

I am a Psychology Research Scientist at the [Human Flourishing Program](#) at Harvard University, and a senior researcher for Wellbeing for Planet Earth (with whom I have founded the [Global Wellbeing Initiative](#)). My research has focused in particular on cross-cultural perspectives, including creating a cross-cultural [lexicography](#) of untranslatable words relating to wellbeing, and helping incorporate non-Western wellbeing-related items into the Gallup World Poll. I have so far published 164 peer-reviewed academia papers and 15 books (4 as solo author, and 5 edited books), and have been rated in a [global analysis](#) of scientists as being in the top 2% of my field. From 2013-2020 I was a senior lecturer at the University of East London, helping lead a pioneering MSc in Applied Positive Psychology and Coaching Psychology.

Qualitative methods

Online data
Interviews
Focus groups
Ethnography
Contextual inquiry
Diary studies

Qualitative analysis

Lexical analysis
Grounded theory
IPA
Thematic analysis
Discourse analysis

Quantitative methods

EEG
Cognitive tasks
Psychometrics
Surveys

Quantitative analysis

Factor analysis
Multiple regression
(M)ANOVAS
T-tests

Software

Microsoft suite
Nexus (EEG)
SPSS
Nvivo data analysis
Wix website design

Writing

Journal papers ($n = 85$)
Articles ($n = 30$)
Books ($n = 6$)
Edited books ($n = 4$)

Languages

French (proficient)
Chinese (basic)

Select Research Experience

Psychology Research Scientist at the [Human Flourishing Program](#) at Harvard University (Dec 2021 – Present)

- Contributing to various projects, especially the Global Flourishing Study (GFS) as Project Manager
- Awarded \$560,000 from Wellbeing for Planet Earth to join the GFS (as part of a \$1 million donation)

Core member of the [Global Wellbeing Initiative](#) (Aug 2019 – Present)

- Helping create new well-being items, based on non-Western perspectives, for the Gallup World Poll
- Received \$233,760 grant as PI from Templeton Foundation to explore Muslim perspectives on wellbeing

Creator of [positive cross-cultural lexicography](#) of untranslatable words (Aug 2015 – present)

- Published 11 academic papers and 3 books so far on the project, including a [monograph for MIT Press](#),
- Given numerous talks on the project worldwide, including a TEDx talk at [TEDxZurich](#) in 2018
- Featured in numerous publications, including [TIME](#), [The New Yorker](#), [Vox](#), and [Scientific American](#)
- Received 2 recent grants, including 1 partnering with experts in machine learning

Theoretical work on the field of positive psychology (Sept 2014 – present)

- Helped create the paradigm of ‘second wave’ positive psychology, writing an influential [paper](#) and [book](#)
- Wrote papers on other paradigm innovations, including ‘[positive art](#)’ and ‘[positive social psychology](#)’
- Other papers involve [politics](#), [cross-cultural psychology](#), [developmental psychology](#), [gender](#) and [coaching](#)
- Created a [multidimensional model](#) of wellbeing, using it as the foundation for a [widely-used textbook](#)

Research on mindfulness (Sept 2014 – Sept 2018)

- Lead author of 6 systematic reviews in prominent journals, two of which included meta-analyses
- Co-lead for the private-sector working group of the [Mindfulness Initiative](#) (a policy institute)
- Co-author of [policy document](#) advising companies on implementing mindfulness initiatives
- Created two mindfulness-based interventions, one for [at-risk adolescent boys](#) and one for [older adults](#)

Research on men’s experience of infertility (research assistant, University of Warwick, July 2012 – March 2013)

- In-depth interviews with [men undergoing fertility treatment](#), with ethnographic observation of treatment

Research on meditation and mental health (PhD, University of Westminster, Sept 2008 – June 2012)

- In-depth interviews with 30 male meditators in London, each twice (a year apart), eliciting narratives
- Cognitive tests (assessing attention) and EEG measurement of same meditators, also twice (a year apart)
- Published 7 papers on various aspects of the analysis, as well as a [monograph](#) on the study as a whole

Other Select Professional Experience

Editor of the [International Journal of Wellbeing](#)

Senior lecturer, University of East London (March 2013 – Dec 2020)

- Module leader and programme leader on MSc in Applied Positive Psychology and Coaching Psychology
- Created and taught over 40 different lectures (on a range of topics relating to wellbeing)
- Delivered over 40 conference presentations, invited talks, and keynote addresses worldwide
- Supervised over 100 students on their MSc research thesis
- Chair of the School of Psychology Ethics Committee

Previous employment (September 2002 – September 2008)

- Professional musician (singer, guitarist, songwriter) with recording and touring ska band
- Creative director and founder of record label (Zorbic media), created to manage the band’s music
- Psychiatric nursing assistant (on various wards, including emergency, acute and neuro-behavioural)

Education

PhD in Psychology, University of Westminster	2012
MSc in Psychology, University of Edinburgh	2005
MA (Hons) in Psychology, University of Edinburgh	2002

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Personal details

Surname: Lomas **Forename:** Tim

Current positions

Psychology Research Scientist
Harvard T. H. Chan School of Public Health
Human Flourishing Program at Harvard University

Senior Researcher
Wellbeing for Planet Earth (Japan-based research and policy foundation)
Core member of the Global Wellbeing Initiative

Honorary Reader
Department of Psychology
University of East London

Honorary Fellow
Melbourne Graduate School of Education
University of Melbourne

Education and qualifications:

- PGCert (Learning and Teaching in Higher Education) University of East London (2013-2014).
- PhD University of Westminster (2008-2012).
- MSc by Research (Psychology) University of Edinburgh (2004-2005).

- MA (Hons) Psychology (2.1) University of Edinburgh (2004-2005).

Accreditations

- Associate Fellow of the Higher Education Academy

Employment:

- Psychology Research Scientist, Harvard University (2021-present)
- Senior researcher, Wellbeing for Planet Earth (2019-present)
- Senior lecturer in positive psychology, University of East London (2013-2020).
- Tutor, University of Warwick Medical School (2012-2013).
- Research assistant, University of Warwick (2012-2013).
- Associate lecturer, University of Chichester (2011-2013).
- PhD research scholar, University of Westminster (2008-2012).
- Psychiatric nursing assistant, various hospitals (2002-2008).
- Creative director and musician/songwriter, Zorbic media (2002-2008).
- English teacher, No.17 Middle School, Qingdao, China (1998).

