

Important Note: The reading material listed below is what lectures are based on. You can use this material as supplementary material to lectures and, if needed, to help fill in gaps in your class notes. You are not expected to read every word of every article. You're not expected to read any of these actually! I have been studying and researching in this field for many years, so lectures are generally based on a broad composite of articles, knowledge, and experience gained over this time. It's hard to pick just *one* reading to cover each topic!

You should be able to get all the information you need if you attend lectures and engage with the material in class. Take notes during lectures. Ask questions in class (and after class if you need/want to). *Think* about the concepts being presented – don't just try to copy down verbatim what is being said. Slides are posted so don't write down what's on the slides – write down further explanatory information. This strategy seems to have worked well for students in my classes before.

C01. Introduction / History

- Gable, S. L., & Haidt, J. (2005). What (and why) is positive psychology. *Review of General Psychology*, 9(2), 103-110. <https://doi.org/10.1037/1089-2680.9.2.103>
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- Seligman, M. E. P., & Csikszentmihlyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55(1), 5-14. <https://doi.org/10.1037/0003-066X.55.1.5>
- Waterman, A. S. (2013). The humanistic psychology–positive psychology divide: Contrasts in philosophical foundations. *American Psychologist*, 68(3), 124–133. <https://doi.org/10.1037/a0032168>
- Yen, J. (2010). Authorizing happiness: Rhetorical demarcation of science and society in historical narratives of positive psychology. *Journal of Theoretical and Philosophical Psychology*, 30(2), 67-68. <https://doi.org/10.1037/a0019103>
- Zelenski, J. M. (2020). *Positive psychology: The science of well-being*. Sage, [pp. 4-5; 16-20]

C02. What is “Positive”

- Pawelski, J. O. (2016). Defining the ‘positive’ in positive psychology: Part II. A normative analysis. *The Journal of Positive Psychology*, 11(4), 357-365. <https://doi.org/10.1080/17439760.2015.1137628>
- Prinzing, M. M. (2021). Positive psychology is value-laden—It's time to embrace it. *The Journal of Positive Psychology*, 16(3), 289–297. <https://doi.org/10.1080/17439760.2020.1716049>
- Zelenski, J. M. (2020). *Positive psychology: The science of well-being*. Sage, [pp. 5-15]

C03. Character Strengths & Virtues

- Biswas-Diener, R., Kashdan, T. B., & Minhas, G. (2011). A dynamic approach to psychological strength development and intervention. *The Journal of Positive Psychology, 6*(2), 106-118. <https://doi.org/10.1080/17439760.2010.545429>
- Dahlsgaard, K., Peterson, C., & Seligman, M. E. P. (2005). Shared virtue: The convergence of valued human strengths across culture and history. *Review of General Psychology, 9*(3), 203-213. [10.1037/1089-2680.9.3.2](https://doi.org/10.1037/1089-2680.9.3.2)
- Gander, F., Wagner, L., Amann, L., & Ruch, W. (2022). What are character strengths good for? A daily diary study on character strengths enactment. *The Journal of Positive Psychology, 17*(5), 718–728. <https://doi.org/10.1080/17439760.2021.1926532>
- McGrath, R. E. (2015). Character strengths in 75 nations: An update. *The Journal of Positive Psychology, 10*(1), 41-52. <https://doi.org/10.1080/17439760.2014.888580>
- Niemiec, R. M. (2013). VIA character strengths: Research and practice (the first 10 years). In H. H. Knoop & A. Delle Fave (Eds.), *Well-being and cultures: Perspectives from positive psychology* (Vol 3., pp-11-29). Springer. <https://doi.org/10.1007/978940074614>
- Niemiec, R. M. (2019). Finding the golden mean: The overuse, underuse, and optimal use of character strengths. *Counselling Psychology Quarterly, 32*(3-4), 453-471. <https://doi.org/10.1080/09515070.2019.1617674>
- Niemiec, R. M., & Pearce, R. (2020). The practice of character strengths: Unifying definitions, principles, and exploration of what's soaring, emerging, and ripe with potential in science and in practice. *Frontiers in Psychology, 11*, 590220. <https://doi.org/10.3389/fpsyg.2020.590220>
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- Ruch, W., & Stahlmann, A. G. (2024). Ten dos and don'ts of character strengths research. *International Journal of Applied Positive Psychology*. <https://doi.org/10.1007/s41042-024-00155-4>
- Schutte, N. S., & Malouff, J. M. (2019). The Impact of signature character strengths interventions: A meta-analysis. *Journal of Happiness Studies, 20*(4), 1179–1196. <https://doi.org/10.1007/s10902-018-9990-2>
- Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. Oxford.

