

## KEYWORDS

**Domains:** *subjective well-being, health, interpersonal communication, computer-mediated communication.*

**Theories:** *self-determination theory, evolutionary theory, culture-gene coevolution.*

**Variables:** *affect, life satisfaction, basic human needs, trust, social capital, physical health, stress.*

## SKILLS (highlights)

**Methods:** *ESM, Field Experiments, Public Data, Longitudinal Data, Big Data, Randomized Controlled Trials.*

**Statistics:** *Multilevel Linear Modeling (MLM), Structural Equation Modeling (SEM), Multivariate, Factor Analysis, Cluster Analysis; R, Mplus, SPSS, EQS, STATA, HLM.*

## EDUCATION

**PhD, Psychology,** University of British Columbia. 2011–2015

Advisors: *Elizabeth Dunn* (primary); *Toni Schmader* (secondary).

Dissertation: *Digitally connected, socially disconnected: Can smartphones compromise the benefits of interacting with others?* (funded by a SSHRC grant, Vanier Graduate Scholarship).

**MA, Psychology,** University of British Columbia. 2009–2011

Advisor: *Elizabeth Dunn.*

Thesis: *Exploring parental well-being: Is childcare associated with parental well-being and what factors can enhance it?* (awarded for Academic Excellence by CPA).

**BA, Psychology,** Reed College. 2004–2008

Advisor: *Daniel Reisberg; Kathryn Oleson.*

Distinctions: *Phi Beta Kappa (Honorary Academic Society).*

## EMPLOYMENT

**Assistant Professor,** Georgetown University. 2018–Present

**Postdoctoral Research Associate,** University of Virginia. 2015–2018

Advisors: *Ed Diener; Shigehiro Oishi.*

## AWARDS AND DISTINCTIONS

*Membership,* Society of Experimental Social Psychology. 2023

*Rising Star,* Association for Psychological Science. 2021

*Teaching Fund Award (\$1,500),* Association for Psychological Science. 2020

*Small Research Award (\$1,500),* Society for Personality and Social Psychology. 2019

*Excellent Reviewer Acknowledgement,* CHI. 2016

*Vanier Graduate Scholarship (\$150,000),* University of British Columbia. 2012–2015

*International Tuition Scholarship (\$22,000),* University of British Columbia. 2009–2015

*Graduate Student Travel Award (\$500),* Society of Personality and Social Psychology. 2013

*Certificate of Academic Excellence,* Canadian Psychological Association. 2012

*Howard Webster Foundation Fellowship (\$4,880),* Green College. 2011

*William C. Gibson Citation,* Green College. 2011

*Lacey Fellowship in Psychology (\$16,000),* University of British Columbia. 2011

*Graduate Entrance Scholarship (\$17,500),* University of British Columbia. 2009

*Phi Beta Kappa,* Reed College. 2008

*Commended for Excellence in Scholarship X 3,* Reed College. 2005–2008

*Professional Development Award,* University of Sussex. 2006

## GRANTS

*Causal Effects of Exposure to Social Media on Adolescent Mental Health.* R01, National Institute of Mental Health. Role: PI.

**To Be Awarded: \$1,529,894** 2024–2028

*Can We Effectively Promote Happiness by Fostering Digital Well-Being?* Georgetown Summer Salary Supplement.

**Awarded: \$10,000**

Aug 2023

*Greater Good in Action 2.0: Making the science of character virtue more practical, engaging, and impactful.* John Templeton Foundation. PI: Dacher Keltner, Role: Scientific Collaborator.

