

HOLLI-ANNE PASSMORE, PhD

Assistant Professor, Psychology
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ACADEMIC EMPLOYMENT

Assistant Professor, Psychology, Concordia University of Edmonton	2020 –
Post-Doctoral Researcher, Nature Connectedness Lab, University of Derby	2019 – 2020
Term Instructor, University of British Columbia	2016 – 2019
Term Instructor, MacEwan University	2016 – 2017

EDUCATION

<u>Degree</u>	<u>Subject</u>	<u>Location</u>	<u>Date</u>
Ph.D.	Psychological Science	University of British Columbia	2015 – 2019
Visiting Scholar	Well-Being / Aliveness	University of Ottawa	2017 (January - April)
M.A.	Psychological Science	University of British Columbia	2013 - 2015
B.A.	Psychology	MacEwan University	2004 - 2013

RESEARCH FOCUS

My research focuses broadly on well-being with two main streams—nature and meaning in life. With regard to nature, I examine how experiences in everyday nature can enhance many aspects of wellbeing, how increasing individuals' emotional connection to nature provides further boosts to well-being and boosts pro-environmental behaviour, and I examine the predictors of eco-anxiety, its relationship to nature connectedness and pro-environmental behaviours, and ways of coping with eco-anxiety. With regard to meaning in life, I examine forecasting meaning and pathways that lead to greater meaning in life, particularly among university students. Within both the nature and meaning streams of my research, I develop and validate practical interventions designed to enhance well-being via nature experiences, nature connectedness, and meaning in life.

In addition to being an Assistant Professor of Psychology at Concordia University of Edmonton, I am also Director of the multi-university Nature—Meaning in Life (NMIL) Research Lab, an Editor of the International Journal of Wellbeing, Science Chair of the Spirituality & Meaning Division of the International Positive Psychology Association, an invited academic with the Global Wellbeing Initiative, and a co-developer of the free online course on Nature Connectedness out of the University of Derby.

ACADEMIC PUBLICATIONS

[Citations: 3,207; h-index: 24; i10-index: 29]

Refereed Journal Articles (* denotes student under my supervision)

- Lumber, R., **Passmore, H.-A.**, & Niemiec, R. (2023). Trees are honest. bugs are creative, sunsets are hopeful – Identifying character strengths in nature: A reflexive thematic analysis. *Current Research in Ecological and Social Psychology*, 4, 100092. <https://doi.org/10.1016/j.cresp.2023.100092>
- *Lutz, P. K., **Passmore, H.-A.**, Howell, A. J., Zelenski, J. M., Yang, Y., & Richardson, M. (2023). The continuum of eco-anxiety responses: A preliminary investigation of its nomological network. *Collabra: Psychology*, 9(1), 1-20. <https://doi.org/10.1525/collabra.67838>
- Pocock, M., Hamlin, I., Christelow, J., **Passmore, H.-A.**, & Richardson, M. (2023). The benefits of citizen science and nature-noticing activities for wellbeing, nature connectedness and pro-nature conservation behaviours. *People and Nature*. <https://doi.org/10.1002/pan3.10432>
- Passmore, H.-A.**, *Yargeau, A., *Blench, J. (2022). Wellbeing in winter: Testing the Noticing Nature Intervention during winter months. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2022.840273>
- Passmore, H.-A.**, Yang, Y., & *Sabine, S. (2022). An extended replication study of the well-being intervention, the Noticing Nature Intervention (NNI). *Journal of Happiness Studies*, 23(6), 2663-2683. <https://doi.org/10.1007/s10902-022-00516-3>
- Passmore, H.-A.**, *Lutz, P. K., & Howell, A. J. (2022). Eco-anxiety: A cascade of fundamental existential anxieties. *Journal of Constructivist Psychology*. <https://doi.org/10.1080/10720537.2022.2068706>
- Passmore, H.-A.**, Martin, L., Richardson, M., White, M., Hunt, A., & Pahl, S. (2021). Parental/guardians' connection to nature better predicts children's nature connectedness than visits or area-level characteristics. *Ecopsychology*, 13(2), 103-113. <https://doi.org/10.1089/eco.2020.0033>
- Yang, Y., Wang, L., **Passmore, H.-A.**, Zhang, J., & Zhu, L. (2021) Viewing nature scenes helps reduce the pain of social ostracism. *Journal of Social Psychology*, 161(2), 197-215. <https://doi.org/10.1080/00224545.2020.1784826>
- Richardson, M., **Passmore, H.-A.**, Lumber, R., Thomas, R., & Hunt, A. (2021). Moments, not minutes: The nature-wellbeing relationship. *International Journal of Wellbeing*, 11(1), 8-33. <https://doi.org/10.5502/ijw.v11i1.1267>
- Lambert, L., Warren, M. A., Brulé, G., O'Brien, C., Murray, S., Mulay-Shah, A., **Passmore, H.-A.**, Zelenski, J. M., Asfour, M., & Alsubaiei, S. (2020). Perspectives: 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>
- Richardson, M., **Passmore, H.-A.**, Barbett, L., Lumber, R., Thomas, R., & Hunt, A. (2020). The Green Care Code: How nature connectedness and simple activities help explain pro-nature conservation behaviours. *People and Nature*, 2(3), 821-839. <https://doi.org/10.1002/pan3.10117>
- 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., **Passmore, H.-A.**, & Joshanloo, M. (2019). A positive psychology intervention program in a culturally-diverse university: Boosting happiness and reducing fear. *Journal of Happiness Studies*, 20(4), 1141-1162. <https://doi.org/10.1007/s10902-018-9993-z>
- Krzyzanowski, D. J., Howell, A. J., & **Passmore, H.-A.** (2019). Predictors and causes of the use of noun-based mental disorder labels. *Stigma and Health*, 4(1), 86-97. <https://doi.org/10.1037/sah0000127>
- Binfet, J.-T., & **Passmore, H.-A.** (2019). The who, what, and where of school kindness: Exploring students' perspectives. *Canadian Journal of School Psychology*, 34(1), 22-37. <https://doi.org/10.1177/0829573517732202>
- Howell, A. J., & **Passmore, H.-A.** (2019). Acceptance and Commitment Training (ACT) as a positive psychological intervention: A systematic review and initial meta-analysis regarding ACT's role in well-being promotion among university

