

## Dr Tim Lomas: Curriculum vitae

### Summary

**Note: All achievements have been since 2013, and in the context of working at the University of East London (UEL)**

### Research and scholarly activity

- **Research publications:** 70 peer-reviewed [journal papers](#) (25 as solo author, and 19 others as first author).
- **Books:** 7 authored [books](#) (4 as solo author), 4 edited books, and 11 book chapters.
- **Conferences:** 22 conference presentations (2 international keynote), and 18 invited talks (5 international).
- **Medals, prizes, distinctions:** International Journal of Wellbeing ‘[Paper of the year](#)’ for 2017.
- **Grant success:** Received 4 grants, including a BA/Leverhulme grant for my [lexicographic project](#).
- **Supervision:** Supervised 2 PhD students as first supervisor, and 1 as second supervisor, and 98 students on their MAPP/CP (MSc in Applied Positive Psychology / and Coaching Psychology) dissertation.

### Knowledge transfer, enterprise and innovation

- Editor of the [International Journal of Wellbeing](#).
- Honorary Fellow, [Melbourne Graduate School of Education](#), University of Melbourne.
- Co-creator/developer of ‘[second wave](#)’ [positive psychology](#), which has been influential worldwide.
- Considerable public impact with my [lexicographic project](#), featured in outlets including [TIME](#), [The New Yorker](#), [Vox](#), [BBC Future](#), [Scientific American](#), [The Psychologist](#), and [Radio 4’s All in the mind](#), plus numerous articles by myself in [Psychology Today](#) and [The Conversation](#), and a recent talk at [TEDxZurich](#).
- External advisor for the University of Bolton (MSc in Positive Psychology and in Social Neuroscience).
- Co-lead of the [Mindfulness Initiative](#)’s private sector working group.
- Created 2 mindfulness-based interventions, 1 in [collaboration with a local school in East London](#).

### Learning and teaching

- Was associate programme leader for MAPP in 2014-2015, and took the lead in 2013 in developing its distance learning provision, and its second-year advanced module.
- Was pivotal in creating MAPP/CP (the first such course in the world), including being interim programme leader for 6 months in 2015 leading up to its launch.
- Have continued to explore the intersection between positive psychology and coaching, including academic papers ([e.g.](#)) and conference presentations, which are helping to shape the MAPP/CP revalidation.
- Developed a multidimensional model of wellbeing, which is the basis for a [textbook](#) used in MAPP/CP.
- Took a lead in developing [ethical guidelines for positive psychology](#), and am co-leading an international initiative, in collaboration with relevant bodies worldwide, to have these adopted as standard.
- Helped facilitate collaborative student partnerships with relevant institutions (e.g., [Action for Happiness](#)).

### Administrative / academic management

- Chair of the school’s ethics committee for the past 18 months (and a member for 2 years previously). Relatedly, have taken a lead in establishing [new guidelines](#) for research abroad.
- Co-created (and initially delivered) the [Flourishing University](#) wellbeing workshops at UEL

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### Personal details

**Surname:** Lomas

**Forename:** Tim

### Current position

Senior lecturer

MSc in Applied Positive Psychology and Coaching Psychology

Department of Psychology

University of East London

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Also, 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:

- Lecturer in positive psychology (now senior lecturer), University of East London (2013-present).
- 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 70 peer-reviewed [journal papers](#) and 8 books to date (plus 16 more papers at various stages of the publication process, 11 chapters, and numerous other articles). These outputs are focused on 3 main areas:

- Mindfulness, including: 7 papers and 1 book based on my PhD; 6 systematic reviews and meta-analyses; 2 papers based on newly-created mindfulness-based interventions; 6 other papers; and 1 edited book.
- Positive psychology theory, including: 8 papers and 2 books developing the idea of [‘second wave’ positive psychology](#); 9 papers involving theoretical reviews; 1 textbook; and 2 edited books.
- A cross-cultural [lexicography](#) of untranslatable words relating to wellbeing, including: 8 empirical papers; 1 theoretical paper; 3 books; and grants from BA/Leverhulme and the Well-Being for Planet Earth foundation (Japan).

