

Curriculum Vitae

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Barbara L. Fredrickson, Ph.D.

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Lab Web Page: <http://www.PositiveEmotions.org>

Book Web Page: <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, Social Psychology Program,
 University of North Carolina at Chapel Hill
- 2007 to present Adjunct Professor of Management, Kenan-Flagler School of Business,
 University of North Carolina at Chapel Hill
- 2010 to present 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 Psychophysiology Lab, UC Berkeley

Awards and Fellowships

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 Fellow, Boston University
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	Excellence in Research Award, College of Literature, Science & the Arts, University of Michigan (\$1,500)
2000	Templeton Prize in Positive Psychology, American Psychological Association, First place award (\$100,000)
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

- pending PI on NIA R01 Grant. Project title: “Promoting Healthy Midlife Lifestyle Change through Positive Emotions.”
- pending Co-Investigator on U.S. Army/Department of Defense Grant. Project title: “Effective Delivery of Positive Emotions Resilience Training for Soldiers.” (PI: Algae)
- pending PI/Mentor on NIA National Research Service Award to L. I. Catalino. Project title: “Promoting Well-Being in Midlife Adults through Positive Valuation.” [Priority Score = 16]
- 2010 to 2015 PI on NINR R01 Grant. Project title: “Affective and Genomic Mediators of Sustained Behavior Change.” (\$2,862,482)
- 2004 to 2010 PI on NIMH 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)

Grants, continued

- 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 NIMH 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 NIMH B/START Award. Project title: "Psychophysiological Functions of Positive Emotions." (\$34,291)
- 1994 to 1995 PI on Arts & Sciences Research Council Grant, Duke University. Project title: "The Role of Physical Sensations in the Memory for Emotion." (\$2,500)
- 1993 to 1994 PI on Arts & Sciences Research Council Grant, Duke University. Project title: "Psychophysiological Functions of Smiles." (\$2,000)
- 1993 to 1994 Co-PI on Project on Gender/Body/Self, Meyerhoff Foundation (\$47,000)
- 1992 to 1993 PI on University Research Council Grant, Duke University. Project title: "Synchrony Among Response Systems in Emotion." (\$3,000)
- 1989 to 1990 Dissertation Research Grant, Stanford University (\$1,000)

Publications (*indicates student co-author)Peer-Reviewed Articles:**In press and 2011:**

71. Catalino, L. I.,* & **Fredrickson, B. L.** (in press). Tuesdays in the lives of flourishers: The role of positive emotional reactivity in optimal mental health. *Emotion*.
70. Garland, E. L.,* Gaylord, S. A., & **Fredrickson, B. L.** (in press). Positive appraisal mediates the stress-reductive effects of mindfulness: An upward spiral process. *Mindfulness*.
69. Gross, M. M., Crane, E. A.,* & **Fredrickson, B. L.** (in press). Effort-shape and kinematic assessment of bodily expression of emotion during gait. *Human Movement Science*.
68. Johnson, D. P.,* Penn, D. L., **Fredrickson, B. L.**, Kring, A. M., Meyer, P. S., Catalino, L. I.,* & Brantley, M. (in press). A pilot study of loving-kindness meditation for the negative symptoms of schizophrenia. *Schizophrenia Research*.
67. Power, C. A.,* Cole, E. R., **Fredrickson, B. L.** (in press). The price of breaking social class feeling rules. *Feminism and Psychology*.
66. Algoe, S. B., & **Fredrickson, B. L.** (2011). Emotional fitness and the movement of affective science from lab to field. *American Psychologist*, 66, 35-42.

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.

Publications, continued

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.**, Kring, A. M., Meyer, P. S., & Brantley, M. (2009). Loving-kindness meditation to enhance the psychological recovery of individuals with psychotic disorders with persistent negative symptoms. *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.

Publications, continued

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.,* Sampselle, 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.

Publications, continued

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).

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.

2003:

30. **Fredrickson, B. L.** (2003). The value of positive emotions. *American Scientist, 91*, 330-335.

[Translated into German, "Die Macht Der Guten Gefuhle," and reprinted in *Gerirn & Geist*, June 2003, pp. 38-42.]

[Translated into Spanish, "El poder de los Buenos sentimientos," and reprinted in *Mente y cerebro*, August 2004, pp. 74-78]

Publications, continued

29. **Fredrickson, B. L.**, Tugade, M. M.,* Waugh, C. E.,* & Larkin, G.* (2003). What good are positive emotions in crises?: A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology*, *84*, 365-376.