C04. Theories: Broaden and Build

- Conway, A. M., Tugade, M. M., Catalino, K. I., & Fredrickson, B. L. (2012). The Broaden-and-Build theory of positive emotions: Form, function, and mechanisms. In S. David, I. Boniwell, & A. C. Ayers (Eds.), *The Oxford Handbook of Happiness* (pp. 17-34). Oxford University Press.
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The Broaden-and-Build theory of positive emotions. *American Psychologist, 56*(3), 218-226. <https://doi.org/10.1037/0003-066X.56.3.218>
- Fredrickson, B. L., & Branigan, C. (2005). Positive emotions broaden the the scope of attention and thought-action repertoires. *Cognition & Emotion, 19*(3), 313-332. <https://doi.org/10.1080/02699930441000238>
- Fredrickson B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science, 13*(2), 172-175. <https://doi.org/10.1111/1467-9280/00431>
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C05. Theories: Self-Determination Theory, Hedonia, Eudaimonia

- Chen, H., & Zeng, Z. (2023). Seeking pleasure is good, but avoiding pain is bad: Distinguishing hedonic approach from hedonic avoidance orientations. *Journal of Happiness Studies*. <https://doi.org/10.1007/s10902-023-00687-7>
- Deci, E. L., & Ryan, R. M. (2008). Hedonia, eudaimonia, and well-being: An introduction. *Journal of Happiness Studies*, 9(1), 1–11. <https://doi.org/10.1007/s10902-006-9018-1>
- Huta, V. (2013). Pursuing eudaimonia versus hedonia: Distinctions, similarities, and relationships. In A. Waterman (Ed.), *The best within us: Positive psychology perspectives on eudaimonic functioning* (pp. 139-158). APA Books. <https://doi.org/10.1037/14092-008>
- Huta, V. (2013). Eudaimonia. In S. David, I. Boniwell, & A. C. Ayers (Eds.), *Oxford handbook of happiness* (pp. 201-213). Oxford: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199557257.001.0001>
- Huta, V., & Waterman, A. S. (2010). Pursuing pleasure or virtue: The differential and overlapping well-being benefits of hedonic and eudaimonic motives. *Journal of Happiness Studies*, 11(6), 735–762. <https://doi.org/10.1007/s10902-009-9171-4>
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- Lambert, L., Passmore, H.-A., & Holder, M. D. (2015). Foundational frameworks of positive psychology: Mapping well-being orientations. *Canadian Psychology*, 56(3), 311-321. <https://doi.org/10.1037/cap0000033>
- Martela, F., & Ryan, R. M. (2016). The benefits of benevolence: Basic psychological needs, beneficence, and the enhancement of well-being: benefits of benevolence. *Journal of Personality*, 84(6), 750–764. <https://doi.org/10.1111/jopy.12215>
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- Ryan, R. M., & Huta, V., & Deci, E. L. (2008). *Self-determination theory: Basic psychological needs in motivation, development, and wellness*. The Guilford Press. <https://doi.org/10.1521/978.14625/28806>
- Steger, M. F. (2016). Hedonia, eudaimonia, and meaning: Me versus us; fleeting versus enduring. In J. Vittersø (Ed.), *Handbook of Eudaimonic Well-Being* (pp. 175–182). Springer International Publishing. https://doi.org/10.1007/978-3-319-42445-3_11
- Waterman, A. S., Schwartz, S. J., & Conti, R. (2008). The implications of two conceptions of happiness (hedonic enjoyment and eudaimonia) for the understanding of intrinsic motivation. *Journal of Happiness Studies*, 9(1), 41–79. <https://doi.org/10.1007/s10902-006-9020-7>
- Zelenski, J. M. (2020). *Positive psychology: The science of well-being*. Sage, [pp. 81-84, 119, 160, 351]

C06. TBA

No readings – topic will be announced at end previous class.

