

HOLLI-ANNE PASSMORE, PhD

Associate Professor, Department Chair, Psychology: Concordia University of Edmonton
Director, Nature—Meaning in Life (NMIL) Research Lab
Holli-Anne.Passmore@concordia.ab.ca / HAP@nmil.ca | 780-479-9359 | <https://nmil.ca>
Orcid ID: <https://orcid.org/0000-0002-2448-2206> | Google Scholar: <https://tinyurl.com/mev5n8j4>

ACADEMIC EMPLOYMENT

| | |
|---|-------------|
| Associate Professor, Dept Chair, Psychology, Concordia University of Edmonton | 2023 – |
| Assistant Professor, Psychology, Concordia University of Edmonton | 2020 – 2023 |
| Post-Doctoral Researcher, Nature Connectedness Lab, University of Derby | 2019 – 2020 |
| Term Instructor, University of British Columbia | 2016 – 2019 |
| Term Instructor, MacEwan University | 2016 – 2017 |

EDUCATION

| <u>Degree</u> | <u>Subject</u> | <u>Location</u> | <u>Date</u> |
|------------------|------------------------|--------------------------------|------------------------|
| Ph.D. | Psychological Science | University of British Columbia | 2015 – 2019 |
| Visiting Scholar | Well-Being / Aliveness | University of Ottawa | 2017 (January - April) |
| M.A. | Psychological Science | University of British Columbia | 2013 - 2015 |
| B.A. | Psychology | MacEwan University | 2004 - 2013 |

RESEARCH FOCUS

My research focuses broadly on well-being with two main streams—nature and meaning in life. With regard to nature, I examine how experiences in everyday nature can enhance many aspects of wellbeing and how increasing individuals' emotional connection to nature provides further boosts to well-being and catalyzes pro-environmental behaviour. I also examine aspects of eco-anxiety, its relationship to nature connectedness and pro-environmental behaviours, and ways of coping with eco-anxiety. With regard to meaning in life, I examine pathways that lead to greater meaning in life, particularly among university students. Within this stream, I am embarking on a new line of enquiry examining the relationship between play in adults and meaning in life. Within both the nature and meaning streams of my research, I collaborate with researchers around the globe to develop and validate practical interventions designed to enhance well-being via nature experiences, nature connectedness, and meaning in life.

In addition to being an Associate Professor and Department Chair of Psychology at Concordia University of Edmonton, I am also Director of the multi-university Nature—Meaning in Life (NMIL) Research Lab, an Editor of the International Journal of Wellbeing, Science Chair of the Spirituality & Meaning Division of the International Positive Psychology Association, and a co-developer of the free online course on Nature Connectedness out of the University of Derby.

ACADEMIC PUBLICATIONS

[Citations: 6,506; h-index: 31; i10-index: 38]

Refereed Journal Articles (* denotes student under my supervision)

- Vowinckel, J., **Passmore, H.-A.**, Chistopolskaya, K., Ishii, R., Nikolaev, E., & Enikolopov, S. (2026). Time psychology is existential: Attitudes towards time, nature, and death are intertwined. *Personality and Individual Differences*, 257, 113742. <https://doi.org/10.1016/j.paid.2026.113742>
- *Krause, A. N., Wienk, M., Baldwin, M., Titova, L., **Passmore, H.-A.**, Webster, G. D., & Westgate, E. C. (2026). Sites of meaning-making: Places of attachment afford psychological meaning. *Journal of Environmental Psychology*, 110, 102958. <https://doi.org/10.1016/j.jenvp.2026.102958>
- Lomas, T., Mehanna, J., Diego-Rosell, P., Cowden, R., **Passmore, H.-A.**, Zelenski, J. M., Steger, M. F., Muthukrishna, M., & Snower, D. (2025). The ecology of subjective wellbeing: A global analysis of environmental factors associated with life evaluation. *The Journal of Positive Psychology*, 1-19. <https://doi.org/10.1080/17439760.2025.2578848>
- Passmore, H.-A.**, *Sabine, S., & Yang, Y. (2025). Comparing the well-being benefits of engaging in two positive psychology interventions: The Noticing Nature Intervention (NNI) vs Three Good Things (3GT). *The Journal of Positive Psychology*, 1743-9779. <https://doi.org/10.1080/17439760.2025.2569079>
- Passmore, H.-A.**, *Mangat, A. *Dhanoa, T., Schmitt, M. T., Mackay, C. M. L., Richardson, M., Howell, A. J., & Lutz, P. K. (2025). Enhancing personal and planetary well-being: A comparative study of the "3 Good Things" and "3 Good Things in Nature" interventions. *International Journal of Wellbeing*, 15(4), 4233. <https://doi.org/10.5502/ijw.v15i4.4233>
- Zelenski, J. M., Lutz, P. K., **Passmore, H.-A.**, & Nisbet, E. K. (2025). Nature relatedness usefully links well-being, the environment, and sustainability. *Current Directions in Psychological Science*, 35(1), 17-24. <https://doi.org/10.1177/09637214251349814>
- Passmore, H.-A.**, Lumber, R., Niemiec, R., & *Sofen, L. I. (2025). Creating kinship with nature and boosting well-being: Testing two novel character strengths-based nature connectedness interventions. *Journal of Happiness Studies*, 26(71). <https://doi.org/10.1007/s10902-025-00900-9>
- Barnes, C., & **Passmore, H.-A.** (2024). Development and testing of the Night Sky Connectedness Index (NSCI). *Journal of Environmental Psychology*, 93, 102198. <https://doi.org/10.1016/j.jenvp.2023.102198>
- Passmore, H.-A.**, & *Krause, A. N. (2023). The beyond-human natural world: Providing meaning and making meaning. *International Journal of Environmental Research and Public Health*, 20(12), 6170. <https://doi.org/10.3390/ijerph20126170>
- Passmore, H.-A.**, *Lutz, P. K., & Howell, A. J. (2023). Eco-anxiety: A cascade of fundamental existential anxieties. *Journal of Constructivist Psychology*, 36(2), 138-153. <https://doi.org/10.1080/10720537.2022.2068706>
- Lumber, R., **Passmore, H.-A.**, & Niemiec, R. (2023). Trees are honest. bugs are creative, sunsets are hopeful – Identifying character strengths in nature: A reflexive thematic analysis. *Current Research in Ecological and Social Psychology*, 4, 100092. <https://doi.org/10.1016/j.cresp.2023.100092>
- *Lutz, P. K., **Passmore, H.-A.**, Howell, A. J., Zelenski, J. M., Yang, Y., & Richardson, M. (2023). The continuum of eco-anxiety responses: A preliminary investigation of its nomological network. *Collabra: Psychology*, 9(1), 1-20. <https://doi.org/10.1525/collabra.67838>
- Pocock, M., Hamlin, I., Christelow, J., **Passmore, H.-A.**, & Richardson, M. (2023). The benefits of citizen science and nature-noticing activities for wellbeing, nature connectedness and pro-nature conservation behaviours. *People and Nature*, 5(2), 591-606. <https://doi.org/10.1002/pan3.10432>
- Passmore, H.-A.**, *Yargeau, A., *Blench, J. (2022). Wellbeing in winter: Testing the Noticing Nature Intervention during winter months. *Frontiers in Psychology*, 13, 840273. <https://doi.org/10.3389/fpsyg.2022.840273>

- Passmore, H.-A.**, Yang, Y., & *Sabine, S. (2022). An extended replication study of the well-being intervention, the Noticing Nature Intervention (NNI). *Journal of Happiness Studies*, 23(6), 2663-2683. <https://doi.org/10.1007/s10902-022-00516-3>
- Passmore, H.-A.**, Martin, L., Richardson, M., White, M., Hunt, A., & Pahl, S. (2021). Parental/guardians' connection to nature better predicts children's nature connectedness than visits or area-level characteristics. *Ecopsychology*, 13(2), 103-113. <https://doi.org/10.1089/eco.2020.0033>
- Yang, Y., Wang, L., **Passmore, H.-A.**, Zhang, J., & Zhu, L. (2021) Viewing nature scenes helps reduce the pain of social ostracism. *Journal of Social Psychology*, 161(2), 197-215. <https://doi.org/10.1080/00224545.2020.1784826>
- Richardson, M., **Passmore, H.-A.**, Lumber, R., Thomas, R., & Hunt, A. (2021). Moments, not minutes: The nature-wellbeing relationship. *International Journal of Wellbeing*, 11(1), 8-33. <https://doi.org/10.5502/ijw.v11i1.1267>
- Lambert, L., Warren, M. A., Brulé, G., O'Brien, C., Murray, S., Mulay-Shah, A., **Passmore, H.-A.**, Zelenski, J. M., Asfour, M., & Alsubaiei, S. (2020). Perspectives: Using positive psychology and the United Nations' sustainable development goals to build a better world. *Middle East Journal of Positive Psychology*, 6, 1-28. <https://www.middleeastjournalofpositivepsychology.org/index.php/mejpp/article/view/112>
- Richardson, M., **Passmore, H.-A.**, Barbett., L., Lumber, R., Thomas, R., & Hunt, A. (2020). The Green Care Code: How nature connectedness and simple activities help explain pro-nature conservation behaviours. *People and Nature*, 2(3), 821-839. <https://doi.org/10.1002/pan3.10117>
- Lambert, L., Lomas, T., van de Weijer, M., **Passmore, H.-A.**, Joshanloo, M., Harter, J., Ishikawa, Y., Lai, A., Kitigawa, T., Chen, D., Kawakami, T., Miyata, H., & Deiner, E. (2020). Towards a greater global understanding of wellbeing: A proposal for a more inclusive measure. *International Journal of Wellbeing*, 10(2), 1-18. <https://doi.org/10.5502/ijw.v10i2.1037>
- Lambert, L., **Passmore, H.-A.**, & Joshanloo, M. (2019). A positive psychology intervention program in a culturally-diverse university: Boosting happiness and reducing fear. *Journal of Happiness Studies*, 20(4), 1141-1162. <https://doi.org/10.1007/s10902-018-9993-z>
- Krzyzanowski, D. J., Howell, A. J., & **Passmore, H.-A.** (2019). Predictors and causes of the use of noun-based mental disorder labels. *Stigma and Health*, 4(1), 86-97. <https://doi.org/10.1037/sah0000127>
- Binfet, J.-T., & **Passmore, H.-A.** (2019). The who, what, and where of school kindness: Exploring students' perspectives. *Canadian Journal of School Psychology*, 34(1), 22-37. <https://doi.org/10.1177/0829573517732202>
- Howell, A. J., & **Passmore, H.-A.** (2019). Acceptance and Commitment Training (ACT) as a positive psychological intervention: A systematic review and initial meta-analysis regarding ACT's role in well-being promotion among university students. *Journal of Happiness Studies*, 20(6), 1995-2010. <https://doi.org/10.1007/s10902-018-0027-7>
- Lambert, L., **Passmore, H.-A.**, Scull, N., Al Sabah, I., & Hussain, R. (2019). Well-being matters in Kuwait: The Alnowair's Bareec education initiative. *Social Indicators Research*, 143(2), 741-763. <https://doi.org/10.1007/s11205-018-1987-z>
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2018). Positioning implicit theories of well-being within a positivity framework. *Journal of Happiness Studies*, 19(8), 2445-2463. <https://doi.org/10.1007/s10902-017-9934-2>
- Binfet, J.-T., **Passmore, H.-A.**, Cebry, A., Struik, K., & McKay, C. (2018). Reducing university students' stress through a drop-in canine-therapy program. *Journal of Mental Health*, 27(3), 197-204. <https://doi.org/10.1080/09638237.2017.1417551>
- Capaldi, C. A., **Passmore, H.-A.**, Ishii, R., Chistopolskaya, K. A., Vowinckel, J., Nikolaev, E. L., & Semikin, G. I. (2017). Engaging with natural beauty may be related to well-being because it connects people to nature: Evidence from three cultures. *Ecopsychology*, 9(4), 199-211. <https://doi.org/10.1089/eco.2017.0008>
- Passmore, H.-A.**, & Holder, M. D. (2017) Noticing nature: Individual and social benefits of a two-week intervention. *Journal of Positive Psychology*, 12(6), 537-546. <https://doi.org/10.1080/17439760.2016.1221126>
- Binfet, J.-T., & **Passmore, H.-A.** (2017). Teachers' perceptions of kindness at school. *International Journal of Emotional Education – Special Issue*, 9(1), 37-53. <https://eric.ed.gov/?id=EJ1137976>

