

Robert A. Emmons  
March 2012

**Robert A. Emmons, Ph.D.**



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**EDUCATION**

University of Southern Maine, Portland	B.A. 1980 in Psychology
University of Illinois at Urbana-Champaign	M.A. 1984 in Personality Psychology
University of Illinois at Urbana-Champaign	Ph.D. 1986 in Personality Psychology
	Minor: Clinical Psychology
	Dissertation: Personal Strivings: An Approach to Personality and Subjective Well-Being

## EMPLOYMENT HISTORY

1986-1988 Assistant Professor of Psychology, Michigan State University  
1988-1990 Assistant Professor of Psychology, University of California, Davis  
1990-1996 Associate Professor of Psychology, University of California, Davis  
1996- Professor of Psychology, University of California, Davis

## AWARDS

2008 Henry A. Murray Award, APA Division 8  
2010 William James Award, APA Division 36

## GRANTS AWARDED

2012-2014 Expanding the Science and Practice of Gratitude, John Templeton Foundation, \$5,634,036

2006-2009 Young Life and Adolescent Spiritual Fruit Formation, John Templeton Foundation, \$905,000 (with Justin Barrett, subcontract to Oxford University)

2004-06 The New Science of Gratitude (book project), John Templeton Foundation, \$75,000.

2002-2004 The Gift of One's Self: Expressions of Unlimited Love and Gratitude in Organ Donors and Recipients, \$99,202 (with Stefanie Gray-Greiner). The Institute for Research on Unlimited Love

1999-2003 *Perspectives and Dimensions of Gratitude*, John Templeton Foundation \$363,000 (with Michael E. McCullough, Southern Methodist University)

1998-2003 *Role of Personal Strivings in the Community Integration of Individuals With Neuromuscular Disorders*, National Institute for Disability Research and Rehabilitation \$93,341 direct costs (core project as part of the Department of Physical Medicine and Rehabilitation RRTC, UCD Medical School)

1997-1999 *Development and Validation of a Measure of Personal Spirituality*, John Templeton Foundation, \$105,356.

1991-92 *Ambivalence Over Expressing Emotion* National Institute of Mental Health, \$25,000.

1988-96 University of California, Academic Senate Faculty Research Grants (ave.

\$3000/year).

## MEMBERSHIPS

American Psychological Association  
American Psychological Society  
Society for the Scientific Study of Religion  
Society for Personality and Social Psychology  
International Society for Quality of Life Studies (Fellow)  
International Network for the Study of Personal Meaning  
International Positive Psychology Association  
APA, Division 36 (President, 2003-2004)

## PROFESSIONAL SERVICE

### Editorial activities:

2005- Editor-in-Chief, *The Journal of Positive Psychology*  
1986-1988 Consulting Editor, *Journal of Personality and Social Psychology*  
1987-1991 Editorial Board, *Journal of Personality*  
1999- Editorial Consultant, *International Journal for the Psychology of Religion*  
1995 Guest Editor, *Journal of Personality* special issue Levels and Domains in Personality (with D.P. McAdams)  
1999 Guest Editor, *Journal of Personality* special issue Religion in the Psychology of Personality (with M.E. McCullough)  
2000-2002 Associate Editor, *Journal of Personality and Social Psychology-Personality and Individual Differences*

### Reviewer:

Journals: *Journal of Personality and Social Psychology*, *Journal of Personality*, *Personality and Social Psychology Bulletin*, *Journal of Research in Personality*, *Psychology and Aging*, *International Journal for the Psychology of Religion*, *Psychological Bulletin*, *Journal of Abnormal Psychology*, *European Journal of Personality*, *Journal of Personality Assessment*, *Journal of Creative Behavior*, *Psychological Inquiry*, *Personality and Social Psychology Review*, *Social Indicators Research*, *Journal for the Scientific Study of Religion*, *Motivation and Emotion*, *Journal of Social and Clinical Psychology*, *Journal of Social and Personal Relationships*, *Review of General Psychology*, *American Psychologist*, *Health Psychology*

*Organizations:* John M. Templeton Foundation, National Science Foundation, Social Sciences and Humanities Research Council of Canada, McGill University, Fielding Institute, Fetzer Institute

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*Publishers:* Guilford Press, Allyn & Bacon, InterVarsity Press, Brooks-Cole, Oxford University Press, American Psychological Association.

Offices: Chair, 1999 APA Program Committee (Division 36: Psychology of Religion)  
Member-At-Large, APA Division 36, 1999-2001, President, APA Division 36 (2003-2004)

Consulting: John M. Templeton Foundation, Board of Advisors (1999-2006)  
Advisory Board, Baylor University, Institute for Studies of Religion (2006- )  
Biola University, Rosemead School of Psychology, Institute for Research on Psychology and Spirituality (2000- )

## **ACADEMIC SERVICE**

### University

Human Subjects Review Committee (Chair), Committee on Educational Policy, Chancellor's Advisory Committee, Faculty Mentor--Murals Program (research for minority students), Distinguished Teaching Award Committee, Institutional Review Board, Human Development Graduate Group

### Departmental

Faculty Search Committees, Chair of Undergraduate and Graduate Curriculum Committees, Research Support and Equipment Committees, Graduate Advising Committee, Representative Assembly of the Academic Senate, Chair, Human Subjects Review Committee, Personality and Social Psychology Graduate Group.

