes in optimism in 9,790 older adults over a 4-year period. We found an inverted U-shaped pattern between optimism and

age both cross-sectionally and longitudinally, such that optimism generally increased in older adults before decreasing. Increases in optimism over a 4-year period were associated with improvements in self-rated health and fewer chronic illnesses over the same time frame. The findings from the current study are consistent with changes in emotion regulation strategies employed by older adults and age-related changes in well-being.

Coffey, J. K., M. T. Warren, et al. (2015). **"Does infant happiness forecast adult life satisfaction? Examining subjective well-being in the first quarter century of life."** *Journal of Happiness Studies* 16(6): 1401-1421. <http://link.springer.com/article/10.1007/s10902-014-9556-x>

Few empirical studies have focused on young children's happiness (high positive affect and low negative affect) and specifically whether it is related to adult well-being. Adult well-being indices (e.g., life satisfaction, workplace hope, and optimism) may have developmental roots in early affect. In the 28-year Fullerton Longitudinal Study (N = 129) we examined positive affect and negative affect as independent constructs during infancy (parent report) and adolescence (self-report) to determine their relationship to global adult life satisfaction (self-report). In addition, we tested the generalizability of the effects of positive and negative affect in relation to domain-specific adult well-being constructs (i.e., workplace hope and optimism), which hold utility for concurrent and prospective well-being. Structural equation modeling revealed that positive affect during infancy and adolescence each uniquely predicted adult life satisfaction. In a separate model for a subsample of employed adults, infant positive affect showed significant positive associations with workplace hope and optimism. Neither infant nor adolescent negative affect predicted any adult well-being outcomes. Our results highlight the need for more developmental studies examining the relationship between children's positive and negative affect and long-term well-being.

Coulton, S., S. Clift, et al. (2015). **"Effectiveness and cost-effectiveness of community singing on mental health-related quality of life of older people: Randomised controlled trial."** *The British Journal of Psychiatry* 207(3): 250-255. <http://bjp.rcpsych.org/bjprcp/psych/207/3/250.full.pdf>

Background As the population ages, older people account for a greater proportion of the health and social care budget. Whereas some research has been conducted on the use of music therapy for specific clinical populations, little rigorous research has been conducted looking at the value of community singing on the mental health-related quality of life of older people. Aims To evaluate the effectiveness and cost-effectiveness of community group singing for a population of older people in England. Method A pilot pragmatic individual randomised controlled trial comparing group singing with usual activities in those aged 60 years or more. Results A total of 258 participants were recruited across five centres in East Kent. At 6 months post-randomisation, significant differences were observed in terms of mental health-related quality of life measured using the SF12 (mean difference = 2.35; 95% CI = 0.06-4.76) in favour of group singing. In addition, the intervention was found to be marginally more cost-effective than usual activities. At 3 months, significant differences were observed for the mental health components of quality of life (mean difference = 4.77; 2.53-7.01), anxiety (mean difference = -1.78; -2.5 to -1.06) and depression (mean difference = -1.52; -2.13 to -0.92). Conclusions Community group singing appears to have a significant effect on mental health-related quality of life, anxiety and depression, and it may be a useful intervention to maintain and enhance the mental health of older people.

Datu, J. A. D. and J. A. S. Reyes (2015). **"The dark side of possessing power: Power reduces happiness in a collectivist context."** *Social Indicators Research* 124(3): 981-991

Most recent conceptualizations emphasized the role of power in facilitating positive psychological outcomes (subjective well being) as it reduces sensitivity to social cues and increases authenticity among people in the Western contexts who would likely manifest an independent self-construal. Though, the self-construal theory posits that individuals in collectivist cultures would more likely endorse a view of self that prioritize sensitivity to contextual information through an interdependent self-construal. This implies that power may have a different impact on subjective well being in interdependent societies since authenticity was found to be a less important predictor of happiness in collectivist cultures. The aim of the study is to determine the predictive influence of power on SWB as mediated by authenticity. Results showed that power positively predicted authenticity. However, power negatively predicted SWB and authenticity mediated the link between power and SWB. Implications of the findings are discussed.

