

CURRICULUM VITAE

Megan M. Fritz, PhD

Postdoctoral Scholar Department of Psychiatry
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EDUCATION

Ph.D., Social and Personality Psychology

University of California, Riverside | Riverside, California

Dissertation: *Prosocial Behavior and Telomere Length:* June 2019

Can Simple Acts of Kindness Slow Cellular Aging?

Chair: Dr. Sonja Lyubomirsky

M.S., Health Psychology

University of the Sciences | Philadelphia, Pennsylvania

Thesis: *Behavioral and Environmental Contributory Factors for Obesity in* May 2014

Children with Autism: A Secondary Data Analysis From the National Survey of Children's Health 2007

Chair: Dr. E. Amy Janke

B.S., Psychology

Drexel University | Philadelphia, Pennsylvania

June 2010

Major in Psychology; Minor in English Literature

FELLOWSHIPS, HONORS, AND AWARDS

- 2019-2021 NIH T32 Postdoctoral Fellow: Cardiovascular Behavioral Medicine
Department of Psychiatry, University of Pittsburgh
- 2018 Graduate Student Researcher Award, Department of Psychology, University of California, Riverside (2 students, out of 95, elected by the faculty of the Department of Psychology)
- 2018 Dissertation Year Program Fellowship (2 quarters), University of California, Riverside (\$14,400)
- 2017-2018 Outstanding Teaching Assistant Award, University of California, Riverside
- 2014 Chancellor's Distinguished Fellowship, University of California, Riverside
- 2014 Society of Behavioral Medicine Meritorious Student Abstract

PUBLICATIONS

Published Works

Fritz, M. M., Armenta, C. N., Walsh, L. C., & Lyubomirsky, S. (2019). Gratitude facilitates healthy eating behavior in adolescents and young adults. *Journal of Experimental Social Psychology.*

Fritz, M. M., & Lyubomirsky, S. (2017). Whither happiness? When, how, and why might positive activities undermine well-being. In J. P. Forgas & R. F. Baumeister (Eds.), *The social psychology of living well* (pp. 101-115). New York: Psychology Press.

Nelson-Coffey, S. K., **Fritz, M. M.**, Lyubomirsky, S., & Cole, S. W. (2017). Kindness in the blood: The gene regulatory impact of prosocial behavior. *Psychoneuroendocrinology*, *81*, 8-13.

Fritz, M. M., Walsh, L. C., & Lyubomirsky, S. (2017). Staying happier. In M. D. Robinson & M. Eid (Eds.), *The happy mind: Cognitive contributions to well-being* (pp. 95-114). New York: Springer.

Armenta, C. N., **Fritz, M. M.**, & Lyubomirsky, S. (2017). Functions of positive emotions: Gratitude as a motivator of self-improvement and positive change. *Emotion Review*, *9*, 183-190.

Janke, E. A., Ramirez, M. L., Haltzman, B., **Fritz, M.**, & Kozak, A. T. (2016). Patient's experience with comorbidity management in primary care: a qualitative study of comorbid pain and obesity. *Primary Health Care Research & Development*, *17*, 33-41.

Janke, E. A., **Fritz, M.**, Hopkins, C., Haltzman, B., Sautter, J. M., & Ramirez, M. L. (2014). A randomized clinical trial of an integrated behavioral self-management intervention simultaneously targeting obesity and pain: The STOP trial. *BMC Public Health*, *14*, 621.

Popular Press

Fritz, M. M., & Lyubomirsky, S. (2018, July 27). [When happiness exercises don't make you happier. Greater Good: The Science of a Meaningful Life.](#)

Fritz, M. M., & Lyubomirsky, S. (2018, March 27). [The happiness boomerang effect: When positive activities backfire.](#) *Behavioral Scientist*.

Fritz, M. M., & Lyubomirsky, S. (2018, March 20). [How and why positive activities can make you happier.](#) *Behavioral Scientist*.

Sun, J., & **Fritz, M. M.** (2017, August 28). [Highlights from the SPSP-funded University of California Well-Being Conference.](#) *Character & Context*.

Manuscripts Under Review & In Preparation

Fritz M. M., Margolis, S., Revord, J. C., Rosen Kellerman, G., Nieminen, L. R. G., Reece, A., & Lyubomirsky, S. (2019). *Putting the social in prosocial: Do acts of kindness improve well-being more than simple social interactions?* Manuscript under review.

Armenta, C. N., **Fritz, M. M.**, Walsh, L. C., & Lyubomirsky, S. *Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth.* Manuscript under review.

Fritz, M. M., Maki, P. M., & Thurston, R. C. *Self-compassion predicts EMA-assessed positive and negative emotions in healthy midlife women.* Manuscript in preparation.

