

Curriculum Vitae

May 2017

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
- 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

2017	Cattell Sabbatical Award, Association for Psychological Science
2016	Research and Study Leave, Department of Psychology and Neuroscience
2015	Identified as among "The 12 Most Influential Psychologists of Today" by <i>Psicologia y Mente</i> (<i>Psychology and Mind</i>)
2015	Best Professor Prize, awarded by the students of the Executive Master in Positive Leadership & Strategy, IE Business School in Madrid, Spain
2015	Bestowed honorary membership in the Chilean Society for Positive Psychology "for world-renown contributions to the field"
2014	Identified as the 13 th most influential psychologist alive today contributing to counseling psychology, by Best Counseling Degrees
2013	Christopher Peterson Gold Medal, inaugural award International Positive Psychology Association "for distinguished and extraordinary service to the Association and the field of Positive Psychology"
2013	Greater Good Science Center, <i>Love 2.0</i> 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)
- 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)

Under review	PI on NIH National Cancer Institute R01 Grant. Project title: "Affective Mechanisms of Sustained Physical Activity for Cancer Prevention."
2017 to 2020*	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)

Grants, continued

- 2012 to 2017* 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)

Grants, continued

- 1994 to 1995 PI on Arts & Sciences Research Council Grant, Duke University. Project title: "The Role of Physical Sensations in the Memory for Emotion." (\$2,500)
- 1993 to 1994 PI on Arts & Sciences Research Council Grant, Duke University. Project title: "Psychophysiological Functions of Smiles." (\$2,000)
- 1993 to 1994 Co-PI on Project on Gender/Body/Self, Meyerhoff Foundation (\$47,000)
- 1992 to 1993 PI on University Research Council Grant, Duke University. Project title: "Synchrony Among Response Systems in Emotion." (\$3,000)
- 1989 to 1990 Dissertation Research Grant, Stanford University (\$1,000)

Publications

Overall citations = **53,964** and h-index = **72**, per Google Scholar on May 8, 2017.

*indicates student/trainee co-author.

Peer-Reviewed Articles:**2017 and in press:**

104. **Fredrickson, B. L.**, Boulton, A. J., Firestone, A. M., Van Cappellen, P., Algoe, S. B., Brantley, M. M., Kim, S.L., Brantley, J., & Salzberg, S. (in press). Positive emotion correlates of meditation practice: A comparison of mindfulness meditation and loving-kindness meditation. *Mindfulness*.
103. **Fredrickson, B. L.** & Joiner, T. (in press). Reflections on positive emotions and upward spirals. *Perspectives on Psychological Science*.
102. **Fredrickson, B. L.** & Kok, B. E.* (in press). Evidence for the upward spiral stands steady: A response to Nickerson. *Psychological Science*.
101. Van Cappellen, P., Rice, E. L.,* Catalino, L. I.,* & **Fredrickson, B. L.** & (in press). Positive affective processes underlying positive health behavior change. *Psychology and Health*.
100. Isgett, S. F.,* Kok, B. E.,* Baczkowski, B., Algoe, S. B., Grewen, K. M. & **Fredrickson, B. L.** (2017). Influences of oxytocin and respiratory sinus arrhythmia on social behavior and emotions in daily life. *Emotion*. Advance online publication. <http://dx.doi.org/10.1037/emo0000301>
99. Kiken, L. G.* Lundberg, K.* & **Fredrickson, B. L.** (2017). Being present and enjoying it: Dispositional mindfulness and savoring the moment are distinct, interactive predictors of positive emotions and psychological health. *Mindfulness*. Advance online publication. doi:10.1007/s12671-017-0704-3
98. Rice, E. L.* & **Fredrickson, B. L.** (2017). Do positive spontaneous thoughts function as incentive salience? *Emotion*. Advance online publication. <http://dx.doi.org/10.1037/emo0000284>

97. Rice, E. L.* & **Fredrickson, B. L.** (2017). 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.**, Saroglou, V., & Corneille, O. (2017). Religiosity and the motivation for social affiliation. *Personality and Individual Differences*, *113*, 24-31. doi:10.1016/j.paid.2017.02.065.

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

2016:

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

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

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

2015:

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

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

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

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

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

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

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

2014:

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

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

2013:

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

81. **Fredrickson, B. L.** (2013a). Positive emotions broaden and build. *Advances in Experimental Social Psychology*, *47*, 1-53.

80. **Fredrickson, B. L.** (2013b). Updated thinking on the positivity ratio. *American Psychologist*, *68*, 814-822.

79. **Fredrickson, B. L.**, Grewen, K. M., Coffey, K. A., Algoe, S. B., Firestone, A. M., Arevalo, J. M. G., Ma, J., & Cole, S. W. (2013). A functional genomic perspective on human well-being. *PNAS: Proceedings of the National Academy of Sciences of the United States of America*, *110*, 13684-13689.