**Awarded: \$1,778,612 (My Portion: \$66,699).**

2020–2023

## **PUBLICATIONS**

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\* Student Advisee

### **Peer-Reviewed Papers**

- Heyman\*, J. L., & **Kushlev**, K. (2023). Did smartphones enhance or diminish well-being during the COVID-19 pandemic? *Frontiers in Psychology*, 14. Doi: [10.3389/fpsyg.2023.1094196](https://doi.org/10.3389/fpsyg.2023.1094196)
- Heintzelman, S. J., **Kushlev**, K., & Diener, E. (2023). Personalizing a positive psychology intervention improves well-being. *Applied Psychology: Health and Well-Being*. Doi: [10.1111/aphw.12436](https://doi.org/10.1111/aphw.12436)
- Kushlev**, K., & Epstein-Shuman\*, A. (2022). Lights, cameras (on), action! Camera usage during zoom classes facilitates student engagement without increasing fatigue. *Technology, Mind, and Behavior*, 3(3). Doi: [10.1037/tmb0000085](https://doi.org/10.1037/tmb0000085)
- Kudrna, L., & **Kushlev**, K. (2022). Money does not always buy happiness, but are richer people less happy in their daily lives? It depends on how you analyze income. *Frontiers in Psychology*, 13. Doi: [10.3389/fpsyg.2022.883137](https://doi.org/10.3389/fpsyg.2022.883137)
- Tov, W., Wirtz, D., **Kushlev**, K., Biswas-Diener, R., & Diener, E. (2022). Well-being science for teaching and the general public. *Perspectives on Psychological Science*. Doi: [10.1177/17456916211046946](https://doi.org/10.1177/17456916211046946)
- Cantwell\*, O., & **Kushlev**, K. (2021). Anxiety talking: Does anxiety predict sharing information about COVID-19? *Technology, Mind, and Behavior*, 2(4). Doi: [10.1037/tmb0000057](https://doi.org/10.1037/tmb0000057)
- Holtzman, S., **Kushlev**, K., Wozny, A., & Godard, R. (2021) Long-distance texting: Text messaging is linked with higher relationship satisfaction in a long-distance relationship. *Journal of Social and Personal Relationships*, 38(12), 3543–3565. Doi: [10.1177/02654075211043296](https://doi.org/10.1177/02654075211043296)
- Kushlev**, K., Radosic\*, N., & Diener, E. (2021). Subjective well-being and prosociality around the globe: Happy people give more of their time and money to others. *Social Psychological and Personality Science*. Doi: [10.1177/19485506211043379](https://doi.org/10.1177/19485506211043379)
- Tibbetts\*, M., Epstein-Shuman\*, A., Leitao\*, M. R., & **Kushlev**, K. (2021). A week during COVID-19: Online social interactions are associated with greater connection and more stress. *Computers in Human Behavior Reports*, 4, 100133. Doi: [10.1016/j.chbr.2021.100133](https://doi.org/10.1016/j.chbr.2021.100133)
- Longyear\*, R., & **Kushlev**, K. (2021). Can mental health apps be effective for depression, anxiety, and stress during a pandemic? *Practical Innovations*. Doi: [10.1037/pri0000142](https://doi.org/10.1037/pri0000142)
- Kushlev**, K., Heintzelman†, S. J., Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., & Diener, E. (2020). Does happiness improve health? Evidence from a randomized controlled trial. *Psychological Science*. Doi: [0.1177/0956797620919673](https://doi.org/10.1177/0956797620919673)
- Kushlev**, K., & Leitao\*, M. R. (2020). The effects of smartphones on well-being: Theoretical integration and research agenda. *Current Opinion in Psychology*. Doi: [10.1016/j.copsyc.2020.05.001](https://doi.org/10.1016/j.copsyc.2020.05.001)
- Oishi, S., Choi, H., Koo, M., Galinha, I., Ishii, K., Komiya, A., Luhmann, M., Scollon, C., Shin, J., Lee, H., Suh, E. M., Vittersø, J., Heintzelman, S. J., **Kushlev**, K., Westgate, E. C., Buttrick, N., Tucker, J., Ebersole, C. R., Axt, J., ... Besser, L. L. (2020). Happiness, meaning, and psychological richness. *Affective Science*, 1(2), 107–115. Doi: [10.1007/s42761-020-00011-z](https://doi.org/10.1007/s42761-020-00011-z)
- Heintzelman, H., & **Kushlev**, K. (2020). Emphasizing scientific rigor in the development, testing, and implementation of positive psychological interventions. *Journal of Positive Psychology*. Doi: [10.1080/17439760.2020.1789701](https://doi.org/10.1080/17439760.2020.1789701)
- Heintzelman, S. J., **Kushlev**, K., Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., Oishi, S., & Diener, E. (2019). ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote subjective well-being. *Journal of Experimental Psychology: Applied*. Doi: [10.1037/xap0000254](https://doi.org/10.1037/xap0000254)
- Kushlev**, K., Drummond, D., & Diener, E. (2020). Subjective well-being and health behaviors in 2.5 million Americans. *Applied Psychology: Health & Well-Being*, 2020, 12 (1), 166–187. Doi: [10.1111/aphw.12178](https://doi.org/10.1111/aphw.12178)

