

# THE DIGITAL HEALTH AND HAPPINESS LAB



Georgetown University

Fall 2021 VOL. 5

IT'S NOT ABOUT IDEAS, IT'S ABOUT MAKING IDEAS HAPPEN

-SCOTT BELSKY

## THE LAB

- **Matthew Leitao** presented at the New Directions in Research on the Psychology of Technology Conference and APA's Technology Mind and Society Conference
- **Emma Kikuchi** worked on a survey that looks at technology usage and emotional well-being pre- and post-Covid
- **Kristin Rabil** examined technology use and well-being throughout the pandemic
- **Sonya Fares** assisted in designing new studies and organizing existing data and started working on her own study that analyzes the relationship between personality and social media personas on social media.

### NEW MEMBERS

- **Emma Kikuchi:** Undergrad RA
- **Preeti Kota:** Undergrad RA
- **Phillip Thompkins:** Undergrad RA

### WE SAY GOODBYE TO

**KIRAN SINGH** joined the lab as a RA in November 2020 and is a junior in the college majoring in Psychology. She aspires to apply to medical school after graduation and become a Family Medicine doctor.

# ADAM EPSTEIN-SHUMAN

(on the right of the image)

Adam is a senior in the College at Georgetown University, who joined the Happy Tech Lab in May of 2020. He has been doing his Honors thesis with Dr. Kushlev. Adam plans to attend medical school after graduating.

In the lab, Adam has been able to run his own study and assist in many parts of the lab. He also presented a poster at the 2021 APS conference and helped Dr. Kushlev collect information and set up surveys for research.

Adam successfully managed to do his honor's thesis research all while taking organic chemistry and physics.

The pandemic taught Adam that there will always be a new phenomenon to explore in psychological research. During the pandemic, Adam was glad that the lab was able to establish a sense of community, while shining a light on some of the psychological/social problems associated with social distancing.



## Interesting Research From the Lab

A week during COVID-19: Online social interactions are associated with greater connection and more stress. [Read here](#)

Anxiety talking: Does anxiety predict sharing information about COVID-19? [Read here](#)

Can mental health apps be effective for depression, anxiety, and stress during a pandemic? [Read here](#)