

## Holli-Anne Passmore

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### EDUCATION

<u>Degree</u>	<u>Subject</u>	<u>Location</u>	<u>Date</u>
Ph.D.	Psychological Science	University of British Columbia	2015 - 2018 (June)
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

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### ACADEMIC PUBLICATIONS

#### Refereed Journal Articles

- Binfet, J.-T., **Passmore, H.-A.**, Cebry, A., Struik, K., & McKay, C. (in press). Reducing university students' stress through a drop-in canine-therapy program. *Journal of Mental Health*.
- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (in press). Positioning implicit theories of well-being within a positivity framework. *Journal of Happiness Studies*.
- Krzyzanowski, D. J., Howell, A. J., & **Passmore, H.-A.** (in press). Predictors and causes of the use of noun-based mental disorder labels. *Stigma and Health*.
- Binfet, J.-T., & **Passmore, H.-A.** (in press). The who, what, and where of school kindness: Exploring students' perspectives. *Canadian Journal of School Psychology*.
- Capaldi, C. A., **Passmore, H.-A.**, Ishii, R., Chistopolskaya, K. A., Vowinckel, J., Nikolaev, E. L., & Semikin, G. I. (in press). Engaging with natural beauty may be related to well-being because it connects people to nature: Evidence from three cultures. *Ecopsychology*.
- Passmore, H.-A.**, & Holder, M. D. (2017) Noticing nature: Individual and social benefits of a two-week intervention. *Journal of Positive Psychology, 12*, 537-546.
- Holder, M. D., **Passmore, H.-A.**, Broom, C., Berg, S., Li, E., Hickey, R., & Martin, C. (2017). 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*. doi:10.1007/s4-1042-017-0008-9
- Binfet, J.-T., & **Passmore, H.-A.** (2017). Teachers' perceptions of kindness at school. *International Journal of Emotional Education – Special Issue, 9*, 37-53.
- Yang, Y., Yang, Z., Bao, T., Liu, Y., & **Passmore, H.-A.** (2016). Elicited awe decreases aggression. *Journal of Pacific Rim Psychology, 10*, 1-13.
- 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*, 441-454.
- 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*, 2347-2363.

- 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, 1-16.
- 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, 311-321.
- 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.
- Passmore, H.-A.**, & Howell, A. J. (2014). Nature involvement increases hedonic and eudaimonic well-being: A two-week experimental study. *Ecopsychology*, 6, 148-154.
- 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, 370-388.
- 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, 1681-1696.
- 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, 166-171.

### Book Chapters

- Passmore, H.-A.**, & Howell, A. J. (2015). Seeds of hope. In Leo Bormans (Ed.), *The World Book of Hope*. Lannoo Publishers.
- Passmore, H.-A.**, & Holder, M. D. (2014). Gaming for good: Video games and enhancing prosocial behaviour. In Jeffrey Graham (Ed.), *Video games: Parents' perceptions, role of social media and effects on behavior* (pp. 141-166). Nova.
- 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.
- 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.

### Manuscripts Under Review

- Lambert, L., **Passmore, H.-A.**, & Joshanloo, M. (manuscript submitted). *A positive psychology intervention program in a culturally-diverse university: Boosting happiness and reducing fear*.

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## ACADEMIC PRESENTATIONS

### Conference Symposiums

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

### Conference Paper Presentations - Talks

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

- Capaldi, C.A., **Passmore, H.-A.**, & Dopko, R. L. (June, 2017). Greening the American dream: The personal, social, and environmental implications of valuing harmony with nature. *Society for Psychological Study of Social Issues Annual Conference*, Albuquerque, NM.
- 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. *9th Biennial International Meaning Conference*, Toronto, ON.
- Passmore, H.-A.** (2016, July). The sense and experience of being alive: Pearls strung on a thread of meaning. *9th Biennial International Meaning Conference*, Toronto, ON.
- Passmore, H.-A.**, & Holder, M. D. (2016, July). Noticing nature: Individual and social benefits of a two-week intervention. *3<sup>rd</sup> Biennial Convention of the Canadian Positive Psychology Association*, Niagra-on-the-Lake, ON.
- Binfet, J.-T. & **Passmore, H.-A.** (2016, April). Teachers' perceptions of kindness at school. *Annual Convention of the American Educational Research Association*, Washington, DC.
- 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, 17<sup>th</sup> Annual Convention of the Society for Personality and Social Psychology*, San Diego, CA.
- Passmore, H.-A.**, & Binfet, J.-T. (2015, June). Students' conceptualizations of kindness in school: Definitions, agents, and locations. *4th World Congress on Positive Psychology*, Orlando, FL.
- Passmore, H.-A.**, & Capaldi, C. A. (2015, June). Value added: How experiences in nature provide us with more than meets the eye. *76<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Ottawa, ON.
- Passmore, H.-A.** & Howell, A. J. (2014, July). Nature involvement as a positive psychology intervention. *2<sup>nd</sup> Biennial Convention of the Canadian Positive Psychology Association*, Ottawa, ON.
- Passmore, H.-A.**, & Howell, A. J. (2014, June). Seeds of hope: Associations between nature connectedness and hope. *75<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Vancouver, BC.
- Passmore, H.-A.**, & Howell, A. J. (2012, July). Eco-Existential Positive Psychology. *7<sup>th</sup> Biennial International Meaning Conference*, Toronto, ON.
- 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. *1<sup>st</sup> Biennial Convention of the Canadian Positive Psychology Association*, Toronto, ON.