- students. *Journal of Happiness Studies*, 20(6), 1995-2010. <https://doi.org/10.1007/s10902-018-0027-7>
- Lambert, L., **Passmore, H.-A.**, Scull, N., Al Sabah, I., & Hussain, R. (2019). Well-being matters in Kuwait: The Alnowair's Bareec education initiative. *Social Indicators Research*, 143(2), 741-763. <https://doi.org/10.1007/s11205-018-1987-z>
- 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>
- Binfet, J.-T., **Passmore, H.-A.**, Cebry, A., Struik, K., & McKay, C. (2018). Reducing university students' stress through a drop-in canine-therapy program. *Journal of Mental Health*, 27(3), 197-204. <https://doi.org/10.1080/09638237.2017.1417551>
- Capaldi, C. A., **Passmore, H.-A.**, Ishii, R., Chistopolskaya, K. A., Vowinckel, J., Nikolaev, E. L., & Semikin, G. I. (2017). Engaging with natural beauty may be related to well-being because it connects people to nature: Evidence from three cultures. *Ecopsychology*, 9(4), 199-211. <https://doi.org/10.1089/eco.2017.0008>
- Passmore, H.-A.**, & Holder, M. D. (2017). Noticing nature: Individual and social benefits of a two-week intervention. *Journal of Positive Psychology*, 12(6), 537-546. <https://doi.org/10.1080/17439760.2016.1221126>
- Binfet, J.-T., & **Passmore, H.-A.** (2017). Teachers' perceptions of kindness at school. *International Journal of Emotional Education – Special Issue*, 9(1), 37-53. <https://eric.ed.gov/?id=EJ1137976>
- Holder, M. D., **Passmore, H.-A.**, Broom, C., Berg, S., Li, E., Hickey, R., & Martin, C. (2016). Walls of Well-Being (WOWs): A pilot study of a new methodology to explore children's and adolescent's perceived sources of happiness. *International Journal of Applied Positive Psychology*, 1, 91-106. <https://doi.org/10.1007/s41042-017-0008-9>
- Yang, Y., Yang, Z., Bao, T., Liu, Y., & **Passmore, H.-A.** (2016). Elicited awe decreases aggression. *Journal of Pacific Rim Psychology*, 10(1), 1-13. <https://doi.org/10.1017/prp.2016.8>
- Binfet, J.-T., & **Passmore, H.-A.** (2016). Hounds and homesickness: The effects of an animal-assisted therapeutic intervention for first-year university students. *Anthrozoos*, 29(3), 441-454. <https://doi.org/10.1080/08927936.2016.1181364>
- 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>
- Capaldi, C. A., **Passmore, H.-A.**, Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2015). Flourishing in nature: A review of the well-being benefits of connecting with nature and its application as a positive psychology intervention. *International Journal of Wellbeing*, 5(4), 1-16. <https://doi.org/10.5502/ijw.v5i4.1>
- Lambert, L., **Passmore, H.-A.**, & Holder, M. D. (2015). Foundational frameworks of positive psychology: Mapping well-being orientations. *Canadian Psychology – Special Issue on Positive Psychology*, 56(3), 311-321. <https://doi.org/10.1037/cap0000033>
- Lambert, L., Pasha-Zaidi, N., **Passmore, H.-A.**, & Al-Karam, C. Y. (2015). Developing an indigenous positive psychology in the United Arab Emirates. *Middle East Journal of Positive Psychology*, 1, 1-23. <https://middleeastjournalofpositivepsychology.org/index.php/mejpp/article/view/24>
- Passmore, H.-A.**, & Howell, A. J. (2014). Nature involvement increases hedonic and eudaimonic well-being: A two-week experimental study. *Ecopsychology*, 6(3), 148-154. <https://www.liebertpub.com/doi/full/10.1089/eco.2014.0023>
- Passmore, H.-A.**, & Howell, A. J. (2014). Eco-Existential Positive Psychology: How experiences in nature can address our existential anxieties and contribute to well-being. *The Humanistic Psychologist*, 42(4), 370-388. <https://doi.org/10.1080/08873267.2014.920335>
- Howell, A. J., **Passmore, H.-A.**, & Buro, K. (2013). Meaning in nature: Meaning in life as a mediator of the relationship between nature connectedness and well-being. *Journal of Happiness Studies*, 14(6), 1681-1696. <https://doi.org/10.1007/s10902-012-9403-x>
- Howell, A. J., Dopko, R. L., **Passmore, H.-A.**, & Buro, K. (2011). Nature connectedness: Associations with well-being and mindfulness. *Personality and Individual Differences*, 51(2), 166-171. <https://doi.org/10.1016/j.paid.2011.03.037>

Book Chapters (* denotes student under my supervision)

- *Geddes, O., & **Passmore, H.-A.** (2021). Green exercise: Actively flourishing in nature. In E. Brymer, M. Rogerson, & J. Barton (Eds.), *Nature and health: Physical activity in nature* (pp. 35-46). Routledge. <https://doi.org/10.4324/9781003154419>
- *Hunt, J. T., Howell, A. J., & **Passmore, H.-A.** (2021). In vivo nature exposure as a positive psychological intervention: A review of the impact of nature interventions on well-being. In E. Brymer, M. Rogerson, & J. Barton (Eds.), *Nature and health: Physical activity in nature*. (pp. 160-174). Routledge. <https://doi.org/10.4324/9781003154419>
- *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
- Lambert, L., *Hotchkiss, L. R., & **Passmore, H.-A.** (2019). Measuring well-being: How and why?. In L. Lambert & N. Pasha-Zaidi (Eds.), *Positive psychology in the Middle East / North Africa: Research, policy, and practice* (pp. 207-234). Springer. ISBN: 9783030139209 https://doi.org/10.1007/978-3-030-13921-6_10
- Passmore, H.-A.**, & Howell, A. J. (2016). Seeds of hope. In Leo Bormans (Ed.), *The World Book of Hope* (pp. 292-295). Lannoo Publishers.
- Passmore, H.-A.**, & Holder, M. D. (2014). Gaming for good: Video games and enhancing prosocial behaviour. In J. Graham (Ed.), *Video games: Parents' perceptions, role of social media and effects on behavior* (pp. 141-166). Nova. ISBN: 978-1-63321-015-8
- Howell, A. J., Keyes, C. L. M., & **Passmore, H.-A.** (2013). Flourishing among children and adolescents: Structure and correlates of positive mental health, and interventions for its enhancement. In P. Alex Linley & C. Proctor (Eds.), *Positive psychology: Research, applications and interventions for children and adolescents* (pp. 59-80). Springer. ISBN: 9789400763975 https://doi.org/10.1007/978-94-007-6398-2_5
- Howell, A. J., & **Passmore, H.-A.** (2013). The nature of happiness: Nature affiliation and mental well-being. In C. L. M. Keyes (Ed.), *Mental well-being: International contributions to the study of positive mental health* (pp. 231-257). Springer. https://doi.org/10.1007/978-94-007-5195-8_11

Other Articles (* denotes student under my supervision)

- *Lutz, P. K., **Passmore, H.-A.**, & Howell, A. J. (2021). Eco-anxiety and the six existential anxieties. *Psynopsis*, 43(2), 12-13.

Manuscripts Under Review (* denotes student under my supervision)

ACADEMIC PRESENTATIONS

Invited Conference Plenary Panels

- Passmore, H.-A.** & Zelesni, J. M. (2023, July). Connecting nature to well-being. 8th World Congress on Positive Psychology (International Positive Psychology Association), Vancouver, BC, Canada. [Invited to co-lead, organize, present, plenary panel of experts]

Conference Symposiums

Passmore, H.-A., Russo-Netzer, P., Zelenski, J. M. (2017, July). Expanding boundaries and forging new frontiers. *5th World Congress on Positive Psychology (International Positive Psychology Association)*, Montreal, QC.

Conference Workshops

Passmore, H.-A. (2021, October). Hope, despair, and re-connection: An interactive exploration of our relationship with nature. *Festival of Hope and Despair – International Meaning Events Community (IMEC)*. London, UK. [Virtual Conference].

Conference Panels

Niemiec, R., **Passmore, H.-A.**, Tinsley, S., & Shogren, K. (2021, October). The cutting edge of character strengths Environment, peace, disability, and justice (JEDI). *International Positive Psychology Association (IPPA) Idea Starter Symposium*. Virtual Conference.

