

## Julia K. Boehm

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### Academic Appointments

Chair, Department of Psychology, Chapman University, 2026-present

Professor of Psychology, Chapman University, 2026-present

Associate Professor of Psychology, Chapman University, 2020-2026

Assistant Professor of Psychology, Chapman University, 2013-2020

Postdoctoral Research Fellow, Harvard T. H. Chan School of Public Health, 2009-2013

### Education

Ph.D., Social and Personality Psychology, University of California, Riverside, 2009

M.A., Social and Personality Psychology, University of California, Riverside, 2006

B.A., Psychology, Magna Cum Laude, Lewis & Clark College, 2003

### Peer-Reviewed Journal Articles

\* Indicates undergraduate student co-author

71. Cintron, D. W., Golden, M. N., Hines, E. M., Boylan, J. M., **Boehm, J. K.**, & Moore, J. L. (2026). Life sustaining well-being practices and physiological health among black men. *Journal of Racial and Ethnic Health Disparities*. <https://doi.org/10.1007/s40615-026-03032-9>
70. Thompson, A. S., Bondonno, N. P., Liu, Y. L., Qureshi, F., Kubzansky, L. D., Trudel-Fitzgerald, C., **Boehm, J. K.**, Rimm, E. B., & Cassidy, A. (2026). Dietary flavonoid intake and psychological well-being – a bidirectional relationship. *Clinical Nutrition*. <https://doi.org/10.1016/j.clnu.2026.106579>
69. \*Allard, B. C., & **Boehm, J. K.** (2025). Exploring the association between self-esteem and blood pressure: A cross-sectional and longitudinal investigation. *Journal of Health Psychology*. <https://doi.org/10.1177/13591053251344741>
68. **Boehm, J. K.**, Adams, M., & Boylan, J. M. (2025). Sources of well-being and cardiovascular health: A mixed methods investigation from the MIDUS Study. *Social Science & Medicine*, 371, 117903. <https://doi.org/10.1016/j.socscimed.2025.117903>
67. Pincus, D., Ricca, B. P., Jenkins, B. N., **Boehm, J. K.**, Berardi, V., Moors, A. C., & Frederick, D. A. (2025). Emotional balance, health, and resilience at the start of the COVID-19 pandemic. *Emotion*. <https://doi.org/10.1037/emo0001580>

66. Qureshi, F., Woodward, K., Kubzansky, L. D., & **Boehm, J. K.** (2025a). Childhood prosocial behavior and body mass index: Longitudinal findings in the Millennium Cohort Study. *Health Psychology, 44*, 528-536. <https://doi.org/10.1037/hea0001463>
65. Qureshi, F., Woodward, K., Kubzansky, L. D., & **Boehm, J. K.** (2025b). Kind kids, healthy teens: Links between child prosociality and fruit and vegetable consumption. *American Journal of Preventive Medicine*. <https://doi.org/10.1016/j.amepre.2025.107965>
64. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2024). In the words of early adolescents: A novel assessment of positive psychological well-being predicts young adult depressive symptoms. *Journal of Adolescent Health, 74*, 713-719. <https://doi.org/10.1016/j.jadohealth.2023.10.029>
63. Boylan, J. M., Adams, M., & **Boehm, J. K.** (2024). Social structural differences in qualitative perspectives on well-being. *Applied Research in Quality of Life, 19*, 2633-2647. <https://doi.org/10.1007/s11482-024-10344-7> (The 1st and 3rd authors contributed equally.)
62. Jenkins, B. N., \*Ong, L. Q., Ong, A. D., \*Lee, H. Y., & **Boehm, J. K.** (2024). Mean affect moderates the association between affect variability and mental health. *Affective Science, 5*, 99-114. <https://doi.org/10.1007/s42761-024-00238-0>
61. Qureshi, F., Kubzansky, L. D., Chen, Y., Soo, J., Kim, E. S., Lloyd-Jones, D. M., & **Boehm, J. K.** (2024). Associations between positive affect and physical activity from young adulthood to midlife: A 25-year prospective study. *Health Psychology, 43*, 730-738. <https://doi.org/10.1037/hea0001381>
60. Qureshi, F., Denckla, C., & **Boehm, J. K.** (2024). Positive epidemiology, revisited: The case for centering human rights and economic justice. *American Journal of Epidemiology, 193*, 1313-1317. <https://doi.org/10.1093/aje/kwae056>
59. Qureshi, F., Guimond, A. J., Delaney, S., **Boehm, J. K.**, & Kubzansky, L. D. (2024). Who benefits and how: Five dimensions of adolescent psychological well-being and their relative impact on cardiometabolic health in adulthood. *Journal of Adolescent Health, 75*, P85-93. <https://doi.org/10.1016/j.jadohealth.2024.02.013>
58. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2023). Child psychological well-being and adult health behavior and body mass index. *Health Psychology, 42*, 73-81. <https://doi.org/10.1037/hea0001261>
57. Chen, R., Del Rosario, K., Lockman, A., **Boehm, J. K.**, Santos, K. B., Siegel, E., Mendes, W. B., & Kubzansky, L. D. (2023). Effects of induced optimism on subjective states, physical activity, and stress reactivity. *The Journal of Positive Psychology, 18*, 592-605. <https://doi.org/10.1080/17439760.2022.2070529>
56. Jenkins, B. N., \*Ong, L. Q., \*Lee, H. Y., Ong, A. D., & **Boehm, J. K.** (2023). Affect variability and physical health: The moderating role of mean affect. *Applied Psychology: Health and Well-Being, 15*, 1637-1655. <https://doi.org/10.1111/aphw.12459>
55. Kubzansky, L. D., Kim, E. S., **Boehm, J. K.**, et al., (2023). Interventions to modify psychological well-being: Progress, promises, and an agenda for future research. *Affective Science, 4*, 174-184. <https://doi.org/10.1007/s42761-022-00167-w>
54. Qureshi, F., Guimond, A. J., Tsao, E., Delaney, S., **Boehm, J. K.**, & Kubzansky, L. D. (2023). Adolescent psychological assets and cardiometabolic health maintenance in