- Fitz, N., **Kushlev**, K., Jagannathan, R., Lewis, T., Paliwal, D., & Ariely D. (2019). Batching smartphone notifications can improve well-being. *Computers in Human Behavior*, 101, 84–89. Doi: [10.1016/j.chb.2019.07.016](https://doi.org/10.1016/j.chb.2019.07.016) †Shared first author
- Kushlev**, K., Drummond, D. M., Heintzelman, S. J., & Diener, E. (2019). Do happy people care about society's problems? *Journal of Positive Psychology*. Doi: [10.1080/17439760.2019.1639797](https://doi.org/10.1080/17439760.2019.1639797)
- Oishi, S., Choi, H., Buttrick, N., Heintzelman, H., **Kushlev**, K., & Besser, L. (2019). The Psychologically Rich Life Questionnaire. *Journal of Research in Personality*, 81, 257–270. Doi: [10.1016/j.jrp.2019.06.010](https://doi.org/10.1016/j.jrp.2019.06.010)
- Kushlev**, K., Dwyer, R., & Dunn, E. W. (2019). The social price of constant connectivity: Smartphones impose subtle costs on well-being. *Current Directions in Psychological Science*, 28(4), 347–352. Doi: [10.1177/0963721419847200](https://doi.org/10.1177/0963721419847200)
- Biswas-Diener, R., **Kushlev**, K., Su, R., Goodman, F., Kashdan, T., & Diener, E. (2019). Assessing and understanding hospitality: A brief hospitality scale. *International Journal of Well-Being*, 9(2). Doi: [10.5502/ijw.v9i2.839](https://doi.org/10.5502/ijw.v9i2.839)
- Kushlev**, K., & Dunn, E. W. (2019). Smartphones distract parents from cultivating feelings of connection when spending time with their children. *Journal of Social and Personal Relationships*, 36(6), 1619–1639. Doi: [10.1177/0265407518769387](https://doi.org/10.1177/0265407518769387)
- Kushlev**, K., Hunter, J., Proulx\*, J., Pressman, S., & Dunn, E. (2019). Smartphones reduce smiles between strangers. *Computers in Human Behavior*, 91, 12–16. Doi: [10.1016/j.chb.2018.09.023](https://doi.org/10.1016/j.chb.2018.09.023)
- Kushlev**, K., Diener, E., Heintzelman, S. J., & Oishi, S. (2018). The declining marginal utility of social time for subjective well-being. *Journal of Research in Personality*, 74, 124–140. Doi: [10.1016/j.jrp.2018.04.004](https://doi.org/10.1016/j.jrp.2018.04.004)
- Dwyer, R., **Kushlev**, K., & Dunn, E. W. (2018). Smartphone use undermines enjoyment of face-to-face interactions. *Journal of Experimental Social Psychology*, 78, 233–239. Doi: [10.1016/j.jesp.2017.10.007](https://doi.org/10.1016/j.jesp.2017.10.007)
- Kushlev**, K., & Heintzelman, S. J. (2018). Put the phone down: Testing a complement–interfere model of computer-mediated communication in the context of face-to-face interactions. *Social Psychological and Personality Science*, 9, 702–710. Doi: [10.1177/1948550617722199](https://doi.org/10.1177/1948550617722199)
- Oishi, S., **Kushlev**, K., & Schimmack, U. (2018). Progressive taxation, income inequality, and happiness. *American Psychologist*, 73(2), 157–168. Doi: [10.1037/amp0000166](https://doi.org/10.1037/amp0000166)
- Kushlev**, K., Proulx\*, J., & Dunn, E. W. (2017). Digitally connected, socially disconnected: The effects of relying on technology rather than other people. *Computers in Human Behavior*, 76, 68–74. Doi: [10.1016/j.chb.2017.07.001](https://doi.org/10.1016/j.chb.2017.07.001)
- Kushlev**, K., Cardoso, B., & Pielot, M. (2017). Affect influences user engagement with notification-delivered content. *Proceeding of Mobile HCI, 2017*. 1–6. Doi: [10.1145/3098279.3098569](https://doi.org/10.1145/3098279.3098569)
- Kushlev**, K., Heintzelman, S. J., Lutes, L. D., Wirtz, D., Oishi, S., & Diener, E. (2017). ENHANCE: Design and rationale of a randomized controlled trial for promoting enduring happiness and well-being. *Contemporary Clinical Trials*, 52, 62–74. Doi: [10.1016/j.cct.2016.11.003](https://doi.org/10.1016/j.cct.2016.11.003)
- Diener, E., Heintzelman, S. J., **Kushlev**, K., Tay, L., Wirtz, D., Lutes, L. D., & Oishi, S. (2017). Findings all psychologists should know from the new science on subjective well-being. *Canadian Psychology*, 58, 87–104. Doi: [10.1037/cap0000063](https://doi.org/10.1037/cap0000063)
- Kushlev**, K., & Proulx\*, J. (2016). The social costs of ubiquitous information: Consuming information on mobile phones is associated with lower trust. *PloS One*. Doi: [10.1371/0162130](https://doi.org/10.1371/0162130)
- Kushlev**, K., Proulx\*, J., & Dunn, E. W. (2016). “Silence your phones”: Smartphone notifications increase inattention and hyperactivity symptoms. *Proceedings of CHI '16*. Doi: [10.1145/2858036.2858359](https://doi.org/10.1145/2858036.2858359)
- Hudson, N. W., Lucas, R. E., Donnellan, M. B., & **Kushlev**, K. (2016). Income reliably predicts daily sadness, but not happiness: A replication and extension of Kushlev, Dunn, & Lucas (2015). *Social Psychological and Personality Science*, 7, 828–836. Doi: [10.1177/1948550616657599](https://doi.org/10.1177/1948550616657599)
- Kushlev**, K., Dunn, E. W., & Lucas, R. E., (2015). Higher income is associated with less daily sadness but not more daily happiness. *Social Psychological and Personality Science*, 6, 483–489. Doi: [10.1177/1948550614568161](https://doi.org/10.1177/1948550614568161)
- Kushlev**, K., & Dunn, E. W. (2015). Checking email less frequently reduces stress. *Computers in Human Behavior*, 43, 220–228. Doi: [10.1016/j.chb.2014.11.005](https://doi.org/10.1016/j.chb.2014.11.005)
- Chen, L., Zhang, D., Pan, G., Ma, X., Yang, D., **Kushlev**, K., Zhang, W., & Li, S. (2015). Bike sharing station placement leveraging heterogeneous urban open data. *Proceedings of UbiComp '15*. Doi: [10.1145/2750858.2804291](https://doi.org/10.1145/2750858.2804291)
- Lickel, B., **Kushlev**, K., Savalei, V., Matta, S., & Schmader, T. (2014). Shame and the motivation to change the self. *Emotion*, 14, 1049–1061. Doi: [10.1037/a003835](https://doi.org/10.1037/a003835)

- Nelson, S. K., **Kushlev**, K., & Lyubomirsky, S. (2014). The pains and pleasures of parenting: When, why, and how is parenthood associated with more or less well-being? *Psychological Bulletin*, 140, 846–895. Doi: [10.1037/a0035444](https://doi.org/10.1037/a0035444)
- Nelson, S. K., **Kushlev**, K., Dunn, E. W., & Lyubomirsky, S. (2014). Parents are slightly happier than nonparents, but causality still cannot be inferred: A reply to Bhargava, Kassam, and Loewenstein. *Psychological Science*, 25, 303–304. Doi: [10.1177/0956797613508561](https://doi.org/10.1177/0956797613508561)
- Ashton-James, C., **Kushlev**, K., & Dunn, E. W. (2013). Parents reap what they sow: Child-centrism and parental well-being. *Social Psychology and Personality Science*, 4, 635–642. Doi: [10.1177/1948550613479804](https://doi.org/10.1177/1948550613479804)
- Nelson, S. K., **Kushlev**, K., English, T., Dunn, E. W., & Lyubomirsky, S. (2013). In defense of parenthood: Children are a source of joy, not misery. *Psychological Science*, 24, 3–10. Doi: [10.1177/0956797612447798](https://doi.org/10.1177/0956797612447798)
- Kushlev**, K., Dunn, E. W., & Ashton-James, C. (2012). Does affluence impoverish the experience of parenting? *Journal of Experimental Social Psychology*, 48, 1381–1384. Doi: [10.1016/j.jesp.2012.06.001](https://doi.org/10.1016/j.jesp.2012.06.001)