Conference Paper Presentations – Talks (* denotes student under my supervision)

Passmore, H.-A., Zelenski, J. M., Steger, M. F. (2023, July). An emotional connection to nature: A global perspective. *8th World Congress on Positive Psychology (International Positive Psychology Association)*, Montreal, QC

Passmore, H.-A. (2022, April). Wellbeing in winter: Testing the Noticing Nature Intervention during winter months. *Concordia University of Edmonton Faculty Research Symposium*, Edmonton, AB, Canada.

Passmore, H.-A., & Yang, Y. (2020, June). Naturally resilient: Examining the role of the natural environment on human resilience. *European Conference on Positive Psychology Biennial Convention*, Reykjavik, Iceland. [Cancelled due to COVID-19]

Passmore, H.-A., *Lutz, P. K., Howell, A. J., *Hunt, J., & Richardson, M. (2020, June). Climate crises—emotional crises: The impact of eco-anxiety and nature connectedness on well-being. *European Conference on Positive Psychology Biennial Convention*, Reykjavik, Iceland. [Cancelled due to COVID-19]

Passmore, H.-A., *Lutz, P. K., & Howell, A. (2019, July). Ecoanxiety: A cascade of fundamental existential anxieties. *International Meaning Existential Biennial Conference*, London, UK.

*Dunn, B. J., *Hunter, M. A., & **Passmore, H.-A.** (July, 2019). Qualitative exploration of the undergraduate experience as a source of meaning in life. *International Meaning Existential Biennial Conference*, London, UK.

*Lutz, P. K., **Passmore, H.-A.**, Wirtz, D. (2018, August). From moral identity to flourishing: A pathway of self-transcendence and meaning in life. *International Meaning Biennial Conference*, Vancouver, BC.

Passmore, H.-A., *Osborne, T., *Lutz, P. K., & Holder, M. D. (2018, May). A “failed” experiment: Unexpected benefits of reflecting on early memories. *Canadian Scientific Meeting on Well-Being*, Toronto, ON.

Passmore, H.-A., *Hotchkiss, L. R., McCurrach, D., & Holder, M. D. (2017, July). Self reflections on daily events: Extended benefits of including the negative. *5th World Congress on Positive Psychology (International Positive Psychology Association)*, Montreal, QC.

Binfet, J.-T., **Passmore, H.-A.**, *Cebry, A., *Struik, K., & *McKay, C. (2017, May). Reducing university students' stress through a drop-in canine-therapy program. *International Society for Anthrozoology Annual Conference*, Davis, CA.

Capaldi, C. A., **Passmore, H.-A.**, & Dopko, R. L. (2017, June). Greening the American dream: The personal, social, and environmental implications of valuing harmony with nature. *Society for Psychological Study of Social Issues Annual Convention*, Albuquerque, NM.

Vowinckel, J., Capaldi, C. A., & **Passmore, H.-A.** (2016, July). The presence of a meaningful balance: Healthy future, past and present time perspectives predict meaning in life and meaning in life mediates the relationship between balanced time perspective and well-being. *International Meaning Biennial Conference*, Toronto, ON.

- Passmore, H.-A.** (2016, August). The sense and experience of being alive: Pearls strung on a thread of meaning. *International Meaning Biennial Conference*, Toronto, ON.
- Passmore, H.-A.**, *Dunn, B. J., & Holder, M. D. (2016, August). Transcending education: A 7-day meaning intervention experimental study. *International Meaning Biennial Conference*, Toronto, ON.
- Passmore, H.-A.**, & Holder, M. D. (2016, July). Noticing nature: Individual and social benefits of a two-week intervention. *Canadian Positive Psychology Association Biennial Convention*, Niagra-on-the-Lake, ON.
- Binfet, J.-T. & **Passmore, H.-A.** (2016, April). Teachers' perceptions of kindness at school. *American Educational Research Association Annual Convention*, Washington, DC.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, January). Implicit theories of well-being: Predicting well-being and the endorsement of well-being activities. *Happiness & Well-Being Preconference, Society for Personality and Social Psychology Annual Convention*, San Diego, CA.
- Passmore, H.-A.**, & Binfet, J.-T. (2015, June). Students' conceptualizations of kindness in school: Definitions, agents, and locations. *4th World Congress on Positive Psychology (International Positive Psychology Association)*, Orlando, FL.
- Passmore, H.-A.**, & Capaldi, C. A. (2015, June). Value added: How experiences in nature provide us with more than meets the eye. *Canadian Psychological Association Annual Convention*, Ottawa, ON.
- Passmore, H.-A.** & Howell, A. J. (2014, July). Nature involvement as a positive psychology intervention. *Canadian Positive Psychology Association Biennial Convention*, Ottawa, ON.
- Passmore, H.-A.**, & Howell, A. J. (2014, June). Seeds of hope: Associations between nature connectedness and hope. *Canadian Psychological Association Annual Convention*, Vancouver, BC.
- Passmore, H.-A.**, & Howell, A. J. (2012, July). Eco-Existential Positive Psychology. *International Meaning Biennial Conference*, Toronto, ON.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2012, July). Meaning in nature: Meaning in life as a mediator of the relationship between nature connectedness and well-being. *Canadian Positive Psychology Association Biennial Convention*, Toronto, ON.

Conference Poster Presentations (* denotes student under my supervision)

- *Mangat, A., *Dhanao, T., **Passmore, H.-A.** (2023, June). 3 Good Things vs 3 Good Things In Nature: A randomized-controlled trial of two wellbeing interventions. *Canadian Psychological Association Annual Convention*, Toronto, ON.
- Passmore, H.-A.** (2021, July). Validation of the Noticing Nature Intervention as a positive psychology intervention. *7th International Positive Psychology Association World Congress (International Positive Psychology Association)*, Virtual Conference.
- Lomas, T., Harter, J., Ishikawa, Y., Lai, A., Lambert, L., Joshanloo, M., **Passmore, H.-A.**, van der Weijer, M., Levey, I. R., English, C., Daly, J., Kitigawa, T., Chen, D., & Diener, E. (2020, August). Exploring non-Western perspectives on well-being: The development of new items for the Gallup World Poll. *American Psychological Association Annual Convention*, Virtual Convention.
- *Tsue, A., Wirtz, D., & **Passmore, H.-A.** (2020, May). Integrating psychological research into undergraduate coursework: Team projects increase collaborative problems solving skills, knowledge of methodology, and comfort with presenting. *Association for Psychological Science Annual Convention*, Virtual Showcase.
- Passmore, H.-A.**, & Howell, A. J. (2019, February). Promoting university students' well-being through Acceptance and Commitment Training (ACT): An initial review and meta-analysis. *Happiness and Well-Being Preconference, Society for Personality and Social Psychology Annual Convention*, Portland, OR.
- *Skobkareva, A., **Passmore, H.-A.**, & Holder, M. D. (August, 2018). Relations between psychopathy and hedonic and eudaimonic well-being. *American Psychological Association Annual Convention*, Chicago, IL.
- *Zulinick, K. M., & **Passmore, H.-A.** (2018, May). Do we really have to be told? The effect of instructions on compassion. *Canadian Scientific Meeting on Well-Being*. Toronto, ON.