### Books

- Lomas, T., & Huett, A. (2019). *Happiness: Found in Translation*. Tarcher: New York.
- 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

- Eiroa-Orosa, F. J., Rowe, M., & Lomas, T. (2018). *The Sociocultural Context of Psychosocial Interventions*. Lausanne, 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 (published)

- Lomas, T. (2019). The elements of eco-connection: A cross-cultural lexical enquiry. *International Journal of Environmental Research and Public Health*, 16(24):5120. doi: [10.3390/ijerph16245120](https://doi.org/10.3390/ijerph16245120)
- Lomas, T. (2019). Etymologies of wellbeing: Exploring the non-English roots of English words used in positive psychology. *The Journal of Positive Psychology*. doi: [10.1080/17439760.2019.1615107](https://doi.org/10.1080/17439760.2019.1615107)
- Lomas, T. (2019). Positive work: A multidimensional overview and analysis of work-related drivers of wellbeing *International Journal of Applied Positive Psychology*. doi: [10.1007/s41042-019-00016-5](https://doi.org/10.1007/s41042-019-00016-5)
- Lomas, T. (2019). Anger as a moral emotion: A 'bird's eye' systematic review. *Counselling Psychology Quarterly*. doi: [10.1080/09515070.2019.1589421](https://doi.org/10.1080/09515070.2019.1589421)
- Lomas, T. (2019). Positive semiotics. *Review of General Psychology*. doi: [10.1177/1089268019832849](https://doi.org/10.1177/1089268019832849)
- Lomas, T., Medina, J. C., Ivztan, I., Rupprecht, S., & Eiroa-Orosa, F. J. (2019). A systematic review and meta-analysis of the impact of mindfulness-based interventions on the wellbeing of healthcare professionals. *Mindfulness*, 10(7), 1193–1216. doi: [10.1007/s12671-018-1062-5](https://doi.org/10.1007/s12671-018-1062-5)
- Lomas, T., Roache, A., Rashid, T., & Jarden, A. (2019). Developing ethical guidelines for positive psychology practice: An on-going, iterative, collaborative endeavour. *Journal of Positive Psychology*. doi: [10.1080/17439760.2019.1651892](https://doi.org/10.1080/17439760.2019.1651892)
- Jarden, A., Rashid, T., Roache, A., & Lomas, T. (2019). Ethical guidelines for positive psychology practice. *International Journal of Wellbeing*, 9(2), 1-30. doi: 10.5502/ijw.v9i2.XXX
- Gourov, D., & Lomas, T. (2019). 'It's about wholeness. I love my awesomeness and I love my flawsomeness': An IPA analysis of coaching with the shadow in mind. *The Coaching Psychologist*, 15(2).
- Merino, D., Velázquez, M., & Lomas, T. (2019). An exploration of the Spanish cultural term rasmia: A combination of eagerness, strength, activeness, courage, tenacity and gracefulness. *Journal of Happiness Studies*. doi: [10.1007/s10902-019-00104-y](https://doi.org/10.1007/s10902-019-00104-y)
- Sinclair, E., Lomas, T., & Hart, R. (in press). Does positivity promote denial of domestic abuse. *International Journal of Wellbeing*.
- Lomas, T. (2018). Experiential cartography, and the significance of untranslatable words. *Theory & Psychology*. doi: [10.1177/0959354318772914](https://doi.org/10.1177/0959354318772914)
- Lomas, T. (2018). Five words that matter to psychology. *The Psychologist*, 31, 78.
- Lomas, T. (2018). The dimensions of prosociality: A cross-cultural lexical analysis. *Current Psychology*. doi: [10.1007/s12144-018-0067-5](https://doi.org/10.1007/s12144-018-0067-5)
- Lomas, T. (2018). The dynamics of spirituality: A cross-cultural lexical analysis. *Psychology of Religion and Spirituality*. doi: [10.1037/rel0000163](https://doi.org/10.1037/rel0000163)
- Lomas, T. (2018). The flavours of love: A cross-cultural lexical analysis. *Journal for the Theory of Social Behaviour*, 48(1), 134-152. doi: [10.1111/jtsb.12158](https://doi.org/10.1111/jtsb.12158)
- Lomas, T. (2018). The quiet virtues of sadness: A selective theoretical and interpretative appreciation of its contribution to wellbeing. *New Ideas in Psychology*, 49 (18-26). doi: [10.1016/j.newideapsych.2018.01.002](https://doi.org/10.1016/j.newideapsych.2018.01.002)
- Lomas, T. (2018). The roots of virtue: A cross-cultural lexical analysis. *Journal of Happiness Studies*. doi: [10.1007/s10902-018-9997-8](https://doi.org/10.1007/s10902-018-9997-8)
- Lomas, T. (2018). The spatial contours of wellbeing: A content analysis of metaphor in academic discourse. *Journal of Positive Psychology*. doi: [10.1080/17439760.2018.1450437](https://doi.org/10.1080/17439760.2018.1450437)
- Lomas, T. (2018). The value of ambivalent emotions: A cross-cultural lexical analysis. *Qualitative Research in Psychology*. doi: [10.1080/14780887.2017.1400143](https://doi.org/10.1080/14780887.2017.1400143).

