

Kristin A. Layous

Home: 1550 Central Avenue, Apt #71 · Riverside, CA 92507 · (831) 809-4323 · kristin.layous@email.ucr.edu
Work: 900 University Avenue · University of California, Riverside · Riverside, CA 92521

EDUCATION

UNIVERSITY OF CALIFORNIA

RIVERSIDE, CA

Ph.D. Candidate, Social and Personality Psychology, Anticipated Ph.D.

June 2014

- Working under the direction of Dr. Sonja Lyubomirsky in the Sustainable Happiness Laboratory

THE OHIO STATE UNIVERSITY

COLUMBUS, OH

Master of Arts in Higher Education/Student Affairs Administration, GPA: 3.97

June 2007

UNIVERSITY OF CALIFORNIA

SANTA BARBARA, CA

Bachelor of Arts in Psychology, GPA: 3.96

June 2005

Double Minors: History and Sport Management

HONORS AND AWARDS

- National Research Service Award (F32), National Institute of Health – Scored in the top 1% - Declined
- Dissertation Year Fellowship, UC Riverside, 2013-2014 (3 quarters of funding)
- Outstanding Teaching Assistant Award, 2011-2012
- Chancellor's Distinguished Fellowship Award, UC Riverside, 2009-2010
- Regent Scholar, UCSB, 2001-2005; Member, Regents and Chancellor's Scholars Society (RCSS)
- 1 of 30 graduating students to be selected by the Division of Student Affairs for *The University Service Award* for dedicated service to the university community, June 2005
- 1 of 3 students to earn the *Morgan Award for Academic Excellence in Psychology*, June 2005
- Earned *Distinction in the Major of Psychology* at UCSB through completion of honors research thesis

ACADEMIC & RESEARCH INTERESTS

- Individual and societal benefits of happiness and happiness-increasing activities
- The pursuit of happiness through practicing gratitude, kindness, optimism, goal pursuit, and savoring
- The positive activity model: Mediators and moderators (e.g., person and activity features) of the effects of happiness-increasing interventions
- Positive activities as protective factors against mental health conditions
- Gratitude as a trigger of self-improvement efforts in the domains of work, health, and benevolence
- Cultural differences in the mechanisms and effectiveness of happiness-increasing interventions
- Genetic and environmental influences on individual differences in teens' responses to happiness-increasing interventions
- Hedonic adaptation to positive experiences as a barrier to sustainable happiness

PEER-REVIEWED PUBLICATIONS

Layous, K., Chancellor, J., & Lyubomirsky, S. (2014). Positive activities as protective factors against mental health conditions. *Journal of Abnormal Psychology, 123*, 3-12.

Lyubomirsky, S., & Layous, K. (2013). How do simple positive activities increase well-being? *Current Directions in Psychological Science, 22*, 57-62.

Layous, K., Lee, H., Choi, I., & Lyubomirsky, S. (2013). Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea. *Journal of Cross-Cultural Psychology, 44*, 1294-1303.

Layous, K., Nelson, S.K., Oberle, E., Schonert-Reichl, K.A., & Lyubomirsky, S. (2012). Kindness counts: Prompting prosocial behavior in preadolescents. *PLOS ONE, 7*: e51380.
doi:10.1371/journal.pone.0051380.

- Layous, K.**, Nelson, S. K., & Lyubomirsky, S. (2013). What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves. *Journal of Happiness Studies*, *14*, 635-654.
- Zanon, C., Bardagi, M. P., **Layous, K.**, & Hutz, C. S. (in press). Validation of the satisfaction with life scale to Brazilian university students: Evidence of measurement noninvariance across Brazil and U.S. *Social Indicators Research*.
- Iani, L., Lauriola, M., **Layous, K.**, & Sirigatti, S., (in press). Happiness in Italy: Translation, factorial structure and norming of the Subjective Happiness Scale in a large community sample. *Social Indicators Research*.
- Layous, K.**, Chancellor, J., Lyubomirsky, S., Wang, L., & Doraiswamy, P. M. (2011). Delivering happiness: Translating positive psychology intervention research for treating major and minor depressive disorders. *Journal of Alternative and Complementary Medicine*, *17*, 1-9.