78. Kok, B. E.,* Coffey, K. A., Cohn, M. A., Catalino, L. I.,* Vacharkulksemsuk, T.,* Algoe, S. B., Brantley, M. & **Fredrickson, B. L.** (2013). How positive emotions build physical health: Perceived positive social connections account for the upward spiral between positive emotions and vagal tone. *Psychological Science*, *24*, 1123-1132.

77. Kok, B. E.,* Waugh, C. E., & **Fredrickson, B. L.** (2013). Meditation and health: The search for mechanisms of action. *Social and Personality Psychology Compass*, *7*, 27-39.

76. Lee, Y.,* Lin, Y.-C., Huang, C.-L., & **Fredrickson, B. L.** (2013). The construct and measurement of peace of mind. *Journal of Happiness Studies*, *14*, 571-590.

75. Pecina, M., Azhar, H., Love, T. M., Lu, T., **Fredrickson, B. L.**, Stohler, C. S., Zubieta, J. (2013). Personality trait predictors of placebo analgesia and neurobiological correlates. *Neuropsychopharmacology*, *38*, 639-646.

74. Van Cappellen, P.,* Saroglou, V., Iweins, C., Piovesana, M., & **Fredrickson, B. L.** (2013). Self-transcendent positive emotions increase spirituality through basic world assumptions. *Cognition and Emotion*, *27*, 1378-1394.

2012:

73. Gross, M. M., Crane, E. A., & **Fredrickson, B. L.** (2012). Effort-shape and kinematic assessment of bodily expression of emotion during gait. *Human Movement Science, 31*, 202-212.
72. Johnson, S. L., Murrey, G., **Fredrickson, B. L.**, Youngstrom, E., Hinshaw, S., Bass, J. M., Deckersback, T. Schooler, J., & Salloum, I. (2012). Creativity and bipolar disorder: Touched by fire or burning with questions? *Clinical Psychology Review, 32*, 1-12.
71. Vacharkulksemsuk, T.* & **Fredrickson, B. L.** (2012). Strangers in sync: Achieving embodied rapport through shared movements. *Journal of Experimental Social Psychology, 48*, 399-402.

2011:

70. Algoe, S. B., & **Fredrickson, B. L.** (2011). Emotional fitness and the movement of affective science from lab to field. *American Psychologist, 66*, 35-42.
69. Catalino, L. I.,* & **Fredrickson, B. L.** (2011). A Tuesday in the life of a flourisher: The role of positive emotional reactivity in optimal mental health. *Emotion, 11*, 938-950.
68. Garland, E. L.,* Gaylord, S. A., & **Fredrickson, B. L.** (2011). Positive appraisal mediates the stress-reductive effects of mindfulness: An upward spiral process. *Mindfulness, 2*, 59-67.
67. Johnson, D. P.,* Penn, D. L., **Fredrickson, B. L.**, Kring, A. M., Meyer, P. S., Catalino, L. I.,* & Brantley, M. (2011). A pilot study of loving-kindness meditation for the negative symptoms of schizophrenia. *Schizophrenia Research, 129*, 137-140.
66. Power, C. A.,* Cole, E. R., **Fredrickson, B. L.** (2011). Poor women and the expression of shame and anger: The price of breaking social class feeling rules. *Feminism and Psychology, 21*, 179-197.

2010:

65. Coffey, K. A.,* Hartman, M., & **Fredrickson, B. L.** (2010). Deconstructing mindfulness and constructing mental health: Understanding mindfulness and its mechanisms of action. *Mindfulness*. DOI 10.1007/s12671-010-0033-2
64. Cohn, M. A.* & **Fredrickson, B. L.** (2010). In search of durable positive psychology interventions: Predictors and consequences of long-term positive behavior change. *Journal of Positive Psychology, 5*, 355-366.
63. Garland, E. L.,* **Fredrickson, B. L.**, Kring, A. M., Johnson, D. P.,* Meyer, P. S., & Penn, D. L. (2010). Upward spirals of positive emotions counter downward spirals of negativity: Insights from the broaden-and-build theory and affective neuroscience on the treatment of emotion dysfunctions and deficits psychopathology. *Clinical Psychology Review, 30*, 849-864.
62. Gross, M. M., Crane, E. A.,* & **Fredrickson, B. L.** (2010). Methodology for assessing bodily expression of emotion. *Journal of Nonverbal Behavior, 34*, 223-248.

61. Hayward, M. L. A., Forster, W. R., Sarasvathy, S. D., & **Fredrickson, B. L.** (2010). Beyond hubris: How highly confident entrepreneurs rebound to venture again. *Journal of Business Venturing*, *25*, 569-578.

60. Johnson, K. J.,* Waugh, C. E.,* & **Fredrickson, B. L.** (2010). Smile to see the forest: Facially expressed positive emotions broaden cognition. *Cognition and Emotion*, *24*, 299-321.

