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(Beute and de Kort 2014; DeWall, Pond et al. 2014; Dubreuil, Forest et al. 2014; Graham and Crown 2014; Grossmann and Kross 2014; Guevarra and Howell 2014; Hill and Turiano 2014; Hone, Jarden et al. 2014; Kavčič and Avsec 2014; Keng and Wu 2014; Lee, Talwar et al. 2014; Shafer, Jensen et al. 2014; Shedlosky-Shoemaker, Costabile et al. 2014; Slemp and Vella-Brodrick 2014; Stolarski, Matthews et al. 2014; Suri, Whittaker et al. 2014; Telzer, Fuligni et al. 2014; van der Noordt, IJzelenberg et al. 2014; Von Culin, Tsukayama et al. 2014; Ybema and van Dam 2014)

Beute, F. and Y. A. W. de Kort (2014). *"Salutogenic effects of the environment: Review of health protective effects of nature and daylight."* Applied Psychology: Health and Well-Being 6(1): 67-95. http://dx.doi.org/10.1111/aphw.12019
> Both nature and daylight have been found to positively influence health. These findings were, however, found in two separate research domains. This paper presents an overview of effects found for daylight and nature on health and the health-related concepts stress, mood, and executive functioning and self-regulation. Because of the overlap in effects found and the co-occurrence of both phenomena, the paper points to the need to consider daylight factors when investigating effects of nature and vice versa. Furthermore, the existence of possibly shared underlying mechanisms is discussed and the need to unify the research paradigms and dependent variables used between the two research fields. Last, in view of the beneficial effects of both phenomena on health, our objective is to raise awareness amongst the general public, designers, and health practitioners to use these naturally available phenomena to their full potential.

DeWall, C. N., R. S. Pond, et al. (2014). *"Explaining the relationship between religiousness and substance use: Self-control matters."* J Pers Soc Psychol 107(2): 339-351. http://www.ncbi.nlm.nih.gov/pubmed/25090132
> Religiousness is reliably associated with lower substance use, but little research has examined whether self-control helps explain why religiousness predicts lower substance use. Building on prior theoretical work, our studies suggest that self-control mediates the relationship between religiousness and a variety of substance-use behaviors. Study 1 showed that daily prayer predicted lower alcohol use on subsequent days. In Study 2, religiousness related to lower alcohol use, which was mediated by self-control. Study 3 replicated this mediational pattern using a behavioral measure of self-control. Using a longitudinal design, Study 4 revealed that self-control mediated the relationship between religiousness and lower alcohol use 6 weeks later. Study 5 replicated this mediational pattern again and showed that it remained significant after controlling for trait mindfulness. Studies 6 and 7 replicated and extended these effects to both alcohol and various forms of drug use among community and cross-cultural adult samples. These findings offer novel evidence regarding the role of self-control in explaining why religiousness is associated with lower substance use.

Dubreuil, P., J. Forest, et al. (2014). *"From strengths use to work performance: The role of harmonious passion, subjective vitality, and concentration."* The Journal of Positive Psychology 9(4): 335-349. http://dx.doi.org/10.1080/17439760.2014.898318
> Research has shown that strengths use and development can foster individual performance and well-being at work. However, to date little is known about the underlying psychological processes that might be operating in this relation. The purpose of this study was first to confirm the strengths use to work performance association and, second, to assess theoretical models of strengths use by testing a path model from strengths use to work performance, through harmonious passion, subjective vitality, and concentration. This study was conducted on a sample of 404 French-speaking Canadian workers and structural equation modeling analyses were performed in order to test the proposed model. Results show an association between strengths use and work performance. Further, this relation is completely mediated by the proposed variables. Theoretical and applied implications are discussed.