### **Book Chapters**

- Kushlev**, K., & Masling\*, H. (in press). Can we trust subjective reports of screen time? Using smartphones to teach about bias and accuracy. In Pressman, S.D., & Parks, A. (Eds) *Activities for Teaching Positive Psychology*, Volume II. American Psychological Association.
- Cheng, C., & **Kushlev**, K. (2022). Digital life and well-being. *Global Wellbeing Initiative*.
- Oishi, S., **Kushlev**, K., & Benet-Martinez, V. (2020). Culture and personality: Current directions. In O.P. John, R.W. Robins, & L.A. Pervin (Eds.), *Handbook of Personality: Theory and Research*. 3<sup>rd</sup> edition. Guilford Press.
- Kushlev**, K. (2018). Media technology and well-being: A complementarity-interference model. In E. Diener, S. Oishi, & L. Tay (Eds), *Handbook of Well-Being*. Noba Scholar Handbook series: Subjective well-being. Salt Lake City, UT: DEF publishers. Doi:nobascholar.com.
- Kushlev**, K., & Dunn, E. W. (2012). Affective forecasting: Knowing how we will feel in the future. In S. Vazire and T. D. Wilson (Eds.), *Handbook of Self-Knowledge* (277–292). New York: The Guilford Press.

### **Nonacademic Articles in Popular Press**

- Kushlev**, K. (2022, July 15). Is happiness selfish? *Character and Context Blog: Society for Personality and Social Psychology*.
- Kushlev**, K. (2022, June 11). The promise and peril(s) of mental health apps. *Psychology Today*.
- Kushlev**, K. (March 11, 2022). Time for a psychologically smart technology. *Psychology Today*.
- Kushlev**, K. (February 12, 2022). How my smartphone transformed my life. *Psychology Today*.
- Kushlev**, K. (November 12, 2020). Can happiness make us healthier? Evidence from a randomized controlled trial. *Society for Clinical Psychology*.
- Kushlev**, K. (January 15, 2021). Smartphones as tools of teaching. *Noba Blog*.
- Kushlev**, K. & Dunn, E. (July 11, 2019). Parents: Disconnecting from your phone can increase connection with your kids. *Society for Personality & Social Psychology*.
- Kushlev**, K. (July 10, 2018). To improve digital well-being, put your phone down and talk to people. *The Conversation*.
- Kushlev**, K. (January 11, 2017). Does your smartphone make you less likely to trust others? *The Conversation*. (Republished in: *Fast Company*, *World Economic Forum*).
- Kushlev**, K. (May 9, 2016). Are our smartphones afflicting us all with symptoms of ADHD? *The Conversation*. (Republished in: *NewsWeek*, *Associated Press*, *IFLScience*, *Alternet*, *Daily Mail*).
- Kushlev**, K. & Dunn, E. (January 9, 2015). Stop checking email so often. *The New York Times*.

### **INVITED TALKS**

#### **Keynotes**

- Kushlev**, K. (May 2019). *Is your smartphone making you unhappy? Not exactly*. 57<sup>th</sup> Junior Science Humanities Symposium, Georgetown University, Washington, DC.

## **Research Talks**

- Kushlev, K.** (2023, March 29). *Are smartphones really that bad for well-being?* Applied Developmental Psychology Program, Spring 2023 Colloquia Series, George Mason University.
- Kushlev, K.** (October 2022). *The cost and benefits of constant connectivity: Is screen time really that bad for well-being?* Social Area Brownbag, Department of Psychology, McGill University, Online.
- Kushlev, K.** (April 2022). *Interdisciplinary research approaches for the study of technology*, College Board of Advisors Meeting (CBOA), Georgetown University, Washington, DC.
- Kushlev, K.** (March 2022). *Digital well-being*. SPUD: Social Psychology Under Discussion, Virginia Commonwealth University, Richmond, VA.
- Kushlev, K.** (June 2021). *Raines fellowship workshop*. Georgetown University, Washington, DC, online.
- Kushlev, K.** (June 2021). *The secret to happiness: A psychological perspective?* Catholic University of Eichstaett-Ingolstadt, Germany, online.
- Kushlev, K.** (April 2021). *The social price of constant connectivity: Smartphones impose subtle costs on well-being*. Psychology Brown Bag Invitation, University of Rochester, Rochester, NY, online.
- Kushlev, K.** (May 2020). *What is happiness*. University of Plovdiv, Bulgaria.
- Kushlev, K.** (December, 2019). *What parents and practitioners need to know about smartphones: The psychological impact of digital media*. Medstar Georgetown University Hospital: Child Psychiatry Grand Rounds, Washington, DC.
- Kushlev, K.** (October 2019). *The social price of constant connectivity*. George Mason University's Colloquia Series, Fairfax, VA.
- Kushlev, K.** (October 2019). *Is your smartphone making you unhappy? Not exactly*. American Psychological Association's Innovation, Washington, DC.
- Kushlev, K.** (July 2019). *Smartphones impose subtle costs on well-being*. Georgetown University's McDonough School of Business MARK Seminar, Washington, DC.
- Kushlev, K.** (May 2019). *The social price of constant connectivity: Smartphones impose subtle costs on well-being*. University of Maryland's Seminar Series, College Park, MD.

## **CONFERENCES**

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### **Organizing Committee**

2019 New Directions in the Psychology of Technology Conference. November 2019. Washington, DC.

### **Chair**

- Ewell, P., Müller, S., & **Kushlev, K.** (2019). *The psychology of media and technology*. Preconference organized for the Annual Convention of the Society for Personality and Social Psychology, Portland, OR.
- Kushlev, K.**, Harari, G., & Okdie, B. (2018). *The psychology of media and technology*. Preconference organized for the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Kushlev, K.**, Schroeder, J., & Fast, N. (2017). *The psychology of technology*. Preconference organized for the Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.

### **Chaired Symposia**

- Kushlev, K.** (2024, February 8-10). *AI's social and political footprints: Persuasion, misinformation, bias, and creativity*. Symposium organized for the Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev, K.**, & Nelson, S. K. (2014, February 13-15). *The devil is in the details: revealing the complexities of the relationship between parenthood and well-being*. Symposium organized for the Annual Convention of the Society for Personality and Social Psychology, Austin, TX.