C07. Meaning in Life

- Baumeister, R. F., Vohs, K. D., Aaker, J. L., & Garbinsky, E. N. (2013). Some key differences between a happy life and meaningful life. *The Journal of Positive Psychology*, 8(6), 505-516. <https://doi.org/10.1080/17439760.2013.830764>
- Chan, A. C.-K., Steger, M. F., Chui, R. C.-F., Siu, N. Y.-F., Wong Ip, S. C. P., & Lam, B. Y.-H. (Eds.). (2022). *Proceedings of the Meaning in Life International Conference 2022—Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span (MIL 2022)* (Vol. 7). Atlantis Press International BV. <https://doi.org/10.2991/978-94-6463-096-1>
- Czekierda, K., Banik, A., Park, C. L., & Luszczynska, A. (2017). Meaning in life and physical health: systematic review and meta-analysis. *Health psychology review*, 11(4), 387-41. <https://doi.org/10.1080/17437199.2017.1327325>
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- Heine, S. J., Proulx, T., & Vohs, K. D. (2006). The meaning maintenance model: On the coherence of social motivations. *Personality and Social Psychology Review*, 10, 88-110.
- Joshanloo, M. (2024). Increases in sense of purpose predict future positive changes in personality traits. *British Journal of Psychology*, *bjop.12726*. <https://doi.org/10.1111/bjop.12726>
- King, L. A., & Hicks, J. A. (2012). Positive affect and meaning in life. In Wong, P. T. P. (Ed.), *The human quest for meaning: Theories, research, and applications* (2nd ed.) (pp.125-141). Routledge/Taylor & Francis Group.
- King, L. A., & Hicks, J. A. (2021). The science of meaning in life. *Annual review of psychology*, 72, 561-584. <https://doi.org/10.1146/annurev-psych-072420-122921>
- Martela, F. (2020). *A wonderful life: Insight on finding a meaningful existence*. Harper/Collins.
- Martela, F., & Steger, M. F. (2016). The three meanings of meaning in life: Distinguishing coherence, purpose, and significance. *The Journal of Positive Psychology*, 11(5), 531-545. <https://doi.org/10.1080/17439760.2015.1137623>
- Martela, F., & Steger, M. F. (2023). The role of significance relative to the other dimensions of meaning in life—an examination utilizing the three-dimensional meaning in life scale (3DM). *The Journal of Positive Psychology*, 18(4), 606-626. <https://doi.org/10.1080/17439760.2015.1137623>
- Prinzing, M. M., Sappenfield, C. A., & Fredrickson, B. L. (2023). What makes me matter? Investigating how and why people feel significant. *The Journal of Positive Psychology*, 1-17. <https://doi.org/10.1080/17439760.2023.2168562>
- Russo-Netzer, P. (2019). Prioritizing meaning as a pathway to meaning in life and well-being. *Journal of Happiness Studies*, 20(6), 1863-1891. <https://doi.org/10.1007/s10902-018-0031-y>
- Russo-Netzer, P., Tarrasch, R., & Niemiec, R. M. (2023). A meaningful synergy: The integration of character strengths and the three types of meaning in life. *Social Sciences*, 12(9), 494. <https://doi.org/10.3390/socsci12090494>

- Schnell, T. (2009). The Sources of Meaning and Meaning in Life Questionnaire (SoMe): Relations to demographics and well-being. *The Journal of Positive Psychology*, 4(6), 483-499. <https://doi.org/10.1080/17439760903271074>
- Shoshani, A., & Russo-Netzer, P. (2017). Exploring and assessing meaning in life in elementary school children: Development and validation of the meaning in life in children questionnaire (MIL-CQ). *Personality and Individual Differences*, 104, 460-465. <https://doi.org/10.1016/j.paid.2016.09.014>
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- Steger, M. F. (2013). Wrestling with our better selves: The search for meaning in life. In K. D. Markman, T. Proulx, & M. J. Lindberg (Eds.) *The psychology of meaning* (pp. 215-233). American Psychological Association. <https://doi.org/10.1037/14040-011>
- Steger, M. F., Dik, B. J., & Duffy, R. D. (2012). Measuring meaningful work: The Work and Meaning Inventory (WAMI). *Journal of Career Assessment*, 20(3), 322-337. <https://doi.org/10.1177/1069072711436160>
- Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The meaning in life questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*, 53(1), 80-93. <https://doi.org/10.1037/0022-0167.53.1.80>

