

Sonja Lyubomirsky

List of Publications by Year in descending order

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Version: 2024-02-01

104
papers

26,040
citations

36271

51
h-index

32815

100
g-index

111
all docs

111
docs citations

111
times ranked

16808
citing authors

#	ARTICLE	IF	CITATIONS
1	The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?. <i>Psychological Bulletin</i> , 2005, 131, 803-855.	5.5	4,904
2	Rethinking Rumination. <i>Perspectives on Psychological Science</i> , 2008, 3, 400-424.	5.2	3,615
3	A Measure of Subjective Happiness: Preliminary Reliability and Construct Validation. , 1999, 46, 137-155.		2,642
4	Pursuing Happiness: The Architecture of Sustainable Change. <i>Review of General Psychology</i> , 2005, 9, 111-131.	2.1	2,148
5	Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: a practice-friendly meta-analysis. <i>Journal of Clinical Psychology</i> , 2009, 65, 467-487.	1.0	2,087
6	How Do Simple Positive Activities Increase Well-Being?. <i>Current Directions in Psychological Science</i> , 2013, 22, 57-62.	2.8	801
7	How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. <i>Journal of Positive Psychology</i> , 2006, 1, 73-82.	2.6	603
8	Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being.. <i>Emotion</i> , 2011, 11, 391-402.	1.5	515
9	Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. <i>Health Psychology Review</i> , 2007, 1, 83-136.	4.4	452
10	Does Happiness Promote Career Success?. <i>Journal of Career Assessment</i> , 2008, 16, 101-116.	1.4	399
11	The pains and pleasures of parenting: When, why, and how is parenthood associated with more or less well-being?. <i>Psychological Bulletin</i> , 2014, 140, 846-895.	5.5	390
12	Maximizing versus satisficing: Happiness is a matter of choice.. <i>Journal of Personality and Social Psychology</i> , 2002, 83, 1178-1197.	2.6	361
13	The costs and benefits of writing, talking, and thinking about life's triumphs and defeats.. <i>Journal of Personality and Social Psychology</i> , 2006, 90, 692-708.	2.6	337
14	Achieving Sustainable Gains in Happiness: Change Your Actions, not Your Circumstances*. <i>Journal of Happiness Studies</i> , 2006, 7, 55-86.	1.9	317
15	What are the Differences between Happiness and Self-Esteem. <i>Social Indicators Research</i> , 2006, 78, 363-404.	1.4	285
16	How Do People Pursue Happiness?: Relating Personality, Happiness-Increasing Strategies, and Well-Being. <i>Journal of Happiness Studies</i> , 2006, 7, 183-225.	1.9	275
17	Mental Health During the First Year of the COVID-19 Pandemic: A Review and Recommendations for Moving Forward. <i>Perspectives on Psychological Science</i> , 2022, 17, 915-936.	5.2	255
18	Kindness Counts: Prompting Prosocial Behavior in Preadolescents Boosts Peer Acceptance and Well-Being. <i>PLoS ONE</i> , 2012, 7, e51380.	1.1	248