59. Kok, B. E.* & **Fredrickson, B. L.** (2010). Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts positive emotions and social connectedness. *Biological Psychology*, *85*, 432-436. DOI 10.1016/j.biopsycho.2010.09.005

58. Tong, E. M. W.,* **Fredrickson, B. L.**, Chang, W. C., & Lim, Z. X. (2010). Re-examining hope: The roles of agency thinking and pathways thinking. *Cognition and Emotion*, *24*, 1207-1215.

2009:

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

56. Cohn, M. A.,* **Fredrickson, B. L.**, Brown, S. L., Mikels, J. A.* & Conway, A. M.* (2009). Happiness unpacked: Positive emotions increase life satisfaction by building resilience. *Emotion*, *9*, 361-368.

55. Dunsmore, J. C.,* Bradburn, I. S., Costanzo, P. R., & **Fredrickson, B. L.** (2009). Mother's expressive style and emotional responses to children's behavior predict children's prosocial and achievement-related self-ratings. *International Journal of Behavioral Development*, *33*, 253-264.

54. Johnson, D. P.,* Penn, D. L., **Fredrickson, B. L.**, Meyer, P. S., Kring, A. M., & Brantley, M. (2009). Loving-kindness meditation to enhance the recovery from negative symptoms of schizophrenia. *Journal of Clinical Psychology – In Session*, *65*, 499-509.

53. Wager, T. D.,* Waugh, C. E.,* Lindquist, M., Noll, D. C., **Fredrickson, B. L.**, & Taylor, S. F. (2009). Brain mediators of cardiovascular responses to social threat, Part I: Reciprocal dorsal and ventral sub-regions of the medial prefrontal cortex and heart-rate reactivity. *Neuroimage*, *47*, 821-835.

2008:

52. Burns, A. B., Brown, J. S., Sachs-Ericsson, N., Plant, E. A., Curtis, J. T., **Fredrickson, B. L.**, & Joiner, T. E., Jr. (2008). Upward spirals of positive emotion and coping: Replication, extension, and initial exploration of neurochemical substrates. *Personality and Individual Differences*, *44*, 360-370.

51. **Fredrickson, B. L.**, Cohn, M. A.,* Coffey, K. A.,* Pek, J.,* & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, *95*, 1045-1062.

50. Mikels, J. A.,* Reuter-Lorenz, P. A., Beyer, J. A.,* & **Fredrickson, B. L.** (2008). Emotion and working memory: Evidence for domain-specific processes for affective maintenance. *Emotion, 8*, 256-266.

49. Waugh, C. E.,* **Fredrickson, B. L.**, Taylor, S. F. (2008). Adapting to life's slings and arrows: Individual differences in resilience when recovering from an anticipated threat. *Journal of Research in Personality, 42*, 1031-1046.

48. Waugh, C. E.,* Wager, T. D.,* **Fredrickson, B. L.**, Noll, D. C., Taylor, S. F. (2008). The neural correlates of trait resilience when anticipating and recovering from threat. *Social Cognitive and Affective Neuroscience, 3*, 322-332

2007:

47. Hines, S. H.,* Sampsel, C. M., Ronis, D. L., Yeo, S. **Fredrickson, B. L.**, Boyd, C. J. (2007). Women's self-care agency to manage urinary incontinence: The impact of nursing agency and body experience. *Advances in Nursing Science, 30*, 175-188.

46. Tugade, M. M.* & **Fredrickson, B. L.** (2007). Regulation of positive emotions: Emotion regulation strategies that promote resilience. *Journal of Happiness Studies, 8*, 311-333.

45. Wirth, M. M.,* Meier, E. A.,* **Fredrickson, B. L.** & Schultheiss, O. C. (2007). Relationship between salivary cortisol and progesterone levels in humans. *Biological Psychology, 74*, 104-107.

2006:

44. Cohn, M. A.* & **Fredrickson, B. L.** (2006). Beyond the moment, beyond the self: Shared ground between selective investment theory and the broaden-and-build theory of positive emotion. *Psychological Inquiry, 39*-44.

43. Harrell, Z. A. T.,* **Fredrickson, B. L.**, Pomerleau, C. S., & Nolen-Hoeksema, S. (2006). Trait self-objectification, smoking, and mental health: An examination of college women. *Sex Roles, 54*, 735-743.

42. Otake, K., Shimai, S., Tanaka-Matsumi, J., Otsui, K, & **Fredrickson, B. L.** (2006). Happy people become happier through kindness: A counting kindnesses intervention. *Journal of Happiness Studies, 7*, 361-375.

41. Quinn, D. M.,* Kallen, R. W.,* Twenge, J. M.,* & **Fredrickson, B. L.** (2006). The disruptive effect of self-objectification on performance. *Psychology of Women Quarterly, 30*, 59-64.