CHAPTERS AND COMMENTARIES

- Layous, K.**, & Lyubomirsky, S. (in press). The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. In J. Gruber & J. Moskowitz's (Eds.) *Positive emotion: Integrating the light sides and dark sides*. New York: Oxford University Press.
- Layous, K.**, & Lyubomirsky, S. (in press). Benefits, mechanisms, and new directions for teaching gratitude to children. *School Psychology Review*.
- Layous, K.**, Sheldon, K. M., & Lyubomirsky, S. (in press). Pursuing happiness: Prospects, practices, and prescriptions. To appear in A. Linley & S. Joseph (Eds.), *Positive psychology in practice*. Hoboken, NJ: John Wiley & Sons.
- Layous, K.**, & Zanon, C. (in press). Avaliação da felicidade subjetiva: Para além dos dados de auto-relato. [Evaluating subjective happiness: Beyond self-report data]. To appear in C.S. Hutz's (Ed.) *Avaliação em psicologia positiva*. Casa do Psicólogo: São Paulo.
- Lyubomirsky, S., & **Layous, K.** (2010). A blueprint for exploring international differences in well-being. Review of E. Diener, J. Helliwell, & D. Kahneman's (eds.) *International Differences in Well-being*. *PsycCritiques*, *55*.

MANUSCRIPTS UNDER REVIEW

- Layous, K.**, Sweeny, K., & Lyubomirsky, S. (2013). *The elevating influence of gratitude versus relief*. Manuscript submitted for publication.
- Jacobs Bao, K., **Layous, K.**, & Lyubomirsky, S. (2013). *Aspirations and well-being: When are high aspirations harmful?* Manuscript submitted for publication.
- Chancellor, J., **Layous, K.**, & Lyubomirsky, S. (2013). *Recalling positive events at work makes employees feel happier, move more, and chat less: A 6-week randomized controlled intervention at a Japanese workplace*. Manuscript submitted for publication.
- Chancellor, J., **Layous, K.**, & Lyubomirsky, S. (2013). *Feelings flock together: Emotional homophily and contagion at work*. Revise-and-resubmit, *Emotion*.

MANUSCRIPTS IN PREPARATION

- Lyubomirsky, S., Nelson, S. K., **Layous, K.**, & Chancellor, J. (2014). Thinking about rumination: The scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. Invited manuscript for the *Annual Review of Clinical Psychology*.
- Layous, K.**, Davis, E., Walton, G. L., & Cohen, G. M. (2013). *Self-affirmation boosts college achievement in outcasts and men*. Manuscript in preparation.
- Parks, A. C., & **Layous, K.** (2013). Positive psychology interventions. To appear in J.D. Norcross, G. R. VandenBos, D. K. Freidheim, & R. Krishnamurthy's (Eds.) *APA Handbook of Clinical Psychology: Applications and Methods (Volume III)*.
- Layous, K.** (2013). *Integrating intervention approaches in positive youth development and positive psychology*. Manuscript in preparation.
- Haworth, C., Nelson, S. K., **Layous, K.**, Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2013). *The Twins Wellbeing Intervention Study (TWIST): Results of a genetically sensitive online intervention*. Manuscript in preparation.

INVITED TALKS

- Layous, K.**, Nelson, S.K., & Lyubomirsky, S. (2014, April). *Gratitude as a motivator of prosocial behavior*. Paper presented at the Annual Convention of the Western Psychological Association Portland, OR.
- Nelson, S.K., **Layous, K.**, & Lyubomirsky, S. (2014, April). *The hedonic impact of performing acts of kindness: Does the target of one's kindnesses lead to different well-being outcomes for givers?* Paper presented at the Annual Convention of the Western Psychological Association Portland, OR.
- Layous, K.** (2013, October). *A focus on others is a focus on yourself: Increasing happiness through other-focus*. Paper presented at the Positive Fridays Series, Department of Psychology, Claremont Graduate University, Claremont, CA.
- Layous, K.** (2013, October). *Two new strategies for greater happiness*. Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.**, & Lyubomirsky, S. (2013, June). *How do simple positive activities increase well-being?* Paper presented at the Third World Congress of the International Positive Psychology Association, Los Angeles, CA.
- Layous, K.** (2013, March). *How do simple positive activities increase well-being?* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.**, & Andrews, S. (2012, February). *The power of positive thinking*. Presented for the Lunchtime Learning series for the Student Wellness Program at the University of California, Riverside.
- Andrews, S., **Layous, K.**, & Miller, J. (2012, November). *Health, wellness, and the pursuit of happiness*. Presented at for the First-Year Experience Program in the College of Humanities, Arts, and Social Sciences at the University of California, Riverside.
- Layous, K.**, & Nelson, S. K. (2012, October). *Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being*. Paper presented at Living Compassion Conference. Flagstaff, AZ.

