

Kristin A. Layous

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PROFESSIONAL EXPERIENCE

CALIFORNIA STATE UNIVERSITY, EAST BAY

Assistant Professor of Psychology

HAYWARD, CA

September 2015-Present

STANFORD UNIVERSITY

Postdoctoral Researcher

STANFORD, CA

August 2014 – July 2015

- Worked under the direction of Dr. Tom Robinson (Pediatrics) and Geoff Cohen (Psychology)

EDUCATION

UNIVERSITY OF CALIFORNIA

Ph.D. in Social and Personality Psychology

M.A. in Psychology

- Worked under the direction of Dr. Sonja Lyubomirsky in the Sustainable Happiness Laboratory
- Dissertation title: *Triggering kindness: Mechanisms and outcomes*

RIVERSIDE, CA

June 2014

June 2011

THE OHIO STATE UNIVERSITY

M.A. in Higher Education/Student Affairs Administration

COLUMBUS, OH

June 2007

UNIVERSITY OF CALIFORNIA

B.A. in Psychology

Double Minors: History and Sport Management

SANTA BARBARA, CA

June 2005

HONORS AND AWARDS

- Faculty Support Grant for Mentoring Student Researchers (\$4500, Awarded November 2015 and June 2016, California State University, East Bay)
- National Research Service Award (F32), National Institute of Health, 2014, Scored in the top 1% - Declined
- Graduate Student Researcher Award, UC Riverside, 2013-2014 (2 awarded out of 80 students)
- Dissertation Year Fellowship, UC Riverside, 2013-2014 (3 quarters of funding)
- Outstanding Teaching Assistant Award, 2011-2012
- Chancellor's Distinguished Fellowship Award, UC Riverside, 2009-2010
- Regent Scholar, UCSB, 2001-2005; Member, Regents and Chancellor's Scholars Society (RCSS)
- 1 of 30 graduating students to be selected by the Division of Student Affairs for *The University Service Award* for dedicated service to the university community, June 2005
- 1 of 3 students to earn the *Morgan Award for Academic Excellence in Psychology*, June 2005
- Earned *Distinction in the Major of Psychology* at UCSB through completion of honors research thesis

ACADEMIC & RESEARCH INTERESTS

- The pursuit of happiness through practicing gratitude, kindness, optimism, goal pursuit, and savoring
- The positive activity model: Mediators and moderators (e.g., person and activity features) of the effects of happiness-increasing interventions
- Positive activities as protective factors against mental health conditions
- Individual and societal benefits of happiness and happiness-increasing activities
- Applying affirmation and happiness-increasing activities to boost other healthy behaviors (e.g., exercise)
- Applying affirmation activities to reduce people's negative attitudes toward stereotyped groups
- Cultural differences in the mechanisms and effectiveness of happiness-increasing interventions

PEER-REVIEWED PUBLICATIONS

- Layous, K.,** Kurtz, J. L., Chancellor, J., & Lyubomirsky, S. (2017). Reframing the ordinary: Imagining time as scarce increases well-being. *Journal of Positive Psychology*.
- Layous, K.,** Davis, E. M., Garcia, J., Purdie-Vaughns, V., Cook, J. E., & Cohen, G. L. (2017). Feeling left out, but affirmed: Protecting against the negative effects of low belonging in college. *Journal of Experimental Social Psychology*, *69*, 227-231.
- Layous, K.,** Nelson, S. K., Kurtz, J. L., & Lyubomirsky, S. (2016). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *The Journal of Positive Psychology*. Advance online publication. <http://dx.doi.org/10.1080/17439760.2016.1198924>
- Nelson, S. K., **Layous, K.,** Cole, S. W., & Lyubomirsky, S. (2016). Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. *Emotion*. Advance online publication. <http://dx.doi.org/10.1037/emo0000178>
- Haworth, C. M. A., Nelson, S. K., Layous, K., Carter, K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2016). Stability and change in genetic and environmental influences on well-being in response to an intervention. *PLoS ONE*, *11*, e0155538. doi:10.1371/journal.pone.0155538
- Lyubomirsky, S., **Layous, K.,** Chancellor, J., & Nelson, S.K. (2015). Thinking about rumination: The scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. *Annual Review of Clinical Psychology*, *11*, 1-22.
- Chancellor, J., **Layous, K.,** & Lyubomirsky, S. (2015). Recalling positive events at work makes employees feel happier, move more, and chat less: A 6-week randomized controlled intervention at a Japanese workplace. *Journal of Happiness Studies*, *16*, 871-887.
- Layous, K.,** Chancellor, J., & Lyubomirsky, S. (2014). Positive activities as protective factors against mental health conditions. *Journal of Abnormal Psychology*, *123*, 3-12.
- Moskowitz, J. T., Carrico, A. W., Cohn, M. A., Duncan, L. G., Bussolari, C., **Layous, K.,**...Folkman, S. (2014). Randomized controlled trial of a positive affect intervention to reduce stress in people newly diagnosed with HIV; protocol and design for the IRISS study. *Open Access Journal of Clinical Trials*, *6*, 1-16. <http://dx.doi.org/10.2147/OAJCT.S64645>
- Zanon, C., Bardagi, M. P., **Layous, K.,** & Hutz, C. S. (2014). Validation of the satisfaction with life scale to Brazilian university students: Evidence of measurement noninvariance across Brazil and U.S. *Social Indicators Research*, *119*, 443-453.
- Iani, L., Lauriola, M., **Layous, K.,** & Sirigatti, S., (2014). Happiness in Italy: Translation, factorial structure and norming of the Subjective Happiness Scale in a large community sample. *Social Indicators Research*, *118*, 953-967.
- Lyubomirsky, S., & **Layous, K.** (2013). How do simple positive activities increase well-being? *Current Directions in Psychological Science*, *22*, 57-62.
- Layous, K.,** Lee, H., Choi, I., & Lyubomirsky, S. (2013). Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea. *Journal of Cross-Cultural Psychology*, *44*, 1294-1303.
- Layous, K.,** Nelson, S. K., & Lyubomirsky, S. (2013). What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves. *Journal of Happiness Studies*, *14*, 635-654.

PEER-REVIEWED PUBLICATIONS continued

- Layous, K.**, Nelson, S.K., Oberle, E., Schonert-Reichl, K.A., & Lyubomirsky, S. (2012). Kindness counts: Prompting prosocial behavior in preadolescents. *PLOS ONE*, 7: e51380. doi:10.1371/journal.pone.0051380.
- Layous, K.**, Chancellor, J., Lyubomirsky, S., Wang, L., & Doraiswamy, P. M. (2011). Delivering happiness: Translating positive psychology intervention research for treating major and minor depressive disorders. *Journal of Alternative and Complementary Medicine*, 17, 1-9.

CHAPTERS AND COMMENTARIES

- Kurtz, J. L. & **Layous, K.** Savoring. In D. S. Dunn (Ed.) *Oxford Bibliographies in Psychology*. New York: Oxford University Press.
- Layous, K.** (2016). Health implications of gratitude. In Sweeny, K., & Robbins, M. L. (Eds.) *Wiley Encyclopedia of Health Psychology*. Hoboken, New Jersey: Wiley Publishing.
- Parks, A. C., & **Layous, K.** (2016). Positive psychology interventions. In J.D. Norcross, G. R. VandenBos, D. K. Freidheim, & R. Krishnamurthy (Eds.) *APA Handbook of Clinical Psychology: Applications and Methods (Volume III)*.
- Layous, K.**, Nelson, S. K., & Legg, A. M. (2015). Measuring positive and negative aspects of well-being in the scholarship of teaching and learning. In R. Jhangiani, J. D. Triosi, B. Fleck, A. Legg, & H. Hussey (Eds.) *A compendium of scales for use in the scholarship of teaching and learning* (available online). <http://teachpsych.org/ebooks/compscalesotp>
- Layous, K.**, Sheldon, K. M., & Lyubomirsky, S. (2015). Pursuing happiness: Prospects, practices, and prescriptions. In S. Joseph (Ed.), *Positive psychology in practice* (pp. 185-206). Hoboken, NJ: John Wiley & Sons.
- Layous, K.**, & Lyubomirsky, S. (2014). Benefits, mechanisms, and new directions for teaching gratitude to children. *School Psychology Review*, 43, 153-159.
- Layous, K.**, & Lyubomirsky, S. (2014). The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. In J. Gruber & J. Moskowitz's (Eds.) *Positive emotion: Integrating the light sides and dark sides* (pp. 473-495). New York: Oxford University Press.
- Layous, K.**, & Zanon, C. (2014). Avaliação da felicidade subjetiva: Para além dos dados de auto-relato. [Evaluating subjective happiness: Beyond self-report data]. In C.S. Hutz's (Ed.) *Avaliação em psicologia positiva*. Casa do Psicólogo: São Paulo.
- Lyubomirsky, S., & **Layous, K.** (2010). A blueprint for exploring international differences in well-being. Review of E. Diener, J. Helliwell, & D. Kahneman's (eds.) *International Differences in Well-being*. *PsycCritiques*, 55.

MANUSCRIPTS UNDER REVIEW

- Layous, K.**, Sweeny, K., Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2016). *Gratitude exercises induce more than gratitude*. Manuscript submitted for publication.
- Layous, K.**, Kurtz, J. L., Lyubomirsky, S. (2016). *Make someone happy...and you will be happy too: An other-oriented path to well-being*. Manuscript submitted for publication.

MANUSCRIPTS UNDER REVIEW continued

- Nelson, S. K., **Layous, K.**, Cole, S., & Lyubomirsky, S. (2015). *Are fathers (but not mothers) happier than their childless peers? Gender moderates the association between parenthood and well-being.* Manuscript submitted for publication.
- Chancellor, J., **Layous, K.**, & Lyubomirsky, S. (2016). *Feelings flock together: Emotional homophily and contagion at work.* Manuscript submitted for publication

TALKS

*Indicates undergraduate student at California State University, East Bay.

- Layous, K.**, *Najera, A., *Arendtson, M., *Cole, K., *Kojima, B., & *Saraceno, K. (2017, January). *The effects of rumination, distraction, and gratitude on positive and negative affect.* Paper presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.
- Nelson, S. K., **Layous, K.**, Cole, S., & Lyubomirsky, S. (2017, January). *Gender moderates the association between parenthood and well-being.* Paper presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.
- Layous, K.**, Sweeny, K., Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2016, April). *Gratitude exercises induce more than gratitude.* Paper presented at the Annual Convention of the Western Psychological Association, Long Beach, CA.
- Layous, K.**, Nelson, S.K., Kurtz, J. L. & Lyubomirsky, S. (2014, April). *Gratitude as a motivator of prosocial behavior.* Paper presented at the Annual Convention of the Western Psychological Association, Portland, OR.
- Nelson, S.K., **Layous, K.**, & Lyubomirsky, S. (2014, April). *The hedonic impact of performing acts of kindness: Does the target of one's kindnesses lead to different well-being outcomes for givers?* Paper presented at the Annual Convention of the Western Psychological Association, Portland, OR.
- Layous, K.** (2013, October). *A focus on others is a focus on yourself: Increasing happiness through other-focus.* Paper presented at the Positive Fridays Series, Department of Psychology, Claremont Graduate University, Claremont, CA.
- Layous, K.** (2013, October). *Two new strategies for greater happiness.* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.**, & Lyubomirsky, S. (2013, June). *How do simple positive activities increase well-being?* Paper presented at the Third World Congress of the International Positive Psychology Association, Los Angeles, CA.
- Layous, K.** (2013, March). *How do simple positive activities increase well-being?* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.**, & Andrews, S. (2012, February). *The power of positive thinking.* Presented for the Lunchtime Learning series for the Student Wellness Program at the University of California, Riverside.
- Andrews, S., **Layous, K.**, & Miller, J. (2012, November). *Health, wellness, and the pursuit of happiness.* Presented at for the First-Year Experience Program in the College of Humanities, Arts, and Social Sciences at the University of California, Riverside.

TALKS continued

- Layous, K.,** & Nelson, S. K. (2012, October). *Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being*. Paper presented at Living Compassion Conference. Flagstaff, AZ.
- Neuhauser, P. C., & **Layous, K.** (2012, September). *Intentional happiness: Current research and practical tools for increasing happiness*. Presented at the Doris A. Howell Foundation for Women's Health Research Evening Lecture Series. San Diego, CA.
- Haworth, C. M. A., Palmer, C., **Layous, K.**, Nelson, S. K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2012, August). *The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention*. Paper presented at the European Association for Behavioural and Cognitive Therapies. Geneva, Switzerland.
- Layous, K.,** & Nelson, S. K. (2012, January). *A positive activity intervention with school-age children*. Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Lyubomirsky, S., & **Layous, K.** (2011, October). *Future directions in happiness research*. Presented to the Dean's Advisory Council, College of Humanities, Arts, and Sciences, University of California, Riverside, CA.
- Layous, K.** (2011, June). *Is variety the spice of a happiness intervention?* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.** (2011, February). *Positive psychology: Informing strategies for working with students*. Presented at the Wellness Center professional and student staff training, University of California, Riverside, CA.

POSTERS

*Indicates undergraduate student at California State University, East Bay.

- *Najera, A., *Arendtson, M., *Cole, K., *Mofti, S., *Pfeifer, P., & **Layous, K.** (2016, April). *The effects of gratitude and rumination on positive and negative affect*. Poster presented at California State University, East Bay's Student Research Symposium, Hayward, CA.
- *Arendtson, M., *Najera, A., *Cole, K., *Mofti, S., *Pfeifer, P., & **Layous, K.** (2016, April). *The effects of gratitude and rumination on positive and negative affect*. Poster presented at the Western Psychology Conference for Undergraduate Research at St. Mary's College, Moraga, CA.
- Armenta, C., **Layous, K.**, Nelson, S. K., Chancellor, J., & Lyubomirsky, S. (2016, January). *Gratitude and self-improvement in the workplace*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.
- Shin, L., **Layous, K.**, Fritz, M., & Lyubomirsky, S. (2016, January). *Kindness-based positive interventions in two cultures*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.
- Layous, K.**, Nelson, S. K., Kurtz, J., & Lyubomirsky, S. (2015, February). *Triggering kindness: Mechanisms and outcomes*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, Long Beach, CA.

POSTERS continued

- Layous, K., Kurtz, J., & Lyubomirsky, S.** (2014, February). *Testing the positive activity model: Mechanisms and moderation*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, Austin, TX.
- Layous, K., Lee, H., Choi, I., & Lyubomirsky, S.** (2013, January). *Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, New Orleans, LA.
- Jacobs Bao, K., **Layous, K.,** & Lyubomirsky, S. (2013, January). *Aspirations and well-being: A study of high school students*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, New Orleans, LA.
- Nelson, S. K., **Layous, K.,** Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, July). *Kindness counts: Promoting well-being and peer acceptance through prosocial behavior*. Poster presented at the meeting for the Science of Compassion, Telluride, CO.
- Layous, K.,** Nelson, S. K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, April). *Spreading positivity in the classroom: An acts of kindness intervention*. Poster presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Zanon, C., **Layous, K.,** Lee, H., Choi, I., & Lyubomirsky, S. (2012, April). *Testing for measurement invariance in the Subjective Happiness Scale: A comparison of U.S. and South Korea*. Poster presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Layous, K.,** Nelson, S. K., Jacobs Bao, K., Plomin, R., Haworth, C. M.A., & Lyubomirsky, S. (2012, January). *Are parents more accurate at gauging the happiness of their adolescent sons or daughters?* Poster presented at the Emotion Preconference of the Society for Personality and Social Psychologists, San Diego, CA.
- Layous, K.,** & Lyubomirsky, S. (2012, January). *The role of participant effort in a positive activity intervention*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.
- Nelson, S. K., **Layous, K.,** & Lyubomirsky, S. (2012, January). *Kindness counts: An acts of kindness intervention among school-age children*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.
- Layous, K.,** Nelson, S. K., & Lyubomirsky, S. (2011, January). *The role of peer testimonial information in a best possible selves intervention*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.

TEACHING EXPERIENCE

CSU East Bay, Department of Psychology

- Personality (Fall 2015, Fall 2016)
- Motivation (Fall 2015, Spring 2016)
- Experimental Psychology (Winter 2016, Winter 2017)
- Industrial Psychology (Spring 2016)
- Advanced Lab: Social and Personality Psychology (Fall 2016, Spring 2017)
- Survey and Test Construction (Spring 2017)

UC Riverside, Department of Psychology

Instructor – Student Evaluations Available Upon Request

- Personality (Summer 2013) – Average evaluation 4.9 out of 5
- Introduction to Statistics (Summer 2012) – Average evaluation 4.5 out of 5

Teaching Assistant – Student Evaluations Available Upon Request

- Social Psychology (Fall 2012) – Average evaluation 6.8 out of 7
- Happiness & Virtues (Spring 2012) – Average evaluation 6.7 out of 7
- Personality (Fall 2011) – Average evaluation 6.9 out of 7
- Introduction to Psychology (Winter 2011, Spring 2011, Winter 2012) – Average evaluation 6.8 out of 7
- Introduction to Statistics (Fall 2010) – Average evaluation 6.9 out of 7
- Lifespan Development (Summer 2010) – No TA evaluations for summer course

Ohio State University, Fisher College of Business

Co-Instructor, Spring 2006 and Winter 2007

- Job Search Preparation & Transition to the World of Work (Enrollment of 75 students)

STATISTICAL EXPERIENCE

Advanced Graduate Courses

- Applied Longitudinal Data Analysis
- Multilevel Modeling
- Multivariate Statistics
- Measurement

Core Graduate Courses

- Research Methods in Social and Personality Psychology
- Multiple Regression and Correlational Analysis
- Experimental Design and Analysis of Variance
- Statistical Inference

Statistical Packages

- Proficient in: R, SPSS, and Excel
- Some exposure to MPlus, SAS, and HLM

PROFESSIONAL ORGANIZATIONS

- Society of Personality and Social Psychologists, 2009 to Present
- International Positive Psychology Association, 2011 to Present
- Western Psychological Association, 2011 to Present

PROFESSIONAL EXPERIENCE

Happiness and Well-Being Pre-conference, Society for Personality and Social Psychologists

Co-organizer, September 2014 to January 2017

- Co-organize selection and schedule of speakers, data blitzes, and poster session and moderate a yearly pre-conference with 100+ attendees

University of California, Riverside, Department of Psychology

Graduate Student Representative, September 2011 to September 2012

- Elected representative for 80+ graduate students

Consulting Reviewer for following publications/granting agencies:

- *Journal of Personality and Social Psychology*
- *Social Psychological and Personality Science*
- *Health Psychology Review*
- *Cognition and Emotion*
- *Journal of Consulting and Clinical Psychology*
- *Journal of Cross-Cultural Psychology*
- *Journal of Happiness Studies*
- *Journal of Positive Psychology*
- *Journal of Research in Personality*
- *National Science Foundation*

Coca-Cola

Positive Psychology Consultant, November 2011

- Reviewed research to be included in Coca-Cola's "Where Does Happiness Live" documentary for accuracy

University of California, Riverside, Wellness Center

Graduate Assessment Intern, November 2009 to December 2011

- Assess the current state of wellness of UCR students, including mental and physical health and risky health behaviors, and provide programmatic suggestions

California State University, Fresno, Career Services

Career Employment Counselor, July 2007 to August 2009

- Primary career counselor for seniors, graduate students, and alumni
- Received "Service of Excellence Award" from Division of Student Affairs

Co-Chair, Senior Experience Committee, September 2007 to August 2009

- Coordinated membership, meetings, and planning for a cross-departmental committee dedicated to celebrating the accomplishments of seniors and planning events to prepare them for life after college

Ohio State University, Fisher College of Business, Office of Career Services

Career Consultant (Graduate Assistant), September 2005-June 2007

- Advised over 300 students quarterly on resumes, cover letters, and job search strategies

Duke University, Dean of Students Office – Orientation & Parent and Family Programs

National Orientation Director's Association Intern, June 2006-September 2006

- Planned and oversaw social and programming for first-year and transfer students

Ohio State University, Economic Access Initiative, Office of Academic Affairs

Practicum Student, November 2006-June 2007

- Collaborated with Executive Director and Associate Director to identify target projects for initiative commissioned by the provost to address access to education for low-income students

SELECTED MEDIA ATTENTION

- *Women's Health Magazine*, January/February 2017: Happiness as a new year resolution
- *California State University, East Bay Alumni Magazine*
- *Women's Day Magazine*, December 2015: Feature on gratitude.
- *Shape Magazine*. July/August 2015: "What really, truly makes us happy."
- *Washington Post*. January 3, 2013. "Kind kids reap rewards of happiness."
- *BBC News*. December 28, 2012. "Kinder children are more popular."
- *Huffington Post*. December 27, 2012. "Kind kids are happier and more popular (Study)."
- *NPR*. December 27, 2012. "Random acts of kindness can make kids more popular."
- *NY Daily News*. December 27, 2012. "Forget mean girls: Study says nice kids are more popular."
- *TODAY Health*. December 26, 2012. "Mean girls? Maybe not: Kind kids are more popular."
- *LA Times*. December 26, 2012. "Nice preteens don't finish last."
- *Live Science*. December 26, 2012. "No bullies: Kind kids are most popular."
- *Science Daily*. July 30, 2011. "Restoring happiness in people with depression."

REFERENCES

Sonja Lyubomirsky, Ph.D.
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