[Translated into Italian, "A cosa servono le emozioni positive nelle situazioni critiche? Studio prospettico su resilienza ed emozioni dopo gli attacchi terroristici agli USA dell'11 settembre 2001," and reprinted in *Rivista sperimentale di Freniatria: La Rivista della Salute Mentale*, Vol. 129, 2005, pp 69-99.]

28. Gottman, J.M., Levenson, R.W., Gross, J., **Fredrickson, B.L.**, McCoy, K., Rosenthal, L., Ruef, A., & Yoshimoto, D. (2003). Correlates of gay and lesbian couples' relationship satisfaction and relationship dissolution. *Journal of Homosexuality*, *45*, 23-43.

27. Harrison, K. & **Fredrickson, B. L.** (2003). Women's sports media, self-objectification, and mental health in Black and White adolescent females. *Journal of Communication*, *53*, 216-232.

2002:

26. **Fredrickson, B. L.** (2002). How does religion benefit health and well-being?: Are positive emotions active ingredients? *Psychological Inquiry*, *13*, 209-213.

25. **Fredrickson, B. L.**, & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, *13*, 172-175.

24. Miner-Rubino, K.,* Twenge, J. M.,* & **Fredrickson, B. L.** (2002). Trait self-objectification in women: Affective and personality correlates. *Journal of Research in Personality*, *36*, 147-172.

2001:

23. **Fredrickson, B. L.** (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, *56*, 218-226.

[Reprinted (2007) in A. Manstead (Ed.), *Psychology of Emotions: SAGE Benchmarks in Psychology Series*. New York: SAGE.

[Reprinted (2011) in R. F. Baumeister & K. D. Vohs (Eds.) *New Directions in Social Psychology*. New York: SAGE.

2000:

22. **Fredrickson, B. L.** (2000a). Cultivating positive emotions to optimize health and well-being. Target article in *Prevention and Treatment*, *3*. Available on the World Wide Web: <http://journals.apa.org/prevention>.

21. **Fredrickson, B. L.** (2000b). Cultivating research on positive emotions. Reply to commentaries in *Prevention and Treatment*, 3. Available on the World Wide Web: <http://journals.apa.org/prevention>.

Publications, continued

20. **Fredrickson, B. L.** (2000c). Extracting meaning from past affective experiences: The importance of peaks, ends, and specific emotions. *Cognition and Emotion*, 14, 577-606.

19. **Fredrickson, B. L.** (2000d). Why positive emotions matter in organizations: Lessons from the broaden-and-build model. *The Psychologist-Manager Journal*, 4, 131-142

18. **Fredrickson, B. L.**, Mancuso, R. A.,* Branigan, C.,* & Tugade, M. M.* (2000). The undoing effect of positive emotions. *Motivation and Emotion*, 24, 237-258.

17. **Fredrickson, B. L.**, Maynard, K. E., Helms, M. J., Haney, T. L., Seigler, I. C. & Barefoot, J. C. (2000). Hostility predicts magnitude and duration of blood pressure response to anger. *Journal of Behavioral Medicine*, 23, 229-243.

1999:

16. Huebner, D.* & **Fredrickson, B. L.** (1999). Gender differences in memory perspective: Evidence for self-objectification in women. *Sex Roles*, 41, 459-467.

1998:

15. Carstensen, L. L., & **Fredrickson, B. L.** (1998). The influence of HIV-status and age on cognitive representations of others. *Health Psychology*, 17, 494-503.

14. **Fredrickson, B. L.** (1998a). Cultivated emotions: Parental socialization of positive emotions and self-conscious emotions. *Psychological Inquiry*, 9, 279-281.

13. **Fredrickson, B. L.** (1998b). What good are positive emotions? *Review of General Psychology*, 2, 300-319.

12. **Fredrickson, B. L.** & Levenson, R. W. (1998). Positive emotions speed recovery from the cardiovascular sequelae of negative emotions. *Cognition and Emotion*, 12, 191-220.

11. **Fredrickson, B. L.** Roberts, T., Noll, S. M.,* Quinn, D. M.,* & Twenge, J. M.* (1998). That swimsuit becomes you: Sex differences in self-objectification, restrained eating and math performance. *Journal of Personality and Social Psychology*, 75, 269-284.

10. Noll, S. M.* & **Fredrickson, B. L.** (1998). A mediational model linking self-objectification, body shame, and disordered eating. *Psychology of Women Quarterly*, 22, 623-636.