40. Waugh, C. E.* & **Fredrickson, B. L.** (2006). Nice to know you: Positive emotions, self-other overlap, and complex understanding in the formation of new relationships. *Journal of Positive Psychology, 1*, 93-106.

2005:

39. **Fredrickson, B. L.** & Branigan, C.* (2005). Positive emotions broaden the scope of attention and thought-action repertoires. *Cognition and Emotion, 19*, 313-332.

38. **Fredrickson, B. L.** & Harrison, K. (2005). Throwing like a girl: The effects of self-objectification on adolescent girls' motor performance. *Journal of Sport and Social Issues*, 29, 79-101.
37. **Fredrickson, B. L.**, & Losada, M. (2005). Positive emotions and the complex dynamics of human flourishing. *American Psychologist*, 60, 678-686.
- [Translated into Danish: "Positiv affect og den komplekse dynamik menneskelig trivsel" and reprinted in J. Lyhne & H. H. Knoop (Eds.) *Positiv Psykologi, Positiv Paedagogik*, (2008) Dansk Psykologisk Forlag (pp. 111-127).
- [Corrected in 2013: "Correction to Fredrickson and Losada (2005)" *American Psychologist*, 68, 822.
36. Johnson, K. J.* & **Fredrickson, B. L.** (2005). "We all look the same to me:" Positive emotions eliminate the own-race bias in face recognition. *Psychological Science*, 16, 875-881.
35. Keller, M. C.,* **Fredrickson, B. L.**, Ybarra, O., Cote, S.,* Johnson, K. J.,* Mikels, J.,* Conway, A.* & Wager, T* (2005). A warm heart and a clear head: The contingent effects of weather on mood and cognition. *Psychological Science*, 16, 724-731.
34. Mikels, J. A.,* **Fredrickson, B. L.**, Larkin, G. R.,* Lindberg, C. M.,* Maglio, S. J.,* & Reuter-Lorenz, P. A. (2005). Emotional category data on images from the International Affective Picture System. *Behavior Research Methods*, 37, 626-630.

2004:

33. **Fredrickson, B. L.** (2004). The broaden-and-build theory of positive emotions. *Philosophical Transactions: Biological Sciences (The Royal Society of London)* 359, 1367-1377.
32. Tugade, M. M.* & **Fredrickson, B. L.** (2004). Resilient individuals use positive emotions to bounce back from negative emotional experiences. *Journal of Personality and Social Psychology*, 86, 320-333.
31. Tugade, M. M.,* **Fredrickson, B. L.**, & Feldman Barrett, L. (2004). Psychological resilience and positive emotional granularity: Examining the benefits of positive emotions on coping and health. *Journal of Personality*, 72, 1161-1190.

[Reprinted (in press) in C. L. Cooper & I. T. Robertson (Eds.) *Management and Happiness*. Cheltenham, United Kingdom: Edward Elgar Publishing.]

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Adair, K. C.,* **Fredrickson, B. L.**, Boulton, A. J. & Payne, B. K. (2017). *Implicitly mindful? Evidence of present-moment attention and non-judgment in an automatic attitudes task.*

Brown, S. L., Ho, S., **Fredrickson, B. L.**, Brown, R. M., Smith, D., Seng, J., Schultheiss, O., Carter, S., Liberzon, I., Lopez, W., Cameron, H., Reinhard, D., Munro, M., Korkaya, H., Konrath, S., & Swain, J. (2017). *Helping a familiar partner changes neural, hormonal, and immunological response to stress.*

Castro-Schilo, L., **Fredrickson, B. L.**, & Mungas, D. (2017). *Association of positive affect with cognitive health and decline for elder Mexican Americans.*

Catalino, L. I.,* Waugh, C. E., Moskowitz, J. T. & **Fredrickson, B. L.** (2017). *Validating evidence that prioritizing positivity predicts motivation to experience pleasant events.*

Chen, K.-H.,* Brown, C. L.,* Rothwell, E. S.,* **Fredrickson, B. L.**, & Levenson, R. W. (2017). *Happy hearts beat as one: Moments of shared positive emotion are associated with greater physiological synchrony.*

Isgett, S. F.,* Boulton, A. J., Cole, S. W., & **Fredrickson, B. L.** (2017). *Day-to-day positive emotions, mediated by eudaimonic well-being, predict leukocyte gene expression.*

Lindquist, K. A., Kennedy, L. A.,* Kok, B. E.,* & **Fredrickson, B. L.** (2017). *You say potato, I say emotion: The effects of categorization on emotional experience.*

Major, B.,* Lundberg, K.,* & **Fredrickson, B. L.** (2017a). *Episode-level positivity resonance predicts wellbeing and changes in wellbeing.*

Major, B.,* Lundberg, K.,* & **Fredrickson, B. L.** (2017b). *Positivity resonance: The effects of positive social engagement on health and well-being.*

