

# Sonja Lyubomirsky

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

102  
papers

18,950  
citations

46  
h-index

111  
g-index

111  
ext. papers

22,028  
ext. citations

4.4  
avg, IF

7.3  
L-index

#	Paper	IF	Citations
102	Mental Health During the First Year of the COVID-19 Pandemic: A Review and Recommendations for Moving Forward.. <i>Perspectives on Psychological Science</i> , <b>2022</b> , 17456916211029964	9.8	47
101	Toward a New Science of Psychedelic Social Psychology: The Effects of MDMA (Ecstasy) on Social Connection.. <i>Perspectives on Psychological Science</i> , <b>2022</b> , 17456916211055369	9.8	
100	THE NEUROLOGICAL CONSEQUENCES OF CONTRACTING COVID-19. <i>Acta Neuropsychologica</i> , <b>2021</b> , 19, 301-305	0.2	2
99	Does ̢,4-methylenedioxymethamphetamine (ecstasy) induce subjective feelings of social connection in humans? A multilevel meta-analysis. <i>PLoS ONE</i> , <b>2021</b> , 16, e0258849	3.7	1
98	Cultural Differences in the Hedonic Rewards of Recalling Kindness: Priming Cultural Identity with Language. <i>Affective Science</i> , <b>2021</b> , 2, 80-90	2	2
97	Categorizing the function of positive emotions. <i>Current Opinion in Behavioral Sciences</i> , <b>2021</b> , 39, 93-97	4	4
96	Comparing the effects of performing and recalling acts of kindness. <i>Journal of Positive Psychology</i> , <b>2021</b> , 16, 73-81	3.2	17
95	Revisiting the Sustainable Happiness Model and Pie Chart: Can Happiness Be Successfully Pursued?. <i>Journal of Positive Psychology</i> , <b>2021</b> , 16, 145-154	3.2	33
94	Kindness and cellular aging: A pre-registered experiment testing the effects of prosocial behavior on telomere length and well-being. <i>Brain, Behavior, &amp; Immunity - Health</i> , <b>2021</b> , 11, 100187	5.1	3
93	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> , <b>2021</b> , 142, 103860	5.2	2
92	Interpersonal Chemistry: What Is It, How Does It Emerge, and How Does It Operate?. <i>Perspectives on Psychological Science</i> , <b>2021</b> , 1745691621994241	9.8	3
91	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> , <b>2021</b> , 200222 <sup>2.3</sup>		1
90	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> , <b>2021</b> , 16, e0245009	3.7	35
89	Enhancing Social Connectedness in Anxiety and Depression Through Amplification of Positivity: Preliminary Treatment Outcomes and Process of Change. <i>Cognitive Therapy and Research</i> , <b>2020</b> , 44, 788-800	2.7	9
88	Gratitude in collectivist and individualist cultures. <i>Journal of Positive Psychology</i> , <b>2020</b> , 15, 598-604	3.2	14
87	Experimental manipulation of extraverted and introverted behavior and its effects on well-being. <i>Journal of Experimental Psychology: General</i> , <b>2020</b> , 149, 719-731	4.7	23
86	Did Social Connection Decline During the First Wave of COVID-19?: The Role of Extraversion. <i>Collabra: Psychology</i> , <b>2020</b> , 6,	2.8	32