[Recognized in 2011 by APA's Division 35 as among the most highly cited articles in the 35-year history of its flagship journal, *Psychology of Women Quarterly*.]

9. Rosenberg, E. L. & **Fredrickson, B. L.** (1998). Understanding emotions means crossing boundaries within psychology. *Review of General Psychology*, 2, 243-246.

Publications, continued**1997 and earlier:**

8. Beaupre, P., Keefe, F. J., Lester, N., Affleck, G., **Fredrickson, B. L.**, Caldwell, D. S. (1997). A computer-assisted observational method for assessing spouses' ratings of osteoarthritis patients' pain. *Psychology, Health and Medicine*, 2, 99-108.
7. **Fredrickson, B. L.** & Roberts, T. (1997). Objectification theory: Toward understanding women's lived experience and mental health risks. *Psychology of Women Quarterly*, 21, 173-206.

[Abridged and reprinted (1997; 2004) in T. Roberts (Ed.) *Lanahan Selected Readings in the Psychology of Women*. Baltimore: Lanahan Publishers.]

[Recognized in 2011 by APA's Division 35 as the single most highly cited article in the 35-year history of its flagship journal, *Psychology of Women Quarterly*.]
6. **Fredrickson, B. L.** (1995). Socioemotional behavior at the end of college life. *Journal of Personal and Social Relationships*, 12, 261-276.
5. Gross, J. J., **Fredrickson, B. L.** & Levenson, R. W. (1994). The psychophysiology of crying. *Psychophysiology*, 31, 460-468.
4. **Fredrickson, B. L.**, & Kahneman, D. (1993). Duration neglect in retrospective evaluations of affective episodes. *Journal of Personality and Social Psychology*, 65, 45-55.
3. Kahneman, D., **Fredrickson, B. L.**, Schreiber, C. A., & Redelmeier, D. A. (1993). When more pain is preferred to less: Adding a better end. *Psychological Science*, 4, 401-405.
2. Nolen-Hoeksema, S., Morrow, J., & **Fredrickson, B. L.** (1993). Response styles and the duration of episodes of depressed mood. *Journal of Abnormal Psychology*, 102, 20-28.
1. **Fredrickson, B. L.**, & Carstensen, L. L. (1990). Choosing social partners: How old age and anticipated endings make people more selective. *Psychology and Aging*, 5, 335-347.

[Reprinted (1998) in M. P. Lawton & T. A. Salthouse (Eds.) *Essential Papers on Aging*. NY: New York University Press.]

Books:

Fredrickson, B. L. (2013). *Rethink Love*. New York: Hudson Street Press. (under contract)

Fredrickson, B. L. (2009). *Positivity*. New York: Crown Publishers. [www.PositivityRatio.com]
Paperback by Three Rivers Press (2009)
Translations of *Positivity* available in:

Brazil, from Rocco;
 China, from China Renmin University Press;
 Denmark, from Dansk Pskologisk;
 Germany, from Campus;
 Indonesia, from Pustaka Zahra;
 Japan, from Nippon;
 Korea, from Book 21;
 Latin American, from Norma;
 The Netherlands, from Het Spectrum;
 Poland, from Zysk;
 Portugal, from Sinais de Fogo;
 Spain, from Granica;
 Thailand, from WeLearn Co.;
 United Kingdom and the British Commonwealth, from Oneworld.

Nolen-Hoeksema, S., **Fredrickson, B. L.**, Loftus, G. & Wagenaar, W. (2009). *Atkinson & Hilgard's Introduction to Psychology* (15th ed). Cengage Learning.

Smith, E. E., Nolen-Hoeksema, S., **Fredrickson, B. L.**, & Loftus, G. (2003). *Atkinson & Hilgard's Introduction to Psychology* (14th ed). Wadsworth Thompson Learning.

Chapters:

Conway, A.,* Catalino, L. I.,* Tugade, M.* & **Fredrickson, B. L.** (in press). The broaden-and-build theory of positive emotions. In J. Vitterso, I. Boniwell, and S. David (Eds.). *The Oxford Handbook of Happiness*.

[To be translated for a French-language *Handbook of Positive Psychology*, edited by C. Martin-Krumm & C. Tarquinio.]

Fredrickson, B. L. (in press). Building lives of compassion and wisdom. In C. K. Germer & R. D. Siegel (Eds.) *Compassion and Wisdom in Psychotherapy*. New York: Guilford Press.