## **RESEARCH INTERESTS**

The psychology of gratitude; personal goals, motivation, and psychological well-being; personality and religion/spirituality; psychology of emotion and health; personality and virtue. See my home page <http://psychology.ucdavis.edu/faculty/Emmons/> for additional information.

## **PUBLICATIONS**

### **Books**

Emmons, R.A. (2007). *THANKS! How the New Science of Gratitude Can Make You Happier*. Boston, MA: Houghton-Mifflin. (reprinted in paperback titled *THANKS! How Practicing Gratitude Can Make You Happier*: New York: Mariner Books, 2008). 14 foreign translations.

Emmons, R.A. (1999). *The psychology of ultimate concerns: Motivation and spirituality in personality*. New York: The Guilford Press.

Emmons, R.A., & McCullough, M.E. (Eds.). (2004) *The psychology of gratitude*. New York: Oxford University Press.

Emmons, R.A. & Hill, J. (2001). *Words of gratitude for mind, body, and soul*. Radnor, PA: Templeton Foundation Press.

Rabin, A.I., Zucker, R.A., Emmons, R.A., & Frank, S. (Eds.). (1990). *Studying persons and lives*. New York: Springer Publishing Company.

### **Edited Journal Issues**

McAdams, D.P., & Emmons, R.A. (Eds) (1995). Levels and Domains in Personality. *Journal of Personality*, Volume 63 (3).

Emmons, R.A., & McCullough, M.E. (Eds.) (1999). Religion in the Psychology of Personality. *Journal of Personality*, Volume 67 (6).

### **Chapters and journal articles**

#### **In press**

Davis, D., Hook, J., Worthington, E., & Emmons, R.A. (in press). Relational humility: Conceptualizing and measuring humility as a personality judgment. *Journal of Personality Assessment*.

Emmons, R.A. & Schnitker, S.A. (in press). Gods and goals: Purpose in the psychology of religion and spirituality. In R.F. Paloutzian & C.L. Park (Eds.), *Handbook of the psychology of religion and spirituality* (2<sup>nd</sup> Ed.). New York: Guilford.

Emmons, R.A., & Mishra, A. (in press). Why gratitude enhances well-being: What we know, what we need to know. In Sheldon, K., Kashdan, T., & Steger, M.F. (Eds.) *Designing the future of positive psychology: Taking stock and moving forward*. New York: Oxford University Press.

Froh, J. J., Fan, J., Emmons, R. A., Bono, G., Huebner, E. S., & Watkins, P. (in press). Measuring gratitude in youth: Assessing the psychometric properties of adult gratitude scales in children and adolescents. *Psychological Assessment*.

Schnitker, S.A., & Emmons, R.A. (in press). Positive psychology. In P. Brugger, A. Runehov, PH. Duran, & R.F. Paloutzian (Eds.), *Encyclopedia of sciences and religions*. New York: Springer.

#### **2010**

Froh, J.J., Emmons, R.A. Card, N.A., Bono, G. & Wilson, J.A. (2010). Gratitude and the reduced costs of materialism in adolescents. *Journal of Happiness Studies*.

Froh, J.J., Bono, G., & Emmons, R.A. (2010). Being grateful is beyond good manners: Gratitude and motivation to contribute to society among early adolescents. *Motivation and Emotion*, 34, 144-157.

## 2009

Emmons, R.A. (2009). Greatest of the virtues? Gratitude and the grateful personality. In D. Narvaez and D. Lapsley (Eds.), *Personality, identity and character: Explorations in moral psychology* (pp. 256-270). New York: Cambridge University Press.

Farhadian, C., & Emmons, R.A. (2009). The psychology of forgiveness and religions. In A. Kalayjiain & R.F. Paloutzian (Eds.), *Forgiveness and reconciliation: Psychological pathways to conflict transformation and peace building* (pp. 55-70). New York: Springer.

Emmons, R.A. (2009). Religion, psychology of. In D. Matsumoto (Ed.), *Cambridge Dictionary of Psychology* (p. 438). New York: Cambridge University Press.

Emmons, R.A. (2009). Gratitude. In D. Sander & K. R. Scherer, Eds., *Oxford Companion to the Affective Sciences* (p. 198). New York: Oxford University Press.

Emmons, R.A. (2009). *Gratitude*. In S.J. Lopez & A. Beauchamp (Eds.), *Encyclopedia of Positive Psychology*. (pp. 442-447). New York: Oxford University Press.

Emmons, R.A. (2009). The John Templeton Foundation. In S.J. Lopez & A. Beauchamp (Eds.), *Encyclopedia of Positive Psychology* (pp. 988-990). New York: Oxford University Press.