Emery, A. A., J. Toste, et al. (2015). **"The balance of intrinsic need satisfaction across contexts as a predictor of depressive symptoms in children and adolescents."** *Motivation and Emotion* 39(5): 753-765. <http://dx.doi.org/10.1007/s11031-015-9491-0>

The purpose of the present study was to test the applicability of self-determination theory (Deci and Ryan in *J Res Pers* 19:109-134. doi:10.1016/0092-6566(85)90023-6, 1985; *Can Psychol* 49:182-185. doi:10.1037/a0012801, 2008) across developmental periods by differentiating children and adolescents on the importance of individual needs (i.e., autonomy, competence, relatedness) and the role of balance across contexts (i.e., home, school, peers) in predicting depressive symptoms. Participants completed the Children's Intrinsic Need Satisfaction Scale (Koestner and Veronneau in *The Children's Intrinsic Needs Satisfaction Scale*. McGill University, Montreal, 2001) and the Children's Depression Inventory (Kovacs in *Children's depression inventory manual*. Multi-Health Systems, North Tonawanda, 1992). Results indicated that only the need for competence was significantly related to depressive symptoms in the child sample (n = 149) whereas, the satisfaction of autonomy and relatedness were significant predictors in the adolescent sample (n = 153). In both samples, need balance across contexts was a significant predictor over and above the level of satisfaction of each individual need. Implications for clinical practice and for theory will be presented.

Ford, B. Q., J. O. Dmitrieva, et al. (2015). **"Culture shapes whether the pursuit of happiness predicts higher or lower well-being."** *J Exp Psychol Gen*. <http://www.ncbi.nlm.nih.gov/pubmed/26347945>

Pursuing happiness can paradoxically impair well-being. Here, the authors propose the potential downsides to pursuing happiness may be specific to individualistic cultures. In collectivistic (vs. individualistic) cultures, pursuing happiness may be more successful because happiness is viewed-and thus pursued-in relatively socially engaged ways. In 4 geographical regions that vary in level of collectivism (United States, Germany, Russia, East Asia), we assessed participants' well-being, motivation to pursue happiness, and to what extent they pursued happiness in socially engaged ways. Motivation to pursue happiness predicted lower well-being in the United States, did not predict well-being in Germany, and predicted higher well-being in Russia and in East Asia. These cultural differences in the link between motivation to pursue happiness and well-being were explained by cultural differences in the socially engaged pursuit of happiness. These findings suggest that culture shapes whether the pursuit of happiness is linked with better or worse well-being, perhaps via how people pursue happiness. (PsychINFO Database Record

Galambos, N. L., S. Fang, et al. (2015). **"Up, not down: The age curve in happiness from early adulthood to midlife in two longitudinal studies."** *Dev Psychol* 51(11): 1664-1671. <http://www.ncbi.nlm.nih.gov/pubmed/26347986>

Happiness is an important indicator of well-being, and little is known about how it changes in the early adult years. We examined trajectories of happiness from early adulthood to midlife in 2 Canadian longitudinal samples: high school seniors followed from ages 18-43 and university seniors followed from ages 23-37. Happiness increased into the 30s in both samples, with a slight downturn by age 43 in the high school sample. The rise in happiness after high school and university remained after controlling for important baseline covariates (gender, parents' education, grades, self-esteem), time-varying covariates known to be associated with happiness (marital status, unemployment, self-rated physical health), and number of waves of participation. The upward trend in happiness runs counter to some previous cross-sectional research claiming a high point in happiness in the late teens, decreasing into midlife. As cross-sectional designs do not assess within-person change, longitudinal studies are necessary for drawing accurate conclusions about patterns of change in happiness across the life span.

Galla, B. M. and A. L. Duckworth (2015). **"More than resisting temptation: Beneficial habits mediate the relationship between self-control and positive life outcomes."** *J Pers Soc Psychol* 109(3): 508-525. <http://www.ncbi.nlm.nih.gov/pubmed/25643222>