Research and scholarly activity**Overview**

My research and scholarly activities have produced 164 peer-reviewed [journal papers](#) and 15 books to date (5 as editor), plus 21 chapters, and numerous other articles, all of which have been published since 2013. According to Google Scholar, currently (as of April 2026) I have 11,008 citations, a h-index of 54, and an i10-index of 122. Most of my research interests and activities are anchored around the common theme of cross-cultural perspectives on flourishing, exploring variation and commonalities in how this is experienced and conceptualized. Overall, my activities can be divided into six overlapping projects/areas:

- The [Global Flourishing Study](#): I am the project manager for this 5-year (minimum) longitudinal study, including over 200,000 participants in 22 countries, for which I am leading the analyses for numerous papers (including happiness, balance, peace, beauty, values, gender, and Buddhism), and am also lead for the cross-cultural working group (exploring cultural/linguistic issues relating to the project, including publishing a special issue of country-specific papers).
- Mindfulness and Buddhism: in 2008 I obtained a scholarship to undertake a PhD at the University of Westminster examining the impact of meditation and Buddhism on men's mental health; since then I have maintained a close interest in the topic, obtaining several grants and publishing many papers on this topic.
- The [Positive Cross-Cultural Lexicography](#): since 2015 I have been creating a lexicography of untranslatable words (i.e., those without an exact equivalent in English). An evolving work-in-progress, it features nearly 2,000 words at present, and I have so far published 15 papers on it, as well as three books (a [monograph](#) with MIT Press, a [trade](#) and an [illustrated](#) book).
- The [Global Wellbeing Initiative](#), Since 2019 I have been a core member of, and senior researcher for, the a partnership between Gallup and Wellbeing for Planet Earth (a Japan-based research and policy foundation). The centrepiece of the GWI is the development of a module of items for the Gallup World Poll (GWP) that reflects ideas relating to wellbeing that have been particularly emphasized in Eastern cultures,
- Cultural perspectives on wellbeing: I am beginning work on projects exploring different cultural and regional perspectives on flourishing, including one on "Muslim perspectives on wellbeing," for which I was awarded a grant of \$233,760 as a PI from the Templeton Foundation for a 2.5 year project (beginning summer 2023).
- Conceptualizing flourishing: I have written numerous papers and books focused on the theoretical conceptualisation of flourishing, and related concepts such as wellbeing and happiness, and likewise on the nature and scope of fields like positive psychology.

Books

1. Case, B., English, C., Lomas, T., Ritter, Z., Watters, S., Johnson, B., & VanderWeele, T. J. (2025). A compendium of Global Flourishing Study translations. Gallup Press.

- Lomas, T., Hefferon, K., Ivtzan, I., & Gardiner, K. (2024). *Applied Positive Psychology: Integrated Positive Practice* (2nd Edition). London: Sage.
- Lomas, T. (2023). *Happiness*. Boston, MA: The MIT Press
- Lomas, T., & Huett, A. (2019). *Happiness: Found in Translation*. New York: Tarcher.
- Lomas, T. (2018). *Translating Happiness: Enriching our Experience and Understanding of Wellbeing through Untranslatable Words*. Boston, MA: MIT Press.
- Lomas, T. (2018). *The Happiness Dictionary: Untranslatable Words from Around the World to Help Us Lead a Richer Life*. London: Piatkus.
- Lomas, T. (2016). *The Positive Power of Negative Emotions: How to harness your darker feelings to help you see a brighter dawn*. London: Piatkus.
- Ivtzan, I., Lomas, T., Hefferon, K., & Worth, P. (2015). *Second Wave Positive Psychology: Embracing the Dark Side of Life*. London: Routledge.
- Lomas, T. (2014). *Masculinity, Meditation, and Mental Health*. London: Palgrave MacMillan.
- Lomas, T., Hefferon, K., & Ivtzan, I. (2014). *Applied Positive Psychology: Integrated Positive Practice*. London: Sage.

Edited books

- Oades, L. G., Lemon, N., Francis, J., & Lomas, T. (2025). *Wellbeing Literacy: Theory and Practice Through Multidisciplinary and Transdisciplinary Lenses*. Taylor & Francis.
- Eiroa-Orosa, F. J., Rowe, M., & Lomas, T. (Eds.). (2018). *The sociocultural context of psychosocial interventions*. Switzerland: Frontiers Media.
- Brown, N. J. L., Lomas, T., & Eiroa-Orosa, F. (Eds.). (2017). *The Routledge International Handbook of Critical Positive Psychology*. London: Routledge.
- Ivtzan, I., & Lomas, T. (2016) (Eds.) *Mindfulness and Positive Psychology: The Science of Meditation and Wellbeing*. London: Routledge.
- Lomas, T., & Hefferon, K. (Eds.). (2015). *Positive Psychology* (Vol. I-VI). London: Sage.

Papers

- Lomas, T., Koga, H. K., Padgett, N. P., Pawelski, J. O., Kim, E. S., Makridis, C. A., Gundersen, C., Bradshaw, M., Le Pertel, N., Shiba, K., Felton, C., Helliwell, J. F., Johnson, B. R., & VanderWeele, T. J. (2026). Exploring associations of three evaluative subjective wellbeing measures (Cantril's ladder, life satisfaction, happiness) with 15 childhood and demographic factors across 22 countries. *Scientific Reports*, 16, 8025, <https://doi.org/10.1038/s41598-026-35777-y>
- Lomas, T., Masters, M. P., Wheeler, B., & Brown, S. (2026). Celestial (be)longing: A case for scientific interest in humankind's yearning for, and potential origins in, the heavens. *Philosophy and Cosmology*. <https://doi.org/10.29202/phil-cosm/36/1>
- Lomas, T., Niemiec, R., Diego-Rosell, P., Lai, A. Y., Lee, M. T., & VanderWeele, T. J. (2026). The complex relationship between inner and outer peace: New global insights from the Gallup World Poll. *Journal of Happiness Studies*. <https://doi.org/10.1007/s10902-026-01005-7>
- Lomas, T., Nilsson, A. H., Kjell, O., Niemiec, R., Pawelski, J. O., Padgett, N. R., & VanderWeele, T. J. (2026). Differentiating balance and harmony through natural language analysis: A cross-national exploration of two understudied wellbeing-related concepts. *Journal of Positive Psychology*, 21(1), 173-191. <https://doi.org/10.1080/17439760.2025.2459400>
- Lomas, T., Padgett, R. N., Eichstaedt, J., Pawelski, J. O., Battle, K. E., Felton, C., & VanderWeele, T. J. (2026). Towards a data-driven and globally-informed framework of flourishing: A seven-factor model derived from factor-analysis of 38 indicators in the Gallup World Poll. *Social Indicators Research*, 181(2), 61. <https://doi.org/10.1007/s11205-025-03798-1>
- Lomas, T., Padgett, R. N., Pawelski, J., Makridis, C. A., Pacheco, P. A. d. I. R. F., Kim, Y.-I., Breedlove, T., Cowden, R. G., Counted, V., Johnson, B. R., & VanderWeele, T. J. (2026). The prevalence and predictors of experiences of beauty in 22 countries: An international assessment of aesthetic appreciation in the Global Flourishing Study. *Applied Research in Quality of Life*, 21, 469–504. <https://doi.org/10.1007/s11482-025-10532-z>