C08. Review for Exam 1

C09. EXAM 1

C10. Wellbeing from a Global / Cultural Perspective

- Diener, E., Ng, W., Harter, J., & Arora, R. (2010). Wealth and happiness across the world: Material prosperity predicts life satisfaction, where as psychosocial prosperity predicts positive feeling. *Journal of Personality and Social Psychology*, 99(1), 52-61. <https://doi.org/10.1037/a0018066>
- Ford, B. Q., Dmitrieva, J. O., Heller, D., Chentsova-Dutton, Y., Grossmann, I., Tamir, M., Uchida, Y., Koopmann-Holm, B., Floerke, V. A., Uhrig, M., Bokhan, T., & Mauss, I. B. (2015). Culture shapes whether the pursuit of happiness predicts higher or lower well-being. *Journal of Experimental Psychology: General*, 144(6), 1053-1062. <https://doi.org/10.1037/xge0000108>
- Krys, K., Haas, B. W., Igou, E. R., Kosiarczyk, A., Kocimska-Bortnowska, A., Kwiatkowska, A., Lun, V. M.-C., Maricchiolo, F., Park, J., Šolcová, I. P., Sirlopú, D., Uchida, Y., Vaclair, C.-M., Vignoles, V. L., Zelenski, J. M., Adamovic, M., Akotia, C. S., Albert, I., Appoh, L., ... Bond, M. H. (2022). Introduction to a culturally sensitive measure of well-being: Combining life satisfaction and interdependent happiness across 49 different cultures. *Journal of Happiness Studies*. <https://doi.org/10.1007/s10902-022-00588-1>
- Lambert, L., Lomas, T., van de Weijer, M., Passmore, H.-A., Joshanloo, M., Harter, J., Ishikawa, Y., Lai, A., Kitigawa, T., Chen, D., Kawakami, T., Miyata, H., & Deiner, E. (2020). Towards a greater global understanding of wellbeing: A proposal for a more inclusive measure. *International Journal of Wellbeing*, 10(2), 1-18. <https://doi.org/10.5502/ijw.v10i2.1037>

- Lambert, L., Warren, M. A., Brule, G., O'Brien, C., Murray, S., Mulay-Shah, A., Passmore, H.-A., Zelenski, J., & Alsubaiei, S. (2020). Using positive psychology and the United Nations sustainable development goals to build a better world. *Middle East Journal of Positive Psychology*, 6, 1-28. <https://www.middleeastjournalofpositivepsychology.org/index.php/mejpp/article/view/112>
- Lomas, T. (2018). *Translating happiness: A cross-cultural lexicon of well-being*. Random House.
- Martela, F., & Ryan, R. M. (2023). Clarifying eudaimonia and psychological functioning to complement evaluative and experiential well-being: Why basic psychological needs should be measured in national accounts of well-being. *Perspectives on Psychological Science*, 18(5), 1121–1135. <https://doi.org/10.1177/17456916221141099>
- Oishi, S., & Diener, E. (2014). Residents of poor nations have a greater sense of meaning in life than residents of wealthy nations. *Psychological Studies*, 23(2), 422-430. <https://doi.org/10.1177/0956797613507286>
- Oishi, S., & Kesebir, S. (2015). Income inequality explains why economic growth does not always translate to an increase in happiness. *Psychological Studies*, 26, 1630-1638. <https://doi.org/10.1177/0956797615596713>
- Suh, E. M., & Choi, S. (2018). Predictors of subjective well-being across cultures. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of well-being*. DEF Publishers.
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C11. Positive Psychology Interventions, Valuing vs Prioritizing

- Bolier, L., Haverman, M., Westerhof, G. J., Riper, H., Smit, F., & Bohlmeijer, E. (2013). Positive psychology interventions: A meta-analysis of randomized controlled studies. *BMC Public Health*, 13, 119–138.
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- Carr, A., Cullen, K., Keeney, C., Canning, C., Mooney, O., Chinseallaigh, E., & O'Dowd, A. (2021). Effectiveness of positive psychology interventions: A systematic review and meta-analysis. *The Journal of Positive Psychology*, 16(6), 749-769. <https://doi.org/10.1080/17439760.2020.1818807>
- Catalino, L. I., Algoe, A. B., & Fredrickson, B. L. (2014). Prioritizing positivity: An effective approach to pursuing happiness? *Emotion*, 14(6), 1155-1161. <https://doi.org/10.1037/a0038029>
- Catalino, L. I., & Boulton, A. J. (2021). The psychometric properties of the Prioritizing Positivity Scale. *Journal of Personality Assessment*, 103(5), 705–715. <https://doi.org/10.1080/00223891.2020.1828433>
- Catalino, L. I., & Tov, W. (2022). Daily variation in prioritizing positivity and well-being. *Emotion*, 22(5), 874–879. <https://doi.org/10.1037/emo0001070>
- Chakhsi, F., Kraiss, J. T., Sommers-Spijkerman, M., & Bohlmeijer, E. T. (2018). The effect of positive psychology interventions on well-being and distress in clinical samples with psychiatric or somatic disorders: A systematic review and meta-analysis. *BMC Psychiatry*, 18(1), 211. <https://doi.org/10.1186/s12888-018-1739-2>
- Chiesi, F., Tagliaferro, C., Marunic, G., & Lau, C. (2022). Prioritize positivity in Italians: A validation and measurement invariance study of an Italian version of the prioritizing positivity scale. *Current Psychology*. <https://doi.org/10.1007/s12144-022-04150-3>