Fredrickson, B. L. (in press). Learning to self-generate positive emotions. In D. Hermans, B. Rimé, & B. Mesquita (Eds.) *Changing Emotions*. New York: Psychology Press.

Garland, E.* & **Fredrickson, B. L.** (in press). Positive emotions, mindfulness, and ACT. In T. B. Kashdan & J. Ciarrochi (Eds.) *Linking Acceptance and Commitment Therapy and positive psychology: A practioner's guide to a unifying framework*. Oakland, CA: New Harbinger.

Keyes, C. L. M., **Fredrickson, B. L.**, & Park, N. (in press). Positive psychology and the quality of life. In K. Land (Ed.) *Handbook of Social Indicators and Quality of Life Studies*. New York: Springer.

Kok, B. E.* & **Fredrickson, B. L.** (in press). How positive emotions broaden and build. In J. J. Froh & A. Parks-Sheiner (Eds.) *Positive Psychology in Higher Education: A Practical Workbook for the Classroom*. Washington DC: APA Books.

Sekerka, L. E., Vacharkulksemsuk, T.* & **Fredrickson, B. L.** (in press). Positive emotions: A review of how positive emotions continue to broaden and build in the workplace. In K. Cameron & G. Spreitzer (Eds.) *Handbook of Positive Organizational Scholarship*. Oxford: Oxford University Press.

Vacharkulksemsuk, T.* & **Fredrickson, B. L.** (in press). The broaden-and-build theory of positive emotions. In M. Salama-Younes and A. Delle Fave (Eds.). *Positive Psychology for All Volume I: Introduction, Concepts and Applications in School-aged Children*.

Algoe, S. B., **Fredrickson, B. L.**, & Chow, S-M. (2011). The future of emotions research within positive psychology. In K. M. Sheldon, T. B. Kashdan, & M. F. Steger (Eds.) *Designing positive psychology: Taking stock and moving forward* (pp. 115-132). New York: Oxford University Press.

Fredrickson, B. L., & Kurtz, L. E.* (2011). Cultivating positive emotions to enhance human flourishing. In S. I. Donaldson, M. Csikszentmihalyi, & J. Nakamura (Eds.). *Applied Positive Psychology: Improving Everyday Life, Health, Schools, Work, and Society* (35-48). New York: Routledge Academic.

Vacharkulksemsuk, T.,* Sekerka, L. E., & **Fredrickson, B. L.** (2011). Establishing a positive emotional climate to create 21st-century organizational change. In N. M. Ashkanasy, C. P. M. Wilderom, & M. F. Peterson (Eds.) *The Handbook of Organizational Culture and Climate*, 2nd Edition (pp. 101-118). Thousand Oaks, CA: Sage.

Sekerka, L. E. & **Fredrickson, B. L.** (2010). Working positively toward transformative cooperation. In P. A. Linley, S. Harrington, & N. Garcea (Eds.) *Oxford Handbook of Positive Psychology and Work*. (pp. 81-94). New York, NY: Oxford University Press.

Cohn, M. A.* & **Fredrickson, B. L.** (2009). Positive Emotions. In C. R. Snyder & S. J. Lopez (Eds.). *Oxford Handbook of Positive Psychology, 2nd Edition* (pp. 13-24) Oxford: Oxford University Press.

Garland, E. L.* & **Fredrickson, B. L.** (2009). Application of the broaden-and-build theory of positive emotions to intimate partner violence. In P. Lehmann & C. A. Simmons (Eds.) *Strengths-based Batterer Intervention: A New Paradigm in Ending Family Violence* (pp.189-215). New York: Springer.

Fredrickson, B. L. (2008). Promoting Positive Affect. In M. Eid & R. J. Larsen (Eds.) *The Science of Subjective Well-Being* (pp. 449-468). New York: Guilford Press.

Fredrickson, B. L. & Cohn, M. A.* (2008). Positive Emotions. In M. Lewis, J. Haviland-Jones, & L. F. Barrett (Eds.). *Handbook of Emotions, 3rd Edition* (pp. 777-796). New York: Guilford Press.

Kok, B. E.,* Catalino, L. I.,* & **Fredrickson, B. L.** (2008). The broadening, building, buffering effects of positive emotions. In S. J. Lopez & J. Rettew (Eds.) *Positive Psychology: The Science of Human Flourishing* (pp. 1-19). Westport, CT: Praeger Publishers/Greenwood Publishing Group.