Graham, C. and S. Crown (2014). *"Religion and well-being around the world: Social purpose, social time, or social insurance?"* International Journal Of Wellbeing 4(1): 1-27. http://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/258
> A number of studies find that religious people are happier than non-religious ones. Yet a number of fundamental questions about that relationship remain unanswered. A critical one is the direction of causality: does religion make people happier or are happier people more likely to have faith in something that is beyond their control? We posit that the relationship between religion and wellbeing is mediated by factors ranging from intrinsic purpose, to its social aspects, to its role as an insurance mechanism for people who face great adversity. We explore a number of related questions, using world-wide data from the Gallup World Poll. As these data are cross-section data, we cannot establish causality; we do, however, explore: how or if the relationship between religion and wellbeing varies across the two distinct wellbeing dimensions (hedonic and evaluative); how social externalities mediate the relationship; how the relationship changes as countries and people within them become more prosperous and acquire greater means and agency; and how the relationship between religion and wellbeing varies depending on where respondents are in the wellbeing distribution. We find that the positive relation between religion and evaluative wellbeing is more important for respondents with lower levels of agency, while the positive relation with hedonic wellbeing holds across the board. The social dimension of religion is most important for the least social respondents, while the religiosity component of religion is most important for the happiest respondents, regardless of religious affiliation or service attendance. As such, it seems that the happiest are most likely to seek social purpose in religion, the poorest are most likely to seek social insurance in religion, and the least social are the most likely to seek social time in religion.

Grossmann, I. and E. Kross (2014). *"Exploring Solomon's paradox: Self-distancing eliminates the self-other asymmetry in wise reasoning about close relationships in younger and older adults."* Psychological Science 25(8): 1571-1580. http://pss.sagepub.com/content/25/8/1571.abstract
> Are people wiser when reflecting on other people's problems compared with their own? If so, does self-distancing eliminate this asymmetry in wise reasoning? In three experiments (N = 693), participants displayed wiser reasoning (i.e., recognizing the limits of their knowledge and the importance of compromise and future change, considering other people's perspectives) about another person's problems compared with their own. Across Studies 2 and 3, instructing individuals to self-distance (rather than self-immerse) eliminated this asymmetry. Study 3 demonstrated that each of these effects was comparable for younger (20–40 years) and older (60–80 years) adults. Thus, contrary to the adage "with age comes wisdom," our findings suggest that there are no age differences in wise reasoning about personal conflicts, and that the effects of self-distancing generalize across age cohorts. These findings highlight the role that self-distancing plays in allowing people to overcome a pervasive asymmetry that characterizes wise reasoning.

Guevarra, D. A. and R. T. Howell (2014). **"To have in order to do: Exploring the effects of consuming experiential products on well-being."** Journal of Consumer Psychology(0). http://www.sciencedirect.com/science/article/pii/S1057740814000631
> (Available in free full text) The experience recommendation – if you want to be happier, buy life experiences instead of material items – is supported in empirical research. However, this evidence is primarily based on the dichotomous comparison of material items and life experiences. The goal of this article is to examine the effects of consuming experiential products – purchases that fall between material items and life experiences – on well-being. Study 1 and Study 2 demonstrate that experiential products provide similar levels of well-being compared to life experiences and more well-being than material items. Study 3 replicates this finding for purchases that turn out well. In addition, Study 3 shows experiential products, when compared to life experiences, lead to more feelings of competence but less feelings of relatedness, which explains why these two purchases result in similar levels of well-being. We discuss why experiential products and life experiences lead to psychological need satisfaction and how our results support the Positive-Activity Model, Self-Determination Theory, and Holbrook and Hirschman's hedonic consumption framework.

Hill, P. L. and N. A. Turiano (2014). **"Purpose in life as a predictor of mortality across adulthood."** Psychological Science 25(7): 1482-1486. http://pss.sagepub.com/content/25/7/1482.abstract
> Having a purpose in life has been cited consistently as an indicator of healthy aging for several reasons, including its potential for reducing mortality risk. In the current study, we sought to extend previous findings by examining whether purpose in life promotes longevity across the adult years, using data from the longitudinal Midlife in the United States (MIDUS) sample. Proportional-hazards models demonstrated that purposeful individuals lived longer than their counterparts did during the 14 years after the baseline assessment, even when controlling for other markers of psychological and affective well-being. Moreover, these longevity benefits did not appear to be conditional on the participants' age, how long they lived during the follow-up period, or whether they had retired from the workforce. In other words, having a purpose in life appears to widely buffer against mortality risk across the adult years.