- Datu, J. A. D., & King, R. B. (2016). Prioritizing positivity optimizes positive emotions and life satisfaction: A three-wave longitudinal study. *Personality and Individual Differences*, 96, 111–114. <https://doi.org/10.1016/j.paid.2016.02.069>
- Gruber, J., Mauss, I. B., & Tamir, M. (2011). A dark side of happiness? How, when, and why happiness is not always good. *Perspectives on Psychological Science*, 6(3), 222–223. <https://doi.org/10.1177/1745691611406927>
- Hansenne, M. (2021). Valuing happiness is not a good way of pursuing happiness, but prioritizing positivity is: A replication study. *Psychologica Belgica*, 61(1), 306–314. <https://doi.org/10.5334/pb1036>
- Hendriks, T., Schotanus-Dijkstra, M., Hassankhan, A., de Jong, J., & Bohlmeijer, E. (2020). The efficacy of multi-component positive psychology interventions: A systematic review and meta-analysis of randomized controlled trials. *Journal of Happiness Studies*, 21(1), 357–390. <https://doi.org/10.1007/s10902-0190082-1>
- Hendriks, T., Schotanus-Dijkstra, M., Hassankhan, A., Graafsma, T., Bohlmeijer, E., & de Jong, J. (2018). The efficacy of positive psychology interventions from non-Western countries: A systematic review and meta-analysis. *International Journal of Wellbeing*, 8(1), 71–98. <https://doi.org/10.5502/ijw.v8i1.711>
- Howell, A. J. (2016). Implicit theories of personal and social attributes: Fundamental mindsets for a science of wellbeing. *International Journal of Wellbeing*, 6(3), 113–130. <https://doi.org/10.5502/ijw.v6i3.529>
- Howell, A. J., Passmore, H.-A., & Holder, M. D. (2016). Implicit theories of well-being predict well-being and the endorsement of therapeutic lifestyle changes. *Journal of Happiness Studies*, 17(6), 2347–2363. <https://doi.org/10.1007/s10902-015-9697-6>
- Littman-Ovadia, H., & Russo-Netzer, P. (2019). Prioritizing positivity across the adult lifespan: Initial evidence for differential associations with positive and negative emotions. *Quality of Life Research*, 28(2), 411–420. <https://doi.org/10.1007/s11136-018-2012-3>
- Lutz, P. K., & Passmore, H.-A. (2019). Repercussions of individual and societal valuing of happiness. In L. Lambert & N. Pasha-Zaidi (Eds.), *Positive psychology in the Middle East / North Africa: Research, policy, and practice* (pp. 363–390). Springer. ISBN: 9783030139209 https://doi.org/10.1007/978-3-030-13921-6_16
- Lyubomirsky, S. (2017). Whither happiness? When, how, and why might positive activities boost versus undermine well-being? Stanford Colloquium Talk. <https://www.psychologytoday.com/ca/blog/the-good-life/201101/heritability-and-happiness>
- Okabe-Miyamoto, K., Margolis, S., & Lyubomirsky, S. (2021). Is variety the spice of happiness? More variety is associated with lower efficacy of positive activity interventions in a sample of over 200,000 happiness seekers. *The Journal of Positive Psychology*, 18(3), 327–338. <https://doi.org/10.1080/17439760.2021.2006760>
- Passmore, H.-A., Howell, A. J., & Holder, M. D. (2018). Positioning implicit theories of well-being within a positivity framework. *Journal of Happiness Studies*, 19(8), 2445–2463. <https://doi.org/10.1007/s10902-017-9934-2>
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- Weiss, L. A., Westerhof, G. J., & Bohlmeijer, E. T. (2016). Can we increase psychological well-being? The effects of interventions on psychological well-being: A meta-analysis of randomized controlled trials. *PLoS ONE*, 11(6), e0158092. <https://doi.org/10.1371/journal.pone.0158092>
- Zerwas, F. K., Ford, B. Q., John, O. P., & Mauss, I. B. (2024). Unpacking the pursuit of happiness: Being concerned about happiness but not aspiring to happiness is linked with negative meta-emotions and worse well-being. *Emotion*. <https://doi.org/10.1037/emo0001381>
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C12. Gratitude

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C17. Review for Exam 2

C18. EXAM 2

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