

Ryan T. Howell, Ph.D.

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Academic History

Doctor of Philosophy, 2005
 Social / Personality Psychology Division, Psychology Department, University of California, Riverside
 Dissertation Title: *Models of Happiness: The Role of Personality Traits and Daily Experience in Understanding Life Satisfaction* (Chair: Daniel J. Ozer)

Master of Arts, 2002
 Social / Personality Psychology Division, Psychology Department, University of California, Riverside

Bachelors of Science, 1998
 Psychology, *Cum Laude*, Westmont College, Santa Barbara, CA 1998

Professional Experience

2007-present Assistant Professor, Department of Psychology
 San Francisco State University

2005-2007 Assistant Professor, Department of Psychology
 California State University, Bakersfield

Awards & Honors

HEI/CCI Accelerated Proposal Preparation (APP) Award, Fall 2008
 San Francisco State University

This award is a two-course buy-out for the Fall '08 with the expectation that we will submit a NIH grant proposal by the end of the 2009-2010 academic year.

Outstanding Graduate Student Poster Presentation, February 2005.

Annual Graduate Student Conference, Riverside, CA. Award: \$700.

Promoting environmental sustainability at the individual level: The role of environmental education and intrinsic motivation

Chancellor's Fellowship, 2000-2001

University of California, Riverside. Award: \$12,000/year

Publications

Howell, R. T & *Hill, G. (in press). The mediators of experiential purchases: Determining the impact of psychological needs satisfaction and social comparison. *The Journal of Positive Psychology*.

Howell, R. T. & *Rodzon, K.S. (in press). How happy can you be? *The Journal of Positive Psychology*.

Howell, R. T (2009). Positive psychological wellbeing reduces the risk of mortality in both ill and healthy populations. *Evidence-Based Mental Health*. 12, 41.

Miller, C. S., Woodson, J., **Howell, R. T.**, Shields, A. L. (2009). Assessing the reliability of scores produced by the Substance Abuse Subtle Screening Inventory (SASSI). *Substance Use and Misuse*, 44, 1090 – 1100.

Huynh, Q.-L., **Howell, R. T.**, & Benet-Martínez, V. (2009). Reliability of bidimensional acculturation scores: A meta-analysis. *Journal of Cross-Cultural Psychology*, 40, 256-274.

- Howell, R. T.** Lyubomirsky, Sonja, 592-593. *The Encyclopedia of Positive Psychology* (ed. Lopez), 2. Wiley-Blackwell (Oxford, UK and Malden, MA), 2009.
- Clark, S. E., **Howell, R. T.**, & Davey, S. L. (2008). Regularities in eyewitness identification. *Law and Human Behavior*, 32, 187-203.
- Howell, R. T.**, & Howell, C. J. (2008). The relation of economic status to subjective well-being in developing countries: A meta-analysis. *Psychological Bulletin*, 134, 536 – 560.
- Howell, R. T.**, & Shields, A. L. (2008). The file drawer problem in reliability generalizations: A strategy to compute a fail-safe N with reliability coefficients. *Educational and Psychological Measurement*, 68, 120-128.
- Shields, A.L., Campfield, D., Miller, C.S., **Howell, R.T.**, Wallace, K.A., & Weiss, R.D. (2008). Score reliability of adolescent alcohol use screening measures: A meta-analytic inquiry. *Journal of Child and Adolescent Substance Use*, 17, 75-97.
- Howell, R. T.**, Kern, M. L., & Lyubomirsky, S. (2007). Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. *Health Psychology Review*, 1, 83 – 136.
- Shields, A.L., **Howell, R.T.**, Potter, J.S., & Weiss, R.D. (2007). The Michigan Alcoholism Screening Test and its shortened forms: A meta-analytic inquiry into score reliability. *Substance Use and Misuse*, 42, 1783-1800.
- Howell, C. J., **Howell, R. T.**, & Schwabe, K. A. (2006). Is income related to happiness for the materially deprived? Examining the association between wealth and life satisfaction among indigenous Malaysian farmers. *Social Indicators Research*, 76, 499 – 524.
- Gong, G., Haynatzki, G. R., Haynatzka, V., Kosoko-Lasaki, S., **Howell, R. T.**, Fu, Y., & Gallagher, J.C. (2006). Bone mineral density of recent African Immigrants in the United States. *Journal of the National Medical Association*, 98 (5), 746 – 752.
- Gong, G., Haynatzki, G. R., Haynatzka, V., **Howell, R. T.**, Kosoko-Lasaki, S., Fu, Y., & Gallagher, J.C. (2006). Bone mineral density-affecting genes in Africans. *Journal of the National Medical Association*, 98 (7), 1 – 7.
- Masters / Senior Thesis Committee*
- Chair, Psychology Department, Thery Prok
Masters of Arts, Title: *Conflict in Close Relationships* (Currently: UCSB Ph.D. program)
- Chair, Psychology Department, Gina Rebello
Honors Thesis, Title: *Correlations between the Prosocial Tendency and the Big Five Personality Traits of College Students* (Currently: SFSU Social Psychology MA program)
- Presentations*
- Howell, R.T.** (2008). *Examining Convergence of Experience Sampling Methods: Do Different ESM Capture Unique Aspects of Manifested Personality?* Paper presented at the 116th annual meeting of the American Psychological Association, Boston, MA., August 14 -17.
- Howell, R.T.** (2007). *Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes.* Paper presented at the Sixth International Positive Psychology Summit, Washington, D.C.
- Howell, C.J. & **Howell, R.T.** (2007). *A meta-analysis of the income–SWB relation among impoverished samples across the globe.* Paper presented at the Sixth International Positive Psychology Summit, Washington, D.C.
- French, S.E. & **Howell, R.T.** (2004). *The academic achievement of minority and majority students: A retrospective study.* Paper presented at the Consortium for Higher Academic Performance Meeting, UC Berkeley.