- Capaldi, C. A., **Passmore, H.-A.**, Ishii, R., Chistopolskaya, K. A., Vowinckel, J., Nikolaev, E. I., & Semikin, G. I. (2017, May). Connecting with nature and engaging with natural beauty: Associations with well-being across three cultures. *Interdisciplinary Conference in Psychology*, Ottawa, ON.
- *Severson, M., **Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2018, April). The emotional impact of viewing images of healthy vs. vulnerable nature and people. *Western Psychological Association Annual Conference*, Portland, OR.
- Passmore, H.-A.**, *Osborne, T., *Lutz, P. K., & Holder, M. D. (2018, March). Positive psychology interventions do not always outperform early memories: Unexpected benefits of reflecting on early memories. *Happiness and Well-Being Preconference, Society for Personality and Social Psychology Annual Convention*, Atlanta, GA.
- *Grenon, C., **Passmore, H.-A.**, & Holder, M. D. (2017, July). The influence of social attachment and social networking site usage on well-being, self-esteem, and loneliness. *5th World Congress on Positive Psychology (International Positive Psychology Association)*, Montreal, QC.
- Passmore, H.-A.**, *Uppal, T., *Weissmeyer, S. J., Howell, A. J., & Holder, M. D. (2017, January). Implicit theories of well-being: Correlates and convergent validity. *Happiness & Well-Being Preconference, Society for Personality and Social Psychology Annual Convention*, San Antonio, TX.
- *Hotchkiss, L. R., **Passmore, H.-A.**, McCurrach, D., & Holder, M. D. (2017, January). Benefits of reflecting on the positives and negatives: A two-week study. *Happiness and Well-Being Preconference, 17th Annual Convention of the Society for Personality and Social Psychology*, San Antonio, TX.
- Passmore, H.-A.**, Yang, Y., & Holder, M. D. (2017, January). Connecting to nature – connecting to others: Two two-week randomized controlled studies. *Society for Personality and Social Psychology Annual Convention*, San Antonio, TX.
- Capaldi, C. A., **Passmore, H.-A.**, & Vowinckel, J. (2016, June). A beautiful connection: Nature connectedness mediates the relationship between engagement with natural beauty and well-being. *Canadian Psychological Association Annual Convention*, Victoria, BC.
- *Hotchkiss, L. R., **Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, June). Transcendent predictors of hope. *Canadian Psychological Association Annual Convention*, Victoria, BC.
- Howell, A. J., Hutlet, K., **Passmore, H.-A.**, & Holder, M. D. (2016, June). The cultivation of incremental and entity beliefs regarding well-being: Effects on the endorsement of positive psychology interventions. *Canadian Psychological Association Annual Convention*, Victoria, BC.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, June). Believing that well-being can be changed. *Canadian Psychological Association Annual Convention*, Victoria, BC.
- Howell, A. J., **Passmore, H.-A.**, & Holder, M. D. (2015, June). Implicit theories of well-being. *Canadian Psychological Association Annual Convention*, Ottawa, ON.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2015, February). Nature, spirituality, and hope: Relationships among transcendent contributors to well-being. *Happiness & Well-Being Preconference, Society for Personality and Social Psychology Annual Convention*, Long Beach, CA.
- Passmore, H.-A.**, Holder, M. D., & Lambert D'raven, L. T. (2014, June). A cross-cultural study of patterns of relationships between meaning in life, vitality, materialistic values, and well-being. *Canadian Psychological Association Annual Convention*, Vancouver, BC.
- Passmore, H.-A.**, Feller, K., Howell, A. J., & Buro, K. (2013, June). Self-determination needs and their relationship with nature affiliation and well-being. *3rd IPPA World Congress on Positive Psychology (International Positive Psychology Association)*, Los Angeles, CA.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2013, June). Meaning in life and its relationship with nature affiliation, spirituality, and well-being. *3rd IPPA World Congress on Positive Psychology (International Positive Psychology Association)*, Los Angeles, CA.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2012, June). Nature affiliation and spirituality: Relationships with meaning in life and well-being. *Canadian Psychological Association Annual Convention*, Halifax, NS.

Passmore, H.-A., Howell, A. J., & Buro, K. (2011, July). Meaning in life as a mediator of the relationship between nature affiliation and well-being. [Study I & II]. *2nd World Congress on Positive Psychology (International Positive Psychology Association)*, Philadelphia, PA.

Passmore, H.-A., & Howell, A. J. (2010, August). Meaning in life as a mediator of the relationship between nature affiliation and well-being. [Study I]. *International Meaning Biennial Conference*, Richmond, BC.

Howell, A. J., Dopko, R. L., **Passmore, H.-A.**, & Buro, K. (2010, June). Nature affiliation: Associations with well-being and mindfulness. *Canadian Psychological Association Annual Convention*, Winnipeg, MB.

INVITED TALKS

Invited Academic Presentations

Passmore, H.-A. (2022, December). Current and future projects at the Nature—Meaning in Life (NML) research lab. *Coffee Chat: Canadian Psychological Association – Environmental Section*. [Virtual Conference]

Passmore, H.-A. & Zelenski, J. M. (2022, December). Global findings on emotional connection to nature. *Global Wellbeing Summit: Gallup and Wellbeing for Planet Earth Foundation*. [Virtual Conference]

Passmore, H.-A. (2022, October). Nature-based wellbeing interventions: Grounded in evidence. *University of Washington Nature and Health Speaks Series*, Seattle, Washington, USA. [Virtual presentation]

Passmore, H.-A. (2022, June). Nature-based wellbeing interventions; Simple, yet powerful. *Zhejiang University Summer School*, Hangzhou, China. [Virtual presentation]

Passmore, H.-A. (2022, March). Grounding oneself and transcending oneself: Evidence for nature as a pathway to well-being. *Scientific Talk Series: International Positive Psychology Association – Spirituality & Meaning Division*. [Virtual Presentation] <https://vimeo.com/694604465/bb7865e680>

Passmore, H.-A., & Zelesni, J. M. (2020, October). Nature connectedness: Essential, distinct element of well-being. *Global Wellbeing Summit: Gallup and Wellbeing for Planet Earth Foundation*. Tokyo, Japan. [Virtual Conference]

Passmore, H.-A. (2019, August). The human-nature connection: Essential well-being for the world. *International Well-Being Summit: Reinventing the concept of well-being. LiFull Foundation and Gallup World Poll*. Kyoto, Japan.

Passmore, H.-A. (2018, January). The nature of well-being: Theory and research on the role the natural world plays in our individual and social well-being. *Simon Fraser University's Social Psychology Area Seminar*, Vancouver, BC.

Passmore, H.-A. (2015, November). Flourishing in nature: How noticing everyday nature enhances your well-being. *MacEwan University Monthly Psychology Research Talks Series*, Edmonton, AB.

Binfet, J.-T., & **Passmore, H.-A.** (2015, November). Understanding kindness in the school context: Implications for educators. *Educating for Resilience Conference*, Toronto, ON.

Passmore, H.-A. (2015, June). Individual and social benefits of everyday experiences in nature. *Seizing an Alternative: Toward an Ecological Civilization*, Claremont, CA.

Invited Community/Other Presentations

Passmore, H.-A. (2023, March). Graduate school journey: Wellbeing, nature, and meaning in life. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB.

