HOLLI-ANNE PASSMORE, PhD

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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

Degree	Subject	Location	Date
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. 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 and an Editor of the International Journal of Wellbeing.

ACADEMIC PUBLICATIONS

[Citations: 6.891; h-index: 33; i10-index: 39]

Refereed Journal Articles (* denotes student under my supervision)

Passmore, H.-A., *Sabine, S., & Yang, Y. (2026). 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, 21*(5), 594-905. https://doi.org/10.1080/17439760.2025.2569079

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

Zelenski, J. M., Lutz, P. K., **Passmore, H.-A.**, & Nisbet, E. K. (2026). 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

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., ***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

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)

Barnes, C., **Passmore, H.-A.**, Cieraad, E., Allies, K., & Tyrtania, M. (under review). *Development and validation of the Dark Sky Protection Scale (DSPS): A measure of behaviours that reduce light pollution.*

*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., Ambarlı, 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 availble 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. & Zelesnki, 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. (2026, October, Keynote). Pathways to engagement and meaning in life. *Psychologists' of Alberta Association Fall Conference*, Edmonton, AB, Canada. [invited keynote speaker]

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

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

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., lLumber, 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 Madani, M., Harper, A., **Passmore, H.-A.**, & Burke, J. (October). The emotional benefits of cloudspotting. *International Society of Forest Therapy (ISFT) Congress*. Stein, Austria.

Passmore, H.-A., Davoodi, T., Nemeth, H., Pasanen, J., Zelenski, J. (2026, July). Harmony with nature: A global perspective. *European Conference on Positive Psychology (ECPP).* Dublin, Ireland.

*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, Irerland.

*Posa, C., Passmore, H.-A., *Burton, A, & Lomas, T. (2026, April). "Life Full of Love": A RCT testing a new wellbeing intervention. *Concordia's Annual Research and Innovation Conference (CARIC)*. Concordia University of Edmonton. Edmonton, AB, Canada.

*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 (ECPP)*. Innsbruck, Austria.

*Geddes, O., & **Passmore, H.-A.** (2023, July). Wellbeing At Your Doorstep: A nearby nature-awareness walking program. *8th World Congress on Positive 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 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 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 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.**, & *Burton, A. (2026, July). A new "Positive EmoDiversity" wellbeing intervention. *European Conference on Positive Psychology (ECPP).* Dublin, Ireland.

*Krause, A., & **Passmore, H.-A.** (2025, February). "There's no place like home": Coherence mediates attachment to home. *Existential Psychology Preconferece - 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. (June, 2026). Nature in the city: More than just parks. *Biophilic Cities Network: Hear from the Experts.* Virtual talk. https://www.biophiliccities.org/bcexperts / https://vimeo.com/user91553214/hap

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. *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 (NMIL) 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 Appiled Renewable Energy, Concordia University of Edmonton. Edmonton, AB, Canada – [recording: https://www.youtube.com/watch?v=EIgl4BkfV08]

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 (August 28). Can nature actually be the cure? *CBC Radio Ontario Today* [live radio show] https://www.cbc.ca/listen/live-radio/1-45-ontario-today/clip/16234354-can-nature-actually-cures

2026 (July 28). 3 ways to deepen your connection with nature: Simple practices can hep transform time outdoors into meaningful connection. *Psychology Today*. https://www.psychologytoday.com/us/blog/the-pursuit-of-peace/202607/3-ways-to-deepen-your-connection-with-nature

2026 (June 5). The surprising science-backed reason being in nature makes you feel good. *The Washington Post*. https://www.washingtonpost.com/wellness/2026/06/05/surprising-science-backed-reason-being-nature-makes-you-feel-good/

2026 (April 24). Forskning visar: Att uppmärksamma naturen ökar välbefinnandet / 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/7rChsCq6VMipoEWHlPAI6g

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=lRQWcDYe6Rk&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-Informa – 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.spreaker.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-Informa – 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]. *TerraInforma: 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

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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	4th year undergraduate seminar course
2021	Emotions & Behaviour	3rd year undergraduate course
2016	Psychology of Meaning in Life	3rd year undergraduate course
2016	Positive Psychology	3rd year undergraduate course

Courses Co-Developed

2019 Nature Connectedness [MOOC (Massive Online Open Course)]

2016 Introduction to Research Methods in Psychology. 2nd year undergraduate course

Teaching Experience

Appointment Level	Institution	Dates	Subject Area
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 PSY 335: Positive Psychology 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	2016-2017	Introduction to Research Methods In Psychology
Term Instructor	University of British Columbia 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 (August). Chair, PsyD Candidacy. *Psychologists' attitudes towards virtual reality assessments: An embedded mixed methods study.* (Gauri Bhardwaj). Concordia University of Edmonton. Supervisors: Dr Seyma Yildirim-Erbasli, Dr. Jamie Dyce.

2026 (July). External Examiner. PhD Defence. *The relationship between sensory processing sensitivity and death anxiety: A mixed-methods examination.* (Tadgh Conner). University College Cork. Supervisors: Dr. Mike Murphy & Dr. Annalisa Setti.

2026 (July). Chair. PsyD Defence. *A test of the alternative model of personality disorders.* (Mackenzie Thomas). Concordia University of Edmonton. Supervisor: Dr. Jamie Dyce.

2026 (April). Committee Member. PsyD Defence. *Caregiver experiences of attachment-based interventions.* (Mikaela E. 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 / Co-Supervisor. 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 s*creening 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. I*t'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 prosocialitty.* (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 heath 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 welbeing*. (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 opthamology patients*. [Co-supervising PhD., Dalhousie University, Halifax, Nova Scotia]

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]

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-anxietyi* [Carleton Univers, Canada ity]

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: S*hould – 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
Celina Posa	Ccncordia University of Edmonton Annual Research and Innovation Conference: First Prize for Undergraduate Presentaton
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. *Government of Alberta.*
Janna Mulholland	Richard W. Kraemer Memorial Scholarship: $1500. *Concordia University of Edmonton.*

2017-2018

Anastasia Skobkareva	3rd Place Student First-Authored Poster Contest – Region of North America. *American Psychological Association Annual Concention*, Chicago, Il.
Paul Lutz	3rd Place Student Paper Contest: $950. *Biennial International Meaning Conference*, 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. *University of British Columbia*, Kelowna,

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

External Program Reviewer:

2025: The King's University, Edmonton, Alberta, Canada

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

2026:

1 article reviewed: People & Nature (1)

2025:

13 articles reviewed: Ambio (1); BMC Public Health (1); BMC Psychology (1); Ecopsychology (1); Journal of Applied Psychology (1); Journal of Environmental Psychology (7); People and Nature (1)

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—2026. Member. *Academic Standards Committee*.

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

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

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

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

2022 – 2026. Committee Member. *General Faculties Council.*

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*

*2*024 (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