Hone, L. C., A. Jarden, et al. (2014). **"Measuring flourishing: The impact of operational definitions on the prevalence of high levels of wellbeing."** International Journal of Wellbeing 4(1): 62-90. http://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/286
> The epidemiology of flourishing is an important research topic prompting international interest in its psychometric assessment. But the need to measure human feelings and functioning at the population level has resulted in the creation of a multitude of different conceptual frameworks of flourishing: a term now commonly used to describe high levels of subjective wellbeing. Not only do different researchers theorise and conceptualise flourishing in different ways, but also the categorical diagnosis of flourishing is dependent upon the various combinations of components, and researcher-determined thresholds, used in each operationalization. The multiplicity of approaches is potentially limiting the usefulness of the resultant epidemiology. This paper comprises two parts: Part 1 identifies four operationalizations of flourishing in the psychology literature and reviews their psychometric properties and utility; Part 2 investigates the impact of operational definition on the prevalence of flourishing using the Sovereign Wellbeing Index survey, a sample of 10,009 adult New Zealanders, and reports substantial variation in prevalence rates according to the four different operationalizations: Huppert and So (24%), Keyes (39%), Diener et al. (41%) and Seligman et al. (47%). Huppert and So's model was the only one of the four to require endorsement of one particular variable, making it the most stringent criterion for flourishing, while the other three were more flexible in their categorisation. Cross-tabulation analysis indicated strong agreement between our replications of Keyes and Seligman et al.'s models (81%), and between Diener et al. and Seligman et al.'s models (80%). Agreement between Seligman, and Huppert and So's, operationalizations was moderate (74%). Taken together, and in line with recent OECD recommendations, our findings reinforce the need for greater international collaboration and conceptualisation consensus when measuring flourishing. In the absence of any published empirical research investigating perceptions of flourishing among laypersons, a prototype analysis investigating alignment between lay and academic conceptualisations of flourishing is recommended.

Kavčič, T. and A. Avsec (2014). **"Happiness and pathways to reach it: Dimension-centred versus person-centred approach."** Social Indicators Research 118(1): 141-156. http://dx.doi.org/10.1007/s11205-013-0411-y
> The purpose of the present study was to explore the ways people achieve their happiness employing two approaches, i.e. a dimension-centred, focusing on the three orientations to happiness (orientation to pleasure, meaning, and engagement), and a person-centred, focusing on patterns of these three orientations within individuals. The predictive validity of individual orientations to happiness and their characteristic patterns for three aspects of subjective well-being was explored. Adult participants (N = 1,142; 33 % male) filled-in the Orientations to Happiness Questionnaire and the Mental Health Continuum-Long Form. Applying the dimension-centred approach, results suggested that all of the orientations represent possible and appropriate ways to achieve happiness. Person-centred analysis yielded four groups of individuals with similar profiles of ways towards happiness and membership of these groups was associated with individual's well-being. Leading an empty life was associated with the poorest outcomes and full life with the highest well-being, with moderate well-being characterizing individuals pursuing pleasurable and meaningful life. More precisely, pleasurable life and meaningful life had relatively similar predictive value for psychological well-being but demonstrated discriminant validity for emotional and social well-being. This suggests that the profiles are meaningfully different and highlights the importance of the multiplicative influences of the three specific orientations to happiness.