- adulthood: Implications for health equity. *Journal of the American Heart Association*, *12*, e026173. <http://doi.org/10.1161/JAHA.122.026173>
53. \*Venkatesh, H., \*Osorno, A., **Boehm, J. K.**, & Jenkins, B. N. (2023). Resilience factors during the Coronavirus pandemic: Testing the main effect and stress buffering models of optimism and positive affect with mental and physical health. *Journal of Health Psychology*, *28*, 405-416. <https://doi.org/10.1177/13591053221120340>
  52. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2022). Psychological well-being in childhood and cardiometabolic risk in middle adulthood: Findings from the 1958 British Birth Cohort. *Psychological Science*, *33*, 1199-1211. <https://doi.org/10.1177/09567976221075608>
  51. Guimond, A. J., Trudel-Fitzgerald, C., **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2022). Is more, better? Relationships of multiple psychological well-being facets with cardiometabolic disease. *Health Psychology*, *41*, 32-42. <https://doi.org/10.1037/hea0001154>
  50. Peterson, B., Fitzmaurice, L., **Boehm, J. K.**, & Bendix, B. (2022). Pilot study evaluating a 12-hour mindfulness-based curriculum for OB/GYN residents. *Complementary Therapies in Clinical Practice*, *48*, 101620. <https://doi.org/10.1016/j.ctcp.2022.101620>
  49. Qureshi, F., Bousquet-Santos, K., Okuzono, S. S., Tsao, E., Delaney, S., Guimond, A. J., **Boehm, J. K.**, & Kubzansky, L. D. (2022). The social determinants of ideal cardiovascular health: A global systematic review. *Annals of Epidemiology*, *76*, 20-38. <https://doi.org/10.1016/j.annepidem.2022.09.006>
  48. Qureshi, F., Soo, J., Chen, Y., Roy, B., Lloyd-Jones, D. M., Kubzansky, L. D., & **Boehm, J. K.** (2022). Optimism and lipid profiles in midlife: A 15-year study of Black and White adults. *American Journal of Preventive Medicine*, *62*, e169-e177. <https://doi.org/10.1016/j.amepre.2021.09.011>
  47. **Boehm, J. K.** (2021). Positive psychological well-being and cardiovascular disease: Exploring mechanistic and developmental pathways. *Social and Personality Psychology Compass*, *15*, e12599. <https://doi.org/10.1111/spc3.12599>
  46. Guimond, A. J., Kubzansky, L. D., **Boehm, J. K.**, Kivimaki, M., & Trudel-Fitzgerald, C. (2021). Does life satisfaction reduce risk of incident hypertension and stroke? Evidence from the Whitehall II cohort. *Journal of Psychosomatic Research*, *144*, 110414. <https://doi.org/10.1016/j.jpsychores.2021.110414>
  45. **Boehm, J. K.**, Chen, Y., Qureshi, F., Soo, J., Umukoro, P., Hernandez, R., Lloyd-Jones, D. M., & Kubzansky, L. D. (2020). Positive emotions and favorable cardiovascular health: A 20-year longitudinal study. *Preventive Medicine*, *136*, 106103. <https://doi.org/10.1016/j.ypmed.2020.106103>
  44. **Boehm, J. K.**, Qureshi, F., Chen, Y., Soo, J., Umukoro, P., Hernandez, R., Lloyd-Jones, D. M., & Kubzansky, L. D. (2020). Optimism and cardiovascular health: Longitudinal findings from the Coronary Risk Development in Young Adults Study. *Psychosomatic Medicine*, *83*, 774-781. <https://doi.org/10.1097/PSY.0000000000000855>