### **Talks**

- Moon\*, K., **Kushlev, K.**, Patterson, J. D., Beaty, R. E., Green, A. E. (2024, February 8). *A computational approach to creativity: Fostering success and equity in college admissions*. The Computational Social Psychology Preconference at the Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Moon\*, K., **Kushlev, K.** (2024, February 8-10). *Does ChatGPT promote or hinder human creativity?* Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.



- Ross, M. Q., & **Kushlev**, K. (2023, November 16-19). *Antecedents and consequences of smartphone self-extension* [Paper presentation]. National Communication Association 109<sup>th</sup> Annual Convention, National Harbor, MD.
- Castelo, N., **Kushlev**, K., Ward, A., Esterman, M., & Reiner, P. (2023, July 6–8). *Reducing mobile internet use improves sustained attention, mental health, and subjective well-being*. European Association for Consumer Research, Amsterdam, Netherlands.
- van der Willigen\*, T. & **Kushlev**, K. (2023, June 2). *Phenomenological and ontological autonomy: Integrating self-determination, self-control, and authenticity*. The 8th International Self-Determination Theory Conference, Orlando, FL.
- van der Willigen\*, T. & **Kushlev**, K. (2023, February 25). *Phenomenological and ontological authenticity*. "Roundtable Unconference," Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- van der Willigen\*, T. & **Kushlev**, K. (2023, February 22). *Choice and the self: Integrating self-determination, self-control, authenticity, and well-being*. Authenticity Preconference at the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- van der Willigen\*, T., & **Kushlev**, K. (2022, June 7). *A unified model of autonomy: Integrating self-determination, self-control, and well-being*. Tenth SELF International Conference, Virtual.
- Leitao\*, M.R., Proulx\*, J., & **Kushlev**, K. (2021, November 12–13). *Phone interference, well-being, and gender: A mega-analysis on the impact of phone use as moderated by gender*. The New Directions in Research on the Psychology of Technology Conference, Santa Barbara, California.
- Leitao\*, M.R., Proulx\* J., & **Kushlev**, K. (2021, November 4–5). *Phone interference, well-being, and gender: A mega-analysis on the impact of phone use as moderated by gender*. The American Psychological Association's Technology Mind and Society Conference, Virtual.
- Kushlev**, K. (2020, October). *Lead of digital life*. Global Wellbeing Summit 2020. Tokyo, Japan.
- Kushlev**, K., Proulx\*, J., Lickel, B., & Schmader, T. (2020, August 7–11). *To accept one's flaws or to change them: Shame motivates first steps towards self-change*. The Annual Meeting of the Academy of Management, Virtual.
- Heintzelman, S. J., **Kushlev**, K., & Diener, E. (2019, October 17–19). *Evaluating strategies for personalizing well-being interventions*. Symposium entitled "The Good Life: New Insights into the Psychology of Happiness and Well-Being." Lora Park, Chair. The Annual Conference of the Society of Experimental Social Psychology Conference. Toronto, ON.
- Longyear\*, R., & **Kushlev**, K. (2019, April 5). *Associations between subjective well-being, health behavior, and population health metrics*. Colloquium for Research in the Social Sciences & Humanities at Georgetown University, Washington, DC.
- Kushlev**, K., Dunn, E., Proulx\*, J., Dwyer, R., Hunter, J., & Pressman, S. (2019, February 7–9). *The hidden costs of constant connection*. The Annual Convention of the Society for Personality and Social Psychology, Portland, OR.
- Kushlev**, K. (2019, February 7–9). *The psychological effect of pervasive connectivity: A theoretical sketch*. Preconference for Media and Technology at the Society for Personality and Social Psychology Annual Convention, Portland, OR.
- Kushlev**, K. (2018, November 9). *The psychological effects of pervasive connectivity: A theoretical sketch*. Georgetown University's Workshop on Computing for Physical and Mental Health, Washington, DC.
- Kushlev**, K., Heintzelman, Kanippayoor J. M., Leitner, D. S. J., Lutes, L. D., Wirtz, D. Oishi, S., & Diener, E. (2018, April 5–7). *Delivering happiness online: A randomized controlled trial of a web platform for increasing subjective well-being*. American Psychological Association's conference on Technology, Mind & Society, Washington, DC.
- Kushlev**, K., Proulx\*, J., Dunn E. W., Hunter, J., & Pressman, S. (2018, March 1–3). *The effects of smartphones on face-to-face social interactions*. The Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Dunn, E. W., Dwyer, R., & **Kushlev**, K. (2018, March 1–3). *Phones at the dinner table: Does smartphone use undermine enjoyment of face-to-face social interactions?* The Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Dwyer, R., **Kushlev**, K., & Dunn, E. W. (2017, November 3–4). *Smartphone use undermines enjoyment of face-to-face social interactions*. Psychology of Technology Conference, Berkeley, CA.

- Kushlev, K. & Dunn, E.** (2017, January 19–21). *Do smartphones complement or compromise the benefits of face-to-face interactions?* The Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.
- Kushlev, K.** (2016, October 21–22). *Do smartphones complement or compromise the benefits of face-to-face interactions?* Psychology of Technology Conference, Los Angeles, CA.
- Kushlev, K., Proulx\*, J., & Dunn E. W.** (2016, May 7–12). “*Silence your phones*”: Smartphone notifications increase inattention and hyperactivity symptoms. CHI 2016, San Jose, CA.
- Kushlev, K., Proulx\*, J., & Dunn E. W.** (2015, February 26–28). *Just google it: Relying on smartphones for information compromises trust and social connectedness.* Happiness and Well-Being Preconference at the the Annual Convention of the Society for Personality and Social Psychology, Long Beach, CA.
- Kushlev, K., Dunn, E. W., & Ashton-James, C.** (2014, June 5–7). *The effects of money on goal activation and subjective well-being.* The Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Kushlev, K., Dunn, E. W., & Ashton-James, C.** (2014, February 13–15). *Money impoverishes parental experience.* The Annual Convention of the Society for Personality and Social Psychology, Austin, TX.