Selected
Poster
Presentations

- Ozer, D.J. & **Howell, R. T.** (2002). *Evaluating personality types*. Paper presented at the 11th European conference on Personality, Jena, Germany.
- Howell R. T.** (2009). *Money and Happiness Amidst Poverty: A Meta-Analysis*. Poster to be presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- *Rodzon, K. S. & **Howell R. T.** (2009). *An exploration of personality-affect relations in daily life: Determining the support for the affect-level and affect-reactivity models*. Poster to be presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- *Pfisterer, B. C. & **Howell R. T.** (2009). *I am not satisfied, but stressed: How the (lack of) income leads to financial distress*. Poster to be presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- *Hill, G. & **Howell R. T.** (2009). *The mediators of experiential purchases: Determining the impact of psychological need satisfaction*. Poster to be presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- Howell, R. T.** & Chenot, D. (2007). *Momentary happiness: The role of personality and psychological needs*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Memphis, TN.
- Howell, R. T.** (2006). *Models of Happiness: The Role of Personality Traits and Daily Experience in Understanding Life Satisfaction*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Palm Springs, CA.
- Howell, R. T.** & Kern, M. (2006). *The Effects of Positive and Negative Emotions on Physical Health: A Meta-analysis*. Poster presented at the annual Emotion Pre-Conference to the meeting for the Society of Personality and Social Psychologists, Palm Springs, CA.
- Huynh, Q.-L., & **Howell, R. T.** (2005). Ethnicity and acculturation questionnaires: A meta-analytic inquiry into score reliability. Paper presented at the 2005 Asian American Psychological Association Convention, Washington, DC.
- Howell, R.T.** & Howell, C.J. (2005). *Happy days: Modeling happiness with daily experiences and choices*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, New Orleans, LA.
- Howell, C.J. & **Howell, R.T.** (2005). *Can Happiness be Bought Amidst Poverty? A Meta-Analysis Examining the Association Between Wealth and Happiness in Developing Countries*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, New Orleans, LA.
- Howell, C.J. & **Howell, R.T.** (2004). *Wealth, income and life satisfaction: Examining the correlates among indigenous Malaysian farmers*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Austin, TX.
- Howell, R. T.** & Ozer, D. J. (2003). *When do personal goals predict daily behavior? Attenuation of goal-behavior relations by normative role obligations*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Los Angeles, CA
- Howell, R. T.** & Howell, C. J. (2003). *Increasing pro-environmental behavior by changing environmental concern and self-determination*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Los Angeles, CA.
- Howell, R. T.**, Hershey, J. W, Markey, P. M., & Ozer, D. J. (2002). *Convergent and divergent validity of goal assessments*. Poster presented at the annual meeting of the American Psychological

Association, San Francisco, CA.

<i>External Funding Reports</i>	French, S.E. & Howell, R. T. (2004). <i>Financial aid and preparation as predictors of graduating college GPA</i> . Report submitted to “Establishing a Consortium of Selective California Colleges and Universities to Increase the Number of Academically Very Successful Underrepresented Minority Undergraduates Grant.”
<i>Grants and Contracts</i>	<p>Co-Investigator, 2004 – 2005. Positive Psychology Microgrant, The Positive Psychology Network (\$2,000 Direct costs) PI: Dr. Kurt Schwabe, University of California, Riverside.</p> <p>Statistical Consultant, 2005 John Templeton Foundation and the Positive Psychology Network.(\$25,000 Direct costs) PI: Dr. Sonja Lyubomirsky, University of California, Riverside.</p> <p>Statistical Consultant, 2004 – 2005 National Institute on Alcohol Abuse and Alcoholism (R21 AA013423). Total Grant: \$115,000 PI: Dr. Alan Shields, East Tennessee State University.</p> <p>Statistical Consultant, 2004 State of Nebraska (LB 692). Total Grant: \$227,000 PI: Dr. Gordon Gong, Creighton University.</p> <p>Statistical Consultant, 2003 University of California at Riverside. Total Grant: \$23,987 PI: Dr. Sabine French, University of Illinois at Chicago.</p>
<i>SFSU Instruction</i>	<p>Analysis of Variance and Experimental Design, Current</p> <p>Introductory Psychological Statistics, Summer 2008, Spring 2008, Fall, 2007</p>
<i>Previous Instruction</i>	<p>Advanced Research Design and Analysis. California State University, Bakersfield.</p> <p>Quantitative Methods in the Behavioral Sciences. California State University, Bakersfield.</p> <p>Psychological Test & Measurement. California State University, Bakersfield.</p> <p>Understanding Psychological Research II. California State University, Bakersfield.</p> <p>Statistical Methods in Psychological Research. California State University, Bakersfield</p> <p>Introductory Psychology. University of California, Riverside.</p> <p>Statistical Procedures. University of California, Riverside.</p>
<i>Departmental Service</i>	<p>Psychology Department Advisory committee, Current</p> <p>Social Psychology Lab Coordinator, Current</p> <p>Speaker, Psi Chi Induction, Fall 2007</p>
<i>Community Service</i>	Reviewer, <i>Journal of Personality</i> , 2008

Reviewer, *Health Psychology Review*, 2008

Reviewer, *Perspectives on Psychological Science*, 2008

Reviewer, *Annals of Internal Medicine*, 2007

Poster Judge (2006) International Positive Psychology Summit, Washington, DC.