7. Lomas, T., Padgett, R. N., Ritchie-Dunham, J. L., Pawelski, J. O., Nilsson, A. H., Johnson, B. R., & VanderWeele, T. J. (2026). A longitudinal outcome-wide assessment of the impact of life balance on flourishing: A 2-year cross-national analysis of 22 countries in the Global Flourishing Study. *Scientific Reports*. <https://doi.org/10.1038/s41598-026-47553-z>
8. Lomas, T., Padgett, R. N., Warren, M. A., Johnson, B. R., & VanderWeele, T. J. (2026). A cross-sectional analysis of male versus female flourishing among 202,898 participants across 22 countries on 73 variables in the Global Flourishing Study. *Scientific Reports*, 16, 10166. <https://doi.org/10.1038/s41598-026-40963-z>
9. Lomas, T., Teubner, J., Ivey, R. M., Case, C., & Larrey, P. (2026). Into the metaverse (with Lex Fridman and Mark Zuckerberg): Exploring the ontological adventures, potentials, and risks of a new dimension of being. *Journal of Humanistic Psychology*. <https://doi.org/10.1177/00221678261426422>
10. Lomas, T., & VanderWeele, T. J. (2026). Contributions towards a positive epidemiology of compassion: Exploring the transmission dynamics of acts of microkindness. *International Journal of Wellbeing*, 16(2), 1–20. <https://doi.org/10.5502/ijw.v16i2.5521>
11. Bittár, N., Håkan Nilsson, A. H., Dahlen, D., Nathanson, M., Kajonius, P. J., Kjell, O., Lomas, T., Case, B., Padgett, R. N., Chen, Y., Cowden, R., Johnson, B. R., & VanderWeele, T. J. (2026). Flourishing in Sweden: Great overall — but not for all. *International Journal of Wellbeing*, 3(15). <https://doi.org/10.5502/ijw.v15i3.6001>
12. Buenconsejo, J. U., Contreras, E., Nabia, J. O., Socrates, M. C. A., Case, B., Lomas, T., Chen, Y., Cowden, R. G., Padgett, R. N., Johnson, B. R., & VanderWeele, T. J. (2026). Flourishing in the Philippines: Country-specific insights from the Global Flourishing Study. *International Journal of Wellbeing*, 3(15). <https://doi.org/10.5502/ijw.v15i3>
13. Haque, O. S., Wortham, J., Case, B. W., Cowden, R. G., Goodman, D., Lomas, T., Rashid, T., Wolpe, D. J., & Vander Weele, T. J. (2026). Acceptance as a response to suffering: Insights from world religious and philosophical traditions. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-026-02594-6>
14. Huang, L., Xu, J., Zhao, M. Y., Hou, H., Jarden, A., Lomas, T., Padgett, R. N., Case, B., Chen, Y., Cowden, R. G., Johnson, B. R., & VanderWeele, T. J. (2026). Flourishing in Hong Kong: An analysis of wellbeing-related outcomes in the Global Flourishing Study. *International Journal of Wellbeing*, 3(15), 6119. <https://doi.org/10.5502/ijw.v15i3.6119>
15. Nilsson, A. H., Kajonius, P. J., Kjell, O., Dahlen, M., Schwartz, H. A., Case, B., Johnson, B., Lomas, T., Padgett, N., & VanderWeele, T. J. (2026). Swedish well-being: The rising importance of age among demographic, personality, and social relationship factors. *SSM - Population Health*, 101913. <https://doi.org/10.1016/j.ssmph.2026.101913>
16. Ortega, F., Snower, D. J. Lomas, T., Padgett, R. N., Case, B., Chen, Y., Cowden, R. G., Johnson, B. R., & VanderWeele, T. J. (2026). Well-being in the United States: Insights from the Global Flourishing Study. *International Journal of Wellbeing*, 15(3), 5907, 1–39. <https://doi.org/10.5502/ijw.v15i3.5907>
17. Vanney, C. E., Mesurado, B., Fitz Herbert, A. L., Lomas, T., Padgett, R. N., Case, B., Cowden, R. G., Chen, Y., Johnson, B. R., & VanderWeele, T. J. (2026). Flourishing in Argentina: Evidence from the Global Flourishing Study (GFS) across socioeconomic groups and levels of religiosity. *International Journal of Wellbeing*, 15(3), 5955, 1–30. <https://doi.org/10.5502/ijw.v15i3.5955>
18. Yemiscigil, A., Baskurt, A. B., Asici, A. A., Lomas, T., Padgett, R. N., Case, B., Chen, Y., Cowden, R., Johnson, B. R., & VanderWeele, T. J. (2026). Flourishing in Türkiye: A comprehensive country-specific analysis of wellbeing-related outcomes in the Global Flourishing Study. *International Journal of Wellbeing*, 3(15), 5933. <https://doi.org/10.5502/ijw.v15i3.5933>
19. Lomas, T. (2025). A heuristic formula for appreciating the quality of art and its importance to wellbeing. *The Journal of Positive Psychology*, 20(6), 1091–1099. <https://doi.org/10.1080/17439760.2025.2555577>
20. Lomas, T. (2025). Unidentified Anomalous Phenomena (UAP) disclosure as ontological shock? Exploring diversity among social media responses to a congressional UAP hearing. *Journal of Humanistic Psychology*, 65(3), 654–688. <https://doi.org/10.1177/00221678241251871>
21. Lomas, T., Bradshaw, M., Case, B., Cowden, R., Crabtree, S., English, C., Fogleman, A., Johnson, K. A., Ritter, Z., Johnson, B. R., & VanderWeele, T. J. (2025). The development of the Global Flourishing Study questionnaire: Charting the evolution of a new 109-item inventory of human flourishing. *BMC Global and Public Health*, 3, 30. <https://doi.org/10.1186/s44263-025-00139-9>
22. Lomas, T., Masters, M., & O'Malley, A. (2025). Conspiracies, cover-ups, compartmentalization, and containment: The complex, secrecy-related information dynamics of Unidentified Anomalous Phenomena. *World Futures*. <https://doi.org/10.1080/02604027.2025.2585942>