#	ARTICLE	IF	CITATIONS
19	Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing.. <i>Emotion</i> , 2016, 16, 850-861.	1.5	219
20	A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. <i>Cognition and Emotion</i> , 2011, 25, 1263-1272.	1.2	215
21	Dysphoric Rumination Impairs Concentration on Academic Tasks. <i>Cognitive Therapy and Research</i> , 2003, 27, 309-330.	1.2	207
22	Pursuing happiness in everyday life: The characteristics and behaviors of online happiness seekers.. <i>Emotion</i> , 2012, 12, 1222-1234.	1.5	201
23	The Challenge of Staying Happier. <i>Personality and Social Psychology Bulletin</i> , 2012, 38, 670-680.	1.9	183
24	What Is the Optimal Way to Deliver a Positive Activity Intervention? The Case of Writing About One's Best Possible Selves. <i>Journal of Happiness Studies</i> , 2013, 14, 635-654.	1.9	172
25	Culture Matters When Designing a Successful Happiness-Increasing Activity. <i>Journal of Cross-Cultural Psychology</i> , 2013, 44, 1294-1303.	1.0	158
26	Upregulating the positive affect system in anxiety and depression: Outcomes of a positive activity intervention. <i>Depression and Anxiety</i> , 2017, 34, 267-280.	2.0	158
27	Can't Quite Commit: Rumination and Uncertainty. <i>Personality and Social Psychology Bulletin</i> , 2003, 29, 96-107.	1.9	150
28	Title is missing!. <i>Motivation and Emotion</i> , 1998, 22, 155-186.	0.8	139
29	Feasibility and utility of positive psychology exercises for suicidal inpatients. <i>General Hospital Psychiatry</i> , 2014, 36, 88-94.	1.2	128
30	Thinking About Rumination: The Scholarly Contributions and Intellectual Legacy of Susan Nolen-Hoeksema. <i>Annual Review of Clinical Psychology</i> , 2015, 11, 1-22.	6.3	125
31	Does Happiness Promote Career Success? Revisiting the Evidence. <i>Journal of Career Assessment</i> , 2018, 26, 199-219.	1.4	123
32	Positive activities as protective factors against mental health conditions.. <i>Journal of Abnormal Psychology</i> , 2014, 123, 3-12.	2.0	119
33	Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. <i>Motivation and Emotion</i> , 2010, 34, 39-48.	0.8	118
34	Is It Possible to Become Happier? (And If So, How?). <i>Social and Personality Psychology Compass</i> , 2007, 1, 129-145.	2.0	107
35	Functions of Positive Emotions: Gratitude as a Motivator of Self-Improvement and Positive Change. <i>Emotion Review</i> , 2017, 9, 183-190.	2.1	100
36	Development of a positive psychology intervention for patients with acute cardiovascular disease. <i>Heart International</i> , 2011, 6, e14.	0.4	100

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37	What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. <i>Journal of Positive Psychology</i> , 2017, 12, 385-398.	2.6	99
38	Delivering Happiness: Translating Positive Psychology Intervention Research for Treating Major and Minor Depressive Disorders. <i>Journal of Alternative and Complementary Medicine</i> , 2011, 17, 675-683.	2.1	96
39	“It’s up to you”: Experimentally manipulated autonomy support for prosocial behavior improves well-being in two cultures over six weeks. <i>Journal of Positive Psychology</i> , 2015, 10, 463-476.	2.6	96
40	Kindness in the blood: A randomized controlled trial of the gene regulatory impact of prosocial behavior. <i>Psychoneuroendocrinology</i> , 2017, 81, 8-13.	1.3	94
41	Humble Beginnings: Current Trends, State Perspectives, and Hallmarks of Humility. <i>Social and Personality Psychology Compass</i> , 2013, 7, 819-833.	2.0	87
42	Testing for Measurement Invariance in the Satisfaction with Life Scale: A Comparison of Russians and North Americans. <i>Social Indicators Research</i> , 2006, 78, 341-360.	1.4	85
43	Current recommendations on the selection of measures for well-being. <i>Preventive Medicine</i> , 2020, 133, 106004.	1.6	84
44	Beyond Self-Protection. <i>Personality and Social Psychology Bulletin</i> , 2014, 40, 998-1011.	1.9	82
45	The relationship between physician humility, physician-patient communication, and patient health. <i>Patient Education and Counseling</i> , 2016, 99, 1138-1145.	1.0	79
46	An Upward Spiral Between Gratitude and Humility. <i>Social Psychological and Personality Science</i> , 2014, 5, 805-814.	2.4	77
47	Changes in social connection during COVID-19 social distancing: It’s not (household) size that matters, it’s who you’re with. <i>PLoS ONE</i> , 2021, 16, e0245009.	1.1	77
48	Revisiting the Sustainable Happiness Model and Pie Chart: Can Happiness Be Successfully Pursued?. <i>Journal of Positive Psychology</i> , 2021, 16, 145-154.	2.6	73
49	Happiness and thrift: When (spending) less is (hedonically) more. <i>Journal of Consumer Psychology</i> , 2011, 21, 131-138.	3.2	72
50	The How, Why, What, When, and Who of Happiness. , 2014, , 472-495.		69
51	A New Measure of Life Satisfaction: The Riverside Life Satisfaction Scale. <i>Journal of Personality Assessment</i> , 2019, 101, 621-630.	1.3	67
52	Everyday prosociality in the workplace: The reinforcing benefits of giving, getting, and glimpsing.. <i>Emotion</i> , 2018, 18, 507-517.	1.5	67
53	Did Social Connection Decline During the First Wave of COVID-19?: The Role of Extraversion. <i>Collabra: Psychology</i> , 2020, 6, .	0.9	65
54	Parenthood Is Associated With Greater Well-Being for Fathers Than Mothers. <i>Personality and Social Psychology Bulletin</i> , 2019, 45, 1378-1390.	1.9	57