- Neuhauser, P. C., & **Layous, K.** (2012, September). *Intentional happiness: Current research and practical tools for increasing happiness*. Presented at the Doris A. Howell Foundation for Women's Health Research Evening Lecture Series. San Diego, CA.
- Haworth, C. M. A., Palmer, C., **Layous, K.**, Nelson, S. K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2012, August). *The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention*. Paper presented at the European Association for Behavioural and Cognitive Therapies. Geneva, Switzerland.
- Layous, K.**, & Nelson, S. K. (2012, January). *A positive activity intervention with school-age children*. Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Lyubomirsky, S., & **Layous, K.** (2011, October). *Future directions in happiness research*. Presented to the Dean's Advisory Council, College of Humanities, Arts, and Sciences, University of California, Riverside, CA.
- Layous, K.** (2011, June). *Is variety the spice of a happiness intervention?* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.** (2011, February). *Positive psychology: Informing strategies for working with students*. Presented at the Wellness Center professional and student staff training, University of California, Riverside, CA.

POSTERS

- Layous, K.** (2014, February). *A focus on others is a focus on yourself: Increasing happiness through other-focus*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, Austin, TX.
- Layous, K.**, Lee, H., Choi, I., & Lyubomirsky, S. (2013, January). *Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea*. Poster to be presented at the Annual Meeting of the Society for Personality and Social Psychologists, New Orleans, LA.
- Jacobs Bao, K., **Layous, K.**, & Lyubomirsky, S. (2013, January). *Aspirations and well-being: A study of high school students*. Poster to be presented at the Annual Meeting of the Society for Personality and Social Psychologists, New Orleans, LA.
- Nelson, S. K., **Layous, K.**, Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, July). *Kindness counts: Promoting well-being and peer acceptance through prosocial behavior*. Poster presented at the meeting for the Science of Compassion, Telluride, CO.
- Layous, K.**, Nelson, S. K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, April). *Spreading positivity in the classroom: An acts of kindness intervention*. Poster presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Zanon, C., **Layous, K.**, Lee, H., Choi, I., & Lyubomirsky, S. (2012, April). *Testing for measurement invariance in the Subjective Happiness Scale: A comparison of U.S. and South Korea*. Poster to be presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Layous, K.**, Nelson, S. K., Jacobs Bao, K., Plomin, R., Haworth, C. M.A., & Lyubomirsky, S. (2012, January). *Are parents more accurate at gauging the happiness of their adolescent sons or daughters?*

Poster to be presented at the Emotion Preconference of the Society for Personality and Social Psychologists, San Diego, CA.

Layous, K., & Lyubomirsky, S. (2012, January). *The Role of Participant Effort in a Positive Activity Intervention*. Poster to be presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.

Nelson, S. K., **Layous, K., & Lyubomirsky, S.** (2012, January). *Kindness Counts: An Acts of Kindness Intervention Among School-Age Children*. Poster to be presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.

Layous, K., Nelson, S. K., & Lyubomirsky, S. (2011, January). *The role of peer testimonial information in a best possible selves intervention*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.

TEACHING EXPERIENCE

UC Riverside, Department of Psychology

Instructor – Student Evaluations Available Upon Request

- Personality (Summer 2013) – Average evaluation 4.9 out of 5
- Introduction to Statistics (Summer 2012) – Average evaluation 4.5 out of 5

Teaching Assistant – Student Evaluations Available Upon Request

- Social Psychology (Fall 2012) – Average evaluation 6.8 out of 7
- Happiness & Virtues (Spring 2012) – Average evaluation 6.7 out of 7
- Personality (Fall 2011) – Average evaluation 6.9 out of 7
- Introduction to Psychology (Winter 2011, Spring 2011, Winter 2012) – Average evaluation 6.8 out of 7
- Introduction to Statistics (Fall 2010) – Average evaluation 6.9 out of 7
- Lifespan Development (Summer 2010) – No evaluations for summer course