Emmons, R.A. (2009). Gratitude. In H. Reis (Ed.), *Encyclopedia of human relationships*. Thousand Oaks, CA: Sage Publications.

## 2008

Emmons, R.A., Barrett, J.L., & Schnitker, S.A. (2008). Religion and personality. In R. Robins, O.P. John, & L.A. Pervin (Eds.), *Handbook of Personality* (3<sup>rd</sup> Ed.) (pp. 634-653). New York: Guilford Press.

Emmons, R.A. (2008). Gratitude, subjective well-being, and the brain. In R.J. Larsen & M. Eid (Eds.), *The Science of Subjective Well-Being*. (pp. 469-489). New York: The Guilford Press.

Froh, J., Sefick, W.J., & Emmons, R.A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology*.46, 213-233.

Emmons, R.A. (2008). Gratitude: The science and spirit of thankfulness. In *Measuring the immeasurable: The scientific case for spirituality* (pp. 121-134). Boulder, CO: Sounds True.

## 2007

Schnitker, S. A. & Emmons, R.A. (2007). Patience as a virtue: Religious and psychological perspectives. *Research in the Social Scientific Study of Religion*, 18, 177-206.

Emmons, R.A. (2007). Gratitude, subjective well-being, and the brain. In R.J. Larsen & M. Eid (Eds.), *The Science of Subjective Well-Being*. New York: The Guilford Press.

Emmons, R.A. (2007). Purposeful action and striving for the sacred. *Psyke og logos*, 28, 794-804.

Emmons, R.A. (2007). Pay it forward: A symposium on gratitude. *Greater Good*, 4, 12-15.

### 2006

Emmons, R.A., & McNamara, P. (2006). Sacred emotions and affective neuroscience: Gratitude, costly-signaling, and the brain. In P. McNamara (Ed.), *Where God and man meet: How the brain and evolutionary sciences are revolutionizing our understanding of religion and spirituality* (Vol. 1, pp. 11-30). Westport, CT: Praeger.

Emmons, R.A. (2006). Sacred emotions. In K. Bulkeley (Ed.). *Soul, psyche, and brain: New directions in the study of religion and brain-mind science* (pp. 93-112). New York: Palgrave Macmillan.

Emmons, R.A. (2006). Spirituality: Recent progress. In M. Csikszentmihalyi (Ed.), *A life worth Living: Contributions to positive psychology* (pp. 62-84). New York: Oxford University Press.

Kneezel, T., & Emmons, R.A. (2006). Personality and spiritual development. in P.L. Benson, Roehlkepartain, E.C., King, P.E., & Wagener, L. (Eds.), *The Handbook of Spiritual Development in Childhood and Adolescence* (pp. 266-278). Thousand Oaks, CA: Sage Publications.

### 2005

Emmons, R.A. (2005). Striving for the sacred: Personal goals, life meaning, and religion. *Journal of Social Issues*, 61, 731-746.

Emmons, R.A. (2005). Emotion and religion. In R.F. Paloutzian & C. L. Park (Eds.), *The handbook of the psychology of religion* (pp. 235-252). New York: Guilford.

Emmons, R.A. (2005). Giving thanks: Psychological research on gratitude and praise. In Harper, C.L., Jr. (Ed.). *Spiritual information: 100 perspectives* (pp. 451-456). Philadelphia, PA: Templeton Foundation Press.

Emmons, R.A. (2005). Giving thanks: Spiritual and religious correlates of gratitude. *Journal of Psychology and Christianity*, 24, 140-148.

### 2004

Bono, G., Emmons, R.A., & McCullough, M.E. (2004). Gratitude in practice and the practice of gratitude. In P. A. Linley and S. Joseph (Eds.), *Positive Psychology In Practice* (pp. 464-481). New York: Wiley.

- Emmons, R.A. (2004). Gratitude. In M.E.P. Seligman & C. Peterson (Eds.), *The VIA taxonomy of human strengths and virtues*. New York: Oxford University Press.
- Emmons, R.A. (2004). The psychology of gratitude: An introduction. In R.A. Emmons & M.E. McCullough, M.E. (Eds.) *The psychology of gratitude* (pp. 3-16) New York: Oxford University Press.
- McCullough, M.E., Tsang, J.T., & Emmons, R.A. (2004). Gratitude in intermediate affective terrain. *Journal of Personality and Social Psychology*, 86, 295-309.
- McCullough, M. E., Emmons, R.A., Kilpatrick, S., & Mooney, C. (2004). Narcissists as “victims”: The role of narcissism in the perception of transgressions. *Personality and Social Psychology Bulletin*, 29, 885-893.