23. Lomas, T., O'Malley, A., Masters, M. P., & Vernet, R. (2025). The UAP Assessment Matrix: A proposed framework for evaluating evidence and understanding regarding Unidentified Anomalous Phenomena. *Acta Astronautica*, 234, 491-503. <https://doi.org/10.1016/j.actaastro.2025.04.012>
24. Lomas, T., Padgett, R. N., Case, B., Chen, Y., Cowden, R. G., Johnson, B. R., & VanderWeele, T. J. (2025). Introduction to the Global Flourishing Study country-specific special issue. *International Journal of Wellbeing*, 15(3), 5103. <https://doi.org/10.5502/ijw.v15i3.5105>
25. Lomas, T., Padgett, R. N., Ritchie-Dunham, J. L., Lee, M. T., Pawelski, J. O., Shiba, K., Johnson, B. R., & VanderWeele, T. J. (2025). A cross-national analysis of the childhood predictors of inner peace in the Global Flourishing Study. *Scientific Reports*, 15, 11328, <https://doi.org/10.1038/s41598-024-83353-z>
26. Lomas, T., Padgett, R. N., Ritchie-Dunham, J. L., Lee, M. T., Pawelski, J. O., Shiba, K., Johnson, B. R., & VanderWeele, T. J. (2025). Demographic variation in inner peace across 22 countries: A cross-national analysis of the Global Flourishing Study. *Journal of Happiness Studies*, 27, 66, <https://doi.org/10.1007/s10902-024-00822-y>
27. Lomas, T., Padgett, R. N., Ritchie-Dunham, J. L., Pawelski, J. O., Shiba, K., Johnson, B. R., & VanderWeele, T. J. (2025). Childhood predictors of balance in life: A cross-national analysis of the Global Flourishing Study. *Scientific Reports*, 15, 13301, <https://doi.org/10.1038/s41598-025-89853-w>
28. Lomas, T., Padgett, R. N., Ritchie-Dunham, J. L., Pawelski, J. O., Shiba, K., Johnson, B. R., & VanderWeele, T. J. (2025b). Demographic variation in balance in life across 22 countries: A cross-national analysis of the Global Flourishing Study. *Applied Research in Quality of Life*, 20, 1011–1036. <https://doi.org/10.1007/s11482-024-10407-9>
29. Lomas, T., Pawelski, J. O., & VanderWeele, T. J. (2025). Flourishing as 'sustainable well-being': balance and harmony within and across people, ecosystems, and time. *The Journal of Positive Psychology*, 20(2), 203-218. <https://doi.org/10.1080/17439760.2024.2362435>
30. Bradshaw, M., Counted, V., Lomas, T., Woodberry, R. D., VanderWeele, T. J., & Johnson, B. R. (2025). Childhood experiences and adult prayer or meditation in 22 countries around the world. *Scientific Reports*, 15(1), 15083. <https://doi.org/10.1038/s41598-025-99796-x>
31. Counted, V., Lee, M. T., Lomas, T., Cowden, R., Allen, K.-A., Basu, J., Laidler, D., Routledge, C., Seamon, D., & VanderWeele, T. J. (2025). Love of place: Conceptual framework and template for measuring the contributory and unitive affection towards a place. *International Journal of Intercultural Relations*, 107, 102203. <https://doi.org/10.1016/j.ijintrel.2025.102203>
32. Cowden, R. G., Davoodi, T., Diego-Rosell, P., Lomas, T., & Lai, A. Y. (2025). Religious/spiritual connection and subjective wellbeing around the world: A cross-sectional analysis with nationally representative samples from 121 countries. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-025-02404-5>
33. Cowden, R. G., Skinstad, D., Lomas, T., Johnson, B. R. & VanderWeele, T. J. (2025). Measuring wellbeing in the Global Flourishing Study: Insights from a cross-national analysis of cognitive interviews from 22 countries. *Quality & Quantity*, 59, 575–597, <https://doi.org/10.1007/s11135-024-01947-1>
34. Cowden, R. G., Wilson Fadji, A., Govender, K., Hendriks, H. J., Schoeman, W. J., Case, B., Chen, Y., Lomas, T., Padgett, R. N., Johnson, B. R., & VanderWeele, T. J. (2025). Flourishing in South Africa: Benchmarks and sociodemographic variation across 69 health, wellbeing, and related factors in the Global Flourishing Study. *International Journal of Wellbeing*, 15(3), 1–19. <https://doi.org/10.5502/ijw.v15i3.5237>
35. Job Chen, Z., Davoodi, T., Diego-Rosell, P., Lomas, T., Yuanhong Lai, A., & Cowden, R. G. (2025). Religious/spiritual connection and subjective well-being across religious and nonreligious individuals in 121 countries. *Personality and Social Psychology Bulletin*. <https://doi.org/10.1177/01461672251382007>
36. Jeffery-Schwikkarda, D., Li, J., Nagpal, P., & Lomas, T. (2025). Systematic review of character development in low- and middle-income countries, (20)1, 169-191. *Journal of Positive Psychology*, 25(1), 169-191. <https://doi.org/10.1080/17439760.2024.2322464>
37. VanderWeele, T. J., Johnson, B. R., Bialowolski, P. T., Bonhag, R., Bradshaw, M., Breedlove, T., Case, B., Chen, Y., Chen, Z. J., Counted, V., Cowden, R. G., de la Rosa, P. A., Fogleman, A., Gibson, C., Grigoropoulou, N., Gundersen, C., Jang, S. J., Johnson, K. A., Kim, E. S., ... Yancey, G. (2025). The Global Flourishing Study: Study profile and initial results on flourishing. *Nature Mental Health*, 3 636–653. <https://doi.org/10.1038/s44220-025-00423-5>

38. Weziak-Bialowolska, D., Zalewska, A. M., Kryś, K., Case, B., Lomas, T., Padgett, R. N., Johnson, B. R., & VanderWeele, T. J. (2025). Understanding well-being in Poland: Insights from the Global Flourishing Study. *International Journal of Wellbeing*, 15(3), 1–27. <https://doi.org/10.5502/ijw.v15i3.5175>
39. Lomas, T. (2024). A global picture of unidentified anomalous phenomena: Towards a cross-cultural understanding of a potentially universal issue. *International Social Science Journal*, 74, 851–879. <https://doi.org/10.1111/issj.12484>
40. Lomas, T. (2024). A history of scientific approaches to Unidentified Anomalous Phenomena: Time to rethink their relegation to the paranormal and engage seriously? *Journal of Scientific Exploration*, 38(1), 91–109. <https://doi.org/10.31275/20243163>
41. Lomas, T. (2024). The extraterrestrial hypothesis: A case for scientific openness to an interstellar explanation for Unidentified Anomalous Phenomena. *Philosophy and Cosmology*, 32.
42. Lomas, T., Case, B., Cratty, F., & Batson, A. (2024). The dance of East and West: A brief history of an unstable but enduring conceptual partnership. *East West Studies*, 13, 6–25.
43. Lomas, T., Case, B., Lee, M. T., Bear, L., Cowden, R. G., Greenberg, Y. K., Rashid, T., & VanderWeele, T. (2024). Love of creation: Exploring diversity and commonality among religious and philosophical traditions. *Zygon*, 59(2), 352–381. <https://doi.org/10.16995/zygon.10856>
44. Lomas, T., Case, B., & Masters, M. (2024). The cryptoterrestrial hypothesis: A case for scientific openness to a subterranean earthly explanation for Unidentified Anomalous Phenomena. *Philosophy and Cosmology*, 33.
45. Lomas, T., Diego-Rosell, P., Shiba, K., Standridge, P., Lee, M. T., & Lai, A. Y. (2024). The world prefers a calm life, but not everyone gets to have one: Global trends in valuing and experiencing calmness in the Gallup World Poll. *The Journal of Positive Psychology*, 19(6), 1023–1036. doi: [10.1080/17439760.2023.2282786](https://doi.org/10.1080/17439760.2023.2282786)
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Articles