- Lomas, T., & Lomas, C. (2018). An art history of happiness: Western approaches to the good life through the last 1000 years, as illustrated in art. *Journal of Positive Psychology and Wellbeing*, 2(2), 214–237. <http://journalppw.com/index.php/JPPW/article/view/64>
- Lomas, T., Garraway, E., Stanton, C., & Ivtzan, I. (2018). Masculinity in the midst of mindfulness: Exploring the gendered experiences of at-risk adolescent boys. *Men and Masculinities*. [10.1177/1097184X18756709](https://doi.org/10.1177/1097184X18756709)
- Lomas, T., Medina, J. C., Ivtzan, I., Rupprecht, S., & Eiroa-Orosa, F. J. (2018). A systematic review of the impact of mindfulness on the wellbeing of healthcare professionals. *Journal of Clinical Psychology*, 7(3), 319–355. doi: [10.1002/jclp.22515](https://doi.org/10.1002/jclp.22515)
- Lomas, T., Medina, J. C., Ivtzan, I., Rupprecht, S., & Eiroa-Orosa, F. J. (2018). Mindfulness-based interventions in the workplace: An inclusive systematic review and meta-analysis of their impact upon wellbeing. *Journal of Positive Psychology*. doi: [10.1080/17439760.2018.1519588](https://doi.org/10.1080/17439760.2018.1519588)
- Ivtzan, I., Young, T., Lee, H. C., Lomas, T., & Kjell, O. (2017). Mindfulness based flourishing program: A cross-cultural study of Hong Kong Chinese and British participants. *Journal of Happiness Studies*, 19(8), 2205-2223. doi: [10.1007/s10902-017-9919-1](https://doi.org/10.1007/s10902-017-9919-1)
- Schimschal, S. E., & Lomas, T. (2018). Gritty leaders: The impact of grit on positive leadership capacity. *Psychological Reports*. doi: [10.1177/0033294118785547](https://doi.org/10.1177/0033294118785547)
- Van Nieuwerburgh, C., Lomas, T., & Burke, J. (2018). Editorial: Integrating coaching and positive psychology: Concepts and practice. *Coaching: An International Journal of Theory, Research and Practice*, 11(2), 99-101. doi: [10.1080/17521882.2018.1496557](https://doi.org/10.1080/17521882.2018.1496557)
- Lomas, T. (2017). A meditation on boredom: Re-appraising its value through introspective phenomenology. *Qualitative Research in Psychology*, 14(1), 1-22. doi: [10.1080/14780887.2016.1205695](https://doi.org/10.1080/14780887.2016.1205695)
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- Lomas, T., Etkoff, N., Gordon, W. V., & Shonin, E. (2017). Zen and the art of living mindfully: The health-enhancing potential of Zen aesthetics. *Religion and Health*, 56(5), 1720-1729. doi: [10.1007/s10943-017-0446-5](https://doi.org/10.1007/s10943-017-0446-5)
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- Lomas, T., Medina, J. C., Ivtzan, I., Rupprecht, S., & Eiroa-Orosa, F. J. (2017). The impact of mindfulness on the wellbeing and performance of educators: A systematic review of the empirical literature. *Teaching and Teacher Education*, 61, 132-141. doi: [10.1016/j.tate.2016.10.008](https://doi.org/10.1016/j.tate.2016.10.008)
- Dolan, A., Lomas, T., Ghobara, T., & Hartshorne, G. (2017). “It's like taking a bit of masculinity away from you”: Towards a theoretical understanding of men’s experiences of infertility. *Sociology of Health & Illness*, 39(6), 878-892. doi: [10.1111/1467-9566.12548](https://doi.org/10.1111/1467-9566.12548)
- O'Brien, K., & Lomas, T. (2017). Developing a Growth Mindset through outdoor personal development: can an intervention underpinned by psychology increase the impact of an outdoor learning course for young people? *Journal of Adventure Education and Outdoor Learning*, 17(2), 133-147. doi: [10.1080/14729679.2016.1232199](https://doi.org/10.1080/14729679.2016.1232199)