### 2003

- Emmons, R.A., & Paloutzian, R.F. (2003). The psychology of religion. *Annual Review of Psychology*, 54, 377-402.
- Emmons, R.A. (2003). Acts of gratitude in organizations. In K. S. Cameron, J. E. Dutton, & R. E. Quinn (Eds.), *Positive organizational scholarship* (pp. 81-93). San Francisco: Berrett-Koehler Publishers.
- Emmons, R.A. (2003). Personal goals, life meaning, and virtue: Wellsprings of a positive life. In C.L.M. Keyes (Ed.), *Flourishing: The positive person and the good life* (pp. 105-128). Washington, DC: American Psychological Association.
- Emmons, R.A. (2003). Spiritual striving and the unification of personality. *Streams of William James*, 5, 21-24.
- Emmons, R.A., & McCullough, M.E. (2003). Counting blessings versus burdens: Experimental studies of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377-389.
- Emmons, R.A., McCullough, M.E., & Tsang, J. (2003). The measurement of gratitude. In S. Lopez & C.R. Snyder (Eds.), *Handbook of positive psychology assessment* (pp. 327-341). Washington, DC: American Psychological Association.
- Paloutzian, R.F., Emmons, R.A., & Keortge, S.G. (2003). Spiritual well-being, spiritual intelligence, and healthy workplace policy. In R. A. Giacalone & C. L. Jurkiewicz (Eds.), *Handbook of Workplace Spirituality and Organizational Performance* (pp. 123-136). Armonk, NY: M. E. Sharpe.

### 2002

- McCullough, M.E., Emmons, R.A., & Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82, 112-127.



Emmons, R.A. & Shelton, C.S. (2002). Gratitude and the science of positive psychology. In C.R. Snyder and S.J. Lopez (Eds.), *Handbook of positive psychology* (pp. 459-471). New York: Oxford University Press.

### 2001

Emmons, R.A. (2001). Gratitude and mind-body health. *Spirituality and Medicine Connection*, 5, 1-7.

McCullough, M.E., Kirkpatrick, S., Emmons, R.A., & Larson, D. (2001). Is gratitude a moral affect? *Psychological Bulletin*, 127, 249-266.

### 2000

King, L.A., & Emmons, R.A. (2000). Assessment of motivation. In A.E. Kazdin (Ed.), *Encyclopedia of Psychology* (Vol. 5, pp. 320-324). New York: Oxford University Press.

Emmons, R.A., & Crumpler, C.A. (2000). Gratitude as a human strength: Appraising the evidence. *Journal of Social and Clinical Psychology*, 19, 56-69.

Emmons, R.A. (2000). Spirituality and intelligence: Problems and prospects. *International Journal for the Psychology of Religion*, 10, 57-64.

Emmons, R.A. (2000). Is spirituality an intelligence? Motivation, cognition, and the psychology of ultimate concern. *International Journal for the Psychology of Religion*, 10, 3-26.

Emmons, R.A. (2000). Personality and forgiveness. In M. E. McCullough, K. I. Pargament, & C. E. Thoresen (Eds.), *The frontiers of forgiving: Conceptual, empirical, and clinical perspectives* (pp. 156-175). New York: The Guilford Press.

### 1999

Emmons, R.A. (1999). Religion in the psychology of personality: An introduction. *Journal of Personality*, 67, 873-888.

Emmons, R.A., & Crumpler, C.A. (1999). Religion and spirituality? The roles of sanctification and the concept of God. *International Journal for the Psychology of Religion*, 9, 17-24.

### 1998

Emmons, R.A., Cheung, C., & Tehrani, K. (1998). Assessing spirituality through personal goals: Implications for research on religion and subjective well-being. *Social Indicators Research*, 45, 391-422.

Emmons, R.A. (1998). Religion and personality. In H.G. Koenig (Ed.), *Handbook of religion and mental health* (pp. 63-74). San Diego, CA: Academic Press.

Emmons, R.A. (1998). A systems framework or systems frameworks? *Psychological Inquiry*, 9, 148-150.

Emmons, R.A., Colby, P.M., & Kaiser, H.A. (1998). When losses lead to gains: Personal goals and the recovery of meaning. In P.T.P. Wong & P.S. Fry (Eds.), *The human quest for meaning* (pp. 163-178). Mahwah, NJ: Erlbaum.

### 1997

Colby, P.M., & Emmons, R.A. (1997). Emotional styles as predictors of social support: Links to perceived, requested, and observer reports of support. In G.R. Pierce, I.G. Sarason, and B. Sarason (Eds.), *Sourcebook of theory and research on social support and personality* (pp. 445- 471). New York: Plenum.

Emmons, R.A. (1997). Motives and life goals. In S. Briggs, R. Hogan, and J.A. Johnson (Eds.), *Handbook of personality psychology* (pp. 485-512). San Diego, CA: Academic Press.

### 1996

Emmons, R.A. (1996). Striving and feeling: Personal goals and subjective well-being. In J. Bargh & P. Gollwitzer (Eds.), *The psychology of action: Linking motivation and cognition to behavior* (pp. 314-337). New York: Guilford.

### 1995

Emmons, R.A. (1995). Levels and domains in personality. *Journal of Personality*, 63, 341-364.