Ohio State University, Fisher College of Business

Co-Instructor, Spring 2006 and Winter 2007

- Job Search Preparation & Transition to the World of Work (Enrollment of 75 students)

STATISTICAL EXPERIENCE

Advanced Graduate Courses

- Applied Longitudinal Data Analysis
- Multilevel Modeling
- Multivariate Statistics
- Measurement

Core Graduate Courses

- Research Methods in Social and Personality Psychology
- Multiple Regression and Correlational Analysis
- Experimental Design and Analysis of Variance
- Statistical Inference

Statistical Packages

- Proficient in: R, SPSS, and Excel
- Some exposure to MPlus, SAS, and HLM

PROFESSIONAL ORGANIZATIONS

- Society of Personality and Social Psychologists, 2009 to Present
- International Positive Psychology Association, 2011 to Present
- Western Psychological Association, 2011 to Present

PROFESSIONAL EXPERIENCE

University of California, Riverside, Department of Psychology

Graduate Student Representative, September 2011 to September 2012

- Elected representative for 80+ graduate students

Consulting Reviewer for following publications:

- *Journal of Personality and Social Psychology*
- *Social Psychological and Personality Science*
- *Cognition and Emotion*
- *Journal of Consulting and Clinical Psychology*
- *Journal of Cross-Cultural Psychology*
- *Journal of Happiness Studies*
- *Journal of Positive Psychology*

Coca-Cola

Positive Psychology Consultant, November 2011

- Reviewed research to be included in Coca-Cola's "Where Does Happiness Live" documentary for accuracy

University of California, Riverside, Wellness Center

Graduate Assessment Intern, November 2009 to December 2011

- Assess the current state of wellness of UCR students, including mental and physical health and risky health behaviors, and provide programmatic suggestions

California State University, Fresno, Career Services

Career Employment Counselor, July 2007 to August 2009

- Primary career counselor for seniors, graduate students, and alumni
- Co-Chair, Senior Experience Committee, September 2007 to August 2009*

- Coordinated membership, meetings, and planning for a cross-departmental committee dedicated to celebrating the accomplishments of seniors and planning events to prepare them for life after college

Ohio State University, Fisher College of Business, Office of Career Services

Career Consultant (Graduate Assistant), September 2005-June 2007

- Advised over 300 students quarterly on resumes, cover letters, and job search strategies

Duke University, Dean of Students Office – Orientation & Parent and Family Programs

National Orientation Director's Association Intern, June 2006-September 2006

- Planned and oversaw social and programming for first-year and transfer students

Ohio State University, Economic Access Initiative, Office of Academic Affairs

Practicum Student, November 2006-June 2007

- Collaborated with Executive Director and Associate Director to identify target projects for initiative commissioned by the provost to address access to education for low-income students

Ohio State University, First Year Experience Programs,

Practicum Student, January 2006-March 2006

- Co-facilitated and created materials and curriculum for a first year leadership course including the topics of self-assessment, team building, communication, running a meeting, conflict resolution, community involvement, ethical leadership, and diversity.

SELECTED MEDIA ATTENTION

- *Washington Post*. January 3, 2013. "Kind kids reap rewards of happiness."
- *BBC News*. December 28, 2012. "Kinder children are more popular."
- *Huffington Post*. December 27, 2012. "Kind kids are happier and more popular (Study)."
- *NPR*. December 27, 2012. "Random acts of kindness can make kids more popular."
- *NY Daily News*. December 27, 2012. "Forget mean girls: Study says nice kids are more popular."
- *TODAY Health*. December 26, 2012. "Mean girls? Maybe not: Kind kids are more popular."
- *LA Times*. December 26, 2012. "Nice preteens don't finish last."
- *Live Science*. December 26, 2012. "No bullies: Kind kids are most popular."
- *Science Daily*. July 30, 2011. "Restoring happiness in people with depression."

REFERENCES

Sonja Lyubomirsky, Ph.D.
Professor of Psychology
Department of Psychology
University of California, Riverside
sonja.lyubomirsky@ucr.edu
951.827.5041

Daniel Ozer, Ph.D.
Professor of Psychology
Department of Psychology
University of California, Riverside
daniel.ozzer@ucr.edu
951.827.5211

Kate Sweeny, Ph.D.
Associate Professor of Psychology
Department of Psychology
University of California, Riverside
ksweeny@ucr.edu
951.827.7165