- Holder, M. D., **Passmore, H.-A.**, Broom, C., Berg, S., Li, E., Hickey, R., & Martin, C. (2016). Walls of Well-Being (WOWs): A pilot study of a new methodology to explore children's and adolescent's perceived sources of happiness. *International Journal of Applied Positive Psychology*, 1, 91-106. <https://doi.org/10.1007/s41042-017-0008-9>
- Yang, Y., Yang, Z., Bao, T., Liu, Y., & **Passmore, H.-A.** (2016). Elicited awe decreases aggression. *Journal of Pacific Rim Psychology*, 10(1), 1-13. <https://doi.org/10.1017/prp.2016.8>
- Binfet, J.-T., & **Passmore, H.-A.** (2016) Hounds and homesickness: The effects of an animal-assisted therapeutic intervention for first-year university students. *Anthrozoos*, 29(3), 441-454. <https://doi.org/10.1080/08927936.2016.1181364>
- Howell, A. J., **Passmore, H.-A.**, & Holder, M. D. (2016) Implicit theories of well-being predict well-being and the endorsement of therapeutic lifestyle changes. *Journal of Happiness Studies*, 17(6), 2347-2363. <https://doi.org/10.1007/s10902-015-9697-6>
- Capaldi, C. A., **Passmore, H.-A.**, Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2015). Flourishing in nature: A review of the well-being benefits of connecting with nature and its application as a positive psychology intervention. *International Journal of Wellbeing*, 5(4), 1-16. <https://doi.org/10.5502/ijw.v5i4.1>
- Lambert, L., **Passmore, H.-A.**, & Holder, M. D. (2015). Foundational frameworks of positive psychology: Mapping well-being orientations. *Canadian Psychology – Special Issue on Positive Psychology*, 56(3), 311-321. <https://doi.org/10.1037/cap0000033>
- Lambert, L., Pasha-Zaidi, N., **Passmore, H.-A.**, & Al-Karam, C. Y. (2015). Developing an indigenous positive psychology in the United Arab Emirates. *Middle East Journal of Positive Psychology*, 1, 1-23. <https://middleeastjournalofpositivepsychology.org/index.php/mejpp/article/view/24>
- Passmore, H.-A.**, & Howell, A. J. (2014). Nature involvement increases hedonic and eudaimonic well-being: A two-week experimental study. *Ecopsychology*, 6(3), 148-154. <https://www.liebertpub.com/doi/full/10.1089/eco.2014.0023>
- Passmore, H.-A.**, & Howell, A. J. (2014). Eco-Existential Positive Psychology: How experiences in nature can address our existential anxieties and contribute to well-being. *The Humanistic Psychologist*, 42(4), 370-388. <https://doi.org/10.1080/08873267.2014.920335>
- Howell, A. J., **Passmore, H.-A.**, & Buro, K. (2013). Meaning in nature: Meaning in life as a mediator of the relationship between nature connectedness and well-being. *Journal of Happiness Studies*, 14(6), 1681-1696. <https://doi.org/10.1007/s10902-012-9403-x>
- Howell, A. J., Dopko, R. L., **Passmore, H.-A.**, & Buro, K. (2011). Nature connectedness: Associations with well-being and mindfulness. *Personality and Individual Differences*, 51(2), 166-171. <https://doi.org/10.1016/j.paid.2011.03.037>

Book Chapters (* denotes student under my supervision)

- *Geddes, O., & **Passmore, H.-A.** (2021). Green exercise: Actively flourishing in nature. In E. Brymer, M. Rogerson, & J. Barton (Eds.), *Nature and health: Physical activity in nature* (pp. 35-46). Routledge. <https://doi.org/10.4324/9781003154419>
- *Hunt, J. T., Howell, A. J., & **Passmore, H.-A.** (2021). In vivo nature exposure as a positive psychological intervention: A review of the impact of nature interventions on well-being. In E. Brymer, M. Rogerson, & J. Barton (Eds.), *Nature and health: Physical activity in nature*. (pp. 160-174). Routledge. <https://doi.org/10.4324/9781003154419>
- *Lutz, P. K., & **Passmore, H.-A.** (2019). Repercussions of individual and societal valuing of happiness. In L. Lambert & N. Pasha-Zaidi (Eds.), *Positive psychology in the Middle East / North Africa: Research, policy, and practice* (pp. 363-390). Springer. ISBN: 9783030139209 https://doi.org/10.1007/978-3-030-13921-6_16
- Lambert, L., *Hotchkiss, L. R., & **Passmore, H.-A.** (2019). Measuring well-being: How and why?. In L. Lambert & N. Pasha-Zaidi (Eds.), *Positive psychology in the Middle East / North Africa: Research, policy, and practice* (pp. 207-234). Springer. ISBN: 9783030139209 https://doi.org/10.1007/978-3-030-13921-6_10

Passmore, H.-A., & Howell, A. J. (2016). Seeds of hope. In Leo Bormans (Ed.), *The World Book of Hope* (pp. 292-295). Lannoo Publishers.

Passmore, H.-A., & Holder, M. D. (2014). Gaming for good: Video games and enhancing prosocial behaviour. In J. Graham (Ed.), *Video games: Parents' perceptions, role of social media and effects on behavior* (pp. 141-166). Nova. ISBN: 978-1-63321-015-8

Howell, A. J., Keyes, C. L. M., & **Passmore, H.-A.** (2013). Flourishing among children and adolescents: Structure and correlates of positive mental health, and interventions for its enhancement. In P. Alex Linley & C. Proctor (Eds.), *Positive psychology: Research, applications and interventions for children and adolescents* (pp. 59-80). Springer. ISBN: 9789400763975 https://doi.org/10.1007/978-94-007-6398-2_5

Howell, A. J., & **Passmore, H.-A.** (2013). The nature of happiness: Nature affiliation and mental well-being. In C. L. M. Keyes (Ed.), *Mental well-being: International contributions to the study of positive mental health* (pp. 231-257). Springer. https://doi.org/10.1007/978-94-007-5195-8_11

Other Articles (* denotes student under my supervision)

*Lutz, P. K., **Passmore, H.-A.**, & Howell, A. J. (2021). Eco-anxiety and the six existential anxieties. *Psynopsis*, 43(2), 12-13.

Manuscripts Under Review (* denotes student under my supervision)

Davoodi, T., Zelenski, J. M., **Passmore, H.-A.**, Pasanen, J., Diego-Rosell, P., & Lai, A. (under review). *Harmony with nature and links to wellbeing in global, national, and local contexts.*

*Ayles, N., Sims, C., **Passmore, H.-A.**, & Cseh, G. M. (under review). *Active sensory and emotional engagement with nature: Towards a nature-connectedness-pathways-informed wellbeing intervention.*

Browning, M. H. E. M., McAnirlin, O., Pearson, A. L., Corral, A., Bardhan, M., Ouer, G., Morassafar, S., Abdullah, F., Almog, S., Ambarli, H., Astell-Burt, T., Awoyemi, A., Beery, T., Berdejo-Espinola, V., Börger, T., Borja, A., Brossoit, R. M., Burnett, H., Flint, H. B., Calogiuri, G., ... **Passmore, H.-A.**, ... Maddock, J. E. (under review). *Establishing consensus on standardized survey measures of time outdoors in nature.* (pre-print available at: <https://ssrn.com/abstract=5583864>)

Ruan, X., Lenferink, L., Kraiss, J., van Rompay, T., **Passmore, H.-A.**, & Bohlmeijer, E. (under review). *Nature-based contemplation and spiritual well-being among adults with moderate prolonged grief symptoms: A randomized controlled trial.*

ACADEMIC PRESENTATIONS

Invited Conference Plenary Panels

Passmore, H.-A. & Zeleski, J. M. (2023, July). Connecting nature to well-being. *8th World Congress on Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada. [Invited to co-lead, organize, present, plenary panel of experts]

Passmore, H.-A. (2023, July). Youth mental health, positive psychology, and climate change: A call to action. *8th World Congress on Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada. [Invited speaker on panel]

Invited Conference Panels

Niemiec, R. (Chair). Panel Members: **Passmore, H.-A.**, Rashid, T., Tomasulo, D. & Waters, L. (2023, July). VIA character strengths: The latest science and practice. *8th World Congress on Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada.

Niemiec, R. (Chair). Panel Members: **Passmore, H.-A.**, Shogren, K. & Tinsley, S. (2021, October). The cutting edge of character strengths Environment, peace, disability, and justice (JEDI). *International Positive Psychology Association (IPPA) Idea Starter Symposium*. Virtual Conference.

Invited Conference Talks & Workshops

Passmore, H.-A. (April, 2026). Justice, equality, giving, receiving: Complexities of the human—nature relationship. *Alberta Social Psychology Symposium*. Edmonton, AB, Canada.

Passmore, H.-A. (2026, July). Connecting ourselves to nature: An informative, interactive, practical workshop. *European Conference on Positive Psychology*. Dublin, Ireland.

Passmore, H.-A. (2025, August). Connecting children—and ourselves—to nature: An informative, interactive, practical workshop. *Beyond Four Walls Conference (Northwest Regional Learning Consortium)*. Edmonton, AB, Canada. [invited speaker/workshop]

Passmore, H.-A. (2025, July). Renewing our relationship with nature: Character strengths-based interventions to boost nature connectedness, pro-nature behaviour, and individual wellbeing. *9th World Congress on Positive Psychology (International Positive Psychology Association)*. Brisbane, Australia. [Invited keynote speaker] [had to cancel due to visa difficulties]

Passmore, H.-A. (2025, June). Why *all* of psychology—applied and research—needs to pay attention to the human-nature relationship. *Canadian Psychological Association Annual Convention*. St. John's, NFLD, Canada. [Invited keynote speaker]

Passmore, H.-A. (2025, May). The "whys" and "ways" of the nature—well-being connection. *Fields of Wonder – Outdoor pedagogy for engaged learners*. Virtual Conference. [Invited speaker].

Passmore, H.-A. (2018, May). Nearby urban nature: More than just a pretty sight. *Convention of the Canadian Positive Psychology Association*. Toronto, ON, Canada. [invited speaker]

Conference Symposiums

Passmore, H.-A., IlLumber, R., Ruan, X., & Løvell, H. S. (2026, July). Interconnectedness with nature, psychological and spiritual wellbeing, and meaning in life: Pahwasy and interventions. *European Conference on Positive Psychology (ECPP)*. Dublin, Ireland.