Emmons, R. A., & Colby, P.M. (1995). Emotional conflict and well-being: Relation to perceived availability, daily utilization, and observer reports of social support. *Journal of Personality and Social Psychology*, 68, 947-959.

Emmons, R.A., & Kaiser, H. (1995). Goal orientation and emotional well-being: Linking goals and affect through the self. In A. Tesser & L. Martin (Eds.), *Goals and affect* (pp. 79-98).

New York: Plenum.

Ferrari, J.R., & Emmons, R.A. (1995). Methods of procrastination and their relation to self-control and self-reinforcement. *Journal of Social Behavior and Personality*, 10, 1-8.

Ferrari, J.R., & Emmons, R.A. (1995). Procrastination as revenge: Do people report using delays as a strategy for revenge? *Personality and Individual Differences*, 15, 539-544.

Sheldon, K., & Emmons, R. A. (1995). Personal striving differentiation and integration. *Personality and Individual Differences, 18*, 39-46.

### 1993

Emmons, R.A. (1993). Current status of the motive concept. In R. Wolfe, R. Hogan, & K. Craik (Eds.), *Fifty years of personality psychology* (pp. 187-196). New York: Plenum Press.

Emmons, R.A., King, L.A., & Sheldon, K. (1993). Goal conflict and the self-regulation of action. In D.M. Wegner & J.W. Pennebaker (Eds.), *Handbook of Mental Control* (pp. 528-551). Englewood Cliffs, NJ: Prentice-Hall.

### 1992

Emmons, R.A. (1992). Abstract versus concrete goals: Personal striving level, physical illness, and psychological well-being. *Journal of Personality and Social Psychology, 62*, 292-300.

Emmons, R. A. (1992). The repressive personality and social support. In H.S. Friedman (Ed.), *Hostility, health, and coping* (pp. 141-150). Washington, DC: American Psychological Association.

Emmons, R.A., & King, L.A. (1992). Thematic analysis, experience sampling, and personal goals. In C.A. Smith (Ed.), *Motivation and personality: Handbook of thematic content analysis* (pp. 73-86). New York: Cambridge University Press.

King, L.A., Emmons, R.A., & Woodley, S. (1992). The structure of inhibition. *Journal of Research in Personality, 26*, 85-102.

Bradlee, P.M., & Emmons, R.A. (1992). Locating narcissism within the interpersonal circumplex and the five-factor model. *Personality and Individual Differences, 13*, 821-830.

### 1991

Emmons, R.A. (1991). Personal strivings, daily life events, and psychological and physical well-being. *Journal of Personality, 59*, 453-472.

Emmons, R.A., & McAdams, D.P. (1991). Personal strivings and motive dispositions: Exploring the links. *Personality and Social Psychology Bulletin, 17*, 648-654.

King, L.A., & Emmons, R.A. (1991). Psychological, physical, and interpersonal correlates of emotional expressiveness, conflict, and control. *European Journal of Personality, 5*, 131-150.

### 1990

King, L. A., & Emmons, R. A. (1990). Ambivalence over expressing emotion: Physical and psychological correlates. *Journal of Personality and Social Psychology*, 58, 864-877.

### 1989

Emmons, R. A. (1989). The personal striving approach to personality. In L. A. Pervin (Ed.), *Goal concepts in personality and social psychology* (pp. 87-126). Hillsdale, NJ : Erlbaum.

Emmons, R.A. (1989). Exploring the relations between motives and traits: The case of narcissism. In D.M. Buss & N. Cantor (Eds.), *Personality psychology: Recent trends and emerging directions* (pp. 32-44). New York: Springer-Verlag.

Emmons, R. A., & King, L. A. (1989). On the personalization of motivation. In T. K. Srull & R. S. Wyer, Jr. (Eds.), *Advances in social cognition*, (V. 2., pp. 111-122). Hillsdale, N.J: Erlbaum.

Emmons, R.A., & King, L.A. (1989). Personal striving differentiation and affective reactivity. *Journal of Personality and Social Psychology*, 56, 478-484.

### 1988

Emmons, R. A., & King, L. A. (1988). Conflict among personal strivings: Immediate and long-term implications for psychological and physical well-being. *Journal of Personality and Social Psychology*, 54, 1040-1048.

### 1987

Emmons, R.A. (1987). Narcissism: Theory and measurement. *Journal of Personality and Social Psychology*, 52, 11-17.

### 1986

Emmons, R. A. (1986). Personal strivings: An approach to personality and subjective well-being. *Journal of Personality and Social Psychology*, 51, 1058-1068.

Emmons, R. A., & Diener, E. (1986). Situation selection as a moderator of response consistency and stability. *Journal of Personality and Social Psychology*, 51, 1013-1019.

Emmons, R. A., Diener, E., & Larsen, R. J. (1986). Choice and avoidance of everyday situations and affect congruence: Two models of reciprocal interactionism. *Journal of Personality and Social Psychology*, 51, 815-826.