Passmore, H.-A. (2023, January). Pathways to wellbeing through the natural world: An interactive workshop. *Staff Wellbeing Workshop – Lloydminster Sexual Assault Services*

- Passmore, H.-A.** (2022, June). The tree at the bus stop: The importance of nearby nature to individual and social wellbeing. *On the Edge Speaker Series – Edmonton Public Library*. Edmonton, AB. [Virtual live]
<https://epl.bibliocommons.com/events/6297c100db121f41008803cd>
- Passmore, H.-A.** (2022, March). Nature connectedness and eco-anxiety: Why you should care if you're working to improve sustainability. *Renewable Energy Seminar Series – McNeil Centre for Applied Renewable Energy*, Concordia University of Edmonton, Edmonton, AB, [Virtual live] <https://www.youtube.com/watch?v=Elgl4Bkfv08>
- Passmore,, H.-A.** (2021, November). Nearby nature: The most under-utilized pathway to wellbeing. *Interdisciplinary Disciplinary Research Cluster on Wellness: Fall Speaker Series*. Concordia University of Edmonton, Edmonton, AB.
- Passmore, H.-A.** (2021, November). The science and psychology of the nature—wellbeing relationship. *Concordia Commitment Research Talk*. Concordia University of Edmonton, Edmonton, AB.
- Passmore, H.-A.** (2021, March). The nature of well-being: The role the natural world plays in our individual and social well-being. *United Arab Emirates University*. Dubai, UAE. [Virtual live].
- Passmore, H.-A.** (2021, March). The nature of well-being: Theory research and interventions. *Guest lecture in PSY335-Positive Psychology-The Science of Well-being*. Concordia University of Edmonton, Edmonton, AB.
- Passmore, H.-A.** (2020 October). Making nature your story: Moving forward to a new relationship with nature – Eco-anxiety. *Embodiment Conference*, Virtual Conference.
- Passmore, H.-A.** (2020, October). Surviving and enjoying grad school. *Concordia University of Edmonton – Concordia Psychology Club*. Edmonton, AB.
- Passmore, H.-A.** (2020, April). Nature connectedness during the pandemic restrictions. *Derbyshire Wildlife Trust Staff Development Day*. Derby, UK. Virtual.
- Passmore, H.-A.** (2020, March). Minding nature. *Down to Earth: Mindfulness March*. Derby, UK. [Cancelled due to COVID-19]
- Passmore, H.-A.** (2020, February). Nature connectedness and well-being: Noticing nature. Nature Connectedness Event. *MARCH Mental Health Network and University of Derby*. Derby, UK.
- Passmore, H.-A.** (2019, December). The importance of connecting with nature for well-being and motivating nature-friendly sustainable behaviours. *Allestree Woodlands School, Eco-Committee Meeting*. Derby, UK.
- Passmore, H.-A.** (2019, September). Get Psyched: There's more to psychology than you think! *University of British Columbia, Information session for high school students as part of UBC's university awareness campaign*. Kelowna, BC.
- Passmore, H.-A.** (2019, August). Connecting with nature through the lens of a positive psychology researcher. *Clubhouse Farm and Kelowna School District 23 Professional Development Day*. Kelowna, BC.
- Passmore, H.-A.** (2019, February). Nature as children's space: Learning, playing, and being in nature. *Science Opportunities for Kids Society*, Kelowna, BC.
- Passmore, H.-A.** (2018, December). Parks, well-being, and broader social benefits. *Parks Services – Regional District of Central Kelowna*, Kelowna, BC.
- Passmore, H.-A.** (2018, December). BEing well: A practical talk on well-being. *Psychology Course Union, University of British Columbia*, Kelowna, BC.
- Passmore, H.-A.** (2018, November). Surviving and enjoying grad school. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB.
- Passmore, H.-A.** (2018, September). Get Psyched: There's more to psychology than you think! *University of British Columbia, Information session for high school students as part of UBC's university awareness campaign*. Kelowna, BC.
- Passmore, H.-A.** (2018, May). Nearby urban nature: More than just a pretty sight. *4th Biennial Convention of the Canadian Positive Psychology Association*, Toronto, ON.
- Passmore, H.-A.** (2018, March). The psychology of well-being and meaning in life. *Peer Support Network, University of British Columbia*, Kelowna, BC.

- Passmore, H.-A.** (2017, November). Surviving and enjoying grad school. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB.
- Passmore, H.-A.** (2017, October). Ripples of gratitude: How not to do gratitude and how to do gratitude well. *Gratitude Project – Gratitude is good medicine*. Third Space Foundation & University of British Columbia, Kelowna, BC.
- Passmore, H.-A.** (2016, October). Meaning from gratitude. *Gratitude Project – Is gratitude a pathway to happiness? Third Space Foundation & University of British Columbia*, Kelowna, BC.
- Passmore, H.-A.** (2016, October). Surviving and enjoying grad school. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB.
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RESEARCH / INTERVIEWS IN THE MEDIA

- 2022, December. 'MIND'ing nature: Cultivating childhood wellness outdoors. Fresh Outlook Foundation. <https://freshoutlookfoundation.org/minding-nature-cultivating-childhood-wellness-outdoors/>
- 2022, August. Eco-grief: A normal reaction to a global crisis. *CBC News*. <https://www.cbc.ca/news/canada/edmonton/edmonton-climate-activists-use-their-eco-grief-as-a-tool-for-building-communities-1.6562046>
- 2022, June. How to deal with eco-anxiety. *ASET News: The Association of Science and Engineering Technology Professionals of Alberta*. <https://aset.ab.ca/ASET-News/Member-News/2022/How-to-deal-with-eco-anxiety>
- 2022, March. RX Wild: How nature restores body and mind. [interview for magazine article] *Conservation Magazine – Alberta Conservation Association*. <https://www.ab-conservation.com/publications/conservation-magazine/>
- 2022, February. Enhancing our wellbeing through everyday nature. *Science Up Your Wellbeing*. <https://www.youtube.com/watch?v=p5pSDezGOU>
- 2022, January. A philosophy of stardust and nature. *The Global Existential Summit*. Existential Offerings – Virtual Conference. <https://existentialsummit.com/> [<https://www.youtube.com/watch?v=f6ut4upbxR8&t=1407s>]
- 2021, July. Interview for Insight Series, Mental Help, Adeara Recovery Centre affiliation program.
- 2021, July. Pandemic Walks. [podcast interview]. *Terra-Infoma – CJSR Radio*. <https://terrainforma.ca/226>
- 2021, January. Nature connectedness & community centered conservation: See the forest. [podcast interview]. *Society & Culture*. <https://podcasts.apple.com/us/podcast/nature-connectedness-community-centered-conservation/id1548215610?i=1000504896177>
- 2021, March. Nature. [podcast interview]. *A World of Wellbeing Podcast Series – Gallup Global Wellbeing Initiative*. <https://www.speaker.com/user/gallupstrengthscenter/nature>
- 2020, March. Noticing nature: Helping us cope with physical distancing restrictions of COVID19. [radio interviews]. *BBC Radio Derby; BBC Radio Scotland*.
- 2020, February. Get connected to nature: Results of National Trust research with University of Derby. [radio interviews]. *BBC Radio Wales, BBC Radio Derby, BBC Radio Leeds*.
- 2019, October. Finding beauty in the everyday: Noticing Nature. [podcast interview]. *Greater Good In Action: Podcast – The Science of Happiness*. https://greatergood.berkeley.edu/podcasts/item/finding_beauty-in-the-everyday
- 2019, September. Eco-anxiety and the climate strike. [podcast interview]. *Terra-Infoma – CJSR Radio*. <https://terrainforma.ca/133>
- 2018, December. Ecoanxiety. [radio interviews]. *CBC Radio*.
- 2018, August. Reducing the fear of happiness. [radio interviews]. *CBC Radio*.
- 2018, April. Nature and well-being. [video interview]. *Two for You: Two minutes for you to live and lead with intention – University of Minnesota*. <https://www.youtube.com/watch?v=mhV3ZazLn9M>

