



*"Research is formalized curiosity.
It is poking and prying with a purpose."*
-Zora Neale Hurston

DR. KUSHLEV

Recent Publications

- "Personalizing a Positive Psychology Intervention Improves Well-Being." [Read here.](#)
- "Lights, Cameras (On), Action! Camera Usage During Zoom Classes Facilitates Student Engagement Without Increasing Fatigue." [Read here.](#)

Announcements

- Dr. Kushlev's lab research on helping others get adapted as teaching material published in the [Science Journal for Kids!](#)
- [Matthew Leitao](#) has won the Graduate Student Teaching Award from Georgetown University for his course in the Psychology of Technology. An impressive feat for Leitao's first time teaching an undergraduate course. Congratulations, Matt!

NEW RESEARCH

- [Kibum Moon](#) presented "Benefits of happiness on learning: Emotional well-being predicts GPA and online learning engagement during COVID-19" at the Society for Personality and Social Psychology in Atlanta, GA.
 - Kibum found that virtual learning did not lead to a decrease in happiness. This was not because students socialized more online, but because they socialized with loved ones at home rather than loved ones on campus.

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New Members

- [Kibum Moon](#) is a Ph.D. student working directly under Dr. Kushlev. He is interested in investigating the effects of digital technology on well-being and also developing interventions to improve digital well-being.
- [Madeline Lee](#) is a sophomore majoring in Global Business and minoring in Psychology. She is interested in the long-term effects of technology on individuals in an increasingly digital world.
- [Sutton Vaughn](#) is the new Lab Manager and a junior majoring in Psychology. She is interested in the intersection between psychology and public policy.
- [Elizabeth Kronthal](#) is a junior majoring in Psychology and Anthropology, and minoring in Studio Art. She is particularly interested in studying the effects of manipulated social media content on mental health.

- **Kristin Rabil** presented "Virtual Learning is not associated with lower happiness in college students: The role of in-person interactions with close others" at the Society for Personality and Social Psychology in Atlanta, GA.
 - Kristin found that people with their phones report feeling less connected than those without their phones. This effect was moderated by gender, with men reporting feeling less connected than women.

RESEARCHER SPOTLIGHT, KIBUM MOON



Kibum Moon is a Ph.D. student at Georgetown University working with Dr. Kostadin Kushlev. He has a double major in Psychology and Science Technology Studies (STS) for his bachelor's degree, and a master's degree in clinical psychology from Korea University. Kibum joined the Happy Tech Lab one year ago because he felt that the research on the relationship between technology and psychology is extremely important in the modern world. Kibum is passionate about developing interventions to improve digital well-being.

In the lab, Kibum particularly enjoys designing studies and he is currently collecting data along with Dr. Kushlev and other members of our lab on a digital detox study! Kibum says the coolest thing about our lab is how Dr. Kushlev is able to successfully connect psychological theories to his observations from research data. Kibum hopes to learn this skill from Dr. Kushlev during his time at the lab. Kibum believes that artificial intelligence will become more advanced in the future and AI-generated algorithms will allow us to easily summarize vast amounts of papers and data on human behavior, giving us more information on how the human mind truly works. Besides Kibum's interest in Psychology, he also has many hobbies including

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cooking and Scuba diving! Kibum says he most likely wants to have a career in academia because he loves conducting research but is still exploring other options while he studies at Georgetown.

Updates On Past and Present Lab Members!

- **Adam Epstein-Shuman** was an honors student who graduated from our lab last year. Since his graduation, he has received a position in another lab that is associated with both Johns Hopkins and the NIH. Adam will be doing research on HIV and COVID as well as author a few more papers (a process he has missed desperately since graduating). Adam says he will now get to practice all of the cool techniques he only ever got to read about before and is extremely excited. He believes that Dr. Kushlev is a major reason his future after graduation looks bright!
- **Kristin Rabil** graduated from Georgetown last year but continued her work with the Happy Tech Lab throughout the Fall 2022 semester. She enjoyed presenting her poster at the SPSP Annual Convention this year and expressed her appreciation for Dr. Kushlev and the lab. She was recently accepted into "CU Denver's Clinical Health Psych" program and is excited for her new adventure!

DO YOU WANT TO READ MORE ABOUT OUR RESEARCH? TAKE A LOOK:

- "Benefits of happiness on learning: Emotional well-being predicts GPA and online learning engagement during COVID-19." [Read here.](#)
- "Virtual Learning is not associated with lower happiness in college students: The role of in-person interactions with close others." [Read here.](#)
- "Antecedents and Consequences of Smartphone Self-Extension." [Read here.](#)
- "The Promise and Peril of Mental Health Apps." [Read here.](#)