Emmons, R. A., & Diener, E. (1986). A goal-affect analysis of situational choice and avoidance. *Journal of Research in Personality*, 20, 309-326

Larsen, R. J., Diener, E., & Emmons, R. A. (1986). Affect intensity and reactions to daily life events. *Journal of Personality and Social Psychology, 51*, 803-815.

Emmons, R. A., & Diener, E. (1986). Influence of impulsivity and sociability on subjective well-being. *Journal of Personality and Social Psychology, 50*, 1211-1215.

Emmons, R. A., & Diener, E. (1986). An interactional approach to the study of personality and emotion. *Journal of Personality, 54*, 371-384.

### 1985

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment, 49*, 71-75.

Diener, E., Horowitz, J., & Emmons, R. A. (1985). Happiness of the very wealthy. *Social Indicators Research, 16*, 263-274.

Diener, E., Larsen, R. J., Levine, S., & Emmons, R. A. (1985). Intensity and frequency: Dimensions underlying positive and negative affect. *Journal of Personality and Social Psychology, 48*, 1253-1265.

Emmons, R. A., & Diener, E. (1985). Factors predicting satisfaction judgments: A comparative examination. *Social Indicators Research, 16*, 157-167.

Larsen, R. J., Diener, E., & Emmons, R. A. (1985). An evaluation of subjective well-being measures. *Social Indicators Research, 17*, 1-17.

Emmons, R. A., & Diener, E. (1985). Personality correlates of subjective well-being. *Personality and Social Psychology Bulletin, 11*, 89-97.

Emmons, R. A., Diener, E., & Larsen, R. J. (1985). Choice and avoidance of situations and congruence models of interactionism. *Personality and Individual Differences, 6*, 693-702.

### 1984

Emmons, R. A. (1984). Factor analysis and construct validity of the Narcissistic Personality Inventory. *Journal of Personality Assessment, 48*, 291-300.

Diener, E., Larsen, R. J., & Emmons, R. A. (1984). Person X situation interactions: choice of situations and congruence response models. *Journal of Personality and Social Psychology, 47*, 580-592.

Diener, E., & Emmons, R. A. (1984). The independence of positive and negative affect. *Journal of Personality and Social Psychology, 47*, 1105-1117.

## Reviews

- Emmons, R.A. (2003). Authentic happiness. *New Scientist*.  
[Review of *Authentic Happiness*, by Martin E.P. Seligman.]
- Emmons, R.A. (2001). Measures of religiosity. *Journal for the Scientific Study of Religion*.  
[Review of *Measures of Religiosity*, by P.C Hill and R. W. Hood Jr.]
- Emmons, R.A. (1997). Uniting the self. *Contemporary Psychology*, 42, 396-397.  
[Review of *The Remembered Self*, by J.A. Singer and P. Salovey]
- Emmons, R.A., & Chow, D. (1994). Happiness is everything, or is it? *Contemporary Psychology*, 39, 902-904. [Review of *The Pursuit of Happiness*, by D.G. Myers]
- Emmons, R.A. (1989). The big three, the big four, or the big five? *Contemporary Psychology*, 34, 644-646. [Review of 3 personality textbooks]

## **INVITED ADDRESSES AND PRESENTATIONS AT PROFESSIONAL MEETINGS (selected list)**

### **2007**

Emmons, R.A. *Thanks! Recent developments in the science of gratitude*. Invited talk at the 9<sup>th</sup> International Summit on Positive Psychology, Gallup International, Washington DC, October.

Emmons, R.A. *What do we know when we know a person? The religious bases of personality*. Invited Address, International Conference on Spirituality, Prague, Czech Republic, September.

Emmons, R.A. *The Gifted Self: Gratitude as the heart of the gospel and the heart of well-being*. Presentation at the American Association of Christian Counselors conference, Nashville, TN, September.

Emmons, R.A. *The gifted self: Gratitude, meaning making, and eudaimonic and hedonic well-being*. Invited presentation at an invited symposium entitled "The Search for Meaning: Emerging Research Spanning the Juncture of Social and Clinical Psychology" at the Annual Convention of the American Psychological Association, San Francisco, August.

Emmons, R.A. *Gratitude: The science and spirit of thankfulness*. Bowles Chapel Lectureship, Memorial-Hermann Healthcare System, Houston, Texas, February.

Emmons, R.A. *Gratitude: Science Explores the Transforming Power of Thankfulness*. Presentation to the Diocese of St. Petersburg, FL, February.

Emmons, R.A. *Gods, Gratitude, and Giving: Beyond Reciprocity*. Talk presented at the Evolution and Religion conference, Makaha, Hawaii, January.

**2006**

Emmons, R.A. *Does Gratitude Motivate Moral Action?* Invited presentation at the Notre Dame Symposium on Moral Personality, October.

Emmons, R.A. *Purpose and positive youth development.* Talk presented at public symposium at the Stanford Center on Adolescence, Stanford, CA, May.