43. \*Geller, M. B., & **Boehm, J. K.** (2020). It's for their health: Encouraging autonomy during emerging adulthood. *Psi Chi Journal of Psychological Research*, 25, 54-64.  
<https://doi.org/10.24839/2325-7342.JN25.1.54>
42. Kim, E. S., Shiba, K., **Boehm, J. K.**, & Kubzansky, L. D. (2020). Sense of purpose in life and five health behavior-related outcomes in older adults. *Preventive Medicine*, 139, 106172. <https://doi.org/10.1016/j.ypmed.2020.106172>
41. Kubzansky, L. D., **Boehm, J. K.**, Allen, A. R., Vie, L. L., Ho, T. E., Trudel-Fitzgerald, C., Koga, H., Scheier, L. M., & Seligman, M. E. P. (2020). Optimism and risk of incident hypertension: A target for primordial prevention. *Epidemiology and Psychiatric Sciences*, 29, e157, 1-9. <https://doi.org/10.1017/S2045796020000621>
40. Hernandez, R., Vu, T. H., Kershaw, K. N., **Boehm, J. K.**, Kubzansky, L. D., Carnethon, M., Trudel-Fitzgerald, C., Knutson, K. L., Colangelo, L. A., & Liu, K. (2019). The association of optimism with sleep duration and quality: Findings from the Coronary Artery Risk and Development in Young Adults (CARDIA) study. *Behavioral Medicine*, 46, 100-111.  
<https://doi.org/10.1080/08964289.2019.1575179>
39. Millstein, R. A., Chung, W. J., Hoepfner, B. B., **Boehm, J. K.**, Legler, S. R., Mastromauro, C. A., & Huffman, J. C. (2019). Development of the State Optimism Measure. *General Hospital Psychiatry*, 58, 83-93. <https://doi.org/10.1016/j.genhosppsych.2019.04.002>
38. **Boehm, J. K.**, Chen, Y., Koga, H., Mathur, M., Vie, L. L., & Kubzansky, L. D. (2018). Is optimism associated with healthier cardiovascular-related behavior? Meta-analyses of three health behaviors. *Circulation Research*, 122, 1119-1134.  
<https://doi.org/10.1161/circresaha.117.310828>
37. **Boehm, J. K.**, Soo, J., Zevon, E. S., Chen, Y., Kim, E. S., & Kubzansky, L. D. (2018). Longitudinal associations between psychological well-being and the consumption of fruits and vegetables. *Health Psychology*, 37, 959-967. <http://dx.doi.org/10.1037/hea0000643>
36. Kubzansky, L. D., Huffman, J. C., **Boehm, J. K.**, Hernandez, R., Kim, E. S., Koga, H. K., Feig, E. H., Lloyd-Jones, D. M., Seligman, M. E. P., & Labarthe, D. R. (2018). Positive psychological well-being and cardiovascular disease. *Journal of the American College of Cardiology*, 72, 1382-1396. <https://doi.org/10.1016/j.jacc.2018.07.042>
35. Peterson, B., Gordon, C., **Boehm, J. K.**, Inhorn, M. C., & Patrizio, P. (2018). Initiating patient discussions about oocyte cryopreservation: Attitudes of obstetrics and gynecology resident physicians. *Reproductive Biomedicine & Society*, 6, 72-79.  
<https://doi.org/10.1016/j.rbms.2018.10.011>
34. Soo, J., Kubzansky, L. D., Chen, Y., & **Boehm, J. K.** (2018). Psychological well-being and restorative biological processes: HDL-C in older English adults. *Social Science & Medicine*, 209, 59-66. <https://doi.org/10.1016/j.socscimed.2018.05.025>
33. Walsh, L. C., **Boehm, J. K.**, & Lyubomirsky, S. (2018). Does happiness promote career success? Revisiting the evidence. *Journal of Career Assessment*, 26, 199-219.  
<https://doi.org/10.1177/1069072717751441>
32. **Boehm, J. K.**, Soo, J., Chen, Y., Zevon, E. S., Hernandez, R., Lloyd-Jones, D. M., & Kubzansky, L. D. (2017). Psychological well-being's link with cardiovascular health in