Passmore, H.-A., Russo-Netzer, P., & Zelenski, J. M. (2017, July). Expanding boundaries and forging new frontiers. *5th World Congress on Positive Psychology (International Positive Psychology Association)*. Montreal, QC, Canada.

Conference Workshops

Niemiec, R. M., Russo-Netzer, P., Tomasulo, D., **Passmore, H.-A.**, Paul, E., Rajah, R., & Demirel, O. (2024, July). Engaged spirituality and practical meaning: A workshop about you and for you. *European Conference on Positive Psychology (ECPP)*. Innsbruck, Austria.

Passmore, H.-A., & Chhajer, R. (2024, July). Reconnect with nature for psychological well-being: An experiential workshop. *European Conference on Positive Psychology (ECPP)*. Innsbruck, Austria.

Passmore, H.-A. (2021, October). Hope, despair, and re-connection: An interactive exploration of our relationship with nature. *Festival of Hope and Despair – International Meaning Events Community (IMEC)*. London, UK. [Virtual Conference].

Conference Paper Presentations – Talks (* denotes student under my supervision)

*Kaleta, B., El Madoni, M., **Passmore, H.-A.**, & Burke, J. (2026, February). The emotional benefits of skygazing and cloudspotting. *Royal College, of Surgeons in Ireland (RCSI) University of Medicine and Health Sciences Research Day*. Dublin, Ireland.

*Geddes, O., & **Passmore, H.-A.** (2024, August). The role of touch, smell, sight, and sound in positive experiences in nature. *American Psychological Association Convention*. Seattle, WA, United States.

Passmore, H.-A. (2024, July). The beyond-human natural world: Providing meaning and making meaning. *European Conference on Positive Psychology (ECP)*. Innsbruck, Austria.

*Geddes, O., & **Passmore, H.-A.** (2023, July). Wellbeing At Your Doorstep: A nearby nature-awareness walking program. *8th World Congress on Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada.

Passmore, H.-A., *Lutz, P. K., Howell, A. J., & Richardson, M. (2023, July). Efficacy of two nature-based Positive Psychology Interventions compared to “Three Good Things”. *8th World Congress on Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada.

Passmore, H.-A., Zelenski, J. M., Steger, M. F. (2023, July). An emotional connection to nature: A global perspective. *8th World Congress on Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada.

Passmore, H.-A. (2022, April). Wellbeing in winter: Testing the Noticing Nature Intervention during winter months. *Concordia University of Edmonton Faculty Research Symposium*. Edmonton, AB, Canada.

Passmore, H.-A., & Yang, Y. (2020, June). Naturally resilient: Examining the role of the natural environment on human resilience. *European Conference on Positive Psychology Biennial Convention*, Reykjavik, Iceland. [Cancelled due to COVID-19]

Passmore, H.-A., *Lutz, P. K., Howell, A. J., *Hunt, J., & Richardson, M. (2020, June). Climate crises—emotional crises: The impact of eco-anxiety and nature connectedness on well-being. *European Conference on Positive Psychology Biennial Convention*, Reykjavik, Iceland. [Cancelled due to COVID-19]

Passmore, H.-A., *Lutz, P. K., & Howell, A. (2019, July). Ecoanxiety: A cascade of fundamental existential anxieties. *International Meaning Existential Conference*. London, United Kingdom.

*Dunn, B. J., *Hunter, M. A., & **Passmore, H.-A.** (July, 2019). Qualitative exploration of the undergraduate experience as a source of meaning in life. *International Meaning Existential Conference*. London, United Kingdom.

*Lutz, P. K., **Passmore, H.-A.**, Wirtz, D. (2018, August). From moral identity to flourishing: A pathway of self-transcendence and meaning in life. *International Meaning Conference*. Vancouver, BC, Canada.

Passmore, H.-A., *Osborne, T., *Lutz, P. K., & Holder, M. D. (2018, May). A “failed” experiment: Unexpected benefits of reflecting on early memories. *Canadian Scientific Meeting on Well-Being*. Toronto, ON, Canada.

Passmore, H.-A., *Hotchkiss, L. R., McCurrach, D., & Holder, M. D. (2017, July). Self reflections on daily events: Extended benefits of including the negative. *5th World Congress on Positive Psychology (International Positive Psychology Association)*. Montreal, QC, Canada.

Binfet, J.-T., **Passmore, H.-A.**, *Cebry, A., *Struik, K., & *McKay, C. (2017, May). Reducing university students’ stress through a drop-in canine-therapy program. *International Society for Anthrozoology Conference*. Davis, CA, United States.

Capaldi, C. A., **Passmore, H.-A.**, & Dopko, R. L. (2017, June). Greening the American dream: The personal, social, and environmental implications of valuing harmony with nature. *Society for Psychological Study of Social Issues Convention*. Albuquerque, NM, United States.

- Vowinckel, J., Capaldi, C. A., & **Passmore, H.-A.** (2016, July). The presence of a meaningful balance: Healthy future, past and present time perspectives predict meaning in life and meaning in life mediates the relationship between balanced time perspective and well-being. *International Meaning Conference*. Toronto, ON, Canada.
- Passmore, H.-A.** (2016, August). The sense and experience of being alive: Pearls strung on a thread of meaning. *International Meaning Conference*. Toronto, ON, Canada.
- Passmore, H.-A.**, *Dunn, B. J., & Holder, M. D. (2016, August). Transcending education: A 7-day meaning intervention experimental study. *International Meaning Conference*. Toronto, ON, Canada.
- Passmore, H.-A.**, & Holder, M. D. (2016, July). Noticing nature: Individual and social benefits of a two-week intervention. *Canadian Positive Psychology Association Convention*. Niagra-on-the-Lake, ON, Canada.
- Binfet, J.-T. & **Passmore, H.-A.** (2016, April). Teachers' perceptions of kindness at school. *American Educational Research Association Convention*. Washington, DC, United States.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, January). Implicit theories of well-being: Predicting well-being and the endorsement of well-being activities. *Happiness & Well-Being Preconference, Society for Personality and Social Psychology Convention*. San Diego, CA, United States.
- Passmore, H.-A.**, & Binfet, J.-T. (2015, June). Students' conceptualizations of kindness in school: Definitions, agents, and locations. *4th World Congress on Positive Psychology (International Positive Psychology Association)*. Orlando, FL, United States.
- Passmore, H.-A.**, & Capaldi, C. A. (2015, June). Value added: How experiences in nature provide us with more than meets the eye. *Canadian Psychological Association Convention*. Ottawa, ON, Canada.
- Passmore, H.-A.** & Howell, A. J. (2014, July). Nature involvement as a positive psychology intervention. *Canadian Positive Psychology Association Convention*. Ottawa, ON, Canada.
- Passmore, H.-A.**, & Howell, A. J. (2014, June). Seeds of hope: Associations between nature connectedness and hope. *Canadian Psychological Association Convention*. Vancouver, BC, Canada.
- Passmore, H.-A.**, & Howell, A. J. (2012, July). Eco-Existential Positive Psychology. *International Meaning Conference*. Toronto, ON, Canada.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2012, July). Meaning in nature: Meaning in life as a mediator of the relationship between nature connectedness and well-being. *Canadian Positive Psychology Association Convention*. Toronto, ON, Canada.

Conference Poster Presentations (* denotes student under my supervision)

- *Posa, C., **Passmore, H.-A.** (2026, July). Pilot study of a new "Positive EmoDiversity" wellbeing intervention. *European Conference on Positive Psychology (ECP)*. Dublin, Ireland.
- *Krause, A., & **Passmore, H.-A.** (2025, February). "There's no place like home": Coherence mediates attachment to home. *Existential Psychology Preconference - Society for Personality and Social Psychology Convention*. Denver, CO, United States.
- Barnes, C., & **Passmore, H.-A.** (2024, August). Dark skies: Reconnecting people with the night. (*International Astronomical Union General Assembly*). Cape Town, South Africa (presented virtually).
- *Zulfiqar, Z., & **Passmore, H.-A.** (2024, April). Reducing test anxiety in university students: An audio-based intervention. (*CUE Annual Research & Innovation Conference*). Edmonton, AB, Canada.
- *Belford, G., *Cole, R., Churchward, M., & **Passmore, H.-A.** (2024, April). A replication and extension study to test the efficacy of the Noticing Nature Intervention to boost wellbeing and reduce stress. (*CUE Annual Research & Innovation Conference*). Edmonton, AB, Canada.

- *Mendes, C. C., Southworth, A., **Passmore, H.-A.** (2023, July). Nature's inherent appeal: Evidence of nature as a "good thing" in one's day. *8th World Congress on Positive Positive Psychology (International Positive Psychology Association)*. Vancouver, BC, Canada.
- *Mangat, A., **Passmore, H.-A.**, Rawson, R., Brooks-Ucheaga, Okere, U., Kotera, Y. (2023, July). Environmental studies programs: A hit to happiness. *8th World Congress on Positive Positive Psychology (International Positive Psychology Association)*. Vancouver BC, Canada.
- *Mangat, A., *Dhanoa, T., **Passmore, H.-A.** (2023, June). 3 Good Things vs 3 Good Things In Nature: A randomized-controlled trial of two wellbeing interventions. *Canadian Psychological Association Convention*. Toronto, ON, Canada.
- Passmore, H.-A.** (2021, July). Validation of the Noticing Nature Intervention as a positive psychology intervention. *7th International Positive Psychology Association World Congress (International Positive Psychology Association)*. Virtual Conference.
- Lomas, T., Harter, J., Ishikawa, Y., Lai, A., Lambert, L., Joshanloo, M., **Passmore, H.-A.**, van der Weijer, M., Levey, I. R., English, C., Daly, J., Kitigawa, T., Chen, D., & Diener, E. (2020, August). Exploring non-Western perspectives on well-being: The development of new items for the Gallup World Poll. *American Psychological Association Convention*. Virtual Convention.
- *Tsue, A., Wirtz, D., & **Passmore, H.-A.** (2020, May). Integrating psychological research into undergraduate coursework: Team projects increase collaborative problems solving skills, knowledge of methodology, and comfort with presenting. *Association for Psychological Science Annual Convention*. Virtual Showcase.
- Passmore, H.-A.**, & Howell, A. J. (2019, February). Promoting university students' well-being through Acceptance and Commitment Training (ACT): An initial review and meta-analysis. *Happiness and Well-Being Preconference, Society for Personality and Social Psychology Convention*. Portland, OR, United States.
- *Skobkareva, A., **Passmore, H.-A.**, & Holder, M. D. (August, 2018). Relations between psychopathy and hedonic and eudaimonic well-being. *American Psychological Association Convention*. Chicago, IL, United States.
- *Zulinick, K. M., & **Passmore, H.-A.** (2018, May). Do we really have to be told? The effect of instructions on compassion. *Canadian Scientific Meeting on Well-Being*. Toronto, ON, Canada.
- Capaldi, C. A., **Passmore, H.-A.**, Ishii, R., Chistopolskaya, K. A., Vowinckel, J., Nikolaev, E. I., & Semikin, G. I. (2017, May). Connecting with nature and engaging with natural beauty: Associations with well-being across three cultures. *Interdisciplinary Conference in Psychology*. Ottawa, ON, Canada.
- *Severson, M., **Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2018, April). The emotional impact of viewing images of healthy vs. vulnerable nature and people. *Western Psychological Association Conference*. Portland, OR, Canada.
- Passmore, H.-A.**, *Osborne, T., *Lutz, P. K., & Holder, M. D. (2018, March). Positive psychology interventions do not always outperform early memories: Unexpected benefits of reflecting on early memories. *Happiness and Well-Being Preconference, Society for Personality and Social Psychology Convention*. Atlanta, GA, United States.
- *Grenon, C., **Passmore, H.-A.**, & Holder, M. D. (2017, July). The influence of social attachment and social networking site usage on well-being, self-esteem, and loneliness. *5th World Congress on Positive Psychology (International Positive Psychology Association)*. Montreal, QC, Canada.
- Passmore, H.-A.**, *Uppal, T., *Weissmeyer, S. J., Howell, A. J., & Holder, M. D. (2017, January). Implicit theories of well-being: Correlates and convergent validity. *Happiness & Well-Being Preconference, Society for Personality and Social Psychology Convention*, San Antonio, TX.
- *Hotchkiss, L. R., **Passmore, H.-A.**, McCurrach, D., & Holder, M. D. (2017, January). Benefits of reflecting on the positives and negatives: A two-week study. *Happiness and Well-Being Preconference, Convention of the Society for Personality and Social Psychology*. San Antonio, TX, United States.
- Passmore, H.-A.**, Yang, Y., & Holhttps://rd2026.exordo.com/der, M. D. (2017, January). Connecting to nature – connecting to others: Two two-week randomized controlled studies. *Society for Personality and Social Psychology Convention*. San Antonio, TX, United States.