Why does self-control predict such a wide array of positive life outcomes? Conventional wisdom holds that self-control is used to effortfully inhibit maladaptive impulses, yet this view conflicts with emerging evidence that self-control is associated with less inhibition in daily life. We propose that one of the reasons individuals with better self-control use less effortful inhibition, yet make better progress on their goals is that they rely on beneficial habits. Across 6 studies (total N = 2,274), we found support for this hypothesis. In Study 1, habits for eating healthy snacks, exercising, and getting consistent sleep mediated the effect of self-control on both increased automaticity and lower reported effortful inhibition in enacting those behaviors. In Studies 2 and 3, study habits mediated the effect of self-control on reduced motivational interference during a work-leisure conflict and on greater ability to study even under difficult circumstances. In Study 4, homework habits mediated the effect of self-control on classroom engagement and homework completion. Study 5 was a prospective longitudinal study of teenage youth who participated in a 5-day meditation retreat. Better self-control before the retreat predicted stronger meditation habits 3 months after the retreat, and habits mediated the effect of self-control on successfully accomplishing meditation practice goals. Finally, in Study 6, study habits mediated the effect of self-control on homework completion and 2 objectively measured long-term academic outcomes: grade point average and first-year college persistence. Collectively, these results suggest that beneficial habits—perhaps more so than effortful inhibition—are an important factor linking self-control with positive life outcomes.

Gielnik, M. M., M. Spitzmuller, et al. (2015). **"I put in effort, therefore I am passionate": Investigating the path from effort to passion in entrepreneurship."** *Academy of Management Journal* 58(4): 1012-1031. <http://amj.aom.org/content/58/4/1012.abstract>

Most theoretical frameworks in entrepreneurship emphasize that entrepreneurial passion drives entrepreneurial effort. We hypothesize that the reverse effect is also true, and investigate changes in passion as an outcome of effort. Based on theories of self-regulation and self-perception, we hypothesize that making new venture progress and free choice are two factors that help to explain why and under which conditions entrepreneurial effort affects entrepreneurial passion. We undertook two studies to investigate our hypotheses. First, we conducted a weekly field study with 54 entrepreneurs who reported entrepreneurial effort and passion over 8 weeks (341 observations). The results showed that entrepreneurial effort predicted changes in entrepreneurial passion. Second, we conducted an experiment (n = 136) to investigate the effect of effort on passion and the underlying psychological processes in a laboratory setting. The results revealed that new venture progress mediated the effect of entrepreneurial effort on passion, and that free choice moderated the mediated effect. Overall, our findings provide a new theoretical perspective on the relationship between entrepreneurial effort and passion.

Girme, Y. U., N. C. Overall, et al. (2015). **"Happily single: The link between relationship status and well-being depends on avoidance and approach social goals."** *Social Psychological and Personality Science*. <http://spp.sagepub.com/content/early/2015/08/07/1948550615599828.abstract>

(Available in free full text) Although prior research suggests that single people experience lower well-being than those involved in romantic relationships, the effect of relationship status is small. Moreover, relationships can be a source of hurt and conflict, which single people can avoid. The current research examined for whom being involved in a relationship versus being single enhances versus undermines well-being by testing whether social goals moderated the link between relationship status and (1) daily life satisfaction (Study 1, N = 187, undergraduate sample) and (2) life satisfaction/well-being across time (Study 2, N = 4,024, nationally representative sample). In both studies, single people high in avoidance goals who strive to prevent relationship conflict and disagreements were just as happy as people involved in a relationship. In addition, individuals high in approach goals who strive to enhance relationship closeness experienced greater life satisfaction/well-being but particularly when they were involved in a relationship (Study 2).

Gorwood, P., K. Demyttenare, et al. (2015). **"An increase in joy after two weeks is more specific of later antidepressant response than a decrease in sadness."** *Journal of Affective Disorders* 185: 97-103. <http://www.sciencedirect.com/science/article/pii/S0165032715003936>