- older adults. *American Journal of Preventive Medicine*, 53, 791-798.  
<https://doi.org/10.1016/j.amepre.2017.06.028>
31. Huffman, J. C., Legler, S. R., & **Boehm, J. K.** (2017). Positive psychological well-being and health in patients with heart disease: A brief review. *Future Cardiology*, 13, 443–450.  
<https://doi.org/10.2217/fca-2017-0016>
  30. Kim, E. S., Kubzansky, L. D., Soo, J., & **Boehm, J. K.** (2017). Maintaining healthy behavior: A prospective study of psychological well-being and physical activity. *Annals of Behavioral Medicine*, 51, 337-347. <https://doi.org/10.1007/s12160-016-9856-y>
  29. **Boehm, J. K.**, Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2016). Subjective well-being and cardiometabolic health: An 8-11 year study of midlife adults. *Journal of Psychosomatic Research*, 85, 1-8. <https://doi.org/10.1016/j.jpsychores.2016.03.018>
  28. Hernandez, R., Carnethon, M., Penedo, F. J., Martinez, L., **Boehm, J. K.**, & Schueller, S. M. (2016). Exploring well-being among U.S. Hispanics/Latinos in a church-based institution: A qualitative study. *Journal of Positive Psychology*, 11, 511-521.  
<https://doi.org/10.1080/17439760.2015.1117132>
  27. Huffman, J. C., **Boehm, J. K.**, Beach, S. R., Beale, E. E., DuBois, C. M., Nock, M. K., & Healy, B. C. (2016). Relationship of optimism and suicidal ideation in three groups of patients at varying levels of suicide risk. *Journal of Psychiatric Research*, 77, 76-84.  
<https://doi.org/10.1016/j.jpsychires.2016.02.020>
  26. Huffman, J. C., Millstein, R. A., Mastromauro, C. A., Moore, S. V., Celano, C. M., Bedoya, C. A., Suarez, L., **Boehm, J. K.**, & Januzzi, J. L. (2016). A positive psychology intervention for patients with an acute coronary syndrome: Treatment development and proof-of-concept trial. *Journal of Happiness Studies*, 17, 1985-2006.  
<https://doi.org/10.1007/s10902-015-9681-1>
  25. Labarthe, D. R., Kubzansky, L. D., **Boehm, J. K.**, Lloyd-Jones, D. M., Berry, J. D., & Seligman, M. E. P. (2016). Positive cardiovascular health: A timely convergence. *Journal of the American College of Cardiology*, 68, 860-867.  
<https://doi.org/10.1016/j.jacc.2016.03.608>
  24. Segerstrom, S. C., Combs, H. L., Winning, A., **Boehm, J. K.**, & Kubzansky, L. D. (2016). The happy survivor? Effects of differential mortality on life satisfaction in older age. *Psychology and Aging*, 31, 340-345. <https://doi.org/10.1037/pag0000091>
  23. Yu, L., Peterson, B., Inhorn, M. C., **Boehm, J. K.**, & Patrizio, P. (2016). Knowledge, attitudes, and intentions toward fertility awareness and oocyte cryopreservation among obstetrics and gynecology (OB/GYN) resident physicians. *Human Reproduction*, 31, 403-411. <https://doi.org/10.1093/humrep/dev308>
  22. **Boehm, J. K.**, Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2015). Unequally distributed psychological assets: Are there social disparities in optimism, life satisfaction, and positive affect? *PLOS ONE*, 10, 2. <https://doi.org/10.1371/journal.pone.0118066>
  21. **Boehm, J. K.**, Trudel-Fitzgerald, C., Kivimaki, M., & Kubzansky, L. D. (2015). The prospective association between positive psychological well-being and diabetes. *Health Psychology*, 34, 1013-1021. <https://doi.org/10.1037/hea0000200>