85	Satisfied yet striving: Gratitude fosters life satisfaction and improvement motivation in youth. <i>Emotion</i> , <b>2020</b> ,	4.1	7
84	Current recommendations on the selection of measures for well-being. <i>Preventive Medicine</i> , <b>2020</b> , 133, 106004	4.3	30
83	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> , <b>2020</b> , 15, 795-805	3.2	8
82	The association between Extraversion and well-being is limited to one facet. <i>Journal of Personality</i> , <b>2020</b> , 88, 478-484	4.4	12
81	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> , <b>2019</b> , 14, 26-28	9.8	3
80	The proximal experience of awe. <i>PLoS ONE</i> , <b>2019</b> , 14, e0216780	3.7	14
79	Parenthood Is Associated With Greater Well-Being for Fathers Than Mothers. <i>Personality and Social Psychology Bulletin</i> , <b>2019</b> , 45, 1378-1390	4.1	27
78	Cognitive and Physiological Measures in Well-Being Science: Limitations and Lessons. <i>Frontiers in Psychology</i> , <b>2019</b> , 10, 1630	3.4	7
77	Gratitude facilitates healthy eating behavior in adolescents and young adults. <i>Journal of Experimental Social Psychology</i> , <b>2019</b> , 81, 4-14	2.6	16
76	A New Measure of Life Satisfaction: The Riverside Life Satisfaction Scale. <i>Journal of Personality Assessment</i> , <b>2019</b> , 101, 621-630	2.8	31
75	Does Happiness Promote Career Success? Revisiting the Evidence. <i>Journal of Career Assessment</i> , <b>2018</b> , 26, 199-219	2.5	61
74	Reframing the ordinary: Imagining time as scarce increases well-being. <i>Journal of Positive Psychology</i> , <b>2018</b> , 13, 301-308	3.2	6
73	The propagation of everyday prosociality in the workplace. <i>Journal of Positive Psychology</i> , <b>2018</b> , 13, 271-283	3.83	12
72	Whither Happiness? <b>2018</b> , 101-115		9
71	Everyday prosociality in the workplace: The reinforcing benefits of giving, getting, and glimpsing. <i>Emotion</i> , <b>2018</b> , 18, 507-517	4.1	37
70	Upregulating the positive affect system in anxiety and depression: Outcomes of a positive activity intervention. <i>Depression and Anxiety</i> , <b>2017</b> , 34, 267-280	8.4	82
69	State humility: Measurement, conceptual validation, and intrapersonal processes. <i>Self and Identity</i> , <b>2017</b> , 16, 399-438	1.7	27
68	Kindness in the blood: A randomized controlled trial of the gene regulatory impact of prosocial behavior. <i>Psychoneuroendocrinology</i> , <b>2017</b> , 81, 8-13	5	50

67	Russians Inhibit the Expression of Happiness to Strangers: Testing a Display Rule Model. <i>Journal of Cross-Cultural Psychology</i> , <b>2017</b> , 48, 718-733	1.9	12
66	The proximal experience of gratitude. <i>PLoS ONE</i> , <b>2017</b> , 12, e0179123	3.7	23
65	Functions of Positive Emotions: Gratitude as a Motivator of Self-Improvement and Positive Change. <i>Emotion Review</i> , <b>2017</b> , 9, 183-190	4.6	53
64	What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. <i>Journal of Positive Psychology</i> , <b>2017</b> , 12, 385-398	3.2	60
63	Clustering by well-being in workplace social networks: Homophily and social contagion. <i>Emotion</i> , <b>2017</b> , 17, 1166-1180	4.1	19
62	Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. <i>Emotion</i> , <b>2016</b> , 16, 850-61	4.1	149
61	How your bank balance buys happiness: The importance of "cash on hand" to life satisfaction. <i>Emotion</i> , <b>2016</b> , 16, 575-80	4.1	19
60	More Happiness for Young People and Less for Mature Adults: Time Period Differences in Subjective Well-Being in the United States, 1972-2014. <i>Social Psychological and Personality Science</i> , <b>2016</b> , 7, 131-141	4.3	24
59	Stability and Change in Genetic and Environmental Influences on Well-Being in Response to an Intervention. <i>PLoS ONE</i> , <b>2016</b> , 11, e0155538	3.7	10
58	The relationship between physician humility, physician-patient communication, and patient health. <i>Patient Education and Counseling</i> , <b>2016</b> , 99, 1138-1145	3.1	53
57	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> , <b>2015</b> , 10, 463-476	3.2	63
56	Recalling Positive Events at Work Makes Employees Feel Happier, Move More, but Interact Less: A 6-Week Randomized Controlled Intervention at a Japanese Workplace. <i>Journal of Happiness Studies</i> , <b>2015</b> , 16, 871-887	3.7	32
55	Thinking about rumination: the scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. <i>Annual Review of Clinical Psychology</i> , <b>2015</b> , 11, 1-22	20.5	91
54	Beyond Self-Protection: Self-Affirmation Benefits Hedonic and Eudaimonic Well-Being. <i>Personality and Social Psychology Bulletin</i> , <b>2014</b> , 40, 998-1011	4.1	57
53	An Upward Spiral Between Gratitude and Humility. <i>Social Psychological and Personality Science</i> , <b>2014</b> , 5, 805-814	4.3	52
52	Benefits, Mechanisms, and New Directions for Teaching Gratitude to Children. <i>School Psychology Review</i> , <b>2014</b> , 43, 153-159	1.6	20
51	The pains and pleasures of parenting: when, why, and how is parenthood associated with more or less well-being?. <i>Psychological Bulletin</i> , <b>2014</b> , 140, 846-895	19.1	274
50	Positive activities as protective factors against mental health conditions. <i>Journal of Abnormal Psychology</i> , <b>2014</b> , 123, 3-12	7	90

