



*"I would rather have questions that can't be answered  
than answers that can't be questioned"*

-Richard P. Feynman

## DR. KUSHLEV

- Dr. Kushlev's research was mentioned on the front page of the New York Times and in Times Magazine.
  - Click [here](#) to read the New York Times article.
  - Click [here](#) to read the Times Magazine article.
- Dr. Kushlev's research was based on the question of whether happier people care about society's problems.
  - A common concern, known as the Pollyanna hypothesis, is that happy people might be too happy to care about current issues and would hence be less likely to act on improving society. However, Dr. Kushlev conducted three different studies to counter the Pollyanna hypothesis. These studies show that happier people are more, not less, likely to act on current issues; happiness does not seem to preclude caring about local and global issues.

## New Members

- **Maahira Jalan Wadhwa** is a junior pursuing a double major in Psychology and Economics. She is interested in the intersection of consumer psychology and technology.
- **Maureen Harris** is a former teacher and eLearning designer for MedStar Health. She is researching mental health apps designed to treat anxiety and depression
- **Christian Kim** is a sophomore considering majoring in Psychology and is interested in the effects of near-constant digital exposure on our general well-being.
- **Dexter King** is a junior majoring in Psychology and minoring in Business Studies and Film & Media Studies. He is interested in exploring how social media affects our health and how different media interact with our well-being.

## NEW RESEARCH

- **Matthew Leitao** presented "The effects of humanizing health algorithms on judgments and belief" at the Annual Meeting of the Society of Personality and Social Psychology in San Francisco, CA.
  - Matt found that people trust health advice from humanized algorithms about as much as advice from a doctor.

- **Matthew Leitao** presented “The negative effects of phones in-person interactions are larger for men: A meta-analysis of nine studies” at the Annual Meeting of the Society of Personality and Social Psychology in San Francisco, CA.
  - Matt found that people with their phones report feeling less connected than those without their phones. This effect was moderated by gender, with men reporting feeling less connected than women.
- **Tessa van der Willigen** presented “A unified model of autonomy: Integrating self-determination, self-control, and well-being” at the Existential Psychology Pre-conference of the Annual Meeting of the Society of Personality and Social Psychology in San Francisco, CA.
  - Tessa built a theoretical model that can be used to analyze the impact of external circumstances on autonomy and thereby on well-being.

## RESEARCHER SPOTLIGHT, SARAH STAEHLE



Sarah is a Senior at the College who is majoring in Psychology and is graduating in December 2022. She originally applied to the lab because she wanted to be involved in research that focused on the intersection of new technology and everyday life and health. After graduation, she hopes to spend a year or two gaining research experience and working in the healthcare field. Her goal is to go into healthcare, either through medical school or through a more research-based route.

In the lab, Sarah spent her first year researching how warnings about digital device use impact people’s motivation to change their digital habits. She says working with Dr. Kushlev challenged her to become a better researcher. Dr Kushlev helped her understand aspects of working on research projects such as pre-registration and data analysis.

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Sarah's favorite achievement from working in the lab was being able to present a poster at the SPSP conference this year. Her favorite thing to do in her free time is to go for a run, spend time outdoors, and catch up with friends while working out.

## Congratulations To Our Graduating Seniors!

- [Adam Epstein-Shuman](#) is a senior majoring in Psychology and is an honor student in the lab. He aspires to be a pediatrician and is planning to attend medical school after graduation.
- [Sayani Majmundar](#) is a senior majoring in Psychology and Pre-Health studies. She hopes to attend medical school after graduation.
- [Sonya Fares](#) is a senior majoring in Psychology and minoring in French and Art. She hopes to become a therapist after acquiring a PhD in Clinical Psychology.
- [Sarah Staehle](#) is a senior majoring in Psychology. She hopes to attend medical school after graduation.
- [Kristin Rabil](#) is a senior majoring in Psychology and minoring in Spanish and Theology. She aspires to pursue a career in clinical psychology.

## LOOKING FOR RELEVANT RESEARCH FROM OUR LAB? CHECK IT OUT:

- "The effects of humanizing health algorithms on judgements and belief." [Read here.](#)
- "The negative effects of phones during in-person interactions are larger for men: A mega-analysis of nine studies." [Read here.](#)
- "You've been warned: Pictorial warning labels increase motivation for improving digital habits". [Read here.](#)
- "A unified model of autonomy: Integrating self-determination, self-control, and well-being." [Read here.](#)