20. **Boehm, J. K.**, Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2015). Variability modifies life satisfaction's association with mortality risk in older adults. *Psychological Science*, 26, 1063-1070. <https://doi.org/10.1177/0956797615581491>
19. DuBois, C. M., Lopez, O. V., Beale, E. E., Healy, B. C., **Boehm, J. K.**, & Huffman, J. C. (2015). Relationships between positive psychological constructs and health outcomes in patients with cardiovascular disease: A systematic review. *International Journal of Cardiology*, 195, 265-280. <https://doi.org/10.1016/j.ijcard.2015.05.121>
18. Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., & Lloyd-Jones, D. M. (2015). Optimism and cardiovascular health: Multi-Ethnic Study of Atherosclerosis (MESA). *Health Behavior and Policy Review*, 2, 62-73. <https://doi.org/10.14485/HBPR.2.1.6>
17. Kubzansky, L. D., **Boehm, J. K.**, & Segerstrom, S. C. (2015). Positive psychological functioning and the biology of health. *Social and Personality Psychology Compass*, 9, 645-660. <https://doi.org/10.1111/spc3.12224>
16. Huffman, J. C., DuBois, C. M., Healy, B. C., **Boehm, J. K.**, Kashdan, T. B., Celano, C. M., Denninger, J. W., & Lyubomirsky, S. (2014). Feasibility and utility of positive psychology exercises for suicidal inpatients. *General Hospital Psychiatry*, 36, 88-94. <https://doi.org/10.1016/j.genhosppsych.2013.10.006>
15. Trudel-Fitzgerald, C., **Boehm, J. K.**, Kivimaki, M., & Kubzansky, L. D. (2014). Taking the tension out of hypertension: A prospective study of positive psychological well-being and incident hypertension. *Journal of Hypertension*, 32, 1222-1228. <https://doi.org/10.1097/HJH.0000000000000175>
14. **Boehm, J. K.**, Williams, D. R., Rimm, E. B., Ryff, C., & Kubzansky, L. D. (2013). Association between optimism and serum antioxidants in the Midlife in the United States study. *Psychosomatic Medicine*, 75, 2-10. <https://doi.org/10.1097/PSY.0b013e31827c08a9>
13. **Boehm, J. K.**, Williams, D. R., Rimm, E. B., Ryff, C., & Kubzansky, L. D. (2013). Relation between optimism and lipids in midlife. *American Journal of Cardiology*, 111, 1425-1431. <https://doi.org/10.1016/j.amjcard.2013.01.292>
12. **Boehm, J. K.**, & Kubzansky, L. D. (2012). The heart's content: The association between positive psychological well-being and cardiovascular health. *Psychological Bulletin*, 138, 655-691. <https://doi.org/10.1037/a0027448>
11. **Boehm, J. K.**, Vie, L. L., & Kubzansky, L. D. (2012). The promise of well-being interventions for improving health risk behaviors. *Current Cardiovascular Risk Reports*, 6, 511-519. <https://doi.org/10.1007/s12170-012-0273-x>
10. **Boehm, J. K.**, Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition and Emotion*, 25, 1263-1272. <https://doi.org/10.1080/02699931.2010.541227>
9. **Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011). A prospective study of positive psychological well-being and coronary heart disease. *Health Psychology*, 30, 259-267. <https://doi.org/10.1037/a0023124>

8. **Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011). Heart health when life is satisfying: Evidence from the Whitehall II cohort study. *European Heart Journal*, *32*, 2672-2677. <https://doi.org/10.1093/eurheartj/ehr203>
7. Huffman, J. C., Mastromauro, C. A., **Boehm, J. K.**, Seabrook, R., Fricchione, G. L., Denninger, J. W., & Lyubomirsky, S. (2011). Development of a positive psychology intervention for patients with acute cardiovascular disease. *Heart International*, *6*, 47-54. <https://doi.org/10.4081/hi.2011.e14>
6. Lyubomirsky, S., **Boehm, J. K.**, Kasri, F., & Zehm, K. (2011). The cognitive and hedonic costs of dwelling on achievement-related negative experiences: Implications for enduring happiness and unhappiness. *Emotion*, *11*, 1152-1167. <https://doi.org/10.1037/a0025479>
5. Lyubomirsky, S., Dickerhoof, R., **Boehm, J. K.**, & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, *11*, 391-402. <https://doi.org/10.1037/a0022575>
4. Lyubomirsky, S., & **Boehm, J. K.** (2010). Human motives, happiness, and the puzzle of parenthood: Commentary on Kenrick et al. (2010). *Perspectives on Psychological Science*, *5*, 327-334. <https://doi.org/10.1177/1745691610369473>
3. Liberman, V., **Boehm, J. K.**, Lyubomirsky, S., & Ross, L. (2009). Happiness and memory: Affective significance of endowment and contrast. *Emotion*, *9*, 666-680. <https://doi.org/10.1037/a0016816>
2. **Boehm, J. K.**, & Lyubomirsky, S. (2008). Does happiness promote career success? *Journal of Career Assessment*, *16*, 101-116. <https://doi.org/10.1177/1069072707308140>
1. Tucker, K. L., Ozer, D. J., Lyubomirsky, S., & **Boehm, J. K.** (2006). Testing for measurement invariance in the Satisfaction With Life Scale: A comparison of Russians and North Americans. *Social Indicators Research*, *78*, 341-360. <https://doi.org/10.1007/s11205-005-1037-5>