- 2018, March. How does nature make us happy? [video interview]. *Paven Mahat – Medicine, Fitness, Health*.
https://www.youtube.com/watch?v=Ytg_2DDAdAU
- 2018, January. Why connecting with nature elevates your mental health. *Psychology Today*
<https://www.psychologytoday.com/us/blog/the-new-resilience/201801/why-connecting-nature-elevates-your-mental-health>
- 2017, November. Noticing this in everyday life linked to 'significantly higher' level of happiness. *New York Daily News*.
<http://www.nydailynews.com/life-style/noticing-linked-significantly-higher-level-happiness-article-1.3615158>
- 2017, August. Therapy dogs for homesick college students? *Psychology Today*.
<https://www.psychologytoday.com/blog/animals-and-us/201708/therapy-dogs-homesick-college-students>
- 2017, March. GoGreenEx celebrates the women leading the way in environmental science. *GoGreenEx*
- 2017, February. Improve your wellbeing by simply appreciating nature. *Seniors Newspaper*.
<https://www.seniorsnews.com.au/news/improve-your-wellbeing-by-simply-appreciating-natu/3147523/>
- 2016, November. Finding meaning in nature. [radio interview]. *TerraInforma: CJSR – University of Alberta*,
<https://terrainforma.ca/30>
- 2016, November. Noticing Nature well-being intervention. *Greater Good in Action: Science Based Practices for a Meaningful Life*.
- 2016, August. The psychology of leisure. *Positive Acorn – Robert Biswas-Diener*.
<http://myemail.constantcontact.com/The-Psychology-of-Leisure.html?soid=1102621930729&aid=yMCmj6a1QAA>
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RESEARCH PRODUCTS

2021. *Nature connectedness: For a new relationship with nature*. Free online MOOC course. In collaboration with University of Derby. <https://www.derby.ac.uk/short-courses-cpd/online/free-courses/nature-connectedness-relationship-with-nature/>
2020. *Noticing Nature Intervention* included as one of 30-science based practices for living a meaningful life. *Greater Good Toolkit*. Greater Good Science Center and Holstee. <https://www.holstee.com/products/greater-good-toolkit>
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FELLOWSHIPS – SCHOLARSHIPS – GRANTS – RESEARCH FUNDING

2021	\$4000	Social Sciences and Humanities Research Council (SSHRC)-Explore Grant: Concordia University of Edmonton, Edmonton, AB [SIG-XPLR-2104-01]
2021	non-monetary	Reduction in Teaching Award: Concordia University of Edmonton. Edmonton, AB.
2020	\$4997	Seed Grant Funding: Concordia University of Edmonton. Edmonton, AB
2020	£1150	Research Excellence Framework Funding: University of Derby, Derby, UK
2019	£1600	Sandpit Conference Funding: MARCH Mental Health Network, Derby, UK
2019	\$750	PhD Graduate Student Travel Grant: University of British Columbia, Kelowna, BC
2018	\$6000	University Graduate Fellowship: University of British Columbia, Kelowna, BC
2018	\$500	Tuum Est Student Initiative Fund: University of British Columbia, Kelowna, BC
2017	\$6000	University Graduate Fellowship: University of British Columbia, Kelowna, BC
2017	\$1000	PhD Graduate Student Travel Grant: University of British Columbia, Kelowna, BC
2017	\$550	International Positive Psychology Association Scholarship

2016	\$3000	University Graduate Fellowship: University of British Columbia, Kelowna, BC
2016	\$800	Wright Foundation Scholarship: International Conference on Meaning
2015	\$105,000	Joseph-Armand Bombardier CGS Doctoral Scholarship Social Sciences and Humanities Research Council (SSHRC)
2015	\$60,000	Killam Doctoral Scholarship: University of British Columbia, Kelowna, BC
2015	\$5000	Dean's Graduate Entrance Scholarship – Doctoral: University of British Columbia, Kelowna, BC
2015	\$3000	University Graduate Fellowship: University of British Columbia, Kelowna, BC
2015	\$1000	Masters Graduate Student Travel Grant: University of British Columbia, Kelowna, BC
2015	\$300	International Positive Psychology Association Scholarship
2014	\$6000	University Graduate Fellowship: University of British Columbia, Kelowna, BC
2013	\$17,500	Joseph-Armand Bombardier CGS Masters Scholarship Social Sciences and Humanities Research Council (SSHRC)
2013	\$15,000	Ontario Graduate Scholarship – Masters. (Declined)
2013	\$5000	Dean's Graduate Entrance Scholarship – Masters: University of British Columbia, Kelowna, BC
2012	\$600	MacEwan Students' Association Conference Grant: MacEwan University, Edmonton, AB
2011	\$500	Dean's Student Travel Grant: MacEwan University, Edmonton, AB
2010	\$500	Dean's Student Travel Grant: MacEwan University, Edmonton, AB

AWARDS & HONOURS

2019	Outstanding Student in Psychological Science for 2019, University of British Columbia, Kelowna, BC.
2018	Golden Apple Award – Structuring Course Effectively: University of British Columbia, Kelowna, BC
2017	Provost's Award for Teaching Assistants and Tutors: University of British Columbia, Kelowna, BC
2017	Women Leading the Way in Environmental Science: GoGreenEx, University of Limerick, Ireland
2013	Dean's Medal for Exceptional Academic Achievement: MacEwan University, Edmonton, AB

COURSE DEVELOPMENT & TEACHING EXPERIENCE

Courses Developed

2021	Nature and Wellbeing	4 th year undergraduate seminar course
2021	Emotions & Behaviour	3 rd year undergraduate course
2016	Psychology of Meaning in Life	3 rd year undergraduate course
2016	Positive Psychology	3 rd year undergraduate course

Courses Co-Developed

- 2019 Nature Connectedness [MOOC (Massive Online Open Course)]
2016 Introduction to Research Methods in Psychology. 2nd year undergraduate course

Teaching Experience

<u>Appointment Level</u>	<u>Institution</u>	<u>Dates</u>	<u>Subject Area</u>
Assistant Professor	Concordia University of Edmonton	2020-current	PSY 408: Nature and Wellbeing PSY 406: Language and Culture PSY 405: History and Systems of Psychology PSY 341: Social Psychology PSY 340: Emotion and Behaviour PSY 335: Positive Psychology PSY 104: Introduction to Psychology
Term Instructor	University of British Columbia	2018-2019	Positive Psychology Introduction to Psychology
Graduate Co-Instructor Term Instructor	University of British Columbia University of British Columbia MacEwan University	2017-2018	Introduction to Research Methods In Psychology Psychology of Meaning in Life Psychology of Meaning in Life
Graduate Co-Instructor	University of British Columbia	2016-2017	Introduction to Research Methods In Psychology Positive Psychology
Guest Lecturer Term Instructor	University of British Columbia University of British Columbia MacEwan University		Psychology of Meaning in Life Psychology of Meaning in Life
Guest Lecturer	University of British Columbia	2015-2016	Positive Psychology
Guest Lecturer	University of British Columbia	2014-2015	Positive Psychology
Guest Lecturer	University of British Columbia	2013-2014	Introduction to Psychology Positive Psychology Anxiety in Intergroup Relations

PHD REVIEW COMMITTEES

2022 (July). External Reviewer, PhD candidate dissertation project in Psychology, University of Melbourne. Supervisors: Dr. Lindsay Oades, Dr. Peggy Kern.