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2. Lomas, T. (2022). [The journeys taken by emotion words shape our inner lives](#). Psyche, May 2022.
3. Lomas, T. (2021). [Peace on Earth?](#) Medium, December 2021.
4. Lomas, T. (2021). [What is Gross Domestic Wellbeing?](#) Psychology Today, April 2021.
5. Lomas, T. (2021). [Why are balance and harmony so vital for wellbeing?](#) Psychology Today, February 2021.
6. Lomas, T. (2020). [What is third wave positive psychology?](#) Psychology Today, August 2020.
7. Lomas, T. (2020). [How can we develop a more global vision of wellbeing?](#) Psychology Today, May 2020.
8. Lomas, T. (2019). [What is eco-connection, and how can we cultivate it?](#) Psychology Today, December 2019.
9. Lomas, T. (2019). [Where does the language of psychology come from?](#) Psychology Today, May 2019.
10. Lomas, T. (2019). [What “shape” is subjective wellbeing?](#) Psychology Today, April 2019.
11. Lomas, T. (2019). [Tim Lomas on his book Translating Happiness](#). Rorotoko, February 2019.
12. Lomas, T. (2019). [What does “love” mean?](#) Psychology Today, February 2019.
13. Lomas, T. (2018). [What can we learn about prosociality from other cultures?](#) Psychology Today, December 2018.
14. Lomas, T. (2018). [Can mindfulness improve wellbeing in the workplace?](#) Psychology Today, November 2018.
15. Lomas, T. (2018). [1,000 words for happiness](#). Boston Globe, July 2018.
16. Lomas, T. (2018). [More happiness is worth having, in any language](#). The Irish Times, July 2018.
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18. Lomas, T. (2018). [The call of the unknown](#). Psychology Today, June 2018.
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26. Lomas, T. (2018). [Five words that matter to psychology](#). The Psychologist, May 2018.
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28. Lomas, T. (2018). [Why all the hype about hygge?](#) Psychology Today, April 2018.
29. Lomas, T. (2018). [Seeking nirvana](#). Psychology Today, April 2018.
30. Lomas, T. (2018). [What does it mean to have passion and purpose?](#) Psychology Today, April 2018.
31. Lomas, T. (2018). [Why \(and how\) do we long for utopia?](#) Psychology Today, March 2018.
32. Lomas, T. (2018). [Greek philosophy and the key to happiness](#). Psychology Today, March 2018.
33. Lomas, T. (2018). [Why is Finland so happy?](#) Psychology Today, March 2018.
34. Lomas, T. (2018). [The varieties of meditative experience](#). Psychology Today, March 2018.
35. Lomas, T. (2018). [What Finnish can teach us about resilience](#). Psychology Today, March 2018.
36. Lomas, T. (2018). [How I discovered there are \(at least\) 14 different kinds of love by analysing the world’s languages](#). The Conversation, February, 2018.
37. Lomas, T. (2016). [Positive psychology is an overlooked way to brighten your mood during dark times](#). Quartz, October 2016.
38. Lomas, T. (2016). [Why anger is good for you — and so is sadness](#). The Times, October 2016.
39. Lomas, T. (2016). Taming the green eyed monster: envy and its benefits. The Observer, October 2016.
40. Lomas, T. (2016). Sad, guilty, anxious. The Mail, October 2016.
41. Lomas, T. (2016). How to positively channel our negative emotions. The Mail, October 2016.
42. Lomas, T. (2016). [What if we have it wrong about boredom?](#) Psychology Today, September 2016.
43. Lomas, T. (2016). [Why so serious? The untapped value of positive psychology](#). The Conversation, August 2016.
44. Lomas, T. (2016). [Positive psychology – The second wave](#). The Psychologist, July 2016.
45. Lomas, T. (2016). [The magic of untranslatable words](#). Scientific American, July 2016.
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47. Lomas, T. (2016). [Where does the word "mindfulness" come from?](#) Psychology Today, March 2016.
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49. Lomas, T. (2016). [Mono no aware, and the aesthetics of impermanence.](#) Huffington Post, February 2016.
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52. Lomas, T. (2016). [Second wave positive psychology.](#) Psychology Today, January 2016.
53. Lomas, T. (2014). [Sexual aggression isn't an expression of maleness.](#) The Guardian, April 2014.

Media features

1. MAPP Magazine (2024): [The third wave and beyond: A conversation with Tim Lomas, PhD](#)
2. Seeking The Good (2024): [Balance and harmony: The hidden heart of happiness.](#)
3. Psychologie Heute (2023): [Tim Lomas: Der Kartograf des Fühlens.](#)
4. CNN (2021): [Prefer a calm or exciting life? People from 116 countries and territories have their say.](#)
5. Gallup (2021): [The world prefers a calm life to an exciting life.](#)
6. GQ (2021): [How to make your post-pandemic happiness last.](#)
7. Vox (2019): [American happiness is plummeting. Could a few words change that?](#)
8. New York Times (2019): [What to do when you're bored of your routines.](#)
9. Evening Standard (2018): [Words from around the world to describe the many different types of happiness.](#)
10. The Mail (2018): [100 ways to be happy.](#)
11. Corriere Della Sera (2018): [La parola italiana che spiega agli inglesi l'orgoglio «buono»](#)
12. TIME (2018): [How learning new words could make you happier.](#)
13. The Times (2018): [How do I love thee? Science counts the ways and uncovers 14.](#)
14. Balance (2018): [Words for Valentine's issue.](#)
15. Kurier (2017): [Lexikon für die Gefühle dieser Welt.](#)
16. Corriere Della Sera (2017): [Le parole per descrivere la felicità in 26 lingue del mondo.](#)
17. BBC Future (2017): [The 'untranslatable' emotions you never knew you had.](#)
18. Neue Zürcher Zeitung (2017): [Das Glück der Anderen.](#)
19. Metro US (2017): [The power of positive speaking.](#)
20. Metro (2016): [Put your inner dragons to good use.](#)
21. Le Monde (2016): [Traduire Shakespeare.](#)
22. The psychologist (2016): [You're not bored, you're meditating.](#)
23. Wall St. Journal (2016): [Why you need negative feelings.](#)
24. Le Temps (2016): [L'intraduisible côté obscur du bien-être.](#)
25. The New Yorker (2016): [A glossary of happiness.](#)
26. The Sunday Times (2016): [Word association.](#)
27. Harper's Magazine (2016): [Joy to the world.](#)
28. The Independent (2016): [17 beautiful words that have no English translation.](#)
29. The Stylist (2016): [Expanding our emotional lexicon.](#)
30. The Mail (2016): [Are you feestvarken?](#)
31. Scientific American (2016): [There are no words.](#)
32. The Psychologist (2016): [216 untranslatable words.](#)
33. Huffington Post (2016): [On 'happiness,' A muddy word for a muddy feeling.](#)
34. Mental Floss (2016): [32 words for positive phenomena that don't have an English equivalent.](#)
35. BPS Digest (2016): [There are at least 216 foreign words for positive emotional states and concepts that we don't have in English.](#)
36. The Mail (2016): [No wonder we're all so miserable! English just doesn't have the words to be happy.](#)
37. Gizmodo (2016): [English is surprisingly devoid of emotionally positive words.](#)
38. Quartz (2016): [There are hundreds of positive emotions that have no direct English translation](#)

Media appearances

1. BBC Radio 4 (2020): [Twisting my words.](#)
2. ABC (2020): [Cuppa with Kumi.](#)
3. CBC (2020): [Harnessing the world's vocabulary to expand your experience of happiness.](#)
4. TEDxZurich (2018): [Expanding our experiential horizons through untranslatable words.](#)
5. Radio 4 interview (2018): [All In The Mind.](#)
6. LEI festival interview (2017): [Translating words.](#)
7. Action for Happiness presentation (2017): [Second wave positive psychology.](#)
8. Radio 4 interview (2016): [Mindfulness and madness.](#)