Fritz, M. M., Marsland, A. L., & Manuck, S. B. *Well-being, inflammation, and cardiometabolic risk: Do optimism and positive affect health via independent or shared pathways?* Manuscript in preparation.

Fritz, M. M., Walsh, L. C., Lyubomirsky, S., Cole, S. W., & Epel, E. *Prosocial behavior and telomere length: Can simple acts of kindness slow cellular aging?* Manuscript in preparation.

GRANTS

- Co-PI *Face-to-face versus technology-mediated prosocial behavior and gene expression in adolescents/young adults.*
Dates: January 1, 2018 – June 30, 2019. Amount of Award: \$45,000.
Hopelab, Inc.
Co-PIs: Lisa C. Walsh, Julia Revord, Sonja Lyubomirsky, Ph.D.
- Co-PI *Coding kindness: An analysis of 6,324 prosocial acts.*
Dates: January 1, 2018 – December 31, 2018. Amount of Award: \$5,000.
Hopelab, Inc.
Co-PIs: Lisa C. Walsh, Julia Revord, Sonja Lyubomirsky, Ph.D.
- Co-PI *Prosocial behavior and telomere length change.*
Dates: July 1, 2017 – June 30, 2019. Amount of Award: \$75,000.
Hopelab, Inc.
Co-PIs: Lisa C. Walsh, Sonja Lyubomirsky, Ph.D.
- Co-PI *Kindness and chronic pain.*
Dates: January 1, 2018 – December 31, 2018. Amount of Award: \$1,500.
University of California, Riverside Healthy Campus Initiative
Co-PIs: Robert Wright, Megan Robbins, Ph.D., Sonja Lyubomirsky, Ph.D.
- Co-PI *Kindness online and in-person: More than skin deep.*
Dates: January 1, 2018 – December 31, 2018. Amount of Award: \$1,500.
University of California, Riverside Healthy Campus Initiative
Co-PIs: Julia Revord, Lisa C. Walsh, Sonja Lyubomirsky, Ph.D.
- Grant Contributor *Gratitude as a trigger of self-improvement in adolescents.*
Dates: July 1, 2015 – June 30, 2017. Amount of Award: \$142,888.
Bridging Research and Practice: Character Lab competition.
PI: Sonja Lyubomirsky, Ph.D.

CONFERENCE PRESENTATIONS

Invited Discussant

Fritz, M. M. & Baranski, E. N. (March, 2017). *Opening the file drawer and other elephants in the room.* Invited talk, University of California Well-Being Conference, Riverside, CA.

Peer-Reviewed Conference Presentations

Fritz, M. M., Maki, P. M., & Thurston, R. C. (March, 2020). *Financial strain moderates the relationship between EMA-assessed positive and negative emotions and IL-6 in healthy midlife women.* Paper to be presented at the annual meeting of American Psychosomatic Society, Long Beach, CA.

Fritz, M. M., Armenta, C. N., Walsh, L. C., & Lyubomirsky, S. (April, 2019). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Paper presented at the annual meeting of Western Psychological Association, Pasadena, CA.

Fritz, M. M., Walsh, L. C., Lyubomirsky, S., Cole, S., & Epel, E. (February, 2019). *Kindness, loneliness, and cellular aging: An experimental investigation of the impact of a prosocial behavior intervention on physical health*. Data blitz to be presented at the Intervention Science Preconference, Society for Personality and Social Psychology, Portland, OR.

Fritz, M. M., Armenta, C. N., Walsh, L. C., & Lyubomirsky, S. (July, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Data blitz presented at the biannual European Conference on Personality, Zadar, CROATIA.

Fritz, M. M., Armenta, C. N., Walsh, L. C., & Lyubomirsky, S. (January, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Flash talk presented at the Gratitude Insights Conference, Chapel Hill, NC.

Fritz, M., Janke, E. A., & Sautter, J. M. (April, 2014). *Diagnostic severity and functional limitations contribute to increased prevalence of obesity in autistic youth*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.

Peer-Reviewed Poster Presentations

Fritz, M. M., Maki, P. M., & Thurston, R. C. (February, 2020). *Self-compassion predicts EMA-assessed positive and negative emotions in healthy midlife women*. Poster to be presented at the Happiness and Well-Being Science Preconference at the annual meeting of Society for Personality and Social Psychology, New Orleans, LA.

Fritz, M. M., Walsh, L. C., Lyubomirsky, S., Cole, S. W., & Epel, E. (February, 2020). *Kindness and cellular aging: A pre-registered intervention testing the effects of prosocial behavior on telomere length and well-being*. Poster to be presented at the annual meeting of Society for Personality and Social Psychology, New Orleans, LA.

Okabe-Miyamoto, K., Regan, A., Walsh, L. C., **Fritz, M. M.,** & Lyubomirsky, S. (February, 2020). *Face-to-face (versus digital) kind acts boost students' satisfaction with life*. Poster to be presented at the annual meeting of Society for Personality and Social Psychology, New Orleans, LA.