49	Feasibility and utility of positive psychology exercises for suicidal inpatients. <i>General Hospital Psychiatry</i> , <b>2014</b> , 36, 88-94	5.6	101
48	The How, Why, What, When, and Who of Happiness <b>2014</b> , 472-495		43
47	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> , <b>2013</b> , 14, 635-654	3.7	126
46	How Do Simple Positive Activities Increase Well-Being?. <i>Current Directions in Psychological Science</i> , <b>2013</b> , 22, 57-62	6.5	599
45	Humble Beginnings: Current Trends, State Perspectives, and Hallmarks of Humility. <i>Social and Personality Psychology Compass</i> , <b>2013</b> , 7, 819-833	3	62
44	Making it last: Combating hedonic adaptation in romantic relationships. <i>Journal of Positive Psychology</i> , <b>2013</b> , 8, 196-206	3.2	26
43	Culture Matters When Designing a Successful Happiness-Increasing Activity: A Comparison of the United States and South Korea. <i>Journal of Cross-Cultural Psychology</i> , <b>2013</b> , 44, 1294-1303	1.9	120
42	Pursuing happiness in everyday life: the characteristics and behaviors of online happiness seekers. <i>Emotion</i> , <b>2012</b> , 12, 1222-1234	4.1	167
41	The challenge of staying happier: testing the Hedonic Adaptation Prevention model. <i>Personality and Social Psychology Bulletin</i> , <b>2012</b> , 38, 670-80	4.1	118
40	Positive psychologists on positive constructs. <i>American Psychologist</i> , <b>2012</b> , 67, 574; author reply 576-7	9.5	11
39	Kindness counts: prompting prosocial behavior in preadolescents boosts peer acceptance and well-being. <i>PLoS ONE</i> , <b>2012</b> , 7, e51380	3.7	162
38	Becoming happier takes both a will and a proper way: an experimental longitudinal intervention to boost well-being. <i>Emotion</i> , <b>2011</b> , 11, 391-402	4.1	392
37	Development of a Positive Psychology Intervention for Patients with Acute Cardiovascular Disease. <i>Heart International</i> , <b>2011</b> , 6, hi.2011.e13a	0.3	4
36	The cognitive and hedonic costs of dwelling on achievement-related negative experiences: implications for enduring happiness and unhappiness. <i>Emotion</i> , <b>2011</b> , 11, 1152-67	4.1	35
35	Opening up in the classroom: effects of expressive writing on graduate school entrance exam performance. <i>Emotion</i> , <b>2011</b> , 11, 691-6	4.1	25
34	A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. <i>Cognition and Emotion</i> , <b>2011</b> , 25, 1263-72	2.3	163
33	Happiness and thrift: When (spending) less is (hedonically) more. <i>Journal of Consumer Psychology</i> , <b>2011</b> , 21, 131-138	3.1	50
32	Delivering happiness: translating positive psychology intervention research for treating major and minor depressive disorders. <i>Journal of Alternative and Complementary Medicine</i> , <b>2011</b> , 17, 675-83	2.4	66