Sekerka, L. E. & **Fredrickson, B. L.** (2008). Establishing positive emotional climates to advance organizational transformation. In N. M. Ashkanasy and C. L. Cooper (Eds.) *Research companion to emotions in organizations* (pp. 531-545). Cheltenham, UK: Edward Elgar Publishing (New Horizons in Management Series).

Waugh, C. E.,* Tugade, M. M.,* & **Fredrickson, B. L.** (2008). Psychophysiology of resilience to stress. In B. Lukey and V. Tepe (Eds.) *Biobehavioral resilience to stress* (pp. 117-138). Taylor & Francis.

Sekerka, L. E. & **Fredrickson, B. L.** (2007). Creating transformative cooperation through positive emotions. In S. K. Piderit, R. E. Fry, & D. L. Cooperrider (Eds.) *Handbook of Transformative Cooperation : New Designs and Dynamics* (pp.151-169). Stanford, CA: Stanford Business Books.

Fredrickson, B. L. (2006). The broaden-and-build theory of positive emotions. In M. Csikszentmihalyi & I. Selega (Eds.) *A life worth living: Contributions to positive psychology* (pp. 85-103). New York: Oxford University Press.

Fredrickson, B. L. (2005). The broaden-and-build theory of positive emotions. In F. A. Huppert, N. Baylis, & B. Keverne (Eds.) *The Science of Well-Being* (pp. 217-240). Oxford: Oxford University Press.

Citrin, L. B.,* Roberts, T., & **Fredrickson, B. L.** (2004). Objectification theory and emotion: A feminist psychological perspective on gendered affect. In Tiedens, L. Z., & Leach, C. W. (Eds.) *The Social Life of Emotions* (pp.203-223). Cambridge: Cambridge University Press.

Fredrickson, B. L. (2004). Gratitude, like other positive emotions, broadens and builds. In Emmons, R. A. & M. E. McCullough (Eds.) *The Psychology of Gratitude*. (pp. 145-166). New York: Oxford University Press.

Fredrickson, B. L. (2003). Positive emotions and upward spirals in organizations. In Cameron, K., Dutton, J. & Quinn, R. (Eds.) *Positive Organizational Scholarship*. (pp. 163-175). San Francisco: Berrett-Koehler.

Fredrickson, B. L. (2002). Positive emotions. In C.R. Snyder & S. J. Lopez (Eds.) *Handbook of Positive Psychology* (pp. 120-134). New York: Oxford University Press.

Tugade, M.M.* & **Fredrickson, B. L.** (2002). Positive emotions and emotional intelligence. In L. Feldman-Barrett and P. Salovey (Eds.) *The Wisdom of Feelings: Psychological Processes in Emotional Intelligence*. (pp. 319-340). New York: Guilford.

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

Larsen, R. J. & **Fredrickson, B. L.** (1999). Measurement issues in emotion research. In D. Kahneman, E. Diener & N. Schwarz (Eds.) *Well-being: Foundations of hedonic psychology* (pp. 40-60). New York: Russell Sage.

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

Proceedings/Abstracts/Entries/Editorials/Book Reviews/Essays:

Fredrickson, B. L. (2009). Contentment. In D. Sander and K. Scherer (Eds.) *The Oxford Companion to Emotion and the Affective Sciences*. (p. 100). Oxford, UK: Oxford University Press.

Fredrickson, B. L. (2009). Joy. In D. Sander and K. Scherer (Eds.) *The Oxford Companion to Emotion and the Affective Sciences*. (p. 230). Oxford, UK: Oxford University Press.

Fredrickson, B. L. (2009). Positive emotions. In D. Sander and K. Scherer (Eds.) *The Oxford Companion to Emotion and the Affective Sciences*. (p. 309). Oxford, UK: Oxford University Press.

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

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

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

Fredrickson, B. L., (2007). The broaden-and-build theory of positive emotions. In R. F. Baumeister & K. D. Vohs (Eds.) *The Encyclopedia of Social Psychology*. Thousand Oaks, CA: Sage.

Fredrickson, B. L. (2006). Unpacking positive emotions: Investigating the seeds of human flourishing. *Journal of Positive Psychology*, 1, 57-60.

Fredrickson, B. L. (2005). Goodness matters. In C. L. Harper (Ed.) *Spiritual Information: 100 Perspectives on Science and Religion* (pp. 429-432). Philadelphia: John Templeton Press.