STUDENT SUPERVISION

Graduate Students

2022-2023:

Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising PhD., University of Florida, US]

Nikki Ayles: *Nature-based positive psychology intervention*. [Member of supervisory team, PhD., Buckingham New University, UK]

2021-2022:

Janna Mulholland: *Nature-based interventions for refugees and for clinicians*. [Concordia University of Edmonton]

Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising, University of Florida]

Undergraduate Honours Thesis

2020-2021:

Otis Geddes: *Updating meta-analysis for positive psychology*. [University of British Columbia. Co-supervised with: Andrew J. Howell (MacEwan University) & Brian O'Connor (University of British Columbia)]

Undergraduate Directed/Independent Studies

2020-2021:

Gleivy Graveran: *Exposure to nature and decreased use of stereotype schemas*. [Concordia University of Edmonton]

2019-2020:

Otis Geddes: *Green Exercise literature review/book chapter*. [University of British Columbia]

Michael Hunter: *Goal-intervention to enhance meaning in life*. [University of British Columbia]

2018-2019:

Hannah Wilson: *Guided imagery nature intervention – meaning, well-being*. [University of British Columbia]

2017-2018:

Kris Zulinick: *Inducing compassion*. [University of British Columbia]

Paul Lutz: *Moral goodness & ugliness, elevation, and meaning in life*. [University of British Columbia]

Anastasia Skobkareva: *Psychopathy, machiavellianism, well-being, and ill-being*. [University of British Columbia]

2016-2017:

Christy Grenon: *Attachment style and social networking site usage*. [University of British Columbia]

Genny Eger: *Meaning in life in children*. [University of British Columbia]

Lauren Hotchkiss: *Predictive model of hope – transcendence*. [University of British Columbia]

2014-2015:

Shelayne Paul: *Meaning Intervention: Improving meaning in nursing students*. [University of British Columbia]

Graduate & Undergraduate Research Assistants/Lab Members: Nature—Meaning in Life (NMIL) Research Lab
(an international multi-university research lab) (Graduate students indicated by ^)

(See all current and past members of NMIL at <https://nature-mill.org/NMIL>)

2022-2023:

Ajay Mangat: (1) *3GT qualitative*. (2) *eco-anxiety*. [Concordia University of Edmonton]

^Ashley Krause: *Nature, meaning, and place attachment* [University of Florida]

Carolina Mendes: *3GT qualitative* [Concordia University of Edmonton]

Darren Aschacher: (1) *Science database on spirituality and wellbeing*. (2) *Nature and restoration with clinicians*. (3) *Forecasting meaning*. (4) *Mindfulness-Based Strengths Practices – Earth {Applied Emphasis Program Placement}* [Concordia University of Edmonton]

^Janna Mulholland: (1) *Nature and restoration with clinicians*. (2) *Character strengths intervention* [Concordia University of Edmonton]

^Otis Geddes: *Well-being At Your Doorstep* [University of Victoria]

^Tarleen Dhanoa: (1) *Three Good Things in Nature vs In General*. [Concordia University of Edmonton]

^Sarena Sabine: *Minutes without Moments* [University of Washington]

2021-2022:

^Alissa Yargeau: *Wellbeing in Winter* [Concordia University of Edmonton]

Angela Southworth: *3GT qualitative* [Concordia University of Edmonton]

Anika Gahun: *Three Good Things: In Nature vs In General* [MacEwan University]

^Ashley Krause: *Nature, meaning, and place attachment* [University of Florida]

Carolina Mendes: *3GT qualitative* [Concordia University of Edmonton]

Darren Aschacher: (1) *Science database on spirituality and wellbeing*. (2) *Nature and restoration with clinicians*. (3) *Forecasting meaning*. (4) *Eco-anxiety* [Concordia University of Edmonton]

^Janna Mulholland: (1) *Nature and restoration with clinicians*. (2) *Nature and well-being in post-secondary students* (book chapter). (3) *Noticing Nature Intervention in a refugee population*. (4) *Character strengths intervention* [Concordia University of Edmonton]

Joslin Blench: *Wellbeing in Winter* [Concordia University of Edmonton]

Michael Calaresu: general projects [University of Alberta]

^Otis Geddes: *Well-being At Your Doorstep* [University of Victoria]

^Paul Lutz: *Nomological web of correlates of eco-anxiety* [Carleton University]

Sacha Henry: *Narratives, Sounds, & Emotions/Growing Hope* [Concordia University of Edmonton]

^Sarena Sabine: *Minutes without Moments* [University of Washington]

^Selina Verkland: *3GT qualitative* [Concordia University of Edmonton]

^Tarleen Dhanoa (1) *Three Good Things: In Nature vs In General*. (2) *Science database on meaning in life*. [Concordia University of Edmonton]

2020-2021:

Alissa Caskey: (1) *Nature connectedness interventions based on character strengths*. (2) *Well-being in Winter*. [Concordia University of Edmonton]

Angela Southworth: (1) *Noticing Nature – qualitative responses*. (2) *Beyond all borders: Nature and COVID*. [Concordia University of Edmonton]

Carolina Mendes: *Beyond all borders: Nature and COVID*. [Concordia University of Edmonton]

Madison Wong: *Reflecting on experiences and meaning in life*. [Concordia University of Edmonton]

Nusra Ithibahia: *Eco-anxiety among environmental students*. [Concordia University of Edmonton]

2019-2020

^Paul Lutz: *Predictors of Eco-anxiety* [Carleton University]

2018-2019

Benjamin Dunn: *Enhancing meaning in university students II*. [University of British Columbia]

Chin-Wen Chong: *Animal Assisted Interventions – development of course*. [University of British Columbia]

Erin Hum: *Animal Assisted Interventions – development of course*. [University of British Columbia]

Jonah Kipnis: *Personality fit for positive psychology interventions*. [University of British Columbia]

Josh Raphael: *Should – Choose: Well-being intervention*. [University of British Columbia]

Luke Ferarco: *Should – Choose: Well-being intervention*. [University of British Columbia]

Mario Tavolieri: *Virtues: Meaning in life intervention*. [University of British Columbia]

Michael Hunter: *Virtues: Meaning in life intervention*. [University of British Columbia]

Paul Lutz: *Moral identity and meaning in life*. [University of British Columbia]

Shao Yuan: *Animal Assisted Interventions – development of course*. [University of British Columbia]

2017-2018

Meagan Severson: *Nature-based well-being intervention*. [University of British Columbia]