- Perridge, D., Hefferon, K., Lomas, T., & Ivtzan, I. (2017). “I feel I can live every minute if I choose to”: Participants’ experience of a mindfulness based flourishing programme. *Qualitative Research in Psychology*, 14(4), 482-504. [doi: 10.1080/14780887.2017.1359709](https://doi.org/10.1080/14780887.2017.1359709)
- Zhu, J. J., Lomas, T., Burke, J., & Ivtzan, I. (2017). Exploring the role of purpose in the lives of career changers: A qualitative inquiry. *Journal of Positive Psychology and Wellbeing*, 1(2), 109–128.
- Lomas, T. (2016). The art of second wave positive psychology: Harnessing Zen aesthetics to explore the dialectics of flourishing. *International Journal of Wellbeing*, 6(2), 14-29. [doi: 10.5502/ijw.v6i2.2](https://doi.org/10.5502/ijw.v6i2.2)
- Lomas, T. (2016). The magic of ‘untranslatable’ words: Building a positive cross-cultural lexicography. *Scientific American*, 12 July.
- Lomas, T. (2016). Positive psychology - The second wave. *The Psychologist*, 29, 536-539.
- Lomas, T. (2016). Flourishing as a dialectical balance: Emerging insights from second wave positive psychology *Palgrave Communications*, 2:16018. doi: 10.1057/palcomms.2016.18
- Lomas, T. (2016). Positive art: Artistic expression and appreciation as an exemplary vehicle for flourishing. *Review of General Psychology*, 20(2), 171-182. [doi: 10.1037/gpr0000073](https://doi.org/10.1037/gpr0000073)
- Lomas, T. (2016). Towards a positive cross-cultural lexicography: Enriching our emotional landscape through 216 ‘untranslatable’ words pertaining to wellbeing. *The Journal of Positive Psychology*, 11(5), 546-558. [doi: 10.1080/17439760.2015.1127993](https://doi.org/10.1080/17439760.2015.1127993)
- Lomas, T., Cartwright, T., Edginton, T., & Ridge, D. (2016). New ways of being a man: ‘Positive’ hegemonic masculinity in meditation-based communities of practice. *Men and Masculinities*, 19(3), 289-310. [doi: 10.1177/1097184X15578531](https://doi.org/10.1177/1097184X15578531)
- Lomas, T., Hefferon, K., & Ivtzan, I. (2016). Positive developmental psychology: A review of literature concerning well-being throughout the lifespan. *The Journal of Happiness & Well-Being*, 4(2), 143-164.
- Lomas, T., & Ivtzan, I. (2016). Second wave positive psychology: Exploring the positive-negative dialectics of wellbeing. *Journal of Happiness Studies*, 17(4), 1753-1768. [doi: 10.1007/s10902-015-9668-y](https://doi.org/10.1007/s10902-015-9668-y)
- Lomas, T., & Ivtzan, I. (2016). Professionalising positive psychology: Developing guidelines for training and regulation. *International Journal of Wellbeing*, 6(3), 96-112. [doi: 10.5502/ijw.v6i3.4](https://doi.org/10.5502/ijw.v6i3.4)
- Lomas, T., Ivtzan, I., & Yong, C.-Y. (2016). Mindful Living in Older Age: A pilot study of a brief, community-based, ‘positive aging’ intervention. *Mindfulness*, 7(3), 630-641. [doi: 10.1007/s12671-016-0498-8](https://doi.org/10.1007/s12671-016-0498-8)
- Bayir, A., & Lomas, T. (2016). Difficulties generating self-compassion: An interpretative phenomenological analysis. *The Journal of Happiness and Wellbeing*, 4(1), 15-33.
- Goldsmith, C., & Lomas, T. (2016). Personal and collective resilience building - A suicide prevention program for schools using positive psychology. *Journal of Neurology and Stroke*, 4(3). [doi: 10.15406/jnsk.2016.04.00133](https://doi.org/10.15406/jnsk.2016.04.00133)
- Ivtzan, I., Young, T., Martman, J., Jeffrey, A., Lomas, T., Hart, R., & Eiroa-Orosa, F. (2016). Integrating mindfulness into positive psychology: A randomised controlled trial of an online positive mindfulness program. *Mindfulness*, 7(6), 1396–407. [doi: 10.1007/s12671-016-0581-1](https://doi.org/10.1007/s12671-016-0581-1)
- Van Gordon, W., Shonin, E., Lomas, T., & Griffiths, M. D. (2016). Corporate use of mindfulness and authentic spiritual transmission: Competing or compatible ideals? *Mindfulness and Compassion*, 1(2), 75-83. [doi: 10.1016/j.mincom.2016.10.005](https://doi.org/10.1016/j.mincom.2016.10.005)
- Lomas, T. (2015). Positive cross-cultural psychology: Exploring similarity and difference in constructions and experiences of wellbeing. *International Journal of Wellbeing*, 5(4), 60-77. [doi: 10.5502/ijw.v5i4.3](https://doi.org/10.5502/ijw.v5i4.3)