**2005**

Emmons, R.A. *Gratitude as a Way of Life: Insights from the Science of Well-Being.* Invited address, Kaiser-Permanente Symposium on Prevention and Self-Care, Anaheim, CA, December.

Emmons, R.A. *Gratitude, stress, and the legacy of Hans Selye.* Invited talk at the 7<sup>th</sup> International Summit on Positive Psychology, Gallup International, Washington DC, September.

Emmons, R.A. *Mindfulness, Selflessness, and Meaningfulness in Hope and Gratitude.* Presentation at a symposium entitled "Hope and gratitude as the emotional pillars of positive psychology at the Annual Convention of the American Psychological Association, Washington, DC, August.

Emmons, R.A. *Sacred Emotions and Affective Neuroscience.* Invited talk at a symposium entitled "Integrative Themes in the Current Science of Psychology of Religion" at the Annual Convention of the American Psychological Association, Washington, DC, August.

Emmons, R.A. *A View From the Other Side: The Psychology and Spirituality of Ingratitude.* Invited address, Division 36 mid-year research Conference on Religion and Spirituality, Loyola University Maryland, March.

**2004**

Emmons, R.A. *Gratitude, materialism, and well-being.* Presented at the annual International Society for Quality of Life Studies conference, Philadelphia, November.

Emmons, R.A. *Sacred purposes: What they are and why they matter.* Presidential Address, Division 36, American Psychological Association, Honolulu, Hawaii, July.

Emmons, R.A. *Gratitude is the best approach to life.* Invited presentation at a symposium entitled "Quest for the Good Life: Problems/Promises of Positive Psychology" at the Annual Convention of the American Psychological Association, Honolulu, Hawaii, July

Emmons, R.A. *The significance of sacred purposes.* Invited address, Mid Winter research Conference on Religion and Spirituality, Loyola University Maryland, March.

**2003**

Emmons, R.A. *The religious affection of gratitude.* Invited address, Mid Winter research Conference on Religion and Spirituality, Loyola College, Maryland, March.

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Emmons, R.A. *Gratitude: The Heart of the Gospel and the Heart of Well-Being*. Keynote address, Christian Association for Psychological Studies, Anaheim, June.

## 2002

Emmons, R.A. *Awe and wonder as the basis for gratitude in the life of G.K. Chesterton*. Invited presentation at an invited symposium entitled "Awe and wonder in positive psychology and negative theology?" at the Annual Convention of the American Psychological Association, Chicago, Illinois, August.

Emmons, R.A. *Spiritual striving and the unification of personality*. Invited presentation at a symposium honoring the 100<sup>th</sup> Anniversary of the *Varieties of Religious Experience*, (John Snarey, Chair) at the Annual Convention of the American Psychological Association, Chicago, Illinois, August.

Emmons, R.A. *Spirituality: Recent progress*. Invited address at the First International Positive Psychology Summit, Gallup Organization, Washington DC, October.

Emmons, R.A. *Grateful Living and Meaning Making: Research and Challenges*. Invited address at the 2<sup>nd</sup> Biannual International Conference on Personal Meaning, Vancouver, British Columbia, July.

## 2001

Emmons, R.A. *Is gratitude a bridge to cross the spirituality-religion divide?* Presented at an invited symposium entitled "Emotion and Spirituality: Will the Twain Meet?" at the Annual Convention of the American Psychological Association, San Francisco, California.

Emmons, R.A. *How should spirituality be measured?* Invited lecture at the Positive Psychology Summer Institute, Sea Ranch, California.

## 2000

Emmons, R.A. (2000, October). *Gratitude and well-being in daily life: An experimental intervention*. Presented at a conference entitled *Kindling the Science of Gratitude*, Center for World Thanks-Giving, Dallas, TX.

Emmons, R.A. (2000, September). *Gratitude and thanks-giving as human universals*. Invited presentation at the State of the World Forum, New York City (symposium entitled "Positive Psychology: Building a Positive Human Future").

Emmons, R.A. (2000, July). *Life purpose, positive emotions, and physical health*. Invited talk, Health Psychology Summer Institute, University of Southern Maine, Portland.

## 1999

Emmons, R.A. (1999, September). *Personal goals, life meaning, and virtue: Wellsprings of a positive life*. Invited presentation at the First Summit on Positive Psychology, Gallup Corporation, Lincoln, NB.

## 1998



Emmons, R.A. (1998, December). *Gratitude as a Human Strength: Appraising the Evidence*. Invited paper presented at the Classical Sources of Human Strength conference, Turf Valley Resort and Conference Center, Ellicott City, Maryland

Emmons, R.A. (1998, November). *Spirituality and intelligence: Contributions from cognitive personality psychology*. Presented at the annual meeting of the Society for the Scientific Study of Religion, Montreal, Quebec.

#### **1997**

Emmons, R.A. (1997, August). *Personal goals and the meaning-making process*. Presented at a Division 32 symposium entitled "Personal Meaning: Research and Theory" at the Annual Convention of the American Psychological Association, Chicago, Illinois.