- Capaldi, C. A., **Passmore, H.-A.**, & Vowinckel, J. (2016, June). A beautiful connection: Nature connectedness mediates the relationship between engagement with natural beauty and well-being. *Canadian Psychological Association Convention*. Victoria, BC, Canada.
- *Hotchkiss, L. R., **Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, June). Transcendent predictors of hope. *Canadian Psychological Association Convention*. Victoria, BC, Canada.
- Howell, A. J., Hutlet, K., **Passmore, H.-A.**, & Holder, M. D. (2016, June). The cultivation of incremental and entity beliefs regarding well-being: Effects on the endorsement of positive psychology interventions. *Canadian Psychological Association Convention*. Victoria, BC, Canada.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, June). Believing that well-being can be changed. *Canadian Psychological Association Convention*. Victoria, BC, Canada.
- Howell, A. J., **Passmore, H.-A.**, & Holder, M. D. (2015, June). Implicit theories of well-being. *Canadian Psychological Association Convention*. Ottawa, ON, Canada.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2015, February). Nature, spirituality, and hope: Relationships among transcendent contributors to well-being. *Happiness & Well-Being Preconference, Society for Personality and Social Psychology Convention*. Long Beach, CA, United States.
- Passmore, H.-A.**, Holder, M. D., & Lambert D'raven, L. T. (2014, June). A cross-cultural study of patterns of relationships between meaning in life, vitality, materialistic values, and well-being. *Canadian Psychological Association Convention*. Vancouver, BC, Canada.
- Passmore, H.-A.**, Feller, K., Howell, A. J., & Buro, K. (2013, June). Self-determination needs and their relationship with nature affiliation and well-being. *3rd IPPA World Congress on Positive Psychology (International Positive Psychology Association)*. Los Angeles, CA, United States.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2013, June). Meaning in life and its relationship with nature affiliation, spirituality, and well-being. *3rd IPPA World Congress on Positive Psychology (International Positive Psychology Association)*. Los Angeles, CA, United States.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2012, June). Nature affiliation and spirituality: Relationships with meaning in life and well-being. *Canadian Psychological Association Convention*. Halifax, NS, Canada.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2011, July). Meaning in life as a mediator of the relationship between nature affiliation and well-being. [Study I & II]. *2nd World Congress on Positive Psychology (International Positive Psychology Association)*. Philadelphia, PA, United States.
- Passmore, H.-A.**, & Howell, A. J. (2010, August). Meaning in life as a mediator of the relationship between nature affiliation and well-being. [Study I]. *International Meaning Conference*. Richmond, BC, Canada.
- Howell, A. J., Dopko, R. L., **Passmore, H.-A.**, & Buro, K. (2010, June). Nature affiliation: Associations with well-being and mindfulness. *Canadian Psychological Association Convention*. Winnipeg, MB, Canada.
-

Invited Talks (Other)

Invited Academic Presentations (Non-Conference)

- Passmore, H.-A.** (April, 2026). No time? No problem!: The power of noticing nature in your daily routine. *Kristianstad University*. Kristianstad, Sweden.
- Passmore, H.-A.** (April, 2026). Ego to eco: Towards environmental and human wellbeing through shifting mindsets and reconnecting with (the rest of) nature. *Sustainability Forum: Lund University*. Lund, Sweden.

- Passmore, H.-A.** (2026, February). Unpacking the hype about nature and wellbeing: Theoretical frameworks and scientific data. *Guest Seminar Series – Quantitative Social Psychology: Durham University*. Virtual series.
- Steger, M. F., Strand, J., & **Passmore, H.-A.** The nature—meaning in life connection. *Meaning in Life Discussion Panel. Concordia University of Edmonton Research Cluster on Christian Philosophy & Theology*. Edmonton, AB, Canada.
- Passmore, H.-A.** (2025, July). The aberrant animal: Human greed and our disconnection from (the rest of) nature. *Bridging the Arts and Sciences for Human Betterment: Confronting Greed, Celebrating Kindness*. Madison, WI, United States.
- Passmore, H.-A.** (2023, December). Evidence-based nature-based wellbeing practices – that DON'T add time to your day. *Duke Center for Healthcare Safety and Quality: Duke Well-being Ambassador Quarterly Webinar*. Virtual Conference.
- Passmore, H.-A.** (2023, August). Compassion and justice for nature: A humanities approach to the human—nature relationship. *Bridging the Arts and Sciences for Human Betterment: The Challenges of Inequality*. Madison, WI, United States.
- Passmore, H.-A.** (2023, April). Transcending our selves and finding meaning through connecting to nature. *Eunoia Summit: Finding Spirit in Self & Society*. Virtual Conference.
- Passmore, H.-A.** (2022, December). Current and future projects at the Nature—Meaning in Life (NML) Research Lab. *Coffee Chat: Canadian Psychological Association – Environmental Section*. Virtual Conference.
- Passmore, H.-A.** & Zelenski, J. M. (2022, December). Global findings on emotional connection to nature. *Global Wellbeing Summit: Gallup and Wellbeing for Planet Earth Foundation*. Virtual Conference.
- Passmore, H.-A.** (2022, October). Nature-based wellbeing interventions: Grounded in evidence. *University of Washington Nature and Health Speaks Series*, Seattle, Washington, USA. Virtual presentation.
- Passmore, H.-A.** (2022, June). Nature-based wellbeing interventions; Simple, yet powerful. *Zhejiang University Summer School*, Hangzhou, China. Virtual presentation.
- Passmore, H.-A.** (2022, March). Grounding oneself and transcending oneself: Evidence for nature as a pathway to well-being. *Scientific Talk Series: International Positive Psychology Association – Spirituality & Meaning Division*. Virtual Presentation - <https://vimeo.com/694604465/bb7865e680>
- Passmore, H.-A.**, & Zelesnki, J. M. (2020, October). Nature connectedness: Essential, distinct element of well-being. *Global Wellbeing Summit: Gallup and Wellbeing for Planet Earth Foundation*. Virtual Conference.
- Passmore, H.-A.** (2019, August). The human-nature connection: Essential well-being for the world. *International Well-Being Summit: Reinventing the concept of well-being. LiFull Foundation and Gallup World Poll*. Kyoto, Japan.
- Passmore, H.-A.** (2018, January). The nature of well-being: Theory and research on the role the natural world plays in our individual and social well-being. *Simon Fraser University's Social Psychology Area Seminar*. Vancouver, BC, Canada.
- Passmore, H.-A.** (2015, November). Flourishing in nature: How noticing everyday nature enhances your well-being. *MacEwan University Monthly Psychology Research Talks Series*. Edmonton, AB, Canada.
- Binfet, J.-T., & **Passmore, H.-A.** (2015, November). Understanding kindness in the school context: Implications for educators. *Educating for Resilience Conference*. Toronto, ON, Canada.
- Passmore, H.-A.** (2015, June). Individual and social benefits of everyday experiences in nature. *Seizing an Alternative: Toward an Ecological Civilization*. Claremont, CA, United States.

Invited Community/Other Presentations & Workshops

- Passmore, H.-A.** (2026, March). Beyond "happiness": Momentary & daily pathways to boost well-being. *Student Enrollment Services "Come Together" – Concordia University of Edmonton*. Edmonton, AB, Canada.
- Passmore, H.-A.** (2025, October). Evidence-based, nature-based wellbeing practices ...that *don't* add time to your day. *City of Edmonton Lunch & Learn: Nature, Wellness, and Mental Health*. Virtual/Edmonton, AB, Canada.

- Passmore, H.-A.** (2025, March). Nature-Meaning in Life (NMIL) Research Lab ... a brief overview. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB, Canada.
- Passmore, H.-A.** (2024, April). Saving our pale blue dot: The importance of nature connectedness for pro-nature behaviour. University of Pennsylvania Masters of Applied Positive Psychology Alumni. Virtual Conference - <https://youtu.be/KIbBf8Q4Nmg?feature>
- Passmore, H.-A.** (2024, March). Nature-Meaning in Life (NMIL) Research Lab ... a brief overview. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB, Canada.
- Passmore, H.-A.** (2023, March). Graduate school journey: Wellbeing, nature, and meaning in life. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB, Canada
- Passmore, H.-A.** (2023, January). Pathways to wellbeing through the natural world: An interactive workshop. *Staff Wellbeing Workshop – Lloydminster Sexual Assault Services*. Virtual Workshop.
- Passmore, H.-A.** (2022, June). The tree at the bus stop: The importance of nearby nature to individual and social wellbeing. *On the Edge Speaker Series – Edmonton Public Library*. Virtual Presentation - <https://epl.bibliocommons.com/events/6297c100db121f41008803cd>
- Passmore, H.-A.** (2022, March). Nature connectedness and eco-anxiety: Why you should care if you're working to improve sustainability. *Renewable Energy Seminar Series – McNeil Centre for Applied Renewable Energy, Concordia University of Edmonton*. Edmonton, AB, Canada – [recording: <https://www.youtube.com/watch?v=Elg4BkfV08>]
- Passmore, H.-A.** (2021, November). Nearby nature: The most under-utilized pathway to wellbeing. *Interdisciplinary Disciplinary Research Cluster on Wellness: Fall Speaker Series*. Concordia University of Edmonton. Edmonton, AB, Canada.
- Passmore, H.-A.** (2021, November). The science and psychology of the nature—wellbeing relationship. *Concordia Commitment Research Talk*. Concordia University of Edmonton. Edmonton, AB, Canada.
- Passmore, H.-A.** (2021, March). The nature of well-being: The role the natural world plays in our individual and social well-being. *United Arab Emirates University*. Virtual Presentation.
- Passmore, H.-A.** (2021, March). The nature of well-being: Theory research and interventions. *Guest lecture in PSY335-Positive Psychology-The Science of Well-being*. Concordia University of Edmonton. Edmonton, AB, Canada.
- Passmore, H.-A.** (2020 October). Making nature your story: Moving forward to a new relationship with nature – Eco-anxiety. *Embodiment Conference*. Virtual Conference.
- Passmore, H.-A.** (2020, October). Surviving and enjoying grad school. *Concordia University of Edmonton – Concordia Psychology Club*. Edmonton, AB, Canada.
- Passmore, H.-A.** (2020, April). Nature connectedness during the pandemic restrictions. *Derbyshire Wildlife Trust Staff Development Day*. Virtual Presentation.
- Passmore, H.-A.** (2020, March). Minding nature. *Down to Earth: Mindfulness March*. [Cancelled due to COVID-19]
- Passmore, H.-A.** (2020, February). Nature connectedness and well-being: Noticing nature. Nature Connectedness Event. *MARCH Mental Health Network and University of Derby*. Virtual Presentation.
- Passmore, H.-A.** (2019, December). The importance of connecting with nature for well-being and motivating nature-friendly sustainable behaviours. *Allestree Woodlands School, Eco-Committee Meeting*. Derby, United Kingdom.
- Passmore, H.-A.** (2019, September). Get Psyched: There's more to psychology than you think! *University of British Columbia, Information session for high school students as part of UBC's university awareness campaign*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2019, August). Connecting with nature through the lens of a positive psychology researcher. *Clubhouse Farm and Kelowna School District 23 Professional Development Day*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2019, February). Nature as children's space: Learning, playing, and being in nature. *Science Opportunities for Kids Society*. Kelowna, BC, Canada.