### Conference Poster Presentations

- 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.
- 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, 17<sup>th</sup> Annual Convention of the Society for Personality and Social Psychology*, San Antonio, TX.
- Passmore, H.-A.**, Yang, Y., & Holder, M. D. (2017, January). Connecting to nature – connecting to others: Two two-week randomized controlled studies. *17<sup>th</sup> Annual Convention of the Society for Personality and Social Psychology*, San Antonio, Texas.
- 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. *77<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Victoria, BC.
- 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. *77<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Victoria, BC.

- Passmore, H.-A.**, Howell, A. J., & Holder, M. D. (2016, June). Believing that well-being can be changed. *77<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Victoria, BC.
- Howell, A. J., **Passmore, H.-A.**, & Holder, M. D. (2015, June). Implicit theories of well-being. *76<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Ottawa, ON.
- 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, 16<sup>th</sup> Annual Convention of the Society for Personality and Social Psychology*, Long Beach, CA.
- 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. *75<sup>th</sup> Annual Convention of the Canadian Psychological Association*, Vancouver, BC.
- Passmore, H.-A.**, Feller, K., Howell, A. J., & Buro, K. (2013, June). Self-determination needs and their relationship with nature affiliation and well-being. *3<sup>rd</sup> World Congress on Positive Psychology*, Los Angeles, CA.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2013, June). Meaning in life and its relationship with nature affiliation, spirituality, and well-being. *3<sup>rd</sup> World Congress on Positive Psychology*, Los Angeles, CA.
- Passmore, H.-A.**, Howell, A. J., & Buro, K. (2012, June). Nature affiliation and spirituality: Relationships with meaning in life and well-being. *73<sup>rd</sup> Annual Convention of the Canadian Psychological Association*, Halifax, NS.
- 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]. *2<sup>nd</sup> World Congress on Positive Psychology*, Philadelphia, PA.
- 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]. *6<sup>th</sup> Biennial International Meaning Conference*, Richmond, BC.
- Howell, A. J., Dopko, R. L., **Passmore, H.-A.**, & Buro, K. (2010, June). Nature affiliation: Associations with well-being and mindfulness. *71<sup>st</sup> Annual Convention of the Canadian Psychological Association*, Winnipeg, MB.

#### Invited Talks

- Passmore, H.-A.** (2017, October). Ripples of Gratitude: How not to gratitude and how to do gratitude well. *Gratitude Project – Gratitude is good medicine. Third Space Foundation & University of British Columbia*, Kelowna, BC.
- 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.
- 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.
- Binfet, J.-T., & **Passmore, H.-A.** (2015, November). Understanding kindness in the school context: Implications for educators. *Educating for Resilience Conference*. Toronto, ON.
- Passmore, H.-A.** (2015, June). Individual and social benefits of everyday experiences in nature. *Seizing an Alternative: Toward an Ecological Civilization umbrella conference*, Claremont, CA.
- Passmore, H.-A.** (2013, February). A natural high: The positive effects of nature on physical health and mental well-being. *First Nations & Inuit Health Branch, 3rd Annual Telehealth Speaker Series*, Health Canada, Edmonton, AB.
- Howell, A. J., & **Passmore, H.-A.** (2010, March). Got happy? A primer in positive psychology. *MacEwan Students' Psychology Network*, MacEwan University, Edmonton, AB

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#### RESEARCH IN THE MEDIA

- Noticing this in everyday life linked to 'significantly higher' level of happiness. November 2017. *New York Daily News*.  
<http://www.nydailynews.com/life-style/noticing-linked-significantly-higher-level-happiness-article-1.3615158>