Fritz, M. M., Margolis, S., Armenta, C. N., Revord, J. C., Walsh, L. C., Lyubomirsky, S., Kellerman, G., Nieminen, & Reece, A. (February, 2019). *Putting the social in prosocial: Do acts of kindness improve well-being more than simple social interactions?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

Goldy, S. P., **Fritz, M. M.,** Armenta, C. N., Lyubomirsky, S., & Piff, P. K. (February, 2019). *The impact of a two-week daily intervention on increased and sustained experiences of awe*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

Fritz, M. M., Armenta, C. N., Walsh, L. C., & Lyubomirsky, S. (July, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Poster presented at the biannual meeting of the European Conference on Personality, Zadar, CROATIA.

Fritz, M. M., Armenta, C. N., Walsh, L. C., & Lyubomirsky, S. (January, 2018). *Gratitude facilitates healthy eating behavior in adolescents and young adults*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Fritz, M. M. & Lyubomirsky, S. (January, 2017). *Gratitude and healthy eating: The health benefits of expressing gratitude*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Armenta, C. N., **Fritz, M. M.,** Walsh, L., & Lyubomirsky, S. (January, 2017). *Gratitude and self-improvement in adolescents*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Fritz, M. M., Nelson, S.K., Lyubomirsky, S., & Cole, S.W. (January, 2016). *Kindness is in the blood: The biological health indicators of experimentally-induced prosocial behavior*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Shin, L. J., Layous, K. A., **Fritz, M.** & Lyubomirsky, S. (January, 2016). *Kindness-based positive interventions in two cultures*. Poster session presented at the 17th Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.

Janke, E.A., **Fritz, M.,** & Hopkins, C. (April, 2015). *Depression, inactivity & functional limitations contribute to obesity in adults with arthritis*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.

Hopkins, C., **Fritz, M.,** & Janke, E.A. (April, 2015). *Increased obesity rates and risk factors associated with obesity in adults diagnosed with arthritis*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.

Fritz, M., Janke, E.A., & Sautter, J.M. (March, 2013). *Increased rates of obesity and associated behavioral and environmental risk factors in children with autism spectrum disorders*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Fritz, M., Haltzman, B., Ishmail, K., & Janke, E.A. (March, 2013). *Pain characteristics in adults presenting for group weight loss treatment*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Haltzman, B. L., **Fritz, M.,** Waldron, E.A., Janke, E.A., & Kozak, A.T. (April, 2012). *The Importance of Tailoring and Provider-Initiated Education to Promote Self-Management of Co-Morbid Pain and Obesity*. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

Waldron, E.A., Janke, E.A., Haltzman, B., **Fritz, M.,** & Priftanji, F. (April, 2012). *A Systematic Review of the Effects of Psychosocial Obesity Interventions on Pain Outcomes*. Poster presented at the annual

meeting of the Society of Behavioral Medicine, New Orleans, LA.

PROFESSIONAL AND DEPARTMENTAL SERVICE

Ad-hoc Reviewer, <i>Psychosomatic Medicine</i>	2020
Ad-hoc Reviewer, <i>Annals of Behavioral Medicine</i>	2020
Ad-hoc Reviewer, <i>Journal of Positive Psychology</i>	2020
Ad-hoc Reviewer, <i>Emotion</i>	2017
Co-Organizer, University of California Well-Being Conference	2017
Graduate Student Association Representative, Psychology Department	2016-2017
Campus Representative, Society for Health Psychology	2016-2017

TEACHING EXPERIENCE

Instructor of Record

<i>Health Psychology</i>	Evaluation score: 4.81 out of 5	Summer 2018
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Teaching Assistant

Psychological Research Methods

Instructor: Erica Baranski	Summer class; no evaluation	Summer 2017
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Instructor: Megan Robbins	Evaluation score: 6.83 out of 7	Spring 2017
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The Science of Well-Being

Instructor: Sonja Lyubomirsky	Evaluation score: 6.66 out of 7	Winter 2017
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Health Psychology

Instructor: Kristina Mouzakis	Summer class; no evaluation	Summer 2016
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Personality Psychology

Instructor: David Funder	Evaluation score: 6.60 out of 7	Spring 2016
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Introduction to Psychology

Instructor: Laura Dimler	Summer class; no evaluation	Summer 2015
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Instructor: Elizabeth Davis	Evaluation score: 6.23 out of 7	Winter 2015
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Courses Prepared to Teach

Health Psychology

Personality Psychology

Introductory Statistics

The Science of Well-Being

Psychological Research Methods

PROFESSIONAL MEMBERSHIPS

American Psychosomatic Society

Society for Health Psychology (Division 38)

Society for Personality and Social Psychology

Society of Behavioral Medicine