

Ed Diener Biography

Ed Diener, Professor of Psychology at the University of Virginia, the University of Utah, and Senior Scientist for the Gallup Organization was one of the most eminent research psychologists in the world. With over 350 publications and a citation count over 365,000 he is one of the most highly cited scholars in the world. Diener has been the president of three scientific societies, the editor of three scientific journals, and has received the major awards in psychology such as the Distinguished Scientific Achievement Awards from the American Psychological Association and the Association for Psychological Science, as well as honorary doctorates. He was elected a member of the American Academy of Arts and Sciences.

Dr. Diener conducted research on the factors that influence people's life satisfaction and happiness, such as income, upbringing, temperament, social relationships, and government policies. He explored the societal factors related to happiness such as economic development, clean air, low corruption and crime, taxation policies, and income safety-net programs. Professor Diener has studied well-being in 166 nations of the world and discovered both universal and culture-specific causes of happiness. In his research Diener found that well-being does not just feel good but is good for individuals as well as their societies. People high in well-being tend to be healthier and live longer, are more productive at work, are better citizens, are more creative, and have stronger and more stable social relationships. Importantly, it is not just low levels of negative emotions that improve health and longevity, but enjoying life is, if anything, an even stronger predictor of good health.

Recent Major Projects:

1. **Well-Being Interventions**. The creation and validation of *Enhance*, a course designed to teach skills and habits that lead to higher well-being. One project is targeting the *Enhance* program for healthcare workers, such as physicians and nurses, to raise their well-being.
2. **Well-Being Assessment in Healthcare**. The introduction of well-being assessment in medical practice, for example in screenings of patients in family practice, and for pre- and post-surgery patients.
3. **Well-Being for Policy**. Scholarly reviews of the research evidence written for policy-makers, on how to improve well-being of societies. The first review focused on social policies for well-being, and the second article covers effective interventions for improving individual well-being.
4. **Professional Websites**. The creation and maintenance of scholarly and educational websites. One is *Nobaproject.com* and is devoted to providing college students with free textbooks. The second is *Nobascholar.com* and is focused on publishing the latest and best scholarship devoted to the science and practice of well-being. The third website, *eddiener.com*, presents Diener's measures of well-being and articles supporting their validity, as well as his scholarly research articles on well-being.