Tugade, M. M.* & **Fredrickson, B. L.** (2004). Emotions: Positive emotions and health. In N. Anderson (Ed.), *Encyclopedia of health and behavior* (pp. 306 - 310). Thousand Oaks, CA: Sage.

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

Citrin, L. B.,* & **Fredrickson, B. L.** (2001). The poker-faced man and the neurotic woman: Exploring the meanings, origins, and consequences of gendered emotional experience

and expression. (Review of Agneta Fischer (Ed.) (2000). *Gender and Emotion: Social Psychological Perspectives*. New York, NY: Cambridge University Press) appearing in *Psychology of Women Quarterly*, 25, 82-83.

Fredrickson, B. L. (2001). Leading with positive emotions. Essay in J. Dutton (Ed.) *Leading in Trying Times*, University of Michigan Business School. Available on the World Wide Web: <http://www.bus.umich.edu/leading/index.html>

Fredrickson, B. L. (1999). The good in positive emotions. Entry in R. L. Atkinson, R. C. Atkinson, E. E. Smith, D. J. Bem, & S. Nolen-Hoeksema (Eds.) *Hilgard's Introduction to Psychology: 13th Edition* (p. 414). Fort Worth, Texas: Harcourt Brace.

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

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

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

Manuscripts In Prep/Under Review/Revision

Algoe, S. B., **Fredrickson, B. L.**, Gable, S. L. & Strachman, A. (2011). *Expressed appreciation: An interpersonal skill that promotes positive relationship outcomes*.

Crane, E. A.,* Gross, M. M. & **Fredrickson, B. L.** (2011). *Feasibility of concurrent assessment of dynamic bodily and facial expressions*.

Johnson, S. L., Murrey, G., Hinshaw, S., **Fredrickson, B. L.**, Youngstrom, E., Bass, J. M., Deckersback, T. Schooler, J., & Salloum, I. (2011). *Creativity and bipolar disorder: Touched by fire or burning with questions?*

Kok, B. E.,* & **Fredrickson, B. L.** (2011). *A bodymind perspective on affiliation and health: An interdisciplinary synthesis*.

Kok, B. E.,* Coffey, K.,* Cohn, M. A.,* Algoe, S. B., Catalino, L. I.,* Vacharkulksemsek, T.,* Brantley, M. & **Fredrickson, B. L.** (2011). *Made for loving: Vagal tone predicts responsiveness to loving-kindness meditation and loving-kindness meditation increases vagal tone*.

Lowdermilk, C.,* Catalino, L. I.,* Mata, J., & **Fredrickson, B. L.** (2011). *Sit less, move more: Links among sedentary behavior, physical activity, emotion and psychological resources*.

Vacharkulksemsek, T.* & **Fredrickson, B. L.** (2011). *Strangers in synch: Achieving high-quality connections through shared movements and emotions*.

Keynote and Invited Addresses and Workshops

Agile 2011, Salt Lake City, UT, August 2011
 International Positive Psychology Association, Philadelphia, PA, July 2011
 Center for Disease Control, Atlanta, GA, August 2011
 National Institute of Health (NIH) Career Symposium, Bethesda, MD, May 2011
 Public Health Leadership Institute, Chapel Hill, April 2011
 Leading to Wellbeing, George Mason University, 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
 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
 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.
 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.
 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 2005, 2006, 2007, 2008, 2009, 2010.
 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.
 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

The University of Auckland, New Zealand, Department of Psychology, March 2011
 UNC-CH, University Managers Association, May 2011
 UNC-CH, Appreciative Inquiry Workshop, May 2010
 UNC-CH, School of Social Work, Clinical Lecture Series, November 2009
 UNC-CH, 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)

Catalino, L. I., & Fredrickson, B. L. (2011, January). *Loving-kindness meditation increases positive valuation*. Poster presented at the 12th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Kok, B. E., & Fredrickson, B. L. (2011, January). *Promoting positive life change: Improving emotion regulation, cognition and physiological states through reflection and mind-training*. Symposium chaired at the 12th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Kok, B. E., & Fredrickson, B. L. (2011, January). *Vagal tone enhances the positive emotional gains from loving-kindness meditation; Meditation increases vagal tone*. Symposium presentation at the 12th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Vacharkulksemsuk, T. & Fredrickson, B. L. (2011, January). *Strangers moving together: Interactional synchrony predicts high-quality connections*. Poster presented at the 12th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Algoe, S., Fredrickson, B. L., Gable, S. L., Strachman, A. (2010, January). *Beyond "Thanks!": High-quality expressions of appreciation as relationship glue*. Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Fredrickson, B. L. (2010, January). *Phenotypic markers of sustained positive behavior change with attendant positive emotional consequences*. Symposium presentation at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Kok, B. E., & Fredrickson, B. L. (2010, January). *Upward spirals of the heart? Baseline vagal tone predicts increases in social connectedness and positive emotions, which in turn*