Emmons, R.A. (1997, February). *Advancing progress in religion through research on spirituality and well-being*. In workshop entitled "Religion and Society: Spiritual Factors in Societal and Medical Health", sponsored by the John M. Templeton Foundation, Seattle, Washington.

#### **1996**

Emmons, R.A. (1996, October). *Incorporating religion into personal goals research: An example from subjective well-being* (part of a symposium entitled "Religion as a variable in social and personality psychology, R.A. Emmons, Chair). Presented at the annual meeting of the Society of Experimental Social Psychology, Sturbridge, Massachusetts.

#### **1995**

Emmons, R.A. (1995, June). *Religious strivings and psychological well-being*. Presented at the annual Nags Head Conference on Personality and Social Behavior, Highland Beach, Florida.

#### **1994**

Emmons, R.A. (1994, January). *Approach and avoidance goals: Their nature and relation to well-being*. Presented at a conference entitled Goals and Affect, held at the University of Georgia, Athens, GA

#### **1993**

Emmons, R.A. (1993, August). *Relation of the introductory personality course to the psychology major*. Presented at a symposium entitled The undergraduate teaching of personality psychology (K. Craik, Chair) at the 102nd Annual Meeting of the American Psychological Association, Toronto, Ontario.

Emmons, R.A. (1993, July). *Striving and feeling: Personal goals and psychological well-being*. Invited talk presented at the International Conference on Motivation and Action, Ringberg, Germany.

Emmons, R.A. (1993, May). *Goals and subjective well-being*. Invited talk, Midwestern Psychological Association, Chicago.

#### **1992**

Emmons, R.A. (1992, November). Goal striving conflict: Issues in assessment,

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conceptualization, and application. Presented at a symposium entitled "*Intra-personal conflict: Its assessment and its role in psychopathology and therapy*" (W. Lauterbach, Chair) at the 26th Annual Convention of the Association for the Advancement of Behavior Therapy, Boston.

Emmons, R.A. (1992, September). *Personal goals: A cognitive-affective approach to personality and motivation*. Invited address to the Finnish Psychological Society, Helsinki, Finland.

#### **1991**

Emmons, R.A. (1991, October). *The structure of inhibition: Psychometric considerations and psychophysiological correlates*. Presented at the Social Psychophysiology premeeting of the Society for Experimental Social Psychology, Columbus, Ohio.

#### **1988**

Emmons, R. A. (1988, May). *Should I or should I not: Ambivalence over expressing emotion*. Presented at a conference entitled "The Self-control of Cognition and Emotion", Nags Head Conference Center, Kill Devil Hills, North Carolina.

Emmons, R. A. (1988, April). *Exploring the relations between personal strivings and personality traits: The case of narcissism*. Presented at a conference entitled "Emerging Issues in Personality Psychology", at the University of Michigan, Ann Arbor.

#### **1987**

Emmons, R. A. (1987, December). *The personal striving approach to personality: Content, stability, and change*. Presented at a conference entitled *Beliefs about the Life Span* at the Max Planck Institute for Human Development and Education, Berlin, West Germany.

Emmons, R. A. (1987, August). *Current status of the motive concept*. Invited paper as part of a Division 8 symposium, *50 Years of Personality Psychology*, at the 95th Annual Convention of the American Psychological Association, New York.

### **INVITED COLLOQUIA: Campuswide, Departments of Psychology and other academic departments**

#### **2010**

University of California, San Francisco

#### **2009**

California State University, Chico (President's Scholar)  
University of Southern Maine

#### **2008**

Indiana State University (Visiting Scholar)

#### **2007**

Oxford University (School of Anthropology)

**2006**

Brigham Young University  
University of Southern Maine

**2005**

Loma Linda University

**2003**

Biola University  
Westmont College

**2002**

Fuller Theological Seminary (Graduate School of Psychology)  
University of Southern Maine  
Baylor University  
Dominican University of California  
Graduate Theological Union

**2001**

University of Michigan  
University of Missouri

**2000**

Pacific School of Religion, Berkeley  
University of Illinois at Urbana-Champaign

**1999**

University of Southern Maine  
Regent University, Virginia

**1997**

Fuller Theological Seminary (Graduate School of Psychology)

**1996**

Carnegie-Mellon University  
Westmont College  
University of Illinois, Urbana-Champaign

**1993**

University of California, Berkeley  
California School of Professional Psychology

**1992**

University of Massachusetts  
University of Connecticut  
Connecticut College  
SUNY-Stony Brook

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**1991**

University of California, Riverside  
Stanford University

**COURSES TAUGHT**

Undergraduate

*Introductory psychology*  
*Personality theory*  
*Health psychology*  
*Abnormal psychology*  
*Research in personality and social psychology*  
*Psychology of religion*  
*Positive psychology*

Graduate

*Personality and physical illness*  
*Self-regulation and goals*  
*Mood and emotion*  
*The self*  
*Current controversies and issues  
in personality*  
*Science of happiness*