Invited presentations

1. Lomas, T. (2025). Global Flourishing Study. Indonesian Psychology Association. October, 2025.
2. Lomas, T. (2025). Ed Diener Memorial Lecture: Waves of Wellbeing. MAPP, University of Pennsylvania, October, 2025
3. Lomas, T. (2025). Happiness, health, wellbeing, and flourishing. Happy Progress Forum, Thimphu, Bhutan, September 2025.
4. Lomas, T. (2024). Keynote: A positive epidemiology of kindness: Transmission dynamics of acts of microkindness. Kindfulness Symposium: Cultivating Happiness, Compassion & Resilience. Hong Kong, December 2024.
5. Lomas, T. (2024). Keynote: The dynamics of flourishing: A new wave of global scholarship. 2024 California Cognitive Science Conference. UC Berkeley, April 2024.
6. Lomas, T. (2023). A global picture of flourishing. Global Flourishing Conference, online, November 2023.
7. Lomas, T. (2023). A cartography of flourishing. Plenary at the International Positive Psychology Conference. Vancouver, Canada, July 2023.
8. Lomas, T. (2023). The new wave of global research. Invited symposium at the International Positive Psychology Conference. Vancouver, Canada, July 2023.
9. Lomas, T. (2023). A cartography of flourishing. Leadership and Happiness Symposium. Harvard, MA, USA, June 2023.
10. Lomas, T. (2023). Waves of (mental) wellbeing scholarship. Humanity 2.0 working group summit. Rome, Italy, June 2023.
11. Lomas, T. (2023). Global wellbeing research. MAPP Alumni Association seminar. Online, June 2023.
12. His Holiness the Dalai Lama, Brooks, A., Spar, D., & Lomas, T. (2023). Summit on leadership and happiness. Dharamsala, India, March 2023.
13. Lomas, T. (2022). Developments in cross-cultural research. Workshop on Cross-Cultural Measurement of Flourishing Across Disciplines. Nassau, Bahamas. November 2022.
14. Lomas, T. (2022). Panel: Innovating for a Future of Health that is Integrative and Equitable. 2022 Wellbeing Forum (Gallup and Diplomatic Courier). Washington DC, October 2022.
15. Lomas, T. (2022). Insights from the first global study of balance and harmony. World Happiness Report 2022 webinar series, July 2022.
16. Lomas, T. (2022). A flexible map of flourishing. Invited presentation. European Conference on Positive Psychology, Reykjavik, Iceland, June 2022.
17. Jarden, A., Lomas, T., Rashid, T., & Roache, A. (2022). Developing ethical guidelines for positive psychology". MAPP alumni association, online, May 2022.
18. Lomas, T. (2022). Insights from the first global study of balance and harmony. World Happiness Report 2022 launch (online), March 2022.
19. Lomas, T. (2021). The evolution of wellbeing scholarship. International Meaning Conference, August 2021.
20. Lomas, T. (2021). Wave dynamics in wellbeing scholarship. Invited symposium, International Positive Psychology Association Conference, July 2021.
21. Lomas, T. (2020). Mapping the cross-cultural contours of wellbeing. Presentation at the Seligman Symposium Series (online), May 2020.
22. Lomas, T. (2020). Mapping the cross-cultural contours of wellbeing. Presentation at University College London, London, January 2020.
23. Lomas, T. (2019). The cross-cultural contours of wellbeing. Presentation at the Lifull Foundation International summit on wellbeing, Kyoto, Japan, August 2019.

24. Lomas, T. (2019). The fundamentals of mindfulness; The neuroscience of mindfulness; and The cross-cultural contours of wellbeing. Presented at Beijing Sports University, China, April, 2019.
25. Lomas, T. (2018). The cross-cultural contours of wellbeing. Public lecture for the BPS London and Home Counties Branch Mental Health Week. London, May, 2018.
26. Lomas, T. (2018). The positive power of negative emotions. Public lecture at Positive Psychology in Practice. London, April, 2018.
27. Lomas, T. (2017). Mapping wellbeing. Public lecture at the LEI (Lettura, Emozione, Intelligenza) festival, Cagliari, Italy, December, 2017.
28. Lomas, T. (2017). Second-wave positive psychology. Presented at University of Helsinki, Finland, November, 2017.
29. Lomas, T. (2017). Cross-cultural perspectives. Presented at University of Melbourne, Australia, October 2017.
30. Lomas, T. (2017). Second wave positive psychology. Presented at University of Melbourne, Australia, October 2017. Lomas, T. (2017). Mapping wellbeing. Public lecture in Melbourne, Australia, October 2017.
31. Lomas, T. (2017). Masculinity and mental health. Presented at Imperial College London, UK, May, 2017.
32. Lomas, T. (2017). Positive lexicography. Presented at Anchorage Museum, Anchorage, Alaska, USA, April, 2017.
33. Lomas, T., & Ivztan, I. (2017). Second wave positive psychology. Presented at Action for Happiness, Conway Hall, London, UK, February, 2017.
34. Lomas, T. (2016). Positive art: Artistic expression as an exemplary vehicle for flourishing. Presented at Richmond University, London, UK, March, 2016.
35. Lomas, T. (2015). New directions in positive psychology. Presented at Beijing Sports University, Beijing, China, November, 2015.
36. Lomas, T. (2015). Masculinity, meditation, and mental health. Presented at the Being Human festival, London, UK, November.
37. Lomas, T. (2015). Better lives. Presented at the London College of Fashion, London, UK, 23rd February 2015.
38. Lomas, T. (2014). An introduction to positive psychology. Presented at Kings College London, Institute of Psychiatry, London, UK, February 2014.
39. Lomas, T. (2014). The LIFE model in business. Presented at the Euregio Positive Psychology Seminar, Aarchen, Netherlands, March 2014.
40. Lomas, T., & Hefferon, K. (2014). Using positive psychology interventions in the context of unemployment. Presentation and training given to Learn Direct, Hatfield, Hertfordshire, May 2014.

Other conference presentations

1. Lomas, T. (2021). The evolution of positive psychology coaching. International Positive Psychology Association Conference, July 2021.
2. Lomas, T. (2020). The elements of eco-connection: A cross-cultural lexical analysis. Poster presented at the annual Association for Psychological Science conference, Chicago (virtual), May, 2020.
3. Lomas, T., Harter, J., Ishikawa, Y., Lai, A., Lambert, L., Joshanloo, M., ... & Diener, E. (2020). Exploring non-Western perspectives on wellbeing: Development of new items for the Gallup World Poll. Poster presented at the annual American Psychological Association conference, Washington DC (virtual), August, 2020
4. Lomas, T. (2019). Invited symposium: Surfing the second wave. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
5. Lomas, T. (2019). Invited symposium: Critical approaches to positive psychology. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
6. Lomas, T. (2019). Podium presentation: A lexical exploration of wellbeing among London's language communities. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
7. Lomas (2019). Invited presentation: The cross-cultural contours of wellbeing. European Federation of Psychology Students' Associations conference, Aarhus, Denmark, April, 2019.
8. Jarden, A.; Lomas, T., Rashid, T., & Roache, A. Conversation hour: Ethical guidelines for positive psychology practice. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
9. Lorenzetti, V., Whitehouse, C. A., Birtles, D. B., Lomas, T., & Fu, C. H. (2019). The neural substrates of mindfulness interventions in major depressive disorder: a systematic review and meta-analysis of EEG and MRI studies. Front. Psychiatry. Conference Abstract: ISAD LONDON 2017: Perspectives on Mood and Anxiety Disorders: Looking to the future.