predict future baseline vagal tone. Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Lowdermilk, C., Scheibe, S., Mata, J. & Fredrickson, B. L. (2010, January). *Exercising the body for a happy mind: Associations between physical activity, affect, and personal resources.* Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Vacharkulksemsuk, T. & Fredrickson, B. L. (2010, January). *Dyadic social coordination: Can positive emotions differentially impact how two people work together?* Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Fredrickson, B. L. (2009, October). Discussant for symposium on positive emotions at the Annual Meeting of the Academy of Consumer Research, Pittsburg, PA.

Catalino, L. I. & Fredrickson, B.L. (2009, February). *A Day in the Life of a Flourisher: The Emotional Payoffs of How They Spend Their Time.* Poster presented at the 10th Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.

Conway, A., Fredrickson, B., Lin, J. & Cohn, M. (2009, March). *Mechanisms of mindfulness: Self-regulation of attention mediates relations between mindfulness and positive coping in teens.* Paper presentation at the 7th Annual International Scientific Conference for Clinicians, Researchers and Educators, Investigating and Integrating Mindfulness in Medicine, Health Care, and Society. Worcester, MA.

Kok, B.E. & Fredrickson, B.L. (2009, May). *Baseline Vagal Tone Predicts Social Connectedness, Positive Emotion, and May Predict Progesterone Levels.* Poster presented at the Annual Meeting of the Association for Psychological Science, San Francisco, CA.

Kok, B.E. & Fredrickson, B.L. (2009, February). *A Bodymind Perspective on Affiliation and Health.* Poster presented at the 10th Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.

Lin, J., Conway, A., Fredrickson, B., & Cohn, M. (2009, May). Relations between mindfulness and coping in teens. Poster presentation at the American Psychological Society. San Francisco, CA.

Rietmulder-Stone, J., Conway, A., Fredrickson, B., & Cohn, M. (2009, May). Positive youth development: Emotional resilience moderates the relations between flourishing and intrinsic goal obtainment. Poster presentation at the American Psychological Society. San Francisco, CA.

Shrontz, V., Conway, A., Fredrickson, B., & Cohn, M. (2009, May). Gratitude predicts lower levels of depression in late adolescence. Poster presentation at the American Psychological Society. San Francisco, CA.

Vacharkulksemsuk, T. & Fredrickson, B. L. (2009, February). *How sweet it is: The effects of glucose on emotions.* Poster presented at the 10th Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.

Vacharkulksemsuk, T. & Fredrickson, B. L. (2009, May). *Working together as one: The role of emotions in achieving social coordination*. Poster presented at the Annual Meeting of the Association for Psychological Science, San Francisco, CA.

Kok, B.E. & Fredrickson, B.L. (2008, May). *The process of other-focus: Evidence for a psychophysiological model*. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Lee, H., Kok, B.E. & Fredrickson, B.L. (2008, May). *The eight coping behaviors related to positive emotion, self-transcendence, and psychological resilience*. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Fredrickson, B. L. (2008, February). *Positive emotions build lives*. Invited presentation to the Judgment and Decision Making Pre-conference of the 2008 Annual Meeting of the Society of Personality and Social Psychology, Albuquerque, NM.

Lee, Y. C., Lin, Y. C., Huang, C. L., & Fredrickson, B. L. (2008, February). *Peace of Mind: The Low-arousal Ways to Subjective Well-being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

Waugh, C. E., Fredrickson, B. L., & Gotlib, I. H. (2008, February). *Individual differences in processing safety during threat*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

Fredrickson, B. L. (2007, October). *Consequences of increasing people's daily diets of positive emotions*. Paper presented in Invited Symposium (M. Furr, Chair) at the Annual Meeting of the Society for Southeastern Social Psychologists, Durham, NC.

Kok, B.E. & Fredrickson, B.L. (2007, October). *Cardiac vagal tone and social engagement: Support for the polyvagal theory*. Poster presented at the annual meeting of the Society for Southeastern Social Psychologists, Durham, NC.