AbstractBackground Early improvement in positive emotions—more than decreases in negative emotions—was highly predictive of treatment response in an ecologically valid prospective manner. This result needs replication with simpler assessments to determine whether it can be translated into clinical practice. Methods 2049 adult depressed outpatients receiving agomelatine were assessed at inclusion, week 2, and week 6 using the clinician-rated Quick Inventory of Depressive Symptomatology, Sheehan Disability Scale, Clinical Global Impression scale, and Multidimensional Assessment of Thymic States (MATHYS), an auto-questionnaire rating the frequency of emotions, including sadness and joy, over the previous week. Results Joy and sadness had a relatively low correlation coefficient at baseline ( $r = -0.277$ ), joy ( $r = -0.160$ ) being less correlated with clinical severity than sadness ( $r = 0.317$ ). An increase in joy at week 2 had higher specificity (85.04%) and positive predictive value (70.55%) for treatment response than decreased sadness (57.92% and 66.04%, respectively), and the global capacity of the former to predict remission, either clinical (Yule Q coefficient, 39.96%) or functional (44.35%), was even better compared to the prediction of clinical response (37.38%). Limitations MATHYS retrospectively assesses emotions, with five possible ratings only, relying on self-rated frequencies. With only a 6-week follow-up, conclusions are limited to short-term aspects of clinical and functional remission. Conclusions Early improvement in joy during the first 2 weeks of treatment is strongly specific for treatment response and remission. The frequency of joy captures the predictivity and may deserve further study regarding inclusion in depressive rating scales.

Hiemstra, D. and N. W. Van Yperen (2015). **"The effects of strength-based versus deficit-based self-regulated learning strategies on students' effort intentions."** *Motivation and Emotion* 39(5): 656-668. <http://dx.doi.org/10.1007/s11031-015-9488-8>

(Available in free full text) In two randomized experiments, one conducted online (n = 174) and one in the classroom (n = 267), we tested the effects of two types of self-regulated learning (SRL) strategies on students' intentions to put effort into

professional development activities: strength-based SRL strategies (i.e., identifying perceived relative strengths and, subsequently, selecting professional development activities to further improve those strengths) versus deficit-based SRL strategies (i.e., identifying perceived relative shortcomings and, subsequently, selecting professional development activities to improve those shortcomings). Across both studies, analysis of variance revealed that, relative to students who used deficit-based SRL strategies, students who used strength-based SRL strategies were higher in perceived competence, intrinsic motivation, and effort intentions. Moreover, the results of multi-mediator analysis and structural equation modeling supported the hypothesis that the effect of strength-based versus deficit-based SRL strategies on students' effort intentions was sequentially mediated by perceived competence and intrinsic motivation. Implications for the application of self-regulated learning strategies in the context of professional self-development are discussed.

Jetten, J., N. R. Branscombe, et al. (2015). **"Having a lot of a good thing: Multiple important group memberships as a source of self-esteem."** *PLoS One* 10(5): e0124609.

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0124609>

(Available in free full text) Membership in important social groups can promote a positive identity. We propose and test an identity resource model in which personal self-esteem is boosted by membership in additional important social groups. Belonging to multiple important group memberships predicts personal self-esteem in children (Study 1a), older adults (Study 1b), and former residents of a homeless shelter (Study 1c). Study 2 shows that the effects of multiple important group memberships on personal self-esteem are not reducible to number of interpersonal ties. Studies 3a and 3b provide longitudinal evidence that multiple important group memberships predict personal self-esteem over time. Studies 4 and 5 show that collective self-esteem mediates this effect, suggesting that membership in multiple important groups boosts personal self-esteem because people take pride in, and derive meaning from, important group memberships. Discussion focuses on when and why important group memberships act as a social resource that fuels personal self-esteem.

Kim, S., L. J. Boldt, et al. (2015). **"From parent-child mutuality to security to socialization outcomes: Developmental cascade toward positive adaptation in preadolescence."** *Attach Hum Dev* 17(5): 472-491.

<http://www.ncbi.nlm.nih.gov/pubmed/26258443>

A developmental cascade from positive early parent-child relationship to child security with the parent to adaptive socialization outcomes, proposed in attachment theory and often implicitly accepted but rarely formally tested, was examined in 100 mothers, fathers, and children followed from toddler age to preadolescence. Parent-child Mutually Responsive Orientation (MRO) was observed in lengthy interactions at 38, 52, 67, and 80 months; children reported their security with parents at age eight. Socialization outcomes (parent- and child-reported cooperation with parental monitoring and teacher-reported school competence) were assessed at age 10. Mediation was tested with PROCESS. The parent-child history of MRO significantly predicted both mother-child and father-child security. For mother-child dyads, security mediated links between history of MRO and cooperation with maternal monitoring and school competence, controlling for developmental continuity of the studied constructs. For father-child dyads, the mediation effect was not evident.