Rice, E. L.* & **Fredrickson, B. L.** (2017). *Always on my mind: Automatic thoughts shape the development of passions.*

Rice, E. L.,* Tepper, S.,* Adair, K. C.,* & **Fredrickson, B. L.** (2017). *Positive spontaneous thoughts mediate the relationship between affect during physical activity and subsequent behavior: Evidence for the upward spiral theory of lifestyle change.*

Keynotes, Plenary Addresses, and Workshops

Third Polish Conference on Positive Psychology, Warsaw, Poland, June 2018
 European Conference on Positive Psychology, Budapest, Hungary, June 2018
 German Language Positive Psychology Conference, Graz, Austria, June 2018
 Exec Master in Positive Leadership & Strategy, IE Business School, Madrid, April 2018
 Safety and Quality Conference, Duke Patient Safety Center, Durham NC, March 2018
 Ruth Pauley Lecture, Sandhills Community College, October 2017
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty Member, September 2017
 IPPA World Congress in Positive Psychology, Montréal, July 2017

Fourth Global Forum for Business as an Agent of World Benefit, Cleveland, June 2017
 Embodied Positive Psychology Summit, Stockbridge MA, May 2017
 Exec Master in Positive Leadership & Strategy, IE Business School, Madrid, April 2017
 Sydney Symposium of Social Psychology 2017, Sydney, March 2017
 New York Certificate Program in Applied Positive Psychology, February 2017
 College of Executive Coaching, Arroyo Grande, CA, February 2017
 NIH Behavioral and Social Sciences Research Festival, December 2016
 Deerfield Academy, Deerfield, MA, October 2016
 Abbot Downing Family Forum, September 2016
 New York Certificate Program in Applied Positive Psychology, August 2016
 German Language Positive Psychology Conference, Hamburg, Germany, July 2016
 European Conference on Positive Psychology, Angers, France, June 2016
 Canadian Conference on Positive Psychology, Niagara-on-the-Lake, Ontario, June 2016
 Stanford Health Promotion Network Summit, Stanford University, May 2016
 Embodied Positive Psychology Summit, Stockbridge, MA, April 2016
 Helen Coast Hayes Endowed Lecturer, West Virginia University, April 2016
 Exec Master in Positive Leadership & Strategy, IE Business School, Madrid, April 2016
 Positran Clinical Practitioner Workshop, Paris, France, March 2016
 Positran Public Lecture, Paris, France, March 2016
 Association of Positive Emotion Laboratories Preconference to the annual meeting of the
 Society for Affective Science, Chicago, Illinois, March 2016
 Executive Leadership in Academic Medicine, Durham, North Carolina, January 2016
 Target Corporation, Minneapolis, Minnesota, December 2015
 Alan E. Kazdin Endowed Lecture, San Jose State University, November 2015
 GE Power & Water, Asheville, North Carolina, October 2015
 Washington & Lee University, Lexington, Virginia, September 2015
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty
 Member, September 2015
 Association for Contextual Behavioral Science, Berlin, July 2015
 World Appreciative Inquiry Conference, Johannesburg, South Africa, July 2015
 IPPA World Congress of 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
 Exec Master in Positive Leadership & Strategy, IE Business School, Madrid, April 2015
 Art and Science of Health Promotion Conference, San Diego, April 2015
 Interpersonal Neurobiology Conference, Los Angeles, California March 2015
 Emotions Pre-Conference to SPSP, Long Beach, California, February 2015
 Center for Creative Leadership, Greensboro, North Carolina, December 2014
 Eve Marie Carson Lecture, University of North Carolina at Chapel Hill, October 2014
 John A. Tate Endowed Lecture, UNC-CH Clinical Lecture Series, September 2014
 Messé Memorial Lecture, Michigan State University, East Lansing, MI, September 2014
 Christopher Peterson Memorial Lecture, University of Michigan, September 2014
 University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty
 Member, September 2014
 European Conference on Positive Psychology, Amsterdam, July 2014
 German-Austrian Positive Psychology Conference, Graz, Austria, June 2014

Compassion Conference, The Art & Science of Mindfulness, Washington DC, May 2014
Salon Conversation Hour, Society for Affective Science, Washington DC, April 2014
Exec Master in Positive Leadership and Strategy, IE Business School, Madrid, April 2014
Congress of Clinical Psychology, Psychotherapy and Counseling, Berlin, March 2014
Psychotherapy Networker Annual Meeting, Washington DC, March 2014
Society for Personality and Social Psychology, Austin, Texas, February 2014
Happiness and Well-being Pre-Conference to SPSP, Austin, Texas, February 2014
Netherlands National Conference on Positive Psychology, Amsterdam, November 2013
Antwerp Book Fair, Antwerp, Belgium, November 2013
Center for Creative Leadership, Brussels, Belgium, November 2013
Ross School of Business, University of Michigan, October 2013
TEDxLowerEastSide, New York City, October 2013
Meng-Wu Lecture, Center for Compassion and Altruism Research and Education
(CCARE), School of Medicine, Stanford University, October 2013
HopeLab, Redwood City, CA, October 2013
MentorCoach, Master Class, September-November 2013
Coaching in Leadership and Healthcare, Boston, MA, September 2013
University of Pennsylvania, Masters in Applied Positive Psychology, Visiting Faculty
Member, September 2013
IPPA World Congress of 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
Exec Master in Positive Leadership & Strategy, IE Business School, 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
International Positive Psychology Association, 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
International Positive Psychology Association, 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
Positive Psychology European Conference, 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