Therapy dogs for homesick college students? August 2017, *Psychology Today*.  
<https://www.psychologytoday.com/blog/animals-and-us/201708/therapy-dogs-homesick-college-students>

GoGreenEx celebrates the women leading the way in environmental science. March, 2017.  
<http://www.gogreenex.org/gogreenex-celebrates-the-women-leading-the-way-in-environmental-science/>

Improve your wellbeing by simply appreciating nature. February 2017. *Seniors Newspaper*.  
<https://www.seniorsnews.com.au/news/improve-your-wellbeing-by-simply-appreciating-natu/3147523/>

The psychology of leisure. *Positive Acorn*.  
<http://myemail.constantcontact.com/The-Psychology-of-Leisure.html?soid=1102621930729&aid=yMCmj6a1QAA>

Nature, well-being, and meaning in life. November, 2016. Radio interview: *TerraInforma: CJSR*.  
<https://terrainforma.ca/2016/11/28/crazy-talk-on-terra-informa/>

Noticing Nature well-being intervention. November, 2016 *Greater Good in Action: Science Based Practices for a Meaningful Life*. [https://ggia.berkeley.edu/practice/noticing\\_nature#](https://ggia.berkeley.edu/practice/noticing_nature#)

## AWARDS & HONOURS

2017 Provost's Award for Teaching Assistants and Tutors: University of British Columbia – Okanagan, BC Canada  
 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, Canada  
 2013 Best paper of conference. Resilience Undergraduate Conference. MacEwan University, Edmonton, AB, Canada

## FELLOWSHIPS – SCHOLARSHIPS – GRANTS

2017	\$6000	University Graduate Fellowship: University of British Columbia - Okanagan
2017	\$1000	PhD Graduate Student Travel Grant: University of British Columbia - Okanagan
2017	\$550	International Positive Psychology Association Scholarship
2016	\$3000	University Graduate Fellowship: University of British Columbia - Okanagan
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
2015	\$5000	Dean's Graduate Entrance Scholarship – Doctoral: University of British Columbia – Okanagan
2015	\$3000	University Graduate Fellowship: University of British Columbia – Okanagan
2015	\$1000	Masters Graduate Student Travel Grant: University of British Columbia – Okanagan
2015	\$300	International Positive Psychology Association Scholarship
2014	\$6000	University Graduate Fellowship: University of British Columbia – Okanagan
2013	\$17,500	Joseph-Armand Bombardier CGS Masters Scholarship Social Sciences and Humanities Research Council (SSHRC)
2013	\$15,000	Ontario Graduate Scholarship – Masters Level. (Declined)
2013	\$5000	Dean's Graduate Entrance Scholarship – Masters: University of British Columbia – Okanagan
2012	\$600	MacEwan Students' Association Conference Grant
2011	\$500	Dean's Student Travel Grant: MacEwan University, Faculty of Arts & Science
2010	\$500	Dean's Student Travel Grant: MacEwan University, Faculty of Arts & Science

## TEACHING EXPERIENCE

<u>Appointment Level</u>	<u>Institution</u>	<u>Dates</u>	<u>Subject Area</u>
Graduate Co-Instructor	University of British Columbia	2018	Personality
Graduate Co-Instructor	University of British Columbia	2017	Introduction to Research Methods In Psychology
Term Instructor	MacEwan University	2017	Psychology of Meaning
Term Instructor	University of British Columbia	2017	Psychology of Meaning
Guest Lecturer	University of British Columbia	2017	Positive Psychology
Graduate Co-Instructor	University of British Columbia	2016	Introduction to Research Methods In Psychology
Term Instructor	MacEwan University	2016	Psychology of Meaning
Term Instructor	University of British Columbia	2016	Psychology of Meaning
Guest Lecturer	University of British Columbia	2016	Positive Psychology
Guest Lecturer	University of British Columbia	2015	Positive Psychology
Teaching Assistant	University of British Columbia	2013 – 2015	Introduction to Psychology Cognition Positive Psychology Environmental Psychology Anxiety in Intergroup Relations