31	Development of a positive psychology intervention for patients with acute cardiovascular disease. <i>Heart International</i> , <b>2011</b> , 6, e14	0.3	85
30	Hedonic Adaptation to Positive and Negative Experiences <b>2010</b> ,		29
29	Human Motives, Happiness, and the Puzzle of Parenthood: Commentary on Kenrick et al. (2010). <i>Perspectives on Psychological Science</i> , <b>2010</b> , 5, 327-34	9.8	38
28	Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. <i>Motivation and Emotion</i> , <b>2010</b> , 34, 39-48	2.5	90
27	Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: a practice-friendly meta-analysis. <i>Journal of Clinical Psychology</i> , <b>2009</b> , 65, 467-87	2.8	1600
26	Happiness and memory: affective significance of endowment and contrast. <i>Emotion</i> , <b>2009</b> , 9, 666-80	4.1	19
25	Does Happiness Promote Career Success?. <i>Journal of Career Assessment</i> , <b>2008</b> , 16, 101-116	2.5	280
24	Rethinking Rumination. <i>Perspectives on Psychological Science</i> , <b>2008</b> , 3, 400-24	9.8	2854
23	Is It Possible to Become Happier? (And If So, How?). <i>Social and Personality Psychology Compass</i> , <b>2007</b> , 1, 129-145	3	80
22	Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. <i>Health Psychology Review</i> , <b>2007</b> , 1, 83-136	7.1	351
21	How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. <i>Journal of Positive Psychology</i> , <b>2006</b> , 1, 73-82	3.2	470
20	The costs and benefits of writing, talking, and thinking about life's triumphs and defeats. <i>Journal of Personality and Social Psychology</i> , <b>2006</b> , 90, 692-708	6.5	278
19	Ruminative Response Styles and Delay of Seeking Diagnosis for Breast Cancer Symptoms. <i>Journal of Social and Clinical Psychology</i> , <b>2006</b> , 25, 276-304	1.6	44
18	Happiness: Lessons From a New Science [R. Layard. <i>British Journal of Sociology</i> , <b>2006</b> , 57, 535-536	2.2	2
17	What are the Differences between Happiness and Self-Esteem. <i>Social Indicators Research</i> , <b>2006</b> , 78, 363-404	1.7	212
16	Testing for Measurement Invariance in the Satisfaction with Life Scale: A Comparison of Russians and North Americans. <i>Social Indicators Research</i> , <b>2006</b> , 78, 341-360	2.7	67
15	Achieving Sustainable Gains in Happiness: Change Your Actions, not Your Circumstances*. <i>Journal of Happiness Studies</i> , <b>2006</b> , 7, 55-86	3.7	257
14	How Do People Pursue Happiness?: Relating Personality, Happiness-Increasing Strategies, and Well-Being. <i>Journal of Happiness Studies</i> , <b>2006</b> , 7, 183-225	3.7	207

13	The benefits of frequent positive affect: does happiness lead to success?. <i>Psychological Bulletin</i> , <b>2005</b> , 131, 803-55	19.1	3750
12	Pursuing Happiness: The Architecture of Sustainable Change. <i>Review of General Psychology</i> , <b>2005</b> , 9, 111-131	3.1	1664
11	Can't quite commit: rumination and uncertainty. <i>Personality and Social Psychology Bulletin</i> , <b>2003</b> , 29, 96-107	1.7	125
10	Dysphoric Rumination Impairs Concentration on Academic Tasks. <i>Cognitive Therapy and Research</i> , <b>2003</b> , 27, 309-330	2.7	164
9	The Art of Living by Dispositionally Happy People. <i>Journal of Happiness Studies</i> , <b>2003</b> , 4, 385-404	3.7	21
8	Maximizing versus satisficing: happiness is a matter of choice. <i>Journal of Personality and Social Psychology</i> , <b>2002</b> , 83, 1178-97	6.5	128
7	Responses to hedonically conflicting social comparisons: comparing happy and unhappy people. <i>European Journal of Social Psychology</i> , <b>2001</b> , 31, 511-535	2.9	42
6	What Triggers Abnormal Eating in Bulimic and Nonbulimic Women?; The Role of Dissociative Experiences, Negative Affect, and Psychopathology. <i>Psychology of Women Quarterly</i> , <b>2001</b> , 25, 223-232	3.2	22
5	A Measure of Subjective Happiness: Preliminary Reliability and Construct Validation <b>1999</b> , 46, 137-155		1889
4	Implications of Individual Differences in Subjective Happiness for Perceiving, Interpreting, and Thinking About Life Events. <i>Motivation and Emotion</i> , <b>1998</b> , 22, 155-186	2.5	93
3	Individual psychopathology relative to reports of unwanted sexual experiences as predictor of a bulimic eating pattern. <i>International Journal of Eating Disorders</i> , <b>1997</b> , 21, 229-36	6.3	16
2	The role of actors, targets, and witnesses: Examining gratitude exchanges in a social context. <i>Journal of Positive Psychology</i> , 1-17	3.2	0
1	A Review and Response to the Early Mental Health and Neurological Consequences of the COVID-19 Pandemic		28