- Passmore, H.-A.** (2018, December). Parks, well-being, and broader social benefits. *Parks Services – Regional District of Central Kelowna*, Kelowna, BC, Canada.
- Passmore, H.-A.** (2018, December). BEing well: A practical talk on well-being. *Psychology Course Union, University of British Columbia*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2018, November). Surviving and enjoying grad school. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB, Canada.
- Passmore, H.-A.** (2018, September). Get Psyched: There's more to psychology than you think! *University of British Columbia, Information session for high school students as part of UBC's university awareness campaign*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2018, March). The psychology of well-being and meaning in life. *Peer Support Network, University of British Columbia*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2017, November). Surviving and enjoying grad school. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB. **Passmore, H.-A.** (2017, October). Ripples of gratitude: How not to do gratitude and how to do gratitude well. *Gratitude Project – Gratitude is good medicine. Third Space Foundation & University of British Columbia*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2016, October). Meaning from gratitude. *Gratitude Project – Is gratitude a pathway to happiness? Third Space Foundation & University of British Columbia*. Kelowna, BC, Canada.
- Passmore, H.-A.** (2016, October). Surviving and enjoying grad school. *MacEwan University – Psychology Honours Seminar*. Edmonton, AB, Canada.

RESEARCH / INTERVIEWS IN THE MEDIA

- 2026 (April 24). Research shows: Paying attention to nature increases well-being. *Högskolan Kristianstad*.
<https://www.hkr.se/nyheter/2026/ny-sidaforskning-visar-att-uppmarksamma-naturen-okar-valbefinnandet/>
- 2026 (February 20). The scientist behind our “nature notes” series. *BBC Radio: The World Tonight*.
<https://www.bbc.co.uk/programmes/m002rf0w>
- 2026 (February 18). What nature teaches us about a living a good life. *Bountiful Pocast*.
<https://youtu.be/rFngRqLSBHo>
- 2026 (February 11). The power of nature connectedness for enhancing wellbeing. *Dr Sogge Podcast on the Art & Science of Thriving*. <https://podcasts.apple.com/ca/podcast/dr-sogge-with-dr-holli-anne-passmore-on-the-power/id1785510674?i=1000749175866>
- 2026 (February 5). What is an incredibly simple strategy for wellbeing! *The CRAM Podcast*
<https://www.youtube.com/watch?v=K0ZRVKt3fAg>
- 2026 (January 23). A psychologist says this exercise can make you more hopeful in 14 days: The Noticing Nature Intervention is straightforward, but its results might surprise you. *The Washington Post*. <https://wapo.st/3NsnT4T>
- 2025 (December 31). The perfect night out: How to ditch the telly – and have next-level fun. *The Guardian*.
<https://www.theguardian.com/lifeandstyle/2025/dec/31/the-perfect-night-out-how-to-ditch-the-telly-and-have-next-level-fun>
- 2025 (December 21). Winter blues got you down? Here's what experts say could help. *CBC News*.
<https://www.cbc.ca/news/canada/seasonal-depression-expert-advice-9.7021763>
- 2025 (December 19). Nature connectedness and well-being. *Grow the Good* [podcast]
<https://open.spotify.com/episode/7rChsCq6VMipoEWHIPAI6g>

- 2025 (October 10). What difference did gratitude make? *CBC Radio Ontario Today* [live radio show]
<https://www.cbc.ca/listen/live-radio/1-45-ontario-today/clip/16174807-what-difference-gratitude-make>
- 2025 (June 12) We are nature. So why aren't we more connected to it? *CBC Radio The Signal* [live radio show]
<https://www.cbc.ca/listen/live-radio/1-89-the-signal/clip/16152120-we-nature.-so-connected-it>
https://www.youtube.com/watch?v=IRQWcDYe6Rk&ab_channel=CBCNewsNL-NewfoundlandandLabrador
- 2025 (May 30). On nature and meaning: A conversation with Holli-Anne Passmore, PhD. *MAPP Magazine*
<https://www.mappmagazine.com/articles/passmore>
- 2025 (May 15). Can nature help with recovery from injury? *DW In Focus – Environment*. <https://www.dw.com/en/can-nature-help-with-recovery-from-injury/a-72221445>
- 2025 (May 8). Nat Geo's ultimate guide to 'touching grass'. *National Geographic*.
<https://www.nationalgeographic.com/health/article/touch-grass-mental-health-outdoors>
- 2025 (March 28). Nature's healing touch: Fact or fiction? *DW German Public Radio: Living Planet*.
<https://www.dw.com/en/natures-healing-touch-fact-or-fiction/audio-72062600>
- 2025 (January 31). When did you experience the benefits of noticing nature in winter? *CBC Radio Ontario Today* [live call-in radio show]. <https://www.cbc.ca/listen/live-radio/1-45-ontario-today/clip/16125179-when-experience-benefits-noticing-nature-winter>
- 2025 (January 23). Feeling the winter blues? Notice nature for a well-being boost. *WebMD*.
<https://www.webmd.com/balance/news/20250123/feeling-the-winter-blues-notice-nature-for-a-well-being-boost>
- 2025 (January 23). When's the last time you noticed nature in the city? *CBC Radio Noon Quebec* [live call-in radio show].
<https://www.cbc.ca/listen/live-radio/1-102-radio-noon-quebec/clip/16123200-whens-last-noticed-nature-city>
- 2025 (January 20). Need a simple way to destress? Stop and notice nature, experts say. *CBC*.
<https://www.cbc.ca/radio/thecurrent/noticing-nature-experts-1.7434315>
- 2025 (January 14). How noticing nature can improve your mood. [live radio interview]. *CBC – The Current*.
<https://www.cbc.ca/listen/live-radio/1-63-the-current/clip/16120835-how-noticing-nature-improve-mood>
- 2025 (January 13). Winter happiness: The simple thing you can do that might help beat the winter blues. [television interview]. *CBC News*. <https://www.cbc.ca/player/play/video/9.6612180>
- 2025 (January 10). Tips for thriving and surviving in the winter. [radio interview / call-in show]. *WDET Detroit Public Radio - The Metro*. <https://wdet.org/2025/01/10/tips-for-thriving-and-surviving-in-the-winter/> [January 10, starts at 01:02:40]
- 2025 (January 16). Research looks at how noticing nature boosts positive emotions and life satisfaction. *HCM Magazine*.
<https://www.healthclubmanagement.co.uk/health-club-management-news/Research-looks-at-how-noticing-nature-boosts-positive-emotions-and-life-satisfaction/354793>
- 2024 (December 25). Canadian researchers trial nature trick to boost mood in winter. *The Guardian*.
<https://www.theguardian.com/science/2024/dec/25/canadian-researchers-trial-nature-trick-to-boost-mood-in-winter>
- 2024 (November 8). Yes, there are things to love about winter. *The New York Times - Well Newsletter*.
<https://www.nytimes.com/2024/11/08/well/how-to-love-winter.html>
- 2024 (May 2). Why 'biophilia' needs to be part of your next holiday. *BBC Travel*.
<https://www.bbc.com/travel/article/20240502-why-biophilia-needs-to-be-part-of-your-next-holiday>
- 2023 (December 19). A philosophy of stardust and nature. The Global Existential Summit. Existential Offerings – Virtual Conference. <https://existentialsummit.com/> [<https://www.youtube.com/watch?v=f6ut4upbxR8&t=1407s>]
- 2022 (December 10). 'MIND'ing nature: Cultivating childhood wellness outdoors. Fresh Outlook Foundation.
<https://freshoutlookfoundation.org/minding-nature-cultivating-childhood-wellness-outdoors/>

- 2022 (August, 29). Edmonton climate activists use their 'eco-grief' as a tool for building communities. *CBC News*. <https://www.cbc.ca/news/canada/edmonton/edmonton-climate-activists-use-their-eco-grief-as-a-tool-for-building-communities-1.6562046>
- 2022 (June 14). How to deal with eco-anxiety. *ASET News: The Association of Science and Engineering Technology Professionals of Alberta*. <https://aset.ab.ca/ASET-News/Member-News/2022/How-to-deal-with-eco-anxiety>
- 2022 (March - Spring/Summer edition). RX Wild: How nature restores body and mind. [interview for magazine article] *Conservation Magazine – Alberta Conservation Association*. https://www.ab-conservation.com/downloads/conservation_magazine/aca_conservationmagazine_ss_2022.pdf pg 14
- 2022 (February 4). Enhancing our wellbeing through everyday nature. *Science Up Your Wellbeing*. <https://www.youtube.com/watch?v=p5pSDegzGOU>
- 2021 (July). Interview for Insight Series, Mental Help, Adeara Recovery Centre affiliation program.
- 2021 (July 5). Pandemic Walks. [podcast interview]. *Terra-Infoma – CJSR Radio*. <https://terrainforma.ca/226>
- 2021 (January 10). Nature connectedness & community centered conservation: See the forest. [podcast interview]. *Society & Culture*. <https://podcasts.apple.com/us/podcast/nature-connectedness-community-centered-conservation/id1548215610?i=1000504896177>
- 2021 (March 10). Nature. [podcast interview]. *A World of Wellbeing Podcast Series – Gallup Global Wellbeing Initiative*. <https://www.speaker.com/user/gallupstrengthscenter/nature>
- 2020 (March). Noticing nature: Helping us cope with physical distancing restrictions of COVID19. [radio interviews]. *BBC Radio Derby; BBC Radio Scotland*.
- 2020 (February). Get connected to nature: Results of National Trust research with University of Derby. [radio interviews]. *BBC Radio Wales, BBC Radio Derby, BBC Radio Leeds*.
- 2019 (October 10). Finding beauty in the everyday: Noticing Nature. [podcast interview]. *Greater Good In Action: Podcast – The Science of Happiness*. https://greatergood.berkeley.edu/podcasts/item/finding_beauty-in-the-everyday
- 2019 (September 30). Eco-anxiety and the climate strike. [podcast interview]. *Terra-Infoma – CJSR Radio*. <https://terrainforma.ca/133>
- 2018 (December). Ecoanxiety. [radio interviews]. *CBC Radio*.
- 2018 (August). Reducing the fear of happiness. [radio interviews]. *CBC Radio*.
- 2018 (April 10). Nature and well-being. [video interview]. *Two for You: Two minutes for you to live and lead with intention – University of Minnesota*. <https://www.youtube.com/watch?v=mhV3ZazLn9M>
- 2017 (April 7). Noticing this in everyday life linked to 'significantly higher' level of happiness. *New York Daily News*. <http://www.nydailynews.com/life-style/noticing-linked-significantly-higher-level-happiness-article-1.3615158>
- 2018 (March 18). How does nature make us happy? [video interview]. *Paven Mahat – Medicine, Fitness, Health*. https://www.youtube.com/watch?v=Ytg_2DDAdAU
- 2017 (August 2). Therapy dogs for homesick college students? *Psychology Today*. <https://www.psychologytoday.com/blog/animals-and-us/201708/therapy-dogs-homesick-college-students>
- 2016 (November 16). Finding meaning in nature. [radio interview]. *TerraInfoma: CJSR – University of Alberta*, <https://terrainforma.ca/30>
- 2016 (November). Noticing Nature well-being intervention. *Greater Good in Action: Science Based Practices for a Meaningful Life*. https://ggia.berkeley.edu/practice/noticing_nature
- 2016 (August 31). The psychology of leisure. *Positive Acorn – Robert Biswas-Diener*. <http://myemail.constantcontact.com/The-Psychology-of-Leisure.html?soid=1102621930729&aid=yMCmj6a1QAA>
-

RESEARCH PRODUCTS

2023. *Noticing Nature Intervention* included as part of *Greater Good in Action - UC Berkeley's 'Pathway to Happiness' Program*. Chosen as one of 29 science based practices from their list of 100 practices for living a meaningful life.