### **Posters**

- Moon\*, K., Lee, S., Ko, Y.G., Kushlev, K.** (2023, May 26). *Benefits of happiness on learning: Emotional well-being predicts GPA and online learning engagement during COVID-19.* The 2023 APS Annual Convention, Washington, D.C., USA.
- Moon\*, K., Lee, S., Ko, Y.G., Kushlev, K.** (2023, February 25). *Benefits of happiness on learning: Emotional well-being predicts GPA and online learning engagement during COVID-19.* The Society for Personality and Social Psychology 2023 Annual Convention, Atlanta, GA.
- Rabil\*, K.E., Leitao\*, M.R., & Kushlev, K.** (2023, February 25). *Virtual learning is not associated with lower happiness in college students: The role of in-person interactions with close others.* The Society for Personality and Social Psychology 2023 Annual Convention, Atlanta, GA.
- Leitao\*, M.R., & Kushlev, K.** (2022, February 17–21) *The effects of humanizing health algorithms on judgements and belief.* The Psychology of Media & Technology Preconference at the Annual Convention of the Society of Personality and Social Psychology, San Francisco, CA.
- Leitao\*, M.R., Proulx\*, J., Singh, K., & Kushlev, K.,** (2022, February 17–21). *The negative effects of phones during in-person interactions are larger for men: A mega-analysis of nine studies.* The Annual Convention of the Society of Personality and Social Psychology, San Francisco, CA.
- Staehle\*, S., & Kushlev, K.** (2022, February 16). *You’ve been warned: Pictorial warning labels increase motivation for improving digital habits.* The Annual Convention of the Society for Personality and Social Psychology, San Francisco, CA.
- van der Willigen\*, T., & Kushlev, K.** (2022, February 16). *A unified model of autonomy: Integrating self-determination, self-control, and well-being.* The Existential Psychology Preconference at the Annual Convention of the Society for Personality and Social Psychology, San Francisco, CA.
- Leitao\*, M. R., & Kushlev, K.** (2021, May 26–27). *Health algorithms, judgement, and behavior.* The Annual Convention of the Association for Psychological Science, Virtual.
- Epstein-Shuman\*, A., & Kushlev, K.** (2021, May 26–27). *Lights, cameras (on), action! Camera usage during zoom classes facilitates engagement without increasing fatigue.* The Annual Convention of the Association for Psychological Science, Virtual.
- Cantwell\*, O., & Kushlev, K.** (2021, February 9–13). *Yes, we (anxiously) can: Liberal ideology and anxiety predict social distancing during the covid-19 pandemic.* The Annual Convention of the Society for Personality and Social Psychology, Virtual.
- Leitao\*, M.R., & Kushlev, K.** (2021, February 9–13). *Screen time in bed predicts better sleep outcomes in college students.* The Annual Convention of the Society for Personality and Social Psychology, online.
- Tibbetts\*, M., & Kushlev, K.** (2021, February 9–13). *Digital behaviors and well-beings during social distancing: Evidence from an exploratory study during covid-19.* The Annual Convention of Society for Personality and Social Psychology, Virtual.
- Dotson, E.K., Moshontz, H., Ivanishvilli, V., Kushlev, K., & Hard, B.** (2020, February 27–29). *An experimental study of the impact of smartphones on classroom enjoyment, attention, and learning.* The Annual Convention of Society for Personality and Social Psychology, New Orleans, LA.

- Leitao\*, M.R., **Kushlev**, K., & Diener, E. (2020, February 27–29). *Those on the other side of the tech divide*. The Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
- Proulx\*, J., **Kushlev**, K., Schmader, T., & Tracy, J. (2018, March 1–3). *Shame for past addictive drinking in recovering alcoholics predicts intentions to seek therapy in coping with future alcohol cravings*. The Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Proulx\*, J., **Kushlev**, K., Hunter, J., Pressman, S., & Dunn, E. W. (2018, March 1–3). *Smartphones reduce smiling between strangers*. The Psychology of Media & Technology Preconference at the Annual Convention of the Society for Personality and Social Psychology, Atlanta, GA.
- Ciszewski, S., Lutes, L., **Kushlev**, K., Heintzelman, S.J., Kanippayoor, J.M., Leitner, D., Wirtz, D., Oishi, S., & Diener, E. (2017, April 25–29). *ENHANCE: A preliminary examination of physiological outcome data following a 12-week well-being intervention*. Canadian Obesity Summit, Banff, Alberta.
- Lutes, L. D., Wirtz, D. R., Chrusch, C., Kanippayoor J. M., Leitner, D., Heintzelman, S., **Kushlev**, K., & Diener, E., (2016, May 19–21). *ENHANCE: Enduring happiness and continued self-enhancement*. International Behavioral Trials Network Conference, Montreal, Quebec, Canada.
- Proulx\*, J., **Kushlev**, K., & Dunn, E. W. (2016, January 28–30). *The smartphone paradox: Relying on our digitally connected devices for information compromises social connectedness*. The Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev**, K., & Dunn E. W. (2013, January 17–19). *Checking email less often reduces stress leading to increased well-being*. The Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
- Whillans, A., **Kushlev**, K., & Dunn, E. W. (2013, January 17–19). *Harnessing situational attributions to increase feelings of social responsibility*. Judgment & Decision-Making Preconference at the Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.
- Kushlev**, K., Dunn, E. W., & Ashton-James, C. (2012, July 26–29). *The effect of wealth on meaning in life*. 7<sup>th</sup> Biennial Meeting of the International Network for Personal Meaning, Toronto, ON.
- Kushlev**, K., Dunn, E. W., & Ashton-James, C. (2012, January 26–28). *Does affluence impoverish the experience of parenting?* Emotion Preconference at the Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.
- Kushlev**, K., Dunn, E. W., Ashton-James, C., & Trudeau, R. (2010, January 28–30). *Can parenting make people happy...or at least give them meaning?* Judgment and Decision-Making Preconference at the Annual Convention of the Society for Personality and Social Psychology, Las Vegas, NV.
- Kushlev**, K., & Reisberg, D. (2009, April 23–26). *The effect of mindfulness on the emotional experience of choosing*. The Annual Convention of the Western Psychological Association, Portland, OR.
- Kushlev**, K., Federow, M., Cook, A., Grant, A., Moffitt, U., & Oleson, K. C. (2009, April 23–26). *Observers' impressions of subjective overachievers and self-handicappers*. The Annual Convention of the Western Psychological Association, Portland, OR.