- Lomas, T. (2015). Positive social psychology: A multilevel inquiry into socio-cultural wellbeing initiatives. *Psychology, Public Policy, and Law*, 21(3), 338-347. <http://psycnet.apa.org/psycinfo/2015-24690-001/>
- Lomas, T. (2015). Self-transcendence through shared suffering: A transpersonal theory of compassion. *Journal of Transpersonal Psychology*, 47(2).
- Lomas, T., Cartwright, T., Edginton, T., & Ridge, D. (2015). A qualitative summary of experiential challenges associated with meditation practice. *Mindfulness*, 6(4), 848-860 [doi: 10.1007/s12671-014-0329-8](https://doi.org/10.1007/s12671-014-0329-8)
- Lomas, T., Edginton, T., Cartwright, T., & Ridge, D. (2015). Cultivating equanimity through mindfulness meditation: A mixed methods enquiry into the development of decentring capabilities. *International Journal of Wellbeing*, 5(3), 88-106. [doi: 10.5502/ijw.v5i3.7](https://doi.org/10.5502/ijw.v5i3.7)
- Lomas, T., Hefferon, K., & Ivtzan, I. (2015). The LIFE model: A meta-theoretical conceptual map for applied positive psychology. *Journal of Happiness Studies*, 16(5), 1347-1364. [doi: 10.1007/s10902-014-9563-y](https://doi.org/10.1007/s10902-014-9563-y)
- Lomas, T., Ivtzan, I., & Fu, C. (2015). A systematic review of the neurophysiology of mindfulness on EEG oscillations. *Neuroscience & Biobehavioral Reviews*, 57(401-410) [doi: 10.1016/j.neubiorev.2015.09.018](https://doi.org/10.1016/j.neubiorev.2015.09.018)
- Kennett, P., & Lomas, T. (2015). Making meaning through mentoring: Mentors finding fulfilment at work through self-determination and self-reflection. *International Journal of Evidence Based Coaching and Mentoring*, 13(2), 29-44.
- Torres, L. F. T., & Lomas, T. (2015). The impact of strength-based interventions on the well-being of expatriate spouses. *Revista Latinoamericana De Psicologia Positiva*, 2(1), 46-61.
- Lomas, T., Cartwright, T., Edginton, T., & Ridge, D. (2014). Engagement with meditation as a positive health trajectory: Divergent narratives of progress in male meditators. *Psychology and Health*, 29(2), 218-236, [doi: 10.1080/08870446.2013.843684](https://doi.org/10.1080/08870446.2013.843684)
- Lomas, T., Edginton, T., Cartwright, T., & Ridge, D. (2014). Men developing emotional intelligence through meditation? Combining narrative, cognitive, and EEG findings. *Psychology of Men and Masculinity*, 15(2), 213-224. [doi: 10.1037/a0032191](https://doi.org/10.1037/a0032191)
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- Brani, O., Hefferon, K., Lomas, T., Ivtzan, I., & Painter, J. (2014). The impact of body awareness on subjective wellbeing: The role of mindfulness. *International Journal of Body Psychotherapy*, 13(1), 94-107.
- Halonan, S., & Lomas, T. (2014). A passionate way of being: A qualitative study revealing the passion spiral. *International Journal of Psychological Research*, 7(2).
- Surana, P. K., & Lomas, T. (2014). The power of charity: Does giving away money improve the wellbeing of the donor? *Indian Journal of Positive Psychology*, 5(3), 223-230.
- Lomas, T. (2013). Critical positive masculinity. *Masculinities and Social Change*, 2(2), 167-193. [doi: 10.4471/MCS.2013.28](https://doi.org/10.4471/MCS.2013.28)