Lau, E., S.-H. Cheung, et al. (2015). **"Purpose-driven life: Life goals as a predictor of quality of life and psychological health."** *Journal of Happiness Studies* 16(5): 1163-1184. <http://dx.doi.org/10.1007/s10902-014-9552-1>

On the basis of self-determination theory, we predicted that the pursuit of material goals might negatively affect quality of life and psychological outcomes including sleep quality and mood states. We further hypothesized that the link between religious affiliation and these outcome variables could be explained, at least partially, by life goals. Longitudinal data collected from 700 Chinese adults demonstrated that for both Christians and non-believers, material goals had a detrimental effect on outcome variables measured 6 months later. More importantly, material goals partially mediated the effects of religious affiliation. That is, Christians were different from non-believers on the outcome variables partly because the former did not go after material goals. For these believers, moreover, the pursuit of religion-based goals brought psychological benefits. Not only can certain life goals explain why people with religious faiths have better psychological health and quality of life, they can also explain why not every religious person feels good and is content about their lives.

Muise, A., U. Schimmack, et al. (2015). **"Sexual frequency predicts greater well-being, but more is not always better."** *Social Psychological and Personality Science*. <http://spp.sagepub.com/content/early/2015/11/16/1948550615616462.abstract>

Is it true that engaging in more frequent sex is associated with greater well-being? The media emphasizes—and research supports—the claim that the more sex you have, the happier you will feel. Across three studies (N = 30,645), we demonstrate that the association between sexual frequency and well-being is best described by a curvilinear (as opposed to a linear) association where sex is no longer associated with well-being at a frequency of more than once a week. In Study 1, the association between sexual frequency and well-being is only significant for people in relationships. In Studies 2 and 3, which included only people in relationships, sexual frequency had a curvilinear association with relationship satisfaction, and relationship satisfaction mediated the association between sexual frequency and well-being. For people in relationships, sexual frequency is no longer significantly associated with well-being at a frequency greater than once a week. [Note helpful further discussion of this article at <http://www.cbsnews.com/news/does-more-sex-make-couples-happier/> and the fascinating finding in the article that the increase in well-being gained from engaging in sex once a week compared with less than once a month is larger than the increase in well-being gained from making US\$50–US\$75,000 per year making rather than only between US\$15–US\$25,000 per year].

Oishi, S. and S. Kesebir (2015). **"Income inequality explains why economic growth does not always translate to an increase in happiness."** *Psychological Science* 26(10): 1630-1638. <http://pss.sagepub.com/content/26/10/1630.abstract>

One of the most puzzling social science findings in the past half century is the Easterlin paradox: Economic growth within a country does not always translate into an increase in happiness. We provide evidence that this paradox can be partly explained by income inequality. In two different data sets covering 34 countries, economic growth was not associated with increases in happiness when it was accompanied by growing income inequality. Earlier instances of the Easterlin paradox (i.e., economic growth not being associated with increasing happiness) can thus be explained by the frequent concurrence of economic growth and growing income inequality. These findings suggest that a more even distribution of growth in national wealth may be a precondition for raising nationwide happiness.

Orquin, J. L. and R. Kurzban (2015). **"A meta-analysis of blood glucose effects on human decision making."** *Psychol Bull*. <http://psycnet.apa.org/?fa=main.doiLanding&doi=10.1037/bul0000035>

The academic and public interest in blood glucose and its relationship to decision making has been increasing over the last decade. To investigate and evaluate competing theories about this relationship, we conducted a psychometric meta-analysis on the effect of blood glucose on decision making. We identified 42 studies relating to 4 dimensions of decision making: willingness to pay, willingness to work, time discounting, and decision style. We did not find a uniform influence of blood glucose

on decision making. Instead, we found that low levels of blood glucose increase the willingness to pay and willingness to work when a situation is food related, but decrease willingness to pay and work in all other situations. Low levels of blood glucose increase the future discount rate for food; that is, decision makers become more impatient, and to a lesser extent increase the future discount rate for money. Low levels of blood glucose also increase the tendency to make more intuitive rather than deliberate decisions. However, this effect was only observed in situations unrelated to food. We conclude that blood glucose has domain-specific effects, influencing decision making differently depending on the relevance of the situation to acquiring food. (PsycINFO Database Record)