Université du Québec à Montréal, Montréal, Canada, September 2017
University of Tromsø, Tromsø, Norway, September 2016
Complutense University of Madrid, Madrid, Spain, April 2016
University of Paris Ouest Nanterre, Paris, France, March 2016
University of Lisbon, Lisbon, Portugal, April 2015
Yale University, Dennis Cherlin Colloquium, Department of Psychology, February 2015
Columbia University, Department of Psychology, October 2014
University of California, Berkeley, Department of Psychology, October 2013
Wake Forest University, Department of Psychology, September 2012
The University of Auckland, New Zealand, Department of Psychology, March 2011
UNC-Chapel Hill, University Managers Association, May 2011
UNC-Chapel Hill, Appreciative Inquiry Workshop, May 2010
UNC-Chapel Hill, School of Social Work, Clinical Lecture Series, November 2009
UNC-Chapel Hill, Kenan-Flagler School of Business, May 2009
Duke University, Social Psychology, April 2009
St. Luke's Roosevelt Hospital, Cardiology Fellows, New York March 2009
The Rubin Museum, New York, March 2009
Stanford University, Department of Psychology, May 2008
University of California, Berkeley, Change, Plasticity & Development Group, May 2008
University of California, San Francisco, Integrative Medicine, May 2008
Cornell University, Department of Psychology, April 2008
Geelong Grammar School, Australia, March 2008

University of North Carolina at Chapel Hill, Integrative Medicine, June 2007
 University of Michigan, Michigan Integrative Medicine, April 2007
 University of North Carolina at Chapel Hill, Campus Health Services, April 2006
 Washington University, Department of Psychology, April 2006
 Pittsburgh Mind-Body Center, February 2006
 University of Toronto, Department of Psychology, March 2005
 University of North Carolina at Chapel Hill, Department of Psychology, March 2005
 University of Chicago, Graduate School of Business, February 2005
 Duke University, Department of Psychology, December 2004
 University of Pennsylvania, Department of Psychology, April 2004
 Michigan State University, Department of Psychology, March 2004
 Carleton College, Department of Psychology, October 2003
 University of Michigan Business School, September 2003
 The Ohio State University, Department of Psychology, April 2003
 The Gallup Organization, Lincoln Nebraska, June 2002
 Arizona State University, Department of Psychology, April 2001
 University of Arizona, Department of Psychology, November 1999
 University of Michigan, Family Care Resources Department, October 1999
 University of Pennsylvania, Department of Psychology, October 1999
 Bowling Green State University, Department of Psychology, April 1999
 College of William and Mary, Department of Psychology, February 1999
 University of California, Berkeley, Department of Psychology, April 1997
 University of Delaware, Department of Psychology, October 1996
 University of North Carolina at Chapel Hill, Department of Psychology, June 1995
 Duke University Medical Center, Geriatric Grand Rounds, February 1995
 Colorado College, Department of Psychology, April 1994
 University of North Carolina at Chapel Hill, Department of Psychology, March 1993
 Carleton College, Department of Psychology, October 1990

Conference Presentations (selected from last 5 years)

Brown, C. 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 5gh 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 5gh 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 5gh 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.

Chen, K.-H., Brown, C. L., Rothwell, E. S., Fredrickson, B. L., & Levenson, R. W. (2017). *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.

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.

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.

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.

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

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

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

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

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

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

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

Van Cappellen, P., Way, B., Isgett, S., & Fredrickson, B. L. (2016, January). *The biology of spirituality: Effects of oxytocin administration and genotype*. Paper presented as part of the symposium "Beyond the sniff: Implications of the oxytocin system for inter- and intra-individual processes," P. Van Cappellen, Chair, at the annual meeting for the Society for Personality and Social Psychology, San Diego, CA, USA.

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

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

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

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

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

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

Major, B.C., Lundberg, K.B., Fredrickson, B.L. (2015, June). *Cultivating Positivity Resonance in Social Interactions: The Effects of Positive Social Engagement on Health and Wellbeing*. Paper presented in Symposium entitled, "Leading-edge Methods, Measures, and

Findings in Positive Psychology Research,” K. C. Adair & E. L. Rice, Co-chairs, Fourth World Congress of the International Positive Psychology Association, Orlando, FL.