## **TEACHING AND MENTORSHIP**

### **Teaching**

#### **Georgetown University:**

<i>ICOS 202</i> , Lecturer	2022
<i>Digital Well-Being</i> , Lecturer	2022
<i>Thriving in College and Beyond</i> , Lecturer	2020
<i>Research Methods &amp; Statistics</i> , Lecturer	2020–Present
<i>Health Psychology</i> , Lecturer	2019–Present
<i>Social Psychology</i> , Lecturer	2018–Present

#### **University of Virginia:**

<i>The Science of Happiness</i> , Consultant and Guest Lecturer	2016
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#### **University of British Columbia:**

<i>Social Psychology</i> , Instructor of Record	2014
<i>Social Psychology</i> , Head Teaching Fellow	2013
<i>Research Methods</i> , Teaching Fellow	2012
<i>Introduction to Statistics</i> , Teaching Fellow	2012



<i>Mentorship Certification Program for Graduate Students, Discussion Leader</i>	2012
<i>Introduction to Psychology, Teaching Assistant</i>	2011
<i>Social Psychology, Teaching Assistant</i>	2010
<i>Cultural Psychology, Teaching Assistant</i>	2009

## **Mentorship**

### **Georgetown University:**

<i>Primary Mentor for MAPP Program at University of Pennsylvania</i>	2020
<i>Psychology Honors Advisor</i>	2019–Present
<i>Research Experience Based Learning Mentor</i>	2018–Present

### **University of Virginia:**

<i>Psychology Honors Thesis Advisor (3 students)</i>	2012–2015
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### **University of British Columbia:**

<i>Primary Mentor for Tri-Mentoring Program</i>	2012
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## **Teaching Certificates & Training**

*Teaching Learning & Innovation Summer Institute 2022, Georgetown University.*  
*Course design institute 2020: Psychology, Center for New Design in Learning and Scholarship, Georgetown University.*  
*Graduate mentorship program, Department of Psychology, University of British Columbia.*  
*Instructional skills workshop, Teaching and Academic Growth, University of British Columbia.*  
*Completion of 100 hours of volunteer work, Brighton and Hove Millennium Volunteers.*  
*Presentation skills, verbal communication, active listening, effective feedback, University of Sussex.*

## **Research Team Training**

*How to be a good writer, Talk given to research assistants.*  
*Preparing for graduate school, Talk given to research assistants.*  
*How to generate creative research ideas, Training organized for research assistants.*  
*Using SPSS to test hypotheses, Training organized for research assistants.*  
*Preparing for graduate school, Talk given to research assistants.*  
*The research process: From coming up with an idea to publishing, Talk given to research assistants.*

## **Service**

<i>Partner in program, Friends of Teen Brain Trust, Teen Brain Trust.</i>	2021
<i>Member, Diversity, Equity, and Inclusion Committee, Department of Psychology.</i>	2020–2021
<i>Judge, GU Undergraduate Research Conference.</i>	2019
<i>Keynote Speaker, 57<sup>th</sup> Junior Science Humanities Symposium, Georgetown University.</i>	2019
<i>Organizer, Undergraduate Academic Career Fair, Department of Psychology.</i>	2018–2020
<i>Organizer, Undergraduate Nonacademic Career Fair, Department of Psychology.</i>	2018–2020
<i>Consultant, Meeting with Asst. Vice President for Student Health Vince WinklerPrins M.D.</i>	2018

## **EXTERNAL ENGAGEMENT**

### **Research Collaborations with Industry**

*DvertD, SC, USA: Effects of disabling smartphones at school.*  
*Telefonica Research, Spain: Effect of affect on engagement with notification-delivered content.*

## **Boards**

*ExpiWell: Scientific Advisory Board Member (since 2022).*  
*Centre for Digital Health and Human Agency: Advisory Board Member (since 2022).*

## **Public Talks**

*Increasing happiness.* UVA Medical Center.

*Happiness: What do we know?* The Healthy UBC Initiatives.

*Achieving happiness: Is there a recipe for happiness?* The Healthy UBC Initiatives.

*The psychological cost of wealth.* Green College, UBC

*The pursuit of happiness.* Green College, UBC.

## **Podcasts/Videos**

*Marketing Connections:* How personal devices shape lives

Mar 2023

*Leadership NOW with Dan Pontefract,* Are we unhappy because of technology?

May 2022

*A World of Wellbeing Podcast,* Digital well-being.

Mar 2021

*Talk of Today,* Happiness and society.

Apr 2020

*Wall Street Journal,* How smartphones sabotage your brain's ability to focus.

May 2019

## **Radio Interviews (selected)**

*BBC World News, Wisconsin Public Radio, WCVE (NPR-affiliate), InfoTrak, Wallstreet Journal, NPR's "Wait Wait...Don't Tell Me!", Bulgarian National Radio.*

## **Media Mentions (selected)**

*Science Journal for Kids and Teens:* Which type of people tend to help others?

Apr 2023

*Fast Company:* You should probably stop checking your email so much.

Sep 2022

*Forbes:* Is technology causing our unhappiness? Yes and no.

May 2022

*Discover:* Phone notifications are messing with your brain.