Coffey, K., & Cohn, M. A., & Fredrickson, B. L. (2007, May). *Loving-Kindness meditation enhances positive emotions, leading to increase in cognitive, social, psychological, and physical resources*. Poster presented at the annual conference of the Association for Psychological Science, Washington, DC.

Fredrickson, B. L. (2007, January). *Positive emotions build resources that promote flourishing mental health: Evidence from meditation practices*. Paper presented in Invited Symposium (B. Fredrickson, Chair) at the Emotions Pre-Conference of the 2007 Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.

Crane, E. A., Gross, M. M., & Fredrickson, B. L. (2006, September). *Concurrence of facial and bodily expression: A feasibility study*. Poster presented at the annual meeting on Human Computer Interaction, University of London, London, England, UK.

Crane, E. A., Gross, M. M., & Fredrickson, B. L. (2006, August). *Methods analysis for studying the concurrence of facial and bodily expression*. Poster presented at the annual meeting of the International Society for Research on Emotions, Atlanta, GA.

Gross, M. M., Crane, E. A., & Fredrickson, B. L., (2006, August). *Comparison of front and side views in recognition of emotion in body movement*. Poster presented at the annual meeting of the International Society for Research on Emotions, Atlanta, GA.

Crane, E. A., Gross, M. M. & Fredrickson, B. L. (2006). Expression of Emotion in Body and Face. Poster presented at the annual conference on Intelligent Virtual Agents.

Fredrickson, B. L. (2006, October). *How to flourish*. Invited address at the International Positive Psychology Summit, Washington, DC.

Fredrickson, B. L. (2006, January). *A tale of two systems: Discussion of Egosystem and Ecosystem: Two Motivational Orientations for the Self*. Symposium (Jennifer Crocker, Chair) presented at the 2006 conference of the Society for Personality and Social Psychology, Palm Springs, CA.

Johnson, K. J., & Fredrickson, B. L. (2006, January). *Blurring boundaries: Positive emotions decrease salience of racial category*. Poster presented at the 2006 conference of the Society for Personality and Social Psychology, Palm Springs, CA.

Waugh, C. E. & Wager, T. D. Fredrickson, B. L., Noll, D. N., & Taylor, S. F. (2006). *Recovering from threat: The neural correlates of resilience*. Poster presented at the 2006 conference of the Society for Personality and Social Psychology, Palm Springs, CA.

Professional Activities

Associate Editor:

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

Editorial Board:

Encyclopedia of Quality of Life Research

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:

American Psychologist
Health Psychology
International Journal of Behavioral Medicine
Journal of Experimental Social Psychology
Journal of Gerontology
Neuroimage
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)
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)
UNC Clinical Nutrition Research Center

Courses Taught:

Positive Psychology (first-year undergraduate seminar; advanced graduate level)
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 (U North Carolina):

Program Director, Social Psychology Doctoral Program, 2010-2015
Graduate Education Committee, 2010-2015
Chair, Psychology Participant Pool Committee, 2010-2015
Chair, Social Psychology Faculty Search Committee, 2010-2011
Institutional Review Board, 2010-2013
Distinguished Chairs Selection Committee, 2008-2009
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
Task Force on Faculty Diversity, 2006-11
Task Force on Review of Untenured Faculty, 2006-2007
Social Psychology Program Admissions Committee, 2006-2011
Colloquium Committee, 2007-2008.

Internal Service History (U Michigan):

Institutional Review Board for Behavioral Sciences, University of Michigan
Area Chair of Psychology and Women's Studies, 2000-2001
Psychology Library Committee
Departmental Executive Committee, 1997-1998, 2002-2004
Women's Studies Program Interdisciplinary Ph.D. Committee 1999-2002

Departmental Computing Committee
RCGD Seminar Series on Emotions, Co-Chair 1997
RCGD Seminar Series on Situational Construction
of Race, Gender, & Culture, Co-Chair 1999
Social Area Brown Bag Committee
Social Area Colloquium Chair 1999-2001
Social Area Faculty Search Committee
Social Area Faculty Search Committee, Chair 2000-2001
Social Area Prelim Exam Committee
Social Area Graduate Admissions Committee
Social Area Graduate Admissions Committee, Chair 1996-1997, 2004

National and International Service:

Board of Directors, International Positive Psychology Association (2011-2014)
Subject Matter Expert, Comprehensive Soldier Fitness, U.S. Army (2009-)
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