- Lomas, T., Cartwright, T., Edginton, T., & Ridge, D. (2013). 'I was so done in that I just recognized it very plainly, "You need to do something"': Men's narratives of struggle, distress and turning to meditation. *Health.*, 17(2), 191-208. [doi: 10.1177/1363459312451178](https://doi.org/10.1177/1363459312451178)

### Papers (in preparation)

- Lomas, T. (revisions submitted). Life balance and harmony. *American Psychology*.
- Lomas, T. (manuscript submitted). The elements of eco-connection: A cross-cultural lexical analysis. *International Journal of Environmental Research and Public Health*.
- Lomas, T., Tunariu, A., & Stopforth, M. (revisions submitted). Positive coaching psychology: An enquiry into the intersection of positive psychology and coaching psychology. *International Journal of Wellbeing*.
- Lomas, T., Vos, J., and Russo, P. (in preparation). The psychogeography of wellbeing. A theoretical analysis of the nature of experiential reality.
- Lomas, T., Kjell, O., & Pirskanen, P. (in preparation). Acceptance of negativity and change. The development of a psychometric tool, and analysis of its relationship to wellbeing.
- Lomas, T., Oades, L., Waters, L., & Williams, P. (in preparation). Possibilities for a third wave of positive psychology. A summary of prospective developments in the field.
- Lorenzetti, V., Whitehouse, C. A., Birtles, D., Lomas, T., Thoma, V., & Fu, C. H. Y. (under review). Neural correlates of mindfulness-based therapy in major depression: a systematic review. *Neuroscience & Biobehavioral Reviews*.
- Pennock, S. P., Lomas, T., & Steger, M. F. (in preparation). The meaning of meaning. A theoretical analysis of the origins and uses of the concept of meaning.
- Prazeres, F., & Lomas, T. (in preparation). Portuguese "desenrascanço" in the era of multimorbidity. An enquiry into the way the Portuguese term "desenrascanço" may be used in the context of managing complex multimorbid patients.
- Surana, P., & Lomas, T. (in preparation). A systematic review on the impact of money-related attitudes on health and well-being outcomes. In preparation.
- Surana, P., & Lomas, T. (in preparation). 'What is Money?': Exploring the construction of the money from Eastern and Western perspectives.
- Surana, P., & Lomas, T. (in preparation). 'Positive Money': The creation and pilot testing of a positive psychology intervention.
- Surana, P., & Lomas, T. (in preparation). Changing money perceptions. A cross cultural study. In preparation.
- Surana, P., & Lomas, T. (in preparation). The positive psychology of money: A review of the literature concerning money and wellbeing. In preparation.
- Wong, P. T. P., Lomas, T., & Ivztan, I. (in preparation). Second wave positive psychology. A summary of recent developments in the field.
- Wong, P. T. P., Peacock, E., Kjell, O., Ivztan, I., & Lomas, T. Self-transcendence: Development of a new psychometric scale.

### Chapters

- Lomas, T. (2019). Is coaching a positive psychology intervention? Exploring the relationships between positive psychology, applied positive psychology, coaching psychology, and coaching. In V. E. Zyl &