2021. *Nature connectedness: For a new relationship with nature*. Free online MOOC course. In collaboration with University of Derby. <https://www.derby.ac.uk/short-courses-cpd/online/free-courses/nature-connectedness-relationship-with-nature/>

2020. *Noticing Nature Intervention* included as one of 30-science based practices for living a meaningful life. *Greater Good Toolkit*. Greater Good Science Center and Holstee. <https://www.holstee.com/products/greater-good-toolkit>

FELLOWSHIPS – SCHOLARSHIPS – GRANTS – RESEARCH FUNDING

| | | |
|------|--------------|--|
| 2024 | \$3000 | Social Sciences and Humanities Research Council (SSHRC) Travel Grant: Concordia University of Edmonton, AB [CRG-TRVL-2401-05] |
| 2021 | \$4000 | Social Sciences and Humanities Research Council (SSHRC)-Explore Grant: Concordia University of Edmonton, Edmonton, AB [SIG-XPLR-2104-01] |
| 2021 | non-monetary | Reduction in Teaching Award: Concordia University of Edmonton. Edmonton, AB. |
| 2020 | \$4997 | Seed Grant Funding: Concordia University of Edmonton. Edmonton, AB |
| 2020 | £1150 | Research Excellence Framework Funding: University of Derby, Derby, UK |
| 2019 | £1600 | Sandpit Conference Funding: MARCH Mental Health Network, Derby, UK |
| 2019 | \$750 | PhD Graduate Student Travel Grant: University of British Columbia, Kelowna, BC |
| 2018 | \$6000 | University Graduate Fellowship: University of British Columbia, Kelowna, BC |
| 2018 | \$500 | Tuum Est Student Initiative Fund: University of British Columbia, Kelowna, BC |
| 2017 | \$6000 | University Graduate Fellowship: University of British Columbia, Kelowna, BC |
| 2017 | \$1000 | PhD Graduate Student Travel Grant: University of British Columbia, Kelowna, BC |
| 2017 | \$550 | International Positive Psychology Association Scholarship |
| 2016 | \$3000 | University Graduate Fellowship: University of British Columbia, Kelowna, BC |
| 2016 | \$800 | Wright Foundation Scholarship: International Conference on Meaning |
| 2015 | \$105,000 | Joseph-Armand Bombardier CGS Doctoral Scholarship Social Sciences and Humanities Research Council (SSHRC) |
| 2015 | \$60,000 | Killam Doctoral Scholarship: University of British Columbia, Kelowna, BC |
| 2015 | \$5000 | Dean's Graduate Entrance Scholarship – Doctoral: University of British Columbia, Kelowna, BC |
| 2015 | \$3000 | University Graduate Fellowship: University of British Columbia, Kelowna, BC |
| 2015 | \$1000 | Masters Graduate Student Travel Grant: University of British Columbia, Kelowna, BC |
| 2015 | \$300 | International Positive Psychology Association Scholarship |
| 2014 | \$6000 | University Graduate Fellowship: University of British Columbia, Kelowna, BC |
| 2013 | \$17,500 | Joseph-Armand Bombardier CGS Masters Scholarship Social Sciences and Humanities Research Council (SSHRC) |

| | | |
|------|----------|---|
| 2013 | \$15,000 | Ontario Graduate Scholarship – Masters. (Declined) |
| 2013 | \$5000 | Dean's Graduate Entrance Scholarship – Masters: University of British Columbia, Kelowna, BC |
| 2012 | \$600 | MacEwan Students' Association Conference Grant: MacEwan University, Edmonton, AB |
| 2011 | \$500 | Dean's Student Travel Grant: MacEwan University, Edmonton, AB |
| 2010 | \$500 | Dean's Student Travel Grant: MacEwan University, Edmonton, AB |

AWARDS & HONOURS

| | |
|------|---|
| 2019 | Outstanding Student in Psychological Science for 2019, University of British Columbia, Kelowna, BC. |
| 2018 | Golden Apple Award – Structuring Course Effectively: University of British Columbia, Kelowna, BC |
| 2017 | Provost's Award for Teaching Assistants and Tutors: University of British Columbia, Kelowna, BC |
| 2017 | Women Leading the Way in Environmental Science: GoGreenEx, University of Limerick, Ireland |
| 2013 | Dean's Medal for Exceptional Academic Achievement: MacEwan University, Edmonton, AB |

COURSE DEVELOPMENT & TEACHING EXPERIENCE

Courses Developed

| | | |
|------|-------------------------------|---|
| 2021 | Nature and Wellbeing | 4 th year undergraduate seminar course |
| 2021 | Emotions & Behaviour | 3 rd year undergraduate course |
| 2016 | Psychology of Meaning in Life | 3 rd year undergraduate course |
| 2016 | Positive Psychology | 3 rd year undergraduate course |

Courses Co-Developed

| | |
|------|---|
| 2019 | Nature Connectedness [MOOC (Massive Online Open Course)] |
| 2016 | Introduction to Research Methods in Psychology. 2 nd year undergraduate course |

Teaching Experience

| <u>Appointment Level</u> | <u>Institution</u> | <u>Dates</u> | <u>Subject Area</u> |
|---|-------------------------------------|------------------|--|
| Associate Professor (Assistant Professor 2020-2023) | Concordia University of Edmonton | 2023- current | PSY 408: Nature and Wellbeing PSY 406: Language and Culture PSY 341: Social Psychology PSY 340: Emotion and Behaviour PSY104: Introduction to Psychology |

| | | | |
|------------------------|--|-----------|---|
| Term Instructor | University of British Columbia | 2018-2019 | Positive Psychology Introduction to Psychology |
| Graduate Co-Instructor | University of British Columbia | 2017-2018 | Introduction to Research Methods In Psychology |
| Term Instructor | University of British Columbia MacEwan University | | Psychology of Meaning in Life Psychology of Meaning in Life |
| Graduate Co-Instructor | University of British Columbia University of British Columbia | 2016-2017 | Introduction to Research Methods In Psychology |
| Term Instructor | MacEwan University | | Positive Psychology Psychology of Meaning in Life Psychology of Meaning in Life |
| Guest Lecturer | University of British Columbia | 2015-2016 | Positive Psychology |
| Guest Lecturer | University of British Columbia | 2014-2015 | Positive Psychology |

MASTERS, PhD, and PsyD REVIEW COMMITTEES & DEFENSE CHAIR

- 2026 (April). Committee Member. PsyD Defence. *Caregiver experiences of attachment-based interventions*. (Mikaela Flood). Concordia University of Edmonton. Supervisor: Dr. Elaine Greidanus.
- 2026 (April). External Examiner/Opponent PhD Defence. *Nature experience in school-age educare: In pursuit of nature connectedness*. (Tanya Uhnger Wunssche). Kristianstad University. Supervisor: Dr. Thomas Beery.
- 2026 (February). Committee Member. PhD Defence. *"It's not much of a cheese shop, is it?": Investigating the Impact of the Place Resonance Hypothesis on psychological well-being*. (Ashley R. Krause). University of Florida. Supervisor: Dr. Greg Webster.
- 2025 (December). Chair. PsyD Candidacy. *The lived experience of posttraumatic growth in chronic primary pain*. (Nicolya Lesoway). Concordia University of Edmonton. Supervisor: Dr. Thea Comeau.
- 2025 (October). Chair. PsyD Candidacy. *Assessing psychometric properties of screening tools for client mental health within Canadian Chinese-speaking populations*. (Margaret Tran). Concordia University of Edmonton. Supervisor: Dr. Jamie Dyce.
- 2025 (August). External Examiner, PhD Defence. *Promoting nature engagement in early adolescence by defining the core components and indicators of a comprehensive nature-based literacy* (Michelle Barette). University of Victoria. Supervisor: Dr. Nevin Harper.
- 2025 (April). Committee Member. PhD Candidacy. Comprehensive exams on nature, well-being, and positive psychology. (Sarena Sabine). University of Washington. Supervisor: Dr. Bryan P. Flaherty.
- 2025 (April). Chair. PsyD Candidacy. *Psychologists' attitudes towards virtual reality assessments: An embedded mixed methods study*. (Gauri Bhardwaj). Concordia University of Edmonton. Supervisor: Dr. Jamie Dyce.
- 2024 (November). Chair, PsyD Candidacy. *A test of the alternative model of personality disorders*. (Mackenzie Thomas). Concordia University of Edmonton. Supervisor: Dr. Jamie Dyce.

- 2024 (October). Chair, PsyD Candidacy. *Discrimination and stigma when assessing mental health care among young adults with Borderline Personality Disorder*. (Jenny Le). Concordia University of Edmonton. Supervisor: Dr. Jamie Dyce.
- 2024 (October). Committee Member, PsyD Candidacy. *Caregiver experiences of attachment-based interventions*. (Mikaela Flood). Concordia University of Edmonton. Supervisor: Dr. Elaine Greidanus.
- 2024 (October). Committee Member, PhD Dissertation Proposal. *It's not much of a cheese shop, is it?": Investigating the impact of the place resonance hypothesis on psychological well-being*. (Ashley N. Krause). University of Florida. Supervisor: Dr. Gregory D. Webster.
- 2024 (October). External Examiner, PhD Defence. *Impact of a common feature of nature images (fractal or scale-invariant) on perception of natural beauty and prosociality*. (Scott Roberts). Claremont Graduate University. Supervisor: Dr. Jeanne Nakamura.
- 2024 (April). External Examiner, PhD Defence. *Growth mindset with youth depression and well-being: An examination of cognitive factors and evaluation of a new intervention*. (Jessie Heaman). University of Guelph. Supervisor: Dr. Margaret N. Lumley.
- 2023 (December). External Examiner, Masters. *Why does nature immersion positively impact well-being? The role of organismic valuing*. (Sabrina Francescangeli). University of Victoria. Supervisor: Dr. Frederick Grouzet.
- 2023 (October). External Examiner, Masters. *Accuracy of horse affect assessments: A comparison of equine assisted mental health professionals, no-equine assisted mental health professionals, and laypeople*. (Sebastian A. Fox). University of Lethbridge. Supervisor: Dr. Elaine Greidanus
- 2022 (July). External Examiner, PhD Dissertation Proposal: *Exploring Chinese international student conceptualisation and language use about wellbeing*. (Lanxi Huang). University of Melbourne. Supervisors: Dr. Lindsay Oades, Dr. Peggy Kern.