Proctor, C., R. Tweed, et al. (2015). **"The rogerian fully functioning person: A positive psychology perspective."** *Journal of Humanistic Psychology*. <http://jhp.sagepub.com/content/early/2015/09/25/0022167815605936.abstract>

Two studies examined the characteristics of the Rogerian fully functioning person from the positive psychology perspective. Based on the findings of extant research in support of the Rogerian metatheoretical model, indicators were selected to represent characteristics constituting the fully functioning person. Using confirmatory factor analysis, a single factor structure of the fully functioning person was assessed with young adults aged 16 to 19 years ( $\bar{x} = 16.86$ ). Participants of both studies completed measures of life satisfaction, positive thoughts and feelings, authenticity, organismic valuing, aspirations, basic psychological needs, anxiety, and strengths use. Participants of Study 2 also completed a measure of character strengths endorsement. Analyses revealed that variables consistent with the Rogerian fully functioning person loaded positively on a single "fully functioning person" factor. Overall, results suggest that the fully functioning person is high in life satisfaction, has increased positive thoughts and feelings and decreased negative thoughts and feelings, low anxiety, and moves toward intrinsic values rather than extrinsic values. The fully functioning person component was positively correlated with the character strengths of enthusiasm, bravery, honesty, leadership, and spirituality and negatively correlated with modesty and fairness. Results supplement research indicating strong links between positive psychology and the person-centered theory of Carl Rogers.

Puntscher, S., C. Hauser, et al. (2015). **"The impact of social capital on subjective well-being: A regional perspective."** *Journal of Happiness Studies* 16(5): 1231-1246. <http://dx.doi.org/10.1007/s10902-014-9555-y>

This study analyses the determinants of the most widely used indicators of subjective well-being (SWB), namely life satisfaction and happiness, within European regions. In particular, we assess to what extent these two measures are related to strictly economic factors or alternatively are driven by social and institutional settings. Our analyses extend the corresponding literature by (1) focusing on European regions instead of nations of the whole world and thus allowing for intra-national differences; (2) highlighting the impact of social capital considered in a broad manner covering general trust, institutional trust, associational activity and the close social ties; and (3) modelling possible spatial influences from the neighbouring regions by estimating a spatial error model. The results indicate that such spatial autocorrelations indeed exist and that the various social capital components are major impact factors alongside the conventional determinants health, religion and unemployment, but that income does not exhibit a statistically significant influence on the SWB of the European regions considered.

Richards, L. (2016). **"For whom money matters less: Social connectedness as a resilience resource in the uk."** *Social Indicators Research* 125(2): 509-535

(Available in free full text) The current literature shows that both absolute and relative income are important for happiness, but there is little work emphasising how the strength of the relationship is dependent on personal and social factors. I hypothesise that social connectedness influences the money-happiness relationship because the effect of money is in part felt through the acquisition of social status, whereas status (and associated psychological benefits such as self-worth) can alternatively be gained through social connectedness. In particular, it is theorised that 'weak ties' when co-existing with good quality informal ties have a separable and additional benefit to subjective well-being, and that it is the socially isolated who have the most to gain from doing well financially. Social connectedness is conceptualised as a 'resilience resource' which has a buffering effect on subjective well-being. Data from the British Household Panel Survey are used, first to establish a measurement schema of connectedness using latent class analysis, and secondly in a multilevel model of life satisfaction with observations from seven consecutive years nested within individuals. The results show that connectedness makes a larger difference to satisfaction in times of financial stress, and that the satisfaction of the socially isolated can 'catch up' to some degree with those with larger networks when things are going well financially. The findings also confirm that those for whom money makes the smallest contribution to happiness are those with both strong and weak ties. Weak ties have an additional benefit compared to having strong ties alone. In summary, connectedness has the power to narrow the well-being gap that exists between times of financial struggle and times of relative comfort. It suggests that the psychological benefits of social integration have the capacity to displace money as a source of status and self-worth, and similarly that the importance of money may be exaggerated where these psychological gains are not available through other domains of life.