## Peer-Reviewed Book Chapters

\* Indicates undergraduate student co-author

11. **Boehm, J. K.**, & Kubzansky, L. D. (2022). Positive psychological well-being and cardiovascular disease. In S. R. Waldstein, W. J. Kop, E. C. Suarez, W. R. Lovallo, & L. I. Katzel (Eds.), *Handbook of Cardiovascular Behavioral Medicine*. New York: Springer. [https://doi.org/10.1007/978-0-387-85960-6\\_22](https://doi.org/10.1007/978-0-387-85960-6_22)
10. Masters, K. S., **Boehm, J. K.**, Boylan, J. M., Vagnini, K. M., & Rush, C. L. (2022). The scientific study of positive psychology, religion/spirituality, and physical health. In E. B. Davis, E. L. Worthington, Jr., & S. A. Schnitker (Eds.), *Handbook of Positive Psychology, Religion, and Spirituality*. New York: Springer. <https://doi.org/10.1007/978-3-031-10274-5>
9. \*Okabe-Miyamoto, K., & **Boehm, J. K.** (2020). Hedonic adaptation & happiness theory. In B. J. Carducci & C. S. Nave (Eds.), *The Wiley Encyclopedia of Personality and Individual Differences: Vol. I. Models and Theories*. Hoboken, NJ: John Wiley & Sons.
8. **Boehm, J. K.** (2018a). Living healthier and longer lives: Subjective well-being's association with better health. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Salt Lake City, UT: DEF publishers. <https://expiltay.github.io/handbookofwellbeing/index.html>

7. **Boehm, J. K.** (2018b). The road to positive health: Behavioral and biological pathways linking positive psychological functioning with health outcomes. In C. D. Ryff & R. F. Krueger (Eds.), *The Oxford Handbook of Integrative Health Science*. New York, NY: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780190676384.013.22>
6. **Boehm, J. K.**, Kim, E. S., & Kubzansky, L. D. (2018). Positive psychological well-being and health. In D. Batty, I. Kawachi, M. Kivimaki, & A. Steptoe (Eds.), *Handbook on Psychosocial Epidemiology*. United Kingdom: Routledge. <https://doi.org/10.4324/9781315673097>
5. **Boehm, J. K.**, Ruberton, P., & Lyubomirsky, S. (2017). The promise of fostering greater happiness. In C.R. Snyder, S. J. Lopez, L. M. Edwards, & S. C. Marques (Eds.), *The Oxford Handbook of Positive Psychology, 3<sup>rd</sup> Edition*. <https://doi.org/10.1093/oxfordhb/9780199396511.013.55>
4. Kubzansky, L. D., & **Boehm, J. K.** (2016). Positive psychological functioning: An enduring asset for healthy aging. In A. D. Ong & C. E. Lockenhoff (Eds.), *Emotion, Aging, and Health*. Washington, DC: American Psychological Association. <https://doi.org/10.1037/14857-009>
3. Seligman, M. E. P., Peterson, C., Barsky, A. J., **Boehm, J. K.**, Kubzansky, L. D., Park, N., & Labarthe, D. R. (2013). *Positive health and health assets: Re-analysis of longitudinal datasets*. Retrieved from: <http://positivehealthresearch.org/content/white-paper>
2. Sheldon, K. M., **Boehm, J. K.**, & Lyubomirsky, S. (2013). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In I. Boniwell & S. David (Eds.), *Oxford Handbook of Happiness*. Oxford: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199557257.013.0067>
1. **Boehm, J. K.**, & Lyubomirsky, S. (2009). The promise of sustainable happiness. In S. J. Lopez (Ed.), *Handbook of Positive Psychology*. Oxford: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780195187243.013.0063>  
Reprinted in Martin-Krumm & C. Tarquinio (Eds.) (2011). *Traité de psychologie positive* (pp. 165-181). Paris, France: De Boeck.  
Reprinted in Fundación Botín (Ed.) (2015). *La promesa de una felicidad sostenible* (pp. 123-136). Santander, Spain: Fundación Botín.

## Manuscripts Under Review

5. **Boehm, J. K.**, Qureshi, F., Farmer, J. G., Woodward, K., & Kubzansky, L. D. (2026). *Helpful hearts: A systematic review on the role of youth prosocial behavior in cardiometabolic outcomes*. Manuscript under review.
4. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2026). *Living the good life: Open data that qualitatively assesses psychosocial assets in midlife*. Manuscript under review.
3. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2026). *Psychosocial assets and cardiovascular health in adulthood: A mixed methods investigation*. Manuscript under review.