STUDENT SUPERVISION

Graduate Students

2025-2026:

- Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising PhD., University of Florida, United States]
- Branislav Kaleta: *Nature-based interventions for adolescent mental health*. [Co-supervising PhD., University of Medicine and Health Sciences, Centre for Positive Health Sciences, St. Stephen's Green, Ireland]
- Jonah Kipnis. *Exploring the role of an experience-based symbolic program in eye-related quality of life in pediatric ophthalmology patients*. [Co-supervising PhD., Dalhousie University, Halifax, Nova Scotia]
- Nikki Ayles: *Nature-based positive psychology intervention*. [Member of supervisory team, Masters., Buckingham New University, United Kingdom]
- Sarena Sabine. *Nature presence*. [Member of supervisory team, PhD, University of Washington, United States]

2024-2025:

- Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising PhD., University of Florida, United States]
- Nikki Ayles: *Nature-based positive psychology intervention*. [Member of supervisory team, PhD., Buckingham New University, United Kingdom]
- Sarena Sabine. *Nature presence*. [Member of supervisory team, PhD, University of Washington, United States]

2023-2024:

- Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising PhD., University of Florida, United States]
Molly Peterson: *Toward a culture of connection: Sharing a love letter to nature*. [Supervisor, Masters of Applied Positive Psychology, University of Pennsylvania, United States]
Nikki Ayles: *Nature-based positive psychology intervention*. [Member of supervisory team, PhD., Buckingham New University, United Kingdom]
Michelle Dearle: *Nature relatedness and language development*. [Member of supervisory team, Masters, Edith Cowan University, Australia]
Sarena Sabine. *Nature presence*. [Member of supervisory team, PhD, University of Washington, United States]

2022-2023:

- Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising PhD., University of Florida, United States]
Nikki Ayles: *Nature-based positive psychology intervention*. [Member of supervisory team, PhD., Buckingham New University, United Kingdom]
Michelle Dearle: *Nature relatedness and language development*. [Member of supervisory team, Masters, Edith Cowan University, Australia]

2021-2022:

- Janna Mulholland: *Nature-based interventions for refugees and for clinicians*. [Concordia University of Edmonton]
Ashley Krause: *Meaning, nature, and place attachment*. [Co-supervising, University of Florida, United States]

Undergraduate Honours Thesis

2020-2021:

- Otis Geddes: *Updating meta-analysis for positive psychology*. [University of British Columbia. Co-supervised with: Andrew J. Howell (MacEwan University) & Brian O'Connor (University of British Columbia)]

Undergraduate Directed/Independent Studies

2023-2024:

- Glory Belford: *Effects of the Noticing Nature Intervention on salivary cortisol and wellbeing*. [Concordia University of Edmonton] (Co-supervising with Dr. Matthew Churchward, Biology)
Zaid Zulfiqar: *Exposure to nature sounds to reduce test anxiety and increase wellbeing*. [Concordia University of Edmonton]

2020-2021:

- Gleivy Graveran: *Exposure to nature and decreased use of stereotype schemas*. [Concordia University of Edmonton]

2019-2020:

- Otis Geddes: *Green Exercise literature review/book chapter*. [University of British Columbia]
Michael Hunter: *Goal-intervention to enhance meaning in life*. [University of British Columbia]

2018-2019:

- Hannah Wilson: *Guided imagery nature intervention – meaning, well-being*. [University of British Columbia]

2017-2018:

Kris Zulinick: *Inducing compassion*. [University of British Columbia]

Paul Lutz: *Moral goodness & ugliness, elevation, and meaning in life*. [University of British Columbia]

Anastasia Skobkareva: *Psychopathy, machiavellianism, well-being, and ill-being*. [University of British Columbia]

2016-2017:

Christy Grenon: *Attachment style and social networking site usage*. [University of British Columbia]

Genny Eger: *Meaning in life in children*. [University of British Columbia]

Lauren Hotchkiss: *Predictive model of hope – transcendence*. [University of British Columbia]

2014-2015:

Shelayne Paul: *Meaning Intervention: Improving meaning in nursing students*. [University of British Columbia]

Graduate & Undergraduate Research Assistants/Lab Members

Nature—Meaning in Life (NMIL) Research Lab (an international multi-university research lab)

(^ indicates Graduate student)

(See all current and past members of NMIL at <https://nmil.ca/NMIL>)

2025-2026:

Aaron Burton: *Emotional experiences intervention*. [Concordia University of Edmonton, Canada]

Celina Posa: *Flavours of love wellbeing intervention* [Concordia University of Edmonton, Canada]

Dizzy Zylstra: *Embracing boredom – intervention*. [Concordia University of Edmonton, Canada]

^Kwame (Jordan) Ansong-Danquah: *Choosing to vs having to – intervention*. [Concordia University of Edmonton, Canada]

^ Monali Sarma: *Nature exposure and death experiences*. [Assam University, India]

2024-2025:

^Ajay Mangat: *Nature connectedness, emotional regulation, the dark triad*.

^Ashley Krause: *Nature, meaning, and place attachment* [University of Florida, United States]

Celina Posa: *Flavours of love wellbeing intervention* [Concordia University of Edmonton, Canada]

^Kailie Schatz: *Play, meaning in life, and wellbeing*. [Concordia University of Edmonton, Canada]

^Sarena Sabine. *Nature presence*. [University of Washington, United States]

^Levi Sofen: *Nature and meaning in life*. [Brown University, United States]

2023-2024:

Ajay Mangat: (1) *3GT qualitative*. (2) *eco-anxiety*. (3) *Character strengths, nature connectedness, pathways to nature connectedness* [Concordia University of Edmonton, Canada]

^Ashley Krause: *Nature, meaning, and place attachment* [University of Florida, United States]

Faith Kujala: *Play, meaning in life, and wellbeing*. [Concordia University of Edmonton, Canada]

Glory Belford: *NNI to reduce salivary cortisol*. [Concordia University of Edmonton, Canada]

Kailie Schatz: *Play, meaning in life, and wellbeing*. [Concordia University of Edmonton, Canada]

^Jessica Nickerson: *Growing hope* [Concordia University of Edmonton, Canada]

^Jacob VanHaaften: *Character strengths, pathways to nature connectedness*. [Trent University, Canada]
Kailie Schatz: *Play, meaning in life, and wellbeing*. [Concordia University of Edmonton, Canada]
^Levi Sofen: *Nature- based character strengths-based interventions*. [Brown University, United States]
^Mackenzie Thomas: *Play-based meaning in life intervention* [Concordia University of Edmonton, Canada]
^Otis Geddes: *Well-being At Your Doorstep* [University of Victoria, Canada]
^Tarleen Dhanoa: *Three Good Things in Nature vs In General*. [Concordia University of Edmonton, Canada]
^Sarena Sabine: *Minutes without Moments* [University of Washington, United States]
^Shannon Golsof: *Growing hope* [Concordia University of Edmonton, Canada]
Zaid Zulfiqar: *Reducing test anxiety through audio-based nature intervention* [Concordia University of Edmonton, Canada]

2022-2023:

Ajay Mangat: (1) *3GT qualitative*. (2) *eco-anxiety*. [Concordia University of Edmonton, Canada]
^Ashley Krause: *Nature, meaning, and place attachment* [University of Florida, United States]
Carolina Mendes: *3GT qualitative* [Concordia University of Edmonton, Canada]
Darren Aschacher: (1) *Science database on spirituality and wellbeing*. (2) *Nature and restoration with clinicians*. (3) *Forecasting meaning*. (4) *Mindfulness-Based Strengths Practices – Earth {Applied Emphasis Program Placement}* [Concordia University of Edmonton, Canada]
Hadla Omar: (1) *Play-based meaning in life intervention* [MacEwan University, Canada]
^Janna Mulholland: (1) *Nature and restoration with clinicians*. (2) *Character strengths intervention* [Concordia University of Edmonton, Canada]
^Mackenzie Thomas: (1) *Play-based meaning in life intervention* [Concordia University of Edmonton, Canada]
^Otis Geddes: *Well-being At Your Doorstep* [University of Victoria, Canada]
^Tarleen Dhanoa: (1) *Three Good Things in Nature vs In General*. [Concordia University of Edmonton, Canada]
^Sarena Sabine: *Minutes without Moments* [University of Washington, United States]

2021-2022:

^Alissa Yargeau: *Wellbeing in Winter* [Concordia University of Edmonton, Canada]
Angela Southworth: *3GT qualitative* [Concordia University of Edmonton, Canada]
Anika Gahun: *Three Good Things: In Nature vs In General* [MacEwan University, Canada]
^Ashley Krause: *Nature, meaning, and place attachment* [University of Florida, United States]
Carolina Mendes: *3GT qualitative* [Concordia University of Edmonton,]
Darren Aschacher: (1) *Science database on spirituality and wellbeing*. (2) *Nature and restoration with clinicians*. (3) *Forecasting meaning*. (4) *Eco-anxiety* [Concordia University of Edmonton, Canada]
^Janna Mulholland: (1) *Nature and restoration with clinicians*. (2) *Nature and well-being in post-secondary students* (book chapter). (3) *Noticing Nature Intervention in a refugee population*. (4) *Character strengths intervention* [Concordia University of Edmonton, Canada]
Joslin Blench: *Wellbeing in Winter* [Concordia University of Edmonton, Canada]
Michael Calaresu: general projects [University of Alberta, Canada]
^Otis Geddes: *Well-being At Your Doorstep* [University of Victoria, Canada]

^Paul Lutz: *Nomological web of correlates of eco-anxiety* [Carleton University, Canada]

Sacha Henry: *Narratives, Sounds, & Emotions/Growing Hope* [Concordia University of Edmonton, Canada]

^Sarena Sabine: *Minutes without Moments* [University of Washington, United States]

^Selina Verkland: *3GT qualitative* [Concordia University of Edmonton, Canada]

^Tarleen Dhanoa (1) *Three Good Things: In Nature vs In General*. (2) *Science database on meaning in life*. [Concordia University of Edmonton, Canada]

2020-2021:

Alissa Caskey: (1) *Nature connectedness interventions based on character strengths*. (2) *Well-being in Winter*. [Concordia University of Edmonton, Canada]

Angela Southworth: (1) *Noticing Nature – qualitative responses*. (2) *Beyond all borders: Nature and COVID*. [Concordia University of Edmonton, Canada]

Carolina Mendes: *Beyond all borders: Nature and COVID*. [Concordia University of Edmonton, Canada]

Madison Wong: *Reflecting on experiences and meaning in life*. [Concordia University of Edmonton, Canada]

Nusra Ithibahia: *Eco-anxiety among environmental students*. [Concordia University of Edmonton, Canada]

2019-2020

^Paul Lutz: *Predictors of Eco-anxiety* [Carleton University, Canada]

2018-2019

Benjamin Dunn: *Enhancing meaning in university students II*. [University of British Columbia, Canada]

Chin-Wen Chong: *Animal Assisted Interventions – development of course*. [University of British Columbia, Canada]