- I. Rothman (Eds.), *Positive Psychological Interventions: Theories, Methodologies and Applications within Multi-Cultural Contexts* (pp. 371-389). London: Springer.
- Lomas, T. (2019). Meditation and emotion. In M. Farias, D. Brazier & M. Lalljee (Eds.), *Oxford Handbook of Meditation*. Oxford: Oxford University Press.
  - Lomas, T. (2017). A re-appraisal of boredom: A case study in second wave positive psychology. In N. J. L. Brown, T. Lomas & F. Eiroa-Orosa (Eds.), *The Routledge International Handbook of Critical Positive Psychology* (pp. 213-226). New York: Routledge.
  - Lomas, T. (2017). Applied positive psychology: Facilitating multidimensional flourishing. In D. Dunn (Ed.), *Positive Psychology: Established and Emerging Issues* (pp. 317-338). New York: Routledge.
  - Lomas, T. (2017). Can mindfulness help at-risk adolescent boys? In K. Niven, S. Lewis & C. Kagan (Eds.), *Making a Difference with Psychology* (pp. 113-120). London: Richard Benjamin Trust.
  - Lomas, T. (2017). Positive politics: Exploring the wellbeing implications of left-wing versus right-wing political agendas. In N. J. L. Brown, T. Lomas & F. Eiroa-Orosa (Eds.), *The Routledge International Handbook of Critical Positive Psychology* (pp. 351-367). Routledge: New York.
  - Kampman, H., & Lomas, T. (2017). Mindfulness in sport and physical exercise. In A. Brady & B. Grenville-Cleave (Eds.), *Positive Psychology in Sport and Physical Activity* (pp. 92-101). Oxford: Routledge.
  - Lomas, T. (2016). Nourishment from the roots: Engaging with the Buddhist foundations of mindfulness. In I. Ivtzan & T. Lomas (Eds.), *Mindfulness in Positive Psychology: The Science of Meditation and Wellbeing*. London: Routledge. pp.465-479
  - Lomas, T., & Ivtzan, I. (2016). Beyond deficit reduction: Exploring the positive potentials of mindfulness. In E. Shonin, W. van Gordon & M. Griffiths (Eds.), *Mindfulness and Buddhist-Derived Approaches in Mental Health* (pp. 277-295). London: Springer.
  - Lomas, T., & Jnanavaca (2015). Types of mindfulness, orders of conditionality, and stages of the spiritual path. In E. Shonin (Ed.), *Buddhist Foundations of Mindfulness* (297-310). London: Springer.
  - Lomas, T. (2015). The dialectics of emotion. In I. Ivtzan, T. Lomas, K. Hefferon & P. Worth, *Second Wave Positive Psychology: Embracing the Dark Side of Life* (pp. 5-30). London: Routledge.
  - Lomas, T. (2015). Wellbeings: Suffering, compassion, and interconnectedness. In I. Ivtzan, T. Lomas, K. Hefferon & P. Worth, *Second Wave Positive Psychology: Embracing the Dark Side of Life* (pp. 134-152). London: Routledge.

### Conference presentations

- Lomas, T. (2019). Invited symposium: Surfing the second wave. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
- Lomas, T. (2019). Invited symposium: Critical approaches to positive psychology. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
- Lomas, T. (2019). Podium presentation: A lexical exploration of wellbeing among London's language communities. International Positive Psychology Association Conference, Melbourne, Australia, July, 2019.
- 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.
- Lomas (2019). Invited presentation: The cross-cultural contours of wellbeing. European Federation of Psychology Students' Associations conference, Aarhus, Denmark, April, 2019.

- Lomas, T. (2018). Lomas, T. (2018). TEDx talk: Expanding our experiential horizons through untranslatable words. TEDxZurich, Zurich, November 2018.
- Lomas, T. (2018). *Keynote presentation: The dialectics of wellbeing*. Paper presented at the International Meaning Conference, Vancouver, Canada, August, 2018.
- Lomas, T. (2018). *The flavours of love*. Paper presented at the European Conference on Positive Psychology, Budapest, Hungary, June 2018.
- Lomas, T., & Jarden, A. (2018). *Ethical guidelines for positive psychology practitioners*. Paper presented at the European Conference on Positive Psychology, Budapest, Hungary, June 2018.
- 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.
- 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.
- 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.
- 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.
- Lomas, T. (2016). *Keynote presentation: Positive Experiential Cartography*. Paper presented at the Nordic Translation Industry Forum, Malmo, November 2016).
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Lomas, T. (2015). *The LIFE model*. Paper presented at the BPS annual conference, Liverpool, UK, May 2015.
- 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.