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55	Hedonic Adaptation to Positive and Negative Experiences. , 2010, , .		56
56	Responses to hedonically conflicting social comparisons: comparing happy and unhappy people. European Journal of Social Psychology, 2001, 31, 511-535.	1.5	55
57	Experimental manipulation of extraverted and introverted behavior and its effects on well-being.. Journal of Experimental Psychology: General, 2020, 149, 719-731.	1.5	53
58	Ruminative Response Styles and Delay of Seeking Diagnosis for Breast Cancer Symptoms. Journal of Social and Clinical Psychology, 2006, 25, 276-304.	0.2	50
59	State humility: Measurement, conceptual validation, and intrapersonal processes. Self and Identity, 2017, 16, 399-438.	1.0	48
60	The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness.. Emotion, 2011, 11, 1152-1167.	1.5	47
61	The proximal experience of gratitude. PLoS ONE, 2017, 12, e0179123.	1.1	46
62	Human Motives, Happiness, and the Puzzle of Parenthood. Perspectives on Psychological Science, 2010, 5, 327-334.	5.2	42
63	Recalling Positive Events at Work Makes Employees Feel Happier, Move More, but Interact Less: A 6-Week Randomized Controlled Intervention at a Japanese Workplace. Journal of Happiness Studies, 2015, 16, 871-887.	1.9	41
64	The proximal experience of awe. PLoS ONE, 2019, 14, e0216780.	1.1	39
65	How your bank balance buys happiness: The importance of "cash on hand" to life satisfaction.. Emotion, 2016, 16, 575-580.	1.5	37
66	More Happiness for Young People and Less for Mature Adults. Social Psychological and Personality Science, 2016, 7, 131-141.	2.4	37
67	Comparing the effects of performing and recalling acts of kindness. Journal of Positive Psychology, 2021, 16, 73-81.	2.6	37
68	Enhancing Social Connectedness in Anxiety and Depression Through Amplification of Positivity: Preliminary Treatment Outcomes and Process of Change. Cognitive Therapy and Research, 2020, 44, 788-800.	1.2	35
69	The Art of Living by Dispositionally Happy People. Journal of Happiness Studies, 2003, 4, 385-404.	1.9	33
70	Making it last: Combating hedonic adaptation in romantic relationships. Journal of Positive Psychology, 2013, 8, 196-206.	2.6	33
71	Opening up in the classroom: Effects of expressive writing on graduate school entrance exam performance.. Emotion, 2011, 11, 691-696.	1.5	31
72	Gratitude facilitates healthy eating behavior in adolescents and young adults. Journal of Experimental Social Psychology, 2019, 81, 4-14.	1.3	30