2. Boylan, J. M., Cintron, D. W., & **Boehm, J. K.** (2026). *“Be good to others and treat people as you would like to be treated yourself.” A mixed methods investigation of positive social relationships and cardiovascular health in the MIDUS Study.* Manuscript under review.
1. Stenlund, S., Guimond, A. J., Qureshi, F., Stelson, E. A., Koga, H. K., Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2026). *Facets of psychological well-being as contributors to risk of cardiovascular events and related biological dysregulation in older adults: A prospective study.* Manuscript under review.

### **Manuscripts In Preparation**

2. **Boehm, J. K.**, Farmer, J. G., Qureshi, F., & Kubzansky, L. D. (2026). *Psychosocial assets and cognitive function across 12 years: A mixed methods investigation in the 1958 National Child Development Study.* Manuscript in preparation (writing stage).
1. Coffey, J. K., **Boehm, J. K.**, & Qureshi, F. (2025). *Projecting the future: Psychological well-being from childhood essays linked to age 50 psychosocial and physical well-being.* Manuscript in preparation (writing stage).

### **Awards and Recognitions**

Fellow of the Society for Personality and Social Psychology, 2024

Fellow of the American Psychosomatic Society, 2022

Society for Personality and Social Psychology Teacher Scholar Travel Award, 2022

Invited attendee of the American Heart Association’s Research Leaders Academy, Baltimore, MD, 2019

Invited attendee of the American Psychosomatic Society Women’s Leadership Workshop, Vancouver, BC, 2019

Social Personality and Health Network Early Career Award, 2019

Wang-Fradkin Assistant Professorship Award, Chapman University, 2018

Invited attendee and recipient of travel award to attend the preconference “Opportunities for Advancing Behavioral and Social Research on Aging” (funded by the National Institute on Aging), Chicago, IL, 2016

Faculty-Student Research Award, Research and Sponsored Programs Administration, Chapman University, 2015

Invited fellow and recipient of travel award to attend the “Fourth Biennial Urie Bronfenbrenner Conference: New Developments in Aging, Emotion, and Health” (funded by the Bronfenbrenner Center for Translational Research), Cornell University, 2013

Invited participant and recipient of travel award to attend the “RAND Summer Institute on Aging” (funded by the National Institute on Aging and the Office of Behavioral and Social Science Research), RAND Corporation, 2012

Chancellor’s Dissertation Fellowship, University of California, Riverside, 2009

Society for Personality and Social Psychology Student Travel Award, 2009

Outstanding Teaching Assistant Award, University of California, Riverside, 2007-2008

Dean's Fellowship Award, University of California, Riverside, 2004-2005

Phi Beta Kappa, Lewis & Clark College, 2003

Departmental Honors in Psychology, Lewis & Clark College, 2003

## External Research Grants

**Boehm, J. K.** (PI). *Promoting brain health: A mixed methods investigation of psychosocial assets and cognitive function*. Grant number 26BAIREA1560980, American Heart Association, 01/01/2026-12/31/2026, \$77,000.

Boylan, J. (PI), **Boehm, J. K.** (Co-I), & Cintron, D. (Co-I). *A life well-lived: Diverse perspectives on well-being and prospective associations with cardiovascular health*. Grant number 26AIREA1551728, American Heart Association, 01/01/2026-12/31/2027, \$200,000.

**Boehm, J. K.** (PI). *Psychosocial assets and cardiovascular health in adulthood: A mixed methods investigation*. Grant number 24AIREA1196638, American Heart Association, 01/01/2024-12/31/2025, \$153,582.

<https://doi.org/10.58275/AHA.24AIREA1196638.pc.gr.189799>

**Boehm, J. K.** (Co-PI), & Boylan, J. (Co-PI). *Flourishing in their own words: A mixed method analysis to investigate well-being, social structural factors, and health*. Emotional Well-Being Network and Stress Measurement Network (through the National Institutes of Health), 02/01/2022-01/31/2023, \$10,846.

**Boehm, J. K.** (PI). *Psychosocial resources in childhood that protect against cardiovascular risk in adulthood: The 1958 Birth Cohort Study*. Grant number 18AIREA33960394, American Heart Association, 07/01/2018-06/30/2021, \$126,120.