**Invited talks**

- Lomas, T. (2019). The cross-cultural contours of wellbeing. Presentation at the Lifull Foundation International summit on wellbeing, Kyoto, Japan, August 2019.
- 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.
- 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.
- Lomas, T. (2018). The positive power of negative emotions. Public lecture at Positive Psychology in Practice. London, April, 2018.
- Lomas, T. (2017). Mapping wellbeing. Public lecture at the LEI (Lettura, Emozione, Intelligenza) festival, Cagliari, Italy, December, 2017.
- Lomas, T. (2017). Second-wave positive psychology. Presented at University of Helsinki, Finland, November, 2017.
- Lomas, T. (2017). Cross-cultural perspectives. Presented at University of Melbourne, Australia, October 2017.
- 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.
- Lomas, T. (2017). Masculinity and mental health. Presented at Imperial College London, UK, May, 2017.
- Lomas, T. (2017). Positive lexicography. Presented at Anchorage Museum, Anchorage, Alaska, USA, April, 2017.
- Lomas, T., & Itzhan, I. (2017). Second wave positive psychology. Presented at Action for Happiness, Conway Hall, London, UK, February, 2017.
- Lomas, T. (2016). Positive art: Artistic expression as an exemplary vehicle for flourishing. Presented at Richmond University, London, UK, March, 2016.
- Lomas, T. (2015). New directions in positive psychology. Presented at Beijing Sports University, Beijing, China, November, 2015.
- Lomas, T. (2015). Masculinity, meditation, and mental health. Presented at the Being Human festival, London, UK, November.
- Lomas, T. (2015). Better lives. Presented at the London College of Fashion, London, UK, 23rd February 2015.
- Lomas, T. (2014). An introduction to positive psychology. Presented at Kings College London, Institute of Psychiatry, London, UK, February 2014.
- Lomas, T. (2014). The LIFE model in business. Presented at the Euregio Positive Psychology Seminar, Aachen, Netherlands, March 2014.
- 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.

**Research grants**

Year	Sponsor	Title	Funding	Investigators
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2020-2021	Well-Being 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. Co-researchers: Itai Ivztan, Ellie Garraway, and Chloe Stanton
2014-2015	UEL Early Career Researcher Accelerator Fund	Development of a mindfulness-based intervention for older adults	£9,820	PI: T Lomas. Co-researchers: Itai Ivztan and Chee Yik Yong

### 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.
- 98 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. These include: a board-game which was produced and distributed last year; and my BA/Leverhulme grant (for which Prof. Ranis will film interviews with participants).
- 2 separate research teams (from Spain and Portugal) have asked to collaborate on projects in their language, and these projects are now underway (with one already resulting in a publication submitted to the Journal of Happiness Studies, with minor amendments requested).
  - Various scholars have asked to translate the lexicography into their languages, including ones based in Chile (who have already completed their efforts) and Iran.
  - The project has inspired and influenced other similar projects and publication, such as [The Happiness Passport](#), a new book published by a former MAPP student.
  - 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 following.
  - I am collaborating with a US-based producer on a pitch for a travel-based TV series (to propose to production companies), and with an app developer about creating an app.

### **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 [European Journal of Work and Organizational Psychology](#).
- In 2019 I was part of an invited panel to develop new wellbeing-related items for the Gallup world poll (convened and funded by the Lifull Foundation in Japan).
- 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**

- 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 current 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, which was (and still is) 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, but I also served as interim programme leader for the crucial 6 months in 2015 leading up to its launch. I have since 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 have 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 remains (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. I have since written and submitted a proposal for the establishment of this group, in which the MAPP staff will support each other in conducting relevant research and enquiry.
- Furthermore, I have already written several academic papers on this intersection – including an [editorial](#) – and have led presentations and discussions on this topic at recent conferences. One such [paper](#) is currently under review with the International Journal of Wellbeing (with revisions submitted). In this I set out several frameworks for considering the interaction between positive psychology and coaching psychology. I introduced this paper at our most recent MAPP team meeting, and it was well-received as a potential theoretical basis for new iteration of the MSc that the team is seeking to re-validate 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).

- My work in formulating and establishing the paradigm of [second wave positive psychology](#) has informed the teaching and provision of MAPP and now MAPP-CP at UEL, with lectures on this topic embedded into the modules. Relatedly, numerous students are undertaking (or have done) dissertation research projects situated within this second wave paradigm. My work has also similarly influenced teaching at other MAPP courses worldwide (such as at the University of Melbourne).
- I have 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 recent years have been nominated for a variety of student-led teaching awards at UEL, including ‘Best dissertation or project supervisor’ (in [2016-2017](#)), ‘Best lecturer’ (in [2015-2016](#)), and ‘Most innovative teaching’ (in [2015-2016](#)). I have also received consistently strong positive feedback from students. For instance, in my most recent module feedback assessment (December 2018), 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**

- Since September 2018 I have 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 have also been a member of the university research ethics committee (UREC) since September 2018. In the SREC role I have taken a lead in seeking to clarify and establish ethical protocols in the school, particularly in relation to [research conducted abroad](#). This involved liaising with numerous senior figures in the school and at university level, co-ordinating their feedback and perspectives, and producing a framework that was 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).