Schellenberg, B. J. I. and D. S. Bailis (2015). **"Can passion be polyamorous? The impact of having multiple passions on subjective well-being and momentary emotions."** *Journal of Happiness Studies* 16(6): 1365-1381. <http://link.springer.com/article/10.1007/s10902-014-9564-x>

Having a harmonious passion (HP) can contribute to overall subjective well-being (Philippe et al. in *Appl Psychol Health Well Being* 1:3-22, 2009). We examined if people who had two passions in life reported even higher levels of well-being, and tested if these relationships depended on the extent to which the passions were harmonious or obsessive (OP). Undergraduates (N = 1,218) completed measures of HP and OP for their favorite and second favorite activities, along with assessments of well-being. In a follow-up study, a subsample of students (N = 62) who reported having an HP for one activity but an OP for another participated in an experiment in which we measured momentary emotions after priming either their HP, OP or a control activity. We found that students with at least one HP reported higher levels of well-being compared to those without an HP, and those with two HPs reported higher levels of well-being compared to those with only one HP, independent of the total time spent in passionate activities. In the follow-up study, participants' levels of momentary positive and negative affect depended on whether their HP or OP was primed. These results suggest that, rather than introducing conflict or dividing a fixed sum of activity-related potential, having two HPs creates novel opportunities for subjective well-being.

Tamir, M., S. H. Schwartz, et al. (2015). **"Desired emotions across cultures: A value-based account."** *J Pers Soc Psychol*. <http://www.ncbi.nlm.nih.gov/pubmed/26524003>

Values reflect how people want to experience the world; emotions reflect how people actually experience the world. Therefore, we propose that across cultures people desire emotions that are consistent with their values. Whereas prior research focused on the desirability of specific affective states or 1 or 2 target emotions, we offer a broader account of desired emotions. After reporting initial evidence for the potential causal effects of values on desired emotions in a preliminary study (N = 200), we tested the predictions of our proposed model in 8 samples (N = 2,328) from distinct world cultural regions. Across cultural samples, we found that people who endorsed values of self-transcendence (e.g., benevolence) wanted to feel more empathy and compassion, people who endorsed values of self-enhancement (e.g., power) wanted to feel more anger and pride, people

who endorsed values of openness to change (e.g., self-direction) wanted to feel more interest and excitement, and people who endorsed values of conservation (e.g., tradition) wanted to feel more calmness and less fear. These patterns were independent of differences in emotional experience. We discuss the implications of our value-based account of desired emotions for understanding emotion regulation, culture, and other individual differences. (PsycINFO Database Record

Twenge, J. M., R. A. Sherman, et al. (2015). **"More happiness for young people and less for mature adults: Time period differences in subjective well-being in the united states, 1972–2014."** *Social Psychological and Personality Science*. <http://spp.sagepub.com/content/early/2015/09/10/1948550615602933.abstract>

Are Americans happier, or less happy, than they used to be? The answer may depend on life stage. We examined indicators of subjective well-being (SWB) in four nationally representative samples of U.S. adolescents (aged 13–18 years, n = 1.27 million) and adults (aged 18–96 years, n = 54,172). Recent adolescents reported greater happiness and life satisfaction than their predecessors, and adults over age 30 were less happy in recent years. Among adults, the previously established positive correlation between age and happiness has dwindled, disappearing by the early 2010s. Mixed-effects analyses primarily demonstrated time period rather than generational effects. The effect of time period on SWB is about  $d = |.13|$  in most age groups, about the size of reported links between SWB and objective health, marital status, being a parent, and volunteering.

Ye, D., Y.-K. Ng, et al. (2015). **"Culture and happiness."** *Social Indicators Research* 123(2): 519-547. <http://dx.doi.org/10.1007/s11205-014-0747-y>

(Available in free full text) Culture is an important factor affecting happiness. This paper examines the predictive power of cultural factors on the cross-country differences in happiness and explores how different dimensions of cultural indices differ in their effects on happiness. Our empirical results show that the global leadership and organizational behavior effectiveness nine culture indices are all significantly related with happiness. Out of these nine indices, power distance (PDI) and gender egalitarianism (GEI) play the most important and stable role in determining subjective well-being (SWB). We further examine the relative importance of the various variables in contributing to the R-squared of the regression. The results show that PDI is the most important, accounting for 50 % of the contributions to R-squared of all variables, or equalling the combined contributions of income, population density and four other traditional variables. The contribution of GEI is 37.1 %, also well surpassing other variables. Our results remain robust even taking account of the different data for culture and SWB.