## STUDENT SUPERVISION

2017	Paul Lutz	Independent Study	Moral goodness & ugliness, elevation, and meaning in life
2017	Tim Osborne	Volunteer Researcher	Moral goodness & ugliness, elevation, and meaning in life
2017	Meagan Severson	Volunteer Researcher	Nature-induced compassion
	Ashley Delmar	Volunteer Researcher	Nature-induced compassion
	Johnson Chen	Research Assistant	Nature-induced compassion
2017	Tim Osborne	Volunteer Researcher	Meaning in life: Testing three interventions
	Taylor McCreary	Research Assistant	Meaning in life: Testing three interventions
	Paul Lutz	Research Assistant	Meaning in life: Testing three interventions
2016	Christy Grenon	Independent Study	Attachment style and social networking site usage
2016	Genny Eger	Independent Study	Meaning in life and children
2016	Benjamin Dunn	Volunteer Researcher	Meaning in life in university students: Intervention
2016	Lauren Hotchkiss	Independent Study	Helping hope happen: Experimental examination of gratitude as a predictor of hope
2016	Lauren Hotchkiss	Independent Study	A predictive model of hope that employs transcendent causal predictors
2016	Tarnjeet Uppal	Research Assistant	Implicit theories of well-being
	Sarah Weismeyer	Research Assistant	Implicit theories of well-being
2015	Lauren Hotchkiss	Volunteer Researcher	Transcendent well-being
2015	Shelayne Paul	Independent Study	Meaning Intervention: Improving meaning in nursing students

## Student Awards

2016	Lauren Hotchkiss	Undergraduate Research Award: \$6500 <i>Helping hope happen: Experimental examination of gratitude as a predictor of hope.</i> University of British Columbia, Kelowna, BC
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## Student Presentations

2017	Lauren Hotchkiss	<b>Passmore, H.-A., Hotchkiss, L. R., McCurrach, D., &amp; Holder, M. D.</b> <i>Self reflections on daily events: Extended benefits of including the negative.</i> 5 <sup>th</sup> World Congress on Positive Psychology, Montreal, QC.
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- 2017 Christy Grenon *Grenon, C., Passmore, H.-A., & Holder, M. D. The influence of social attachment and social networking site usage on well-being, self-esteem, and loneliness.* 5<sup>th</sup> World Congress on Positive Psychology, Montreal, QC.  
Poster presentation
- 2017 Lauren Hotchkiss *Hotchkiss, L. R., Passmore, H.-A., McCurrach, D., & Holder, M. D. Benefits of reflecting on the positives and negatives: A two-week study.* Happiness and Well-Being Preconference, 17<sup>th</sup> Annual Convention of the Society for Personality and Social Psychology, San Antonio, TX.  
Poster presentation
- 2016 Lauren Hotchkiss *Hotchkiss, L.R., Passmore, H.-A., Howell, A. J., & Holder, M. D. Transcendent predictors of hope.* Annual Convention of the Canadian Psychological Association, Victoria, BC.  
Poster presentation
- 2016 Benjamin Dunn *Passmore, H.-A., Dunn, B. J., & Holder, M. D. Transcending education: A 7-day meaning intervention experimental study.* Biennial International Meaning Conference, Toronto, ON.  
Oral presentation  
Poster presentation *Dunn, B. J., Passmore, H.-A., & Holder, M. D. Transcending education: First hand accounts of how university can add meaning to your life.* University of British Columbia Undergraduate Research Conference, Kelowna, BC. \*First volunteer researcher to present.

## SERVICE TO PROFESSION

### Ad Hoc Reviewer: Academic Journals

Behaviour & Information Technology  
Canadian Psychology  
EcoPsychology  
International Journal of Welbeing  
Journal of Happiness Studies  
Middle East Journal of Positive Psychology  
Personality and Individual Differences

### Reviewer: Academic Conference Submissions

Annual Convention of the Canadian Psychological Association: Environmental Section (2016)  
Society for Personality and Social Psychology: Student Poster Award & Outstanding Research Award (2015)

### Other

Graduate Student Representative (nominated to position): University of British Columbia – Okanagan Graduate and Post-Doctoral Program Planning and Awards Committee. (2016-2018)  
Judge: Undergraduate Research Conference, University of British Columbia - Okanagan (2014-2016)  
Presenter, "Get Psyched: There's more to psychology than you think!", for Grade 9 students as part of their Health and Career Planning Program, Interactive Information Sessions at University of British Columbia - Okanagan (2016)  
Department of Psychology's Ph.D. Student Representative for UBC's College of Graduate Studies (Okanagan Campus) Graduate Student Advisory Committee (2015)

## PROFESSIONAL MEMBERSHIPS

Canadian Psychological Association  
Canadian Positive Psychology Association  
Society for Personality and Social Psychology

International Network on Personal Meaning  
International Positive Psychology Association

## REFERENCES

Paul G. Davies, Ph.D.  
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