Erin Hum: *Animal Assisted Interventions – development of course*. [University of British Columbia, Canada]

Jonah Kipnis: *Personality fit for positive psychology interventions*. [University of British Columbia, Canada]

Josh Raphael: *Should – Choose: Well-being intervention*. [University of British Columbia, Canada]

Luke Ferarco: *Should – Choose: Well-being intervention*. [University of British Columbia, Canada]

Mario Tavolieri: *Virtues: Meaning in life intervention*. [University of British Columbia, Canada]

Michael Hunter: *Virtues: Meaning in life intervention*. [University of British Columbia, Canada]

Paul Lutz: *Moral identity and meaning in life*. [University of British Columbia, Canada]

Shao Yuan: *Animal Assisted Interventions – development of course*. [University of British Columbia, Canada]

2017-2018

Meagan Severson: *Nature-based well-being intervention*. [University of British Columbia, Canada]

2016-2017

Ashley Delmar: *Nature-induced compassion*. [University of British Columbia, Canada]

Baylee Adams: *Nature-induced compassion*. [University of British Columbia, Canada]

Johnson Chen: *Nature-induced compassion*. [University of British Columbia, Canada]

Lauren Hotchkiss: *Hope and gratitude: intervention*. [University of British Columbia, Canada]

Meagan Severson: *Nature-induced compassion*. [University of British Columbia, Canada]

Paul Lutz: *Meaning in life: Testing three interventions*. [University of British Columbia, Canada]
Sarah Weismeyer: *Implicit theories of well-being*. [University of British Columbia, Canada]
Tarnjeet Uppal: *Implicit theories of well-being*. [University of British Columbia, Canada]
Taylor McCreary: *Meaning in life: Testing three interventions*. [University of British Columbia, Canada]
Tim Osborne: *Meaning in life: Testing three interventions*. [University of British Columbia, Canada]

2015-2016

Benjamin Dunn: *Meaning in life in university students: Intervention* [University of British Columbia, Canada]
Lauren Hotchkiss: *Transcendent well-being*. [University of British Columbia, Canada]

Student Awards & Honours

2025-2026

| | |
|----------------|---|
| Celina Posa | Social Sciences and Humanities Research Council (SSHRC) SSHRC Masters Scholarship: \$27,000 |
| Molly Peterson | MAPP Alumni Research Grant (University of Pennsylvania): \$1500 |
| Celina Posa | Concordia University of Edmonton Student Travel Grant: \$2000 |

2024-2025

| | |
|-------------|---|
| Celina Posa | Concordia University of Edmonton Student Research Grant: \$1500 |
|-------------|---|

2023-2024

| | |
|----------------|---|
| Molly Peterson | University of Pennsylvania. Distinguished Capstone Thesis. |
| Glory Belford | Concordia University of Edmonton Student Research Grant: \$1450 |

2022-2023

| | |
|-------------|---|
| Ajay Mangat | Concordia University of Edmonton Student Research Grant: \$1450 |
|-------------|---|

2021-2022

| | |
|------------------|--|
| Janna Mulholland | Concordia University of Edmonton Graduate Student Research Grant: \$750 |
| Janna Mulholland | Alberta Graduate Excellence Scholarship (AGES): \$14,333. <i>Government of Alberta</i> . |
| Janna Mulholland | Richard W. Kraemer Memorial Scholarship: \$1500. <i>Concordia University of Edmonton</i> . |

2017-2018

| | |
|----------------------|---|
| Anastasia Skobkareva | 3 rd Place Student First-Authored Poster Contest – Region of North America. <i>American Psychological Association Annual Conception</i> , Chicago, IL. |
| Paul Lutz | 3 rd Place Student Paper Contest: \$950. <i>Biennial International Meaning Conference</i> , Vancouver, BC. *Other winners and honourable mentions were third- or fourth-year Ph.D. students at various universities. |
| Meagan Severson | Tuum Est Student Initiative Fund: \$500. <i>University of British Columbia</i> , Kelowna, BC. |

2016-2017

Christy Grenon Tuum Est Student Initiative Fund: \$500. *University of British Columbia*, Kelowna, BC.
Lauren Hotchkiss Tuum Est Student Initiative Fund: \$500. *University of British Columbia*, Kelowna, BC

2015-2016

Lauren Hotchkiss Undergraduate Research Award: \$6500. *University of British Columbia*, Kelowna, BC

SERVICE TO PROFESSION

(2021-present) Science Chair: International Positive Psychology Association – Spirituality & Meaning Division
(2020-present) Editor: International Journal of Wellbeing (IJW)
(2019-2023) Invited Academic Team Member: Global Wellbeing Initiative.
(2019-2021) Member of Scientific Committee for IMEC. International Meaning Events Community

Ad Hoc Reviewer: Academic Journals (Not including articles reviewed and processed in Editor role for IJW)

2026:

1 article reviewed: People & Nature (1)

2025:

10 articles reviewed: BMC Public Health (1); BMC Psychology (1); Ecopsychology (1); Journal of Applied Psychology (2); Journal of Environmental Psychology (7)

2024:

11 articles reviewed: Journal of Applied Psychology (1); Journal of Environmental Psychology (5); Journal of Happiness Studies (2); Nature Human Behaviour (2); Personality and Individual Differences (1)

2023:

9 articles reviewed: Ecopsychology (1); Journal of Applied Social Psychology (1); Journal of Environmental Psychology (1); Journal of Happiness Studies (2); Journal of Positive Psychology (1); Landscape and Urban Planning (1); Personality and Individual Differences (1); People and Nature (1)

2022:

12 articles reviewed: Frontiers – Psychology (2); Journal of Environmental Psychology (3); Journal of Happiness Studies (1); Landscape and Urban Planning (2); Nature & Human Behaviour (1); Science Direct (1); The Cognitive Behaviour Therapist (1); The Trumpeter (1)

2021:

8 articles reviewed: BMC Public Health (1); Ecopsychology (1); International Journal of Applied Positive Psychology (1); Journal of Happiness Studies (1); Landscape and Urban Planning (2); Psychology of Women Quarterly (1); Scientific Reports (1)

2020:

9 articles reviewed: Current Psychology (1); Ecopsychology (2); Environment & Behavior (1); International Journal of Applied Positive Psychology (2); Journal of Adult Development (1); Journal of Health Psychology (1); Journal of Happiness Studies (1)

2019:

4 articles reviewed: Ecopsychology (1); International Journal of Wellbeing (1); Journal of Happiness Studies (1); Journal of Positive Psychology (1)

2018:

5 articles reviewed: Current Psychology (1); Ecopsychology (1); Journal of Happiness Studies (1); Leisure (1); Review of General Psychology (1)

2017:

8 articles reviewed: Canadian Psychology (1); Conservation & Society (1); Ecopsychology (3); International Journal of Wellbeing (1); Journal of Happiness Studies (1); Personality and Individual Differences (1)

2016:

3 articles reviewed: Behaviour & Information Technology (1); Canadian Psychology (1); Middle East Journal of Positive Psychology (1)

2015:

2 articles reviewed: Canadian Psychology (1); Ecopsychology (1); Middle East Journal of Positive Psychology (1)

Service to Concordia University of Edmonton

Department Chair-Psychology

2023 June—current

Committees

2025--current. Co-Chair. Occupational Health and Safety Committee.

2025. Hiring Committee Member. Instructor for Music Therapy, Music Department.

2025. Hiring Committee Member: PsyD Graduate Faculty Hires

2025. Hiring Committee Member: Undergraduate Faculty Hires

2023—current. Member. *Academic Standards Committee*.

2022—current. Psychology Department Lead. *CUE website department pages*.

2022—current. URPP Coordinator. *Undergraduate Research Participant Pool*.

2022 – current. Committee Member. *General Faculties Council*.

2022 – current. Qualtrics Brand Administrator, *Department of Psychology*.

2022 – current. External Engagement Officer, *Concordia University of Edmonton Faculty Association*.

2021 – current. Webmaster. *Concordia University of Edmonton Faculty Association*.

2021 – 2024. Committee Member. *Program to Assist Grant Endeavours (PAGE)*.

2022—2024. Member. *Research and Faculty Development Committee*.

2022—2023. Committee Member. CUE Annual Research & Innovation Conference.

2022—2023. Committee Member. *Special Committee to Review/Redesign the Undergraduate Psychology Program*.

2021 – 2023. Committee Member. *Research Ethics Committee*.

2022 (September – December). Interim Member. Arts, *Strategic Enrollment Management Committee*.

2022. (February-March). Committee Member. *Psychology Department Faculty Hiring Committee*.

2022. (February). *Faculty Member. Gerald S. Krispin Research Awards*.

2021. (October-November). Committee Member. *Ad Hoc Departmental Website Committee*.

Guest Talks, Guest Lectures, and Other Service

2026 (March). Invited workshop. *Student Enrollment Services: "Come Together"*.

2025 (April). Invited guest lecture (two classes). *PSY 335 Positive Psychology: The Science of Well-Being*

2025 (March). Psychology Department Representative. *CUE Open House online for highschool students*

2025 (February). Invited guest lecture. (two lectures). *PHIL 499 Advanced Topics in Philosophy: Meaning of Life*

2025 (January). Invited guest lecture. *PSY 408 Nature and Well-being*

2024 (March) Psychology Department Representative. *CUE Info Night*.

2024 (March). Invited guest lectures (two classes). *PSY 335-Positive Psychology: The Science of Wellbeing*

2024. (January). Invited guest lectures (two classes). *PHIL 499-Advanced Topics in Philosophy*

2024. (January). Invited guest lecture. *MGT 440-Consulting*

2023. (November). Invited guest lecture. *PSY 409 Self, Identity, & Subjectivity*.

2023. (October). Invited guest panel member. *Applied Emphasis Program*.

2023. (October). Psychology Department Representative. *CUE Open House*.

2023. (April). Poster judge. *CUE Annual Research & Innovation Conference*.

2023. (March). Invited guest speaker. *UFDN 199 University Foundations*.

2023. (March). Psychology Department Representative. *CUE Info Night*.

2023. (March). Invited guest lecture. *PSY 319-Research Designs and Intermediate Statistical Methods in Psychology*.

2022. (October). Invited guest panel member. *Applied Emphasis Program*.

2022. (October). Invited guest speaker. *UFDN 199-University Foundations*

2022. (September). Invited guest lecture. *PSY 409-Self, Identity, & Subjectivity*.

2021. (November). Invited guest lecture. *PSY 335-Positive Psychology-The Science of Well-being*.

2021. (November). Invited speaker: *CUE Wellness Fall Speaker Series*

2021. (November). Invited speaker: *CUE Commitment Research Talk*.

2021. (October). Psychology Department Representative. *CUE Open House*.

2021. (August). Psychology Department Representative. *Student Orientation*.

2021. (April). Chair, Judge. *Concordia University of Edmonton's Student Research Forum*.

2021. (March). Psychology Department Representative. *Virtual Discover CUE event*.

2021. (March). Invited guest lecture. *PSY319-Research Designs and Intermediate Statistical Methods in Psychology*.

2021. (March). Invited guest lecture. *PSY335-Positive Psychology-The Science of Well-being*.

2020. (October). Psychology Department Representative. *Virtual CUE Open House event*.

2020. (October). Surviving and enjoying grad school. *Concordia Psychology Club*.

PROFESSIONAL MEMBERSHIPS

Canadian Psychological Association

International Positive Psychology Association

Society for Personality and Social Psychology

International Network on Personal Meaning