Keng, S.-H. and S.-Y. Wu (2014). **"Living happily ever after? The effect of Taiwan's national health insurance on the happiness of the elderly."** Journal of Happiness Studies 15(4): 783-808. http://dx.doi.org/10.1007/s10902-013-9449-4
> The implementation of Taiwan's National Health Insurance (NHI) in 1995 has created a quasi-experiment that permits us to draw causal inference for the effect of the NHI on the happiness and life satisfaction. The NHI is expected to have a positive effect on happiness because it not only improves the health and mitigates the uncertainty in financial losses due to health shocks, but also alleviates health inequality in the population through equal access to care. The results show that the NHI has a significant effect on happiness and life satisfaction. The effect ranges from 3 to 30 % depending on the measures of happiness. Nonetheless, the effect of the NHI in narrowing happiness inequality across socioeconomic status (SES) is significant for health and income groups only while its effect on education- and gender-happiness gradients are insignificant. The increase in the probability of being happy or satisfied with life among the least healthy group is 0.08 % points higher than that of the healthier ones. Earlier studies have shown that the effects of health insurance on health and disparity in health across SES groups are small. In contrast, our findings suggest that the welfare impact of the NHI is quite large.

Lee, K., V. Talwar, et al. (2014). **"Can classic moral stories promote honesty in children?"** Psychological Science 25(8): 1630-1636. http://pss.sagepub.com/content/25/8/1630.abstract

The classic moral stories have been used extensively to teach children about the consequences of lying and the virtue of honesty. Despite their widespread use, there is no evidence whether these stories actually promote honesty in children. This study compared the effectiveness of four classic moral stories in promoting honesty in 3- to 7-year-olds. Surprisingly, the stories of "Pinocchio" and "The Boy Who Cried Wolf" failed to reduce lying in children. In contrast, the apocryphal story of "George Washington and the Cherry Tree" significantly increased truth telling. Further results suggest that the reason for the difference in honesty-promoting effectiveness between the "George Washington" story and the other stories was that the former emphasizes the positive consequences of honesty, whereas the latter focus on the negative consequences of dishonesty. When the "George Washington" story was altered to focus on the negative consequences of dishonesty, it too failed to promote honesty in children.

Shafer, K., T. M. Jensen, et al. (2014). *"Relationship effort, satisfaction, and stability: Differences across union type."* Journal of Marital and Family Therapy 40(2): 212-232. http://dx.doi.org/10.1111/jmft.12007

(Free full text available) Relationship satisfaction and stability are two commonly studied outcomes in marriage and family research. Majority of studies address socio demographic variability and differences across union type in these outcomes. We extend this literature by addressing how the amount of effort one puts into their relationship is associated with stability and satisfaction. Specifically, we focus on how effort impacts these measures of quality in four union types: premarital cohabitation, first marriage, post-divorce cohabitation, and second marriage following divorce. Furthermore, we make union type comparisons in the strength of effort's association with satisfaction and stability. Using data from 8,006 respondents in the Relationship Evaluation Survey, our results show that effort was strongly and positively associated with satisfaction and stability in all four unions. Although effort is more strongly associated with satisfaction in first marriage than cohabiting relationships, no union type differences in the role of effort on stability were observed. Clinical and research implications of these findings are discussed.

Shedlosky-Shoemaker, R., K. A. Costabile, et al. (2014). *"Self-expansion through fictional characters."* Self and Identity 13(5): 556-578. http://dx.doi.org/10.1080/15298868.2014.882269

(Free full text available) The prevalence of entertainment media in everyday life might offer unexpected social opportunities. The present paper examined whether cognitive overlap with the character and self-expansion occur as a result of exposure to fictional characters. Results of two studies indicated that transportation into a narrative leads to greater cognitive overlap with the character and perceived self-expansion. Providing a distinction between these two concepts, we found that cognitive overlap with the character increases to the extent the character represents one's actual self-guide; perceived self-expansion increases to the extent the character represents one's ideal self-guide. Together, these findings illustrate the nature of parasocial relationships and impact of entertainment media on the self.