Apr 2022

*The New York Times:* Yale's happiness professor says anxiety is destroying her students.

Feb 2022

*The Washington Post:* Are smartphones serving as adult pacifiers?

Feb 2022

*Livestrong:* 7 ways to remove email stress from your life.

Aug 2021

*Discover:* Are flip phones really better for you?

Jun 2021

*Yahoo!:* 101 ways to have fun online with your kids.

Mar 2021

*Psychology Today:* Must life go downhill as you age, or do you have a choice?

Jan 2021

*Psychology Today:* Do interesting experiences make a "good life?"

Dec 2020

*Open Democracy:* Why is white fragility so popular?

Aug 2020

*Scientific American:* In defense of the psychologically rich life.

Aug 2020

*Science Daily:* Health and happiness depend on each other.

Jul 2020

*APS:* Health and happiness depend on each other, psychological science says.

Jul 2020

*Psychology Today:* Can having a happier outlook on life make us healthier?

Jul 2020

*Forbes:* Happy people don't ignore the world's problems, they act to solve them.

Jan 2020

*BBC:* How busyness leads to bad decisions.

Dec 2019

*Bloomberg:* A wealth tax could deliver a happiness dividend.

Oct 2019

*Forbes:* Three ways to get your cell phone under control.

Aug 2019

*National Geographic:* Asia's live-streaming industry promises intimacy. So why are users so lonely?

Jul 2019

*National Public Radio (NPR):* Want to feel happier today? Try talking to a stranger.

Jul 2019

*National Geographic:* Smartphones revolutionize our lives—but at what cost?

Jan 2019

*The New York Times:* Suicides have increased. Is this an existential crisis?

Jun 2018

*Time Magazine:* You asked: should I ditch my smartphone?

May 2018

*WIRED Magazine:* The research behind Google's new tools for digital well-being.

May 2018

*Time Magazine:* Using your phone at dinner isn't just rude. it also makes you unhappy.

Feb 2018

*The Huffington Post:* Can you switch off?

Dec 2017

*The New York Times:* How big do you want your nest egg to be?

Feb 2017

*Smithsonian Magazine:* France says "au revoir" to after-hours work email.

Jan 2017

*New York Post:* You're working an extra day per week without even knowing it.

Aug 2016

*VICE Media:* Researchers say that smartphones are causing ADHD-like symptoms in adults.

May 2016

*WIRED Magazine:* Phone notifications cause 'ADHD-like symptoms.'

May 2016

*Business Insider:* A higher income may not make you happy, but it will make you less sad.

Feb 2015

*New York Magazine:* Money makes you less sad, but not more happy.

Jan 2015

*The New Republic:* Wealth doesn't make the rich happier, but poverty makes the poor sadder.

Jan 2015

<i>Huffington Post</i> : Stress linked to frequent email checking.	Dec 2014
<i>New York Magazine</i> : You'll be less stressed if you check your email less frequently.	Dec 2014
<i>U.S. News &amp; World Report</i> : How to separate family time from your finances.	Mar 2014
<i>The Atlantic</i> , Study: Parents only as happy as their unhappiest child.	Nov 2013
<i>National Public Radio (NPR)</i> : Does having children make you happier?	Feb 2013
<i>The Economist</i> : Having children really does make a man more content with life.	May 2012

see <https://www.kushlev.com/media/> for links to all articles and additional media mentions.

## **Consulting**

<b>Research-to-Policy Collaboration.</b>	2023
<b>Luce Research.</b> Colorado Springs, CO, <i>Healthy technology use.</i>	Jun 2019
<b>Ipsos.</b> Barcelona, Spain, <i>Digital well-being.</i>	May 2019
<b>Canvas8 Limited.</b> London, UK, <i>Digital happiness.</i>	Sep 2018

## **LEADERSHIP**

<b>Organizing Committee,</b> <i>New directions in the psychology of technology.</i>	2019
<b>Chair,</b> <i>Psychology of media and technology,</i> SPSP.	2019
<b>Chair,</b> <i>Psychology of media and technology,</i> SPSP.	2018
<b>Chair,</b> <i>Psychology of technology,</i> SPSP.	2017
<b>President,</b> <i>Graduate student committee,</i> Department of Psychology, UBC.	2012–2013
<b>Vice President,</b> <i>Dining society,</i> Green College, UBC (\$500,000 yearly turnover).	2011–2012
<b>President,</b> <i>Dining society,</i> Green College, UBC (\$500,000 yearly turnover).	2010–2011
<b>Founder,</b> <i>Meditation and yoga community group,</i> Green College, UBC.	2010–2011
<b>Member,</b> <i>Resident council,</i> Green College, UBC.	2009–2011
<b>Chair,</b> <i>Social committee,</i> Green College, UBC.	2009–2010

## **PROFESSIONAL MEMBERSHIPS**

*Society of Experimental Social Psychology (SESP).*  
*Society for Personality & Social Psychology (SPPS).*  
*Association for Psychological Science (APS).*

## **PROFESSIONAL SERVICE**

*Proceedings of the National Academy of Sciences (PNAS)*  
*Nature Communications*  
*Journal of Personality and Social Psychology*  
*Journal of Experimental Social Psychology*  
*Social Psychological and Personality Science*  
*Personality and Social Psychology Bulletin*  
*Journal of Social and Personal Relationships*  
*Psychological Science*  
*Journal of Psychology: General*  
*Social Sciences and Medicine (SSM) – Population Health*  
*Computers in Human Behavior*  
*Cyberpsychology, Behavior, and Social Networking*  
*Proceedings of CHI'16*  
*Journal of Positive Psychology*  
*Journal of Social Psychology*  
*Journal of Public Health*  
*Human-Computer Interaction*  
*Mobile HCI (ACM)*  
*Health Psychology*

*Media Psychology*  
*Emotion*  
*SIOP*  
*CHI*