2016-2017

Ashley Delmar: *Nature-induced compassion*. [University of British Columbia]

Baylee Adams: *Nature-induced compassion*. [University of British Columbia]

Johnson Chen: *Nature-induced compassion*. [University of British Columbia]

Lauren Hotchkiss: *Hope and gratitude: intervention*. [University of British Columbia]

Meagan Severson: *Nature-induced compassion*. [University of British Columbia]

Paul Lutz: *Meaning in life: Testing three interventions*. [University of British Columbia]

Sarah Weismeyer: *Implicit theories of well-being*. [University of British Columbia]

Tarnjeet Uppal: *Implicit theories of well-being*. [University of British Columbia]

Taylor McCreary: *Meaning in life: Testing three interventions*. [University of British Columbia]

Tim Osborne: *Meaning in life: Testing three interventions*. [University of British Columbia]

2015-2016

Benjamin Dunn: *Meaning in life in university students: Intervention* [University of British Columbia]

Lauren Hotchkiss: *Transcendent well-being*. [University of British Columbia]

Student Awards & Honours

2021-2022

Janna Mulholland Concordia University of Edmonton Graduate Student Research Grant: \$750.
Janna Mulholland Alberta Graduate Excellence Scholarship (AGES): \$14,333. *Government of Alberta.*
Janna Mulholland Richard W. Kraemer Memorial Scholarship: \$1500. *Concordia University of Edmonton.*

2017-2018

Anastasia Skobkareva 3rd Place Student First-Authored Poster Contest – Region of North America. *American Psychological Association Annual Convention, Chicago, IL.*
Paul Lutz 3rd Place Student Paper Contest: \$950. *Biennial International Meaning Conference, Vancouver, BC.* *Other winners and honourable mentions were third- or fourth-year Ph.D. students at various universities.
Meagan Severson Tuum Est Student Initiative Fund: \$500. *University of British Columbia, Kelowna, BC.*

2016-2017

Christy Grenon Tuum Est Student Initiative Fund: \$500. *University of British Columbia, Kelowna, BC.*
Lauren Hotchkiss Tuum Est Student Initiative Fund: \$500. *University of British Columbia, Kelowna, BC*

2015-2016

Lauren Hotchkiss Undergraduate Research Award: \$6500. *University of British Columbia, Kelowna, BC*

SERVICE TO PROFESSION

(2021-present) Science Chair: International Positive Psychology Association – Spirituality & Meaning Division
(2020-present) Editor: International Journal of Wellbeing
(2019-present) Invited Academic Team Member: Global Wellbeing Initiative.
(2019-2021) Member of Scientific Committee for IMEC. International Meaning Events Community

Ad Hoc Reviewer: Academic Journals

2023:

4 articles reviewed: Landscape and Urban Planning (1); Journal of Happiness Studies (1); Journal of Applied Social Psychology (1); Personality and Individual Differences (1)

2022:

12 articles reviewed: Frontiers – Psychology (2); Journal of Environmental Psychology (3); Journal of Happiness Studies (1); Landscape and Urban Planning (2); Nature Human Behaviour (1); Science Direct (1); The Cognitive Behaviour Therapist (1); The Trumpeter (1)

2021:

8 articles reviewed: BMC Public Health (1); Ecopsychology (1); International Journal of Applied Positive Psychology (1); Journal of Happiness Studies (1); Landscape and Urban Planning (2); Psychology of Women Quarterly (1); Scientific Reports (1)

2020:

9 articles reviewed: Current Psychology (1); Ecopsychology (2); Environment & Behavior (1); International Journal of Applied Positive Psychology (2); Journal of Adult Development (1); Journal of Health Psychology (1); Journal of Happiness Studies (1)

2019:

4 articles reviewed: Ecopsychology (1); International Journal of Wellbeing (1); Journal of Happiness Studies (1); Journal of Positive Psychology (1)

2018:

5 articles reviewed: Current Psychology (1); Ecopsychology (1); Journal of Happiness Studies (1); Leisure (1); Review of General Psychology (1)

2017:

8 articles reviewed: Canadian Psychology (1); Conversation & Society (1); Ecopsychology (3); International Journal of Wellbeing (1); Journal of Happiness Studies (1); Personality and Individual Differences (1)

2016:

3 articles reviewed: Behaviour & Information Technology (1); Canadian Psychology (1); Middle East Journal of Positive Psychology (1)

2015:

2 articles reviewed: Canadian Psychology (1); Ecopsychology (1); Middle East Journal of Positive Psychology (1)

Service to Concordia University of Edmonton

Committees

2022—current. Psychology Department Lead. *CUE website department pages.*

2022—current. Committee Member. *Special Committee to Review/Redesign the Undergraduate Psychology Program.*

2022—current. URPP Assistant and Coordinator. *Undergraduate Research Participant Pool.*

2022—current. Member. *Research and Faculty Development Committee.*

2022 – current. Qualtrics Brand Administrator, *Department of Psychology.*

2022 – current. Committee Member. *General Faculties Council.*

2022 (September – December). Interim Member. Arts, *Strategic Enrollment Management Committee.*

2022, February-March. Committee Member. *Psychology Department Faculty Hiring Committee for Assistant Professors.*

2022, February. *Faculty Member. Gerald S. Krispin Research Awards.*

2022 – current. External Engagement Officer, *Concordia University of Edmonton Faculty Association.*

2021 – current. Webmaster. *Concordia University of Edmonton Faculty Association.*

2021 – current. Committee Member. *Research Ethics Committee.*

2021 – current. Committee Member. *Program to Assist Grant Endeavours (PAGE).*

2021, October-November. *Ad Hoc Departmental Website Committee.*

Guest Talks, Guest Lectures, and Other Service

2023. (March). Invited guest speaker. *UFDN 199 University Foundations.*

2023. (March). Psychology Department Representative. *CUE Open House.*

2023. March. Invited guest lecture. *PSY 319-Research Designs and Intermediate Statistical Methods in Psychology.*

2022. October. Invited guest speaker. *Applied Emphasis Program.*

2022. October. Invited guest speaker. *UFDN 199-University Foundations*

2022. September. Invited guest lecture. *PSY 409-Self, Identity, & Subjectivity.*

2021, November. Invited guest lecture. *PSY 335-Positive Psychology-The Science of Well-being.*

2021, November. Invited speaker: *CUE Wellness Fall Speaker Series*
2021, November. Invited speaker: *CUE Commitment Research Talk*.
2021, October. Psychology Department Representative. *CUE Open House*.
2021, August. Psychology Department Representative. *Student Orientation*.
2021, April. Chair, Judge. *Concordia University of Edmonton's Student Research Forum*.
2021, March. Psychology Department Representative. *Virtual Discover CUE event*.
2021, March. Invited guest lecture. *PSY319-Research Designs and Intermediate Statistical Methods in Psychology*
2021, March. Invited guest lecture. *PSY335-Positive Psychology-The Science of Well-being*.
2020, October. Psychology Department Representative. *Virtual CUE Open House event*.
2020, October. Surviving and enjoying grad school. *Concordia Psychology Club*.

PROFESSIONAL MEMBERSHIPS

Canadian Psychological Association

International Positive Psychology Association

International Network on Personal Meaning

Society for Personality and Social Psychology