10. Lomas, T. (2018). Lomas, T. (2018). TEDx talk: Expanding our experiential horizons through untranslatable words. TEDxZurich, Zurich, November 2018.
11. Lomas, T. (2018). *Keynote presentation: The dialectics of wellbeing*. Paper presented at the International Meaning Conference, Vancouver, Canada, August, 2018.
12. Lomas, T. (2018). *The flavours of love*. Paper presented at the European Conference on Positive Psychology, Budapest, Hungary, June 2018.
13. Lomas, T., & Jarden, A. (2018). *Ethical guidelines for positive psychology practitioners*. Paper presented at the European Conference on Positive Psychology, Budapest, Hungary, June 2018.
14. Lomas, T. (2017). *Positive experiential cartography: Mapping wellbeing through the analysis of untranslatable words*. Paper presented at the International Positive Psychology Association Conference, Montreal, Canada, July 2017.
15. Lomas, T. (2017). *Positive politics: Exploring the wellbeing implications of left-wing versus right-wing political agendas*. Poster presented at the International Positive Psychology Association Conference, Montreal, Canada.
16. Lomas, T., Tunariu, A., Hart, R., Ivtzan, I., Burke, J., Stopforth, M., . . . Dell, P. (2017). *Positive psychology coaching: Working towards a harmonious marriage of two fields*. Roundtable session at the International Positive Psychology Association Conference, Montreal, Canada, July 2017.
17. Lomas, T., Pawelski, J., Vella-Brodrick, D., Jarden, A., Ryan, M., Rebele, R., . . . Ivtzan, I. (2017). *Professionalising positive psychology: Is there a need to develop guidelines for training and regulation?* Discussion hour at the International Positive Psychology Association Conference, Montreal, Canada, July, 2017.
18. Lomas, T. (2016). *Keynote presentation: Positive Experiential Cartography*. Paper presented at the Nordic Translation Industry Forum, Malmo, November 2016).
19. Lomas, T. (2016). *Re-contextualising mindfulness: The ethical and spiritual dimensions of awareness*. Paper presented at the 2nd International Conference on Mindfulness, Rome, May 2016.
20. Lomas, T., Garraway, E., Stanton, C., & Ivtzan, I. (2016). *Piloting Mind-ARMY: A mindfulness-based intervention for at-risk male youth*. Paper presented at the 2nd International Conference on Mindfulness, Rome, May 2016.
21. Lomas, T., Ivtzan, I., & Yong, C. Y. (2015). *Mindful living in older age*. Poster presented at the International Positive Psychology Association conference, Orlando, Florida, June 2015.
22. Egan, C., Hefferon, K., & Lomas, T. (2015). *Prevalence of obsessive passion and harmonious passion in the UK Elite sport populations*. Poster presented at the International Positive Psychology Association conference, Orlando, Florida, June 2015.
23. Ivtzan, I., Lomas, T., Wong, P., Niemiec, R. (2015). *Second wave positive psychology: Embracing the dark side of life*. Paper presented at the International Positive Psychology Association conference, Orlando, Florida, June 2015.
24. Gannon, L., & Lomas, T. (2015). *Heart to heart: Exploring the effect of HeartMath emotion re-focusing and re-structuring techniques on compassion for self and others*. Paper presented at the Royal Conference of General Practitioners Annual Conference, Glasgow, 1st October, 2015.
25. Lomas, T. (2015). *The LIFE model*. Paper presented at the BPS annual conference, Liverpool, UK, May 2015.
26. Worth, P., Lomas, T., Hefferon, K., & Ivtzan, I. (2014). *Embracing the dark side of life with positive psychology*. Workshop presented at the 7th European conference on positive psychology, Amsterdam, 3rd July 2014.

Research grants

Year	Sponsor	Title	Funding	Investigators
2021-2024	Wellbeing for Planet Earth	Contributing to the Global Flourishing Study	\$560,000 (part of \$1million donation)	PI: Tyler VanderWeele and Byron Johnson
2021-2024	Templeton Foundation	Muslim perspectives on wellbeing: A vital contribution to a more global understanding of wellbeing	\$233,760	PI: T Lomas

2020-2021	Wellbeing for Planet Earth (previously Lifull foundation)	Development of the positive cross-cultural lexicography	3,000,000 JPY (approx. £23,000)	PI: T Lomas
2018-2019	BA/Leverhulme	Cultural diversity in wellbeing: Exploring untranslatable words among London's language communities	£9,000	PI & sole investigator: T Lomas
2014-2015	Richard Benjamin Memorial Trust	Development of a mindfulness-based intervention for at-risk adolescent boys	£9,384	PI: T Lomas.
2014-2015	UEL Early Career Researcher Accelerator Fund	Development of a mindfulness-based intervention for older adults	£9,820	PI: T Lomas.

Research student supervision

- 1 PhD student as first supervisor; viva passed in in February 2019; self-funded.
- 1 PhD student as first supervisor; due to submit in 2021; self-funded.
- 1 PhD student as secondary supervisor; due to submit in 2022; self-funded.
- 100+ MAPP / MAPPCP students.

Knowledge transfer and enterprise

The lexicography

- My ongoing [lexicography](#) project has been featured in dozens of publications and outlets, including [TIME](#), [The New Yorker](#), [Vox](#), [BBC Future](#), [Scientific American](#), [The Psychologist](#), and [Radio 4's All in the mind](#).
- I have also written about it myself in places such as [Scientific American](#), [The Psychologist](#), [The Boston Globe](#), and [The Scotsman](#), as well as in a regular blog for [Psychology Today](#) and a number of articles for [The Conversation](#). To give an indication of impact, my article on [love](#) for The Conversation has so far had over 250,000 views (the most in UEL's history).
- In November 2018 I gave a talk at [TEDxZurich](#) on the project.
- In 2018 I received a grant of £9,000 from BA/Leverhulme to conduct an exploration of untranslatable words among languages spoken by people living in London. In 2019 I also received a grant from the Well-Being for Planet Earth foundation for approximately £23,000 to enable me to work on the project for a year.
- In 2017 I visited the Anchorage Museum in Alaska at the invitation of [Marek Ranis](#), a film professor at UNC Charlotte, who had already been inspired by the lexicography to undertake various art projects (such as a [dance piece](#)). Together (with the museum) we have undertaken and planned further activities, such as a board-game which was produce in 2019
- 2 separate research teams (from Spain and Portugal) have collaborated with me on projects in their language, and one has already resulted in a paper published in the Journal of Happiness Studies.
- Various scholars have begun working on translating the lexicography into their languages, including in Chile) and Iran.
- The project has inspired and influenced other similar projects and publications, such as [The Happiness Passport](#), a new book published by a former MAPP student.
- The project has also been the basis for artistic projects and installations, such as an exhibit on "translations" at the 21_21 Design Sight museum in Tokyo in 2021.
- I am drawing attention to the project through my [twitter](#) account and [Facebook page](#) for the lexicography – including 'word of the day' posts – which are beginning to attract a sizeable following.

The Global Wellbeing Initiative

- I am a core member of the [Global Wellbeing Initiative](#) (GWI), a partnership between Gallup and Wellbeing for Planet Earth (a Japan-based research and policy foundation). The GWI is focused on developing non-Western items on wellbeing for inclusion in the Gallup World Poll, and more generally helping to develop a more globally inclusive and nuanced understanding of wellbeing.
- My involvement began in 2019, when I was invited to the GWI's inaugural summit in Kyoto in August 2019, at which we discussed new items for inclusion in the 2020 Gallup World Poll, which we subsequently wrote-up and published as a [white paper](#).
- Subsequently, I was recruited by Wellbeing for Planet Earth as a senior researcher and have served in that role since.
- In 2019 I helped discuss, refine, and select nine items for inclusion in the 2020 Gallup World Poll.
- In 2020 I helped analyse incoming results from the 2020 Gallup World Poll.
- In 2020 I also took a lead role in discussing, refining, and selecting items for inclusion in the 2021 Gallup World Poll.
- In 2021 I also took a lead role in organising and hosting the GWI's annual summit (convened virtually in September 2021).
- Also in 2021, I was awarded a grant of \$233,760 as a PI from the Templeton Foundation for a 2.5 year project to explore Muslim perspectives on wellbeing, the results of which will feed into the GWI.
- In 2022 I was the lead author on a [chapter in the World Happiness Report](#), focusing on our data on balance and harmony. This chapter has already influenced policy at the G7 and G20 level. The following are excerpts from selected meetings' summary statements. At the G20 Education Ministers' Meeting, Bali, 2022: "We are committed to reimagining and rebuilding a more resilient, effective, equitable, inclusive, and adaptive education systems that are better prepared for ongoing and future crises and to support countries in the urgent design and implementation of recovery-oriented policies to tackle learning loss brought about by the pandemic and other crises to work towards the achievement of a balanced and harmonious oriented well-being (emphasis added) and universal quality education by 2030." At the G7 Education Ministers' Meeting, Toyama-Kanazawa, 2023: "We acknowledge the approach to well-being based on balance and harmony as expressed in the Chair's summary statement of the G20 Education Ministers' Meeting held in Bali, Indonesia in 2022. We are committed to ensuring schools and colleges are safe and supportive learning environments which promote and support mental well-being. We also recognize the importance of evidence-informed approaches when taking into account the well-being of children."