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

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

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

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

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

Van Cappellen, P., & Fredrickson, B. L. (2015, April). *Spiritual and religious practices elicit positive emotions that build well-being, prosociality, and continued practice*. Paper presented at the 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.

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

Avishai-Yitshak, A., Adair, K. C. & Fredrickson, B. L. (2014, April). *Mindfulness and time perception*. Poster presented at the annual University of North Carolina at Chapel Hill Celebration of Undergraduate Research Day, Chapel Hill, NC.

Adair, K. C. & Fredrickson, B. L. (2014, April). *Mindfulness and Automatic Affective Reactivity*. Flash talk presented at the Inaugural Positive Emotions Pre-Conference to Inaugural meeting of the Society of Affective Science, Washington, DC.

Kiken, L. & Fredrickson, B. L. (2014, April). *Is savoring the moment enough? The benefits of savoring may depend on trait mindfulness?* Flash talk presented at the Inaugural Positive Emotions Pre-Conference to Inaugural meeting of the Society of Affective Science, Washington, DC.

Van Cappellen, P. & Fredrickson, B. L. (2014, April). *Pride: Seventh sin or religious booster?* Data blitz talk presented at the Inaugural Positive Emotions Pre-Conference to Inaugural meeting of the Society of Affective Science, Washington, DC.

Adair, K. C. & Fredrickson, B. L. (2014, February). *Is mindfulness a non-judgmental stance?* Poster accepted for the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.

Fredrickson, B. L. (2014, February). *Remaking love*. Invited address for Special Session on "Psychology in Action" at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.

Fredrickson, B. L. (2014, February). *Well-being and the genome*. Invited address for the Happiness Pre-Conference to the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.

Van Cappellen, P., Saroglou, V., & Fredrickson, B. L. (2014, February). *Self-transcendent positive emotions increase spirituality*. Paper presented at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.

Fredrickson, B. L. (2013, June). *Flourishing and the genome*. Invited Master Lecture at the Scientific Pre-Conference to the 3rd World Congress meeting of the International Positive Psychology Association, Los Angeles, CA.

Fredrickson, B. L. (2013, May). *The upward spiral theory of lifestyle change*. In Rebecca A. Ferrer and Lisbeth Nielsen (Co-Chairs) Understanding and promoting emotional well-being. Symposium talk delivered at the 25th annual convention of the Association for Psychological Science, Washington, DC.

Fredrickson, B. L. (2013, May). *New Frontiers in the Science of Positive Emotions: Brain, Body, and Social Relationships*. Chair of Invited Symposium delivered at the 25th annual convention of the Association for Psychological Science, Washington, DC.

Fredrickson, B. L. (2013, May). *Well-being and the human genome*. In B. L. Fredrickson (Chair) New Frontiers in the Science of Positive Emotions: Brain, Body, and Social Relationships. Invited Symposium talk delivered at the 25th annual convention of the Association for Psychological Science, Washington, DC.

Kok, B. E. & Fredrickson, B. L. (2013, May). *Vagal and oxytocinergic influences on social perception and emotion*. Poster presented at the 25th annual convention of the Association for Psychological Science, Washington, DC.

Adair, K. C., Wagstaff, E., & Fredrickson, B. L. (2013, January). *Mindfulness, psychophysiological reactivity, and self-reported threat during a stressful interview*. Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Catalino, L. I., Coffey, K. A., Algoe, S. B., & Fredrickson, B. L. (2013, January). *Prioritizing positivity*. Data blitz talk presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Coffey, K. A., & Fredrickson, B. L. (2013, January). *Mindfulness meditation is ego-depleting for novice meditators*. Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Rice, E. L., & Fredrickson, B. L. (2013, January). *Perceived automatic thoughts about passions and non-passions*. Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Vacharkulksemsuk, T., Coffey, K. A., Cohen, M. D., & Fredrickson, B. L. (2013, January). *Shared positive emotions lead to effective teamwork*. Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Adair, K. C. & Fredrickson, B. L., (2012, January). *Mindfulness predicts attenuated automatic affective judgments*. Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Kok, B. E., & Fredrickson, B. L. (2012, January). *Social bodies: How and why social interactions influence health*. Symposium chaired at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Kok, B. E., & Fredrickson, B. L. (2012, January). *Upward spirals of the heart: Reciprocal vagal/social effects*. Symposium presentation at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Ranby, K. W., Algoe, S. B., & Fredrickson, B. L. (2012, January). *Understanding actor and partner reports of disclosure of feelings as predictors of daily relationship quality and health*. Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Vacharkulksemsuk, T. & Fredrickson, B. L. (2012, January). *Identifying the nonverbal correlates of love in newly-acquainted dyads*. Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, 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)

Consulting Editor:

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

Guest Editorial Reviewing:

Proceedings of the National Academy of Sciences
Psychoneuroendocrinology
Journal of Personality and Social Psychology
American Psychologist
Health Psychology
International Journal of Behavioral Medicine

Journal of Experimental Social Psychology
Journal of Gerontology
Neuroimage
Social, Cognitive and Affective Neuroscience
Mindfulness
PLoS One
Psychological Bulletin
Psychological Review
Psychological Science
Psychology and Aging
Psychology of Women Quarterly
Psychophysiology
Social Cognition
Social Development

Association Memberships:

American Psychological Association (Fellow Status, Division 8)
Association for Psychological Science (Fellow Status, past Board Member)
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 (President)
Society for Affective Science
Association of Positive Emotion Laboratories (Founder and Co-Chair)
American Association for the Advancement of Science

Courses Taught:

Positive Psychology (first-year undergraduate seminar; advanced graduate level; Executive Masters level; Massive Open Online Course (**MOOC**) to more than **167,000 learners across ~200 countries** via Coursera and the UNC Friday Center for Continuing Education)
Psychology of Emotions (graduate and undergraduate levels)
Research in Positive Psychology (upper level undergraduate)
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:

Conflict of Interest Committee, College of Arts & Sciences, 2017-
Program Director, Social Psychology Doctoral Program, 2010-2015
Diversity Committee, Department of Psychology, 2014-2016
Massive Open Online Course (MOOC) Advisory Committee, UNC-CH, 2017-3
Co-Director, Positive Psychology Science Fund, 2011-
Graduate Education Committee, 2010-2015
Chair, Program Directors, Department of Psychology, 2015
Chair, Psychology Participant Pool Committee, 2010-2015
Chair, Research Assistant Professor Search Committee, 2013-2014

Chair, Social Psychology Faculty Search Committees, 2010-2012
Chair, Psychology and Cancer Faculty Search Committee, 2011-2012
Institutional Review Board, 2010-2012, Alternate Member, 2013
Central Selection Committee, Morehead-Cain Fellowships, 2012, 2013, 2014
Distinguished Chairs Selection Committee, 2008-2009, 2013
Chair, Colloquium Committee, Department of Psychology, 2008-2010
Departmental Advisory Committee, 2007-2010.
Social Psychology Faculty Search Committee, 2008-09
Social Science & Cancer Research, Faculty Search Committee, 2008-09, 2009-10
Chair, Psychology and Ethnicity Faculty Search, 2007-08
Co-Chair, Neuroimaging in Psychology Faculty Search, 2006-07
Diversity Committee, Department of Psychology, 2014-
Task Force on Faculty Diversity, 2006-14
Task Force on Review of Untenured Faculty, 2006-2007
Social Psychology Program Admissions Committee, 2006-2013
Colloquium Committee, 2007-2008.

National and International Service:

Subject Matter Expert, Happify (2015-)
Board of Directors, International Positive Psychology Association (2011-2014)
President-Elect, International Positive Psychology Association (2013-2015)
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)
Founder and Co-Chair, Association for Positive Emotions Laboratories (2014-)
Board of Governors, Center for Creative Leadership (2012-2015)
Organizer, Inaugural Positive Emotions Pre-Conference to the annual meeting of the Society of Affective Science, Washington DC, April 24, 2014
National Advisory Board, Positive Coaching Alliance
Advisory Board, The Psych Report
Member, Study Section, NCI/NIH, U01 FOA "Fundamental Mechanisms of Affective and Decisional Processes in Cancer Control" (2014)
Member, Expert Review Panel, 1440 Awards, Mind & Life Institute, 2014
Member, Study Section, NCCAM/NIH, Clinical Studies of Complementary & Alternative Medicine, ZAT1 HS-11 (2013)
Subject Matter Expert, Comprehensive Soldier Fitness, U.S. Army (2009-2011)
Board of Directors, Association for Psychological Science (2006-2009)
Division 8 Fellows Chair, American Psychological Association (2007-2008)
Visiting Faculty Scholar, Geelong Grammar School, Victoria, Australia, 2008
International Advisory Board, Centre for Applied Positive Psychology, U.K.
International Advisory Board, Australian Positive Psychology Council
Senior Scientist, Gallup International Research and Education Council
The Gallup Organization
Board of Advisors, Values in Action (VIA) Classification of Strengths Project
Program Committee, International Positive Psychology Summit

Selected Media Coverage:

The New York Times
CBS This Morning
The Week
The Los Angeles Review of Books
The Times of London
The Atlantic
The Economist
Entrepreneur Magazine
O! The Oprah Magazine

People Magazine
CNN.org
U.S. News & World Report
The Huffington Post
BBC: The Strand
WRAL TV
CBC Ontario Today
New Scientist
Parents Magazine
Scientific American MIND
WNYC Radio
WUNC Radio
Wired Magazine
Mindful Magazine
The Sun Magazine
Brain Pickings
Greater Good Magazine
Entrepreneur