Slemp, G. and D. Vella-Brodrick (2014). *"Optimising employee mental health: The relationship between intrinsic need satisfaction, job crafting, and employee well-being."* Journal of Happiness Studies 15(4): 957-977. http://dx.doi.org/10.1007/s10902-013-9458-3

Organisations are frequently confronted with the issue of how to enhance employee mental health. Based on self-determination theory, a model is proposed that examines the relationships between job crafting, the satisfaction of the intrinsic needs for autonomy, competence, and relatedness at work, and employee well-being—defined here as both subjective well-being and psychological well-being. A sample of 253 working adults completed a battery of questionnaires including the Job Crafting Questionnaire, the Intrinsic Need Satisfaction Scale, and the Mental Health Continuum. Using structural equation modelling methods, it was determined that job crafting predicted intrinsic need satisfaction, which, in turn, predicted employee well-being. The results suggest that job crafting may be an important underpinning upon which to base an employee well-being intervention. (See, for example, http://positiveorgs.bus.umich.edu/cpo-tools/job-crafting-exercise/ for more on job crafting).

Stolarski, M., G. Matthews, et al. (2014). *"How we feel is a matter of time: Relationships between time perspectives and mood."* Journal of Happiness Studies 15(4): 809-827. http://dx.doi.org/10.1007/s10902-013-9450-y

Both personality and emotional experiences may be influenced by people's time perspectives. The Zimbardo time perspective inventory measures five trait dimensions related to past, present and future perspectives. Two studies were conducted to investigate how these time perspective dimensions related to mood. The first study (n = 260) confirmed that ZTPI scales predicted moods including energetic arousal, tense arousal and Hedonic Tone, revealing that past negative and Present Hedonistic time perspectives are the most robust predictors of current emotional states. Moreover, future time perspective proved to predict energetic arousal, but the effect was suppressed by present hedonism. The second study (n = 65) measured mood twice in a 4-week period, and focused on relationships between the ZTPI and recalled and anticipated mood. Analyses conducted using DBTP, an index of temporal harmony based on the ZTPI scores, proved that balanced time perspective was related to more positive mood states in both studies. Findings confirmed that time perspective appears to influence both recall and anticipation of mood. For example, past negative time perspective is associated with anticipation of negative moods, and Past Positive perspective relates to both recall and anticipation of energy. Time perspective may structure the individual's affective experience.

Suri, G., K. Whittaker, et al. (2014). *"Launching reappraisal: It's less common than you might think."* Emotion. http://spl.stanford.edu/pdfs/2014 Suri.pdf

Cognitive reappraisal is thought to be ubiquitous. However, no studies have quantified how frequently people reappraise (vs. letting their emotional response go unregulated). To address this issue, the authors created a laboratory decision context in which participants watched a series of negatively valenced images, and in each case had the option of electing to reappraise to decrease negative affect. Given the many benefits and few costs associated with reappraisal, we expected that most images would be reappraised. However, to our surprise, participants implemented reappraisals for only 16% of images (Study 1). Regulatory rates remained low for both low- and high-intensity images, even when another regulatory option (i.e., distraction) was available (Study 2). The authors hypothesized that participants did not proactively reappraise because there were hidden costs associated with reappraisal. They considered 2 classes of costs: overcoming default bias and cognitive effort, and they measured the percentage of trials for which participants chose to reappraise using a fully crossed 2 2 design that examined the effects of removing defaults and of providing support in creating reappraisals. Removing defaults, but not providing reappraisal support, increased rates of reappraisal (Study 3). Everyday decision-making frequently involves default options. These results suggest that contextual variables (such as the presence of defaults) may play a large role in the decision to regulate emotions.