Mindfulness

- I have been involved for several years with the [Mindfulness Initiative](#), a policy institute that works with parliamentarians, media and policy makers to develop recommendations on the role of mindfulness in public life. This includes being co-lead for its private sector working group (featuring representatives from companies including BT, EY, GE, GSK, HSBC, and Jaguar Land Rover).
- As part of this group I co-authored [Building the Case for Mindfulness in the Workplace](#), a publication to advise companies on using mindfulness-based interventions (MBIs) in the workplace. It drew on and cited systematic reviews I have conducted on mindfulness in the workplace (e.g.), including in terms of demonstrating the efficacy of MBIs and making recommendations. Given the remit of the Mindfulness Initiative, I anticipate that the report will influence public policy and more generally encourage and facilitate the implementation of MBIs in public life (e.g., in the private sector).
- I created two mindfulness-based interventions – funded by small grants, as detailed above – both of which involved collaboration with local partners. The intervention for [at-risk adolescent boys](#) was in conjunction with a local school in East London, and the intervention for [older adults](#) was in conjunction with a branch of the [University of the Third Age](#).

External standing

- I am an editor of the [International Journal of Wellbeing](#), and am on the editorial board of the [Journal of Positive Psychology](#) and the [European Journal of Work and Organizational Psychology](#).
- I am an Honorary Fellow of the [Melbourne Graduate School of Education](#) at the University of Melbourne.
- I am the co-creator/developer of ['second wave' positive psychology](#), which has been influential worldwide (as reflected in being asked to lead an invited symposium at the 2019 [World Congress on Positive Psychology](#)).
- I was an external advisor for the University of Bolton when they were proposing and seeking to validate their new MSc courses in Positive Psychology and in Social Neuroscience.
- In 2017 I was selected for, and undertook, the prestigious [Royal Society Pairing Scheme](#) (an academic-parliamentary partnership).
- Aside from my impact with my lexicographic research, other research activities of mine have been featured in outlets including the [New York Times](#) and the [Wall Street Journal](#).

Learning and teaching at UEL

- I played a significant role in developing MAPP at UEL, including serving as associate programme leader – with responsibility for distance learning (DL) – in 2014-2015. When I was recruited in March 2013, the course lacked an established second year 60-credit module (due to the abrupt departure of a staff member). I was thus responsible for creating and planning this module (Advanced Positive Psychology) in time for the September 2013 cohort, which I did successfully. The creation of this module then formed the basis for my [textbook](#), which continues to be a core text in MAPP, and also in other MAPP courses worldwide. This textbook is based on a multidimensional model of the person I created (as summarised in this [paper](#)), which forms the basis of my module in MAPP (Multidimensional Flourishing).
- My role within MAPP also included developing and initiating its DL provision (which it did not have prior to me joining). In preparing the new Advanced Positive Psychology module for September 2013, this also meant writing and filming the entire set of lectures before the start of term, which I did successfully. I then continued to play a key role in honing our DL delivery (e.g., trialling new recording platforms).
- I then played a significant role in creating the new MAPP course, the first and only such course in the world (combining MAPP with coaching psychology). Not only did I collaborate in envisaging, designing, and validating the new programme, I also served as interim programme leader for the crucial 6 months in 2015 leading up to its launch. I subsequently served as a senior member of the team helping to maintain and develop the new programme (which, in addition to its world-leading status, is one of the most well-subscribed at UEL).
- I continued to explore the interaction between positive psychology and coaching psychology, with a view to not only developing MAPP further, but moreover ensuring that the course remained (and further becomes) a world-leader at this cross-disciplinary intersection. To that end, in October 2018 I was invited by the UEL School of Psychology Research & Knowledge Exchange Committee to form a new research group on positive psychology and coaching psychology, with proposals written for creating such a group.
- Furthermore, I have written several academic papers on this intersection – including an [editorial](#) – and led presentations and discussions on this topic at conferences. One such [paper](#) was published by the International Journal of Wellbeing, in which I set out several frameworks for considering the interaction between positive psychology and coaching psychology. I introduced this paper to the MAPP, and it helped serve as a theoretical basis for new iteration of the MSc that the team re-validated in Spring 2019.
- I have taken a lead in developing ethical guidelines for positive psychology. Following the publication of an initial [outline paper](#), I am co-leading an international initiative, in collaboration with relevant bodies worldwide (such as the [International Positive Psychology Association](#)), to have these guidelines adopted as standard across the field (e.g., by students on MAPP courses). I have also assisted in a programme of translation, whereby the guidelines have been [translated into numerous languages](#) (with further translations forthcoming).
- My work in formulating and establishing the paradigm of [second wave positive psychology](#) has informed the teaching and provision of MAPP and now MAPP at UEL, with lectures on this topic embedded into the modules. Relatedly, numerous students have undertaken dissertation research projects situated within this second wave paradigm. My work has similarly influenced teaching at other MAPP courses worldwide (such as at the University of Melbourne).
- I played a role in establishing or facilitating collaborative partnerships with relevant institutions and other stakeholders, with a view to creating opportunities for our students (e.g., internships). These include [Action for Happiness](#) and more recently [What Works Wellbeing](#).

- Over the years I was nominated for various student-led teaching awards at UEL, including 'Best dissertation or project supervisor' (in [2016-217](#)), 'Best lecturer' (in [2015-2016](#)), and 'Most innovative teaching' (in [2015-2016](#)). I also received consistently strong positive feedback from students. For instance, in my latest module feedback, in response to whether they were satisfied with the overall quality of the module, 95% of students either strongly agreed (54%) or agreed (41%).

Administrative management

- In my role as a core member of the [Global Wellbeing Initiative](#) I have helped organise the GWI's annual summit, convened online the summers of 2020 and 2021. This included planning the schedule, selecting and inviting speakers, hosting a roundtable discussion, and writing reports.
- For 2 years I served as the chair of UEL's School of Psychology research ethics committee (SREC), having been a member for the previous 2 years. As part of this role, I was also a member of the university research ethics committee (UREC) since September 2018. In the SREC role I took a lead in seeking to clarify and establish ethical protocols in the school, including revising and re-designing the [ethics application template](#), revising and re-designing the ethics reviewing system, and establishing guidelines for conducting [research abroad](#). These tasks involved liaising with numerous senior figures in the school and at university level, co-ordinating their feedback and perspectives, and producing protocols that were acceptable to all, a task I managed successfully.
- I co-created, and initially helped deliver, the [Flourishing University](#) wellbeing workshops at UEL, which were commissioned and championed by the previous Vice Chancellor Professor John Joughin. Together with two colleagues, I created a one-day workshop drawing on our theoretical and applied expertise in positive psychology. We piloted it in 2015 with senior UEL management as participants, who were very receptive and enthusiastic. Subsequently, the workshop was rolled out and offered to all staff; for this, we trained and supported other colleagues in delivering it, while also initiating a 'train the trainer' model (to ensure sustainability).