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73	Gratitude in collectivist and individualist cultures. <i>Journal of Positive Psychology</i> , 2020, 15, 598-604.	2.6	30
74	Benefits, Mechanisms, and New Directions for Teaching Gratitude to Children. <i>School Psychology Review</i> , 2014, 43, 153-159.	1.8	28
75	Clustering by well-being in workplace social networks: Homophily and social contagion.. <i>Emotion</i> , 2017, 17, 1166-1180.	1.5	27
76	What Triggers Abnormal Eating in Bulimic and Nonbulimic Women?; The Role of Dissociative Experiences, Negative Affect, and Psychopathology. <i>Psychology of Women Quarterly</i> , 2001, 25, 223-232.	1.3	26
77	Happiness and memory: Affective significance of endowment and contrast.. <i>Emotion</i> , 2009, 9, 666-680.	1.5	23
78	Individual psychopathology relative to reports of unwanted sexual experiences as predictor of a bulimic eating pattern. , 1997, 21, 229-236.		21
79	Good for self or good for others? The well-being benefits of kindness in two cultures depend on how the kindness is framed. <i>Journal of Positive Psychology</i> , 2020, 15, 795-805.	2.6	20
80	Satisfied yet striving: Gratitude fosters life satisfaction and improvement motivation in youth.. <i>Emotion</i> , 2022, 22, 1004-1016.	1.5	20
81	The propagation of everyday prosociality in the workplace. <i>Journal of Positive Psychology</i> , 2018, 13, 271-283.	2.6	19
82	The association between Extraversion and well-being is limited to one facet. <i>Journal of Personality</i> , 2020, 88, 478-484.	1.8	18
83	Guidelines and standards for the study of death and recalled experiences of deathâ€“â€“a multidisciplinary consensus statement and proposed future directions. <i>Annals of the New York Academy of Sciences</i> , 2022, 1511, 5-21.	1.8	17
84	Russians Inhibit the Expression of Happiness to Strangers: Testing a Display Rule Model. <i>Journal of Cross-Cultural Psychology</i> , 2017, 48, 718-733.	1.0	15
85	Changes in neural reward processing following Amplification of Positivity treatment for depression and anxiety: Preliminary findings from a randomized waitlist controlled trial. <i>Behaviour Research and Therapy</i> , 2021, 142, 103860.	1.6	14
86	Stability and Change in Genetic and Environmental Influences on Well-Being in Response to an Intervention. <i>PLoS ONE</i> , 2016, 11, e0155538.	1.1	14
87	Reframing the ordinary: Imagining time as scarce increases well-being. <i>Journal of Positive Psychology</i> , 2018, 13, 301-308.	2.6	13
88	Cognitive and Physiological Measures in Well-Being Science: Limitations and Lessons. <i>Frontiers in Psychology</i> , 2019, 10, 1630.	1.1	13
89	Interpersonal Chemistry: What Is It, How Does It Emerge, and How Does It Operate?. <i>Perspectives on Psychological Science</i> , 2022, 17, 530-558.	5.2	13
90	Positive psychologists on positive constructs.. <i>American Psychologist</i> , 2012, 67, 574-574.	3.8	12

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91	Categorizing the function of positive emotions. <i>Current Opinion in Behavioral Sciences</i> , 2021, 39, 93-97.	2.0	12
92	Does 3,4-methylenedioxymethamphetamine (ecstasy) induce subjective feelings of social connection in humans? A multilevel meta-analysis. <i>PLoS ONE</i> , 2021, 16, e0258849.	1.1	10
93	The role of actors, targets, and witnesses: Examining gratitude exchanges in a social context. <i>Journal of Positive Psychology</i> , 2022, 17, 233-249.	2.6	9
94	Kindness and cellular aging: A pre-registered experiment testing the effects of prosocial behavior on telomere length and well-being. <i>Brain, Behavior, & Immunity - Health</i> , 2021, 11, 100187.	1.3	8
95	More than Merely Positive: The Immediate Affective and Motivational Consequences of Gratitude. <i>Sustainability</i> , 2022, 14, 8679.	1.6	8
96	Development of a Positive Psychology Intervention for Patients with Acute Cardiovascular Disease. <i>Heart International</i> , 2011, 6, hi.2011.e13a.	0.4	7
97	Cultural Differences in the Hedonic Rewards of Recalling Kindness: Priming Cultural Identity with Language. <i>Affective Science</i> , 2021, 2, 80-90.	1.5	7
98	Mental health economics: A prospective study on psychological flourishing and associations with healthcare costs and sickness benefit transfers in Denmark. <i>Mental Health and Prevention</i> , 2021, 24, 200222.	0.7	7
99	Toward a New Science of Psychedelic Social Psychology: The Effects of MDMA (Ecstasy) on Social Connection. <i>Perspectives on Psychological Science</i> , 2022, 17, 1234-1257.	5.2	7
100	The Road to Happiness Is Paved With a Little Gold, a Lot of Reporters, Many E-Mails, Thousands of Frequent Flyer Miles, and 604 Hours of Writing. <i>Perspectives on Psychological Science</i> , 2019, 14, 26-28.	5.2	4
101	THE NEUROLOGICAL CONSEQUENCES OF CONTRACTING COVID-19. <i>Acta Neuropsychologica</i> , 2021, 19, 301-305.	0.3	3
102	Kindness interventions for early-stage breast cancer survivors: An online, pilot randomized controlled trial. <i>Journal of Positive Psychology</i> , 2023, 18, 743-754.	2.6	3
103	Happiness: Lessons From a New Science ? R. Layard. <i>British Journal of Sociology</i> , 2006, 57, 535-536.	0.8	2
104	Kindness. <i>Character Lab Playbooks</i> , 0, , .	0.0	0