**Boehm, J. K.** (PI), & Kubzansky, L. D. (Co-I). *Adaptive aging: Psychological well-being and favorable cardiovascular health*. Grant number 1R03AG046342-01, National Institute on Aging, 09/30/2013-07/31/2016, \$204,379.

## Internal Research Grants

**Boehm, J. K.** (PI). *Childhood prosociality and the promotion of healthy behavioral outcomes in adolescence*. Faculty Grant for Research, Scholarship and Creative Activity, Chapman University, 06/01/2023-05/31/2024, \$14,562.

**Boehm, J. K.** (PI). *An experimental investigation to promote healthy eating via self-affirmation*. Crean College Pandemic Research Fund, Chapman University, 06/01/2021-05/31/2022, \$4,200.

Tomaszewski, D. (Co-PI), Jenkins, B. N. (Co-PI), & **Boehm, J. K.** (Co-I). *Psychosocial resources in Chapman University student health and learning during COVID-19*. COVID-19 Rapid Response Research Award, Chapman University, 04/20/2020-05/31/2021, \$15,000.

Frederick, D. (PI), Glynn, L. (Co-I), Pincus, D. (Co-I), Gruenewald, T. (Co-I), **Boehm, J. K.** (Co-I), Bostean, G. (Co-I), Smith, J. (Co-I), Jenkins, B. (Co-I), Berardi, V. (Co-I), Moors, A. (Co-I), Robinette, J. (Co-I), & Douglas, J. (Co-I). *Identifying risk and promoting resilience in the midst of the COVID-19 pandemic*. COVID-19 Rapid Response Research Award, Chapman University, 04/20/2020-05/31/2021, \$15,000.

**Boehm, J. K.** (PI). *Eat your vegetables and get off the couch! An experimental study to foster healthy eating and exercise behavior through self-affirmation*. Scholarly and Creative Activity Award, Chapman University, 05/01/2017-05/31/2018, \$3,500.

## Oral Presentations

\* Indicates undergraduate student co-author

56. Boylan, J. M., & **Boehm, J. K.** (2025, May). *Mixed methods perspectives on coping and cardiovascular health*. Oral presentation at the annual meeting for the Midlife in the United States Study, Madison, WI.
55. \*Den Hartog, C., & **Boehm, J. K.** (2026, May). *Am I actually hungry? Adverse childhood experiences and stress eating*. Oral presentation at Chapman University's Student Scholar Symposium, Orange, CA.
54. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2026, March). *Purposeful living and healthy sleep: A mixed methods investigation across 12 years*. Oral presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Chicago, IL.
53. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2026, February). *Personal growth and healthy blood glucose across 12 years: A mixed methods investigation*. Oral presentation (data blitz) at the Health Preconference at the annual convention for the Society for Personality and Social Psychology, Chicago, IL.
52. **Boehm, J. K.** (2026, January). *Early life well-being and cardiovascular health*. Oral presentation at the University of Southern California's Developmental Psychology Speaker Series, Los Angeles, CA.
51. Boylan, J. M., & **Boehm, J. K.** (2025, May). *Be good to others and treat people as you would like to be treated yourself: Qualitative perspectives on social relationships and links to cardiovascular health*. Oral presentation at the annual meeting for the Midlife in the United States Study, Madison, WI.
50. \*Nguyen, V., **Boehm, J. K.**, & Jenkins, B. N. (2025, May). *How do coping styles predict future optimism in college students during COVID-19?* Oral presentation at Chapman University's Student Scholar Symposium, Orange, CA.
49. **Boehm, J. K.**, & Boylan, J. M. (2025, March). *Socially patterned facets of psychological well-being and links with cardiovascular health: A mixed methods investigation in U.S. adults*. Oral presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Seattle, WA.
48. Boylan, J. M., & **Boehm, J. K.** (2025, February). *Positive relationships and cardiovascular health: A mixed methods investigation in the MIDUS study*. Oral presentation (data blitz) at the Health Preconference at the annual convention for the Society for Personality and Social Psychology, Denver, CO.

47. **Boehm, J. K.** (2024, November). *Psychological well-being, cardiovascular health, and the mind-heart-body systems in scientific inquiry*. Invited presenter and moderator at the American Heart Association Scientific Sessions, Chicago, IL.
46. **Boehm, J. K.**, Adams, M. A., & Boylan, J. M. (2024, March). *Sources of psychological well-being and their associations with cardiovascular health: A mixed methods investigation in the Midlife in the United States Study*. Oral presentation at the annual meeting for the American Psychosomatic Society, Brighton, United Kingdom. (The first and third authors contributed equally.)
45. **Boehm, J. K.**, & Boylan, J. M. (2024, February). *