Telzer, E. H., A. J. Fuligni, et al. (2014). *"Neural sensitivity to eudaimonic and hedonic rewards differentially predict adolescent depressive symptoms over time."* Proc Natl Acad Sci U S A 111(18): 6600-6605. http://www.ncbi.nlm.nih.gov/pubmed/24753574

The pursuit of happiness and reward is an impetus for everyday human behavior and the basis of well-being. Although optimal well-being may be achieved through eudaimonic activities (e.g., meaning and purpose), individuals tend to orient toward hedonic activities (e.g., pleasure seeking), potentially placing them at risk for ill-being. We implemented a longitudinal study and followed adolescents over 1 y to examine whether neural sensitivity to eudaimonic (e.g., prosocial decisions) and hedonic (e.g., selfish rewards and risky decisions) rewards differentially predicts longitudinal changes in depressive symptoms. Ventral striatum activation during eudaimonic decisions predicted longitudinal declines in depressive symptoms, whereas ventral striatum activation to hedonic decisions related to longitudinal increases in depressive symptoms. These findings underscore how the motivational context underlying neural sensitivity to rewards can differentially predict changes in well-being over time. Importantly, to our knowledge, this is the first study to show that striatal activation within an individual can be both a source of risk and protection.

van der Noordt, M., H. IJzelenberg, et al. (2014). ***"Health effects of employment: A systematic review of prospective studies."*** Occupational and Environmental Medicine 71(10): 730-736. http://oem.bmj.com/content/71/10/730.abstract

Objectives The purpose of this review was to systematically summarise the literature on the health effects of employment. Methods A search for prospective studies investigating the effect of employment on health was executed in several electronic databases, and references of selected publications were checked. Subsequently, the methodological quality of each study was assessed by predefined criteria. To draw conclusions about the health effect of employment, a best evidence synthesis was used, and if possible, data were pooled. Results 33 prospective studies were included, of which 23 were of high quality. Strong evidence was found for a protective effect of employment on depression and general mental health. Pooled effect sizes showed favourable effects on depression (OR=0.52; 95% CI 0.33 to 0.83) and psychological distress (OR=0.79; 95% CI 0.72 to 0.86). Insufficient evidence was found for general health, physical health and mortality due to lack of studies or inconsistent findings. Conclusions This systematic review indicates that employment is beneficial for health, particularly for depression and general mental health. There is a need for more research on the effects of employment on specific physical health effects and mortality to fill the knowledge gaps.

Von Culin, K. R., E. Tsukayama, et al. (2014). ***"Unpacking grit: Motivational correlates of perseverance and passion for long-term goals."*** The Journal of Positive Psychology 9(4): 306-312. http://dx.doi.org/10.1080/17439760.2014.898320

In two cross-sectional studies, we explored the motivational orientations correlates of the character strength of grit and its two component facets: perseverance of effort and consistency of interests over time. Specifically, we examined how individual differences in grit are explained by distinct approaches to pursuing happiness in life: pleasure in immediately hedonically positive activities, meaning in activities that serve a higher, altruistic purpose, and engagement in attention-absorbing activities. In both samples, grit demonstrated medium-sized associations with an orientation toward engagement, small-to-medium associations with an orientation toward meaning, and small-to-medium (inverse) associations with an orientation toward pleasure. These motivational orientations differentially related to the two facets of grit: pursuing engagement was more strongly associated with perseverance of effort, whereas pursuing pleasure was more strongly (inversely) associated with consistency of interests over time. Collectively, findings suggest that individual differences in grit may derive in part from differences in what makes people happy.

Ybema, J. F. and K. van Dam (2014). ***"The importance of emotional display rules for employee well-being: A multi-group comparison."*** The Journal of Positive Psychology 9(4): 366-376. http://dx.doi.org/10.1080/17439760.2014.898319

"Serving with a smile" has generally been associated with negative effects for employee well-being. The present study investigated whether emotional display rules also relate to positive outcomes by distinguishing demands to suppress negative emotional response (negative display rules) from demands to express positive emotions (positive display rules). In line with the job demands-resources model, outcomes involved emotional exhaustion and work engagement. Participants were employees in three occupational groups in the human service profession: sales (N?=?480), healthcare (N?=?399), and education (N?=?220). The outcomes of a multi-group analysis in LISREL revealed for all three occupational groups that negative display rules were related to emotional exhaustion while positive display rules were associated with work engagement. Together, these findings suggest that ?serving with a smile? can enhance employee well-being, when the emphasis is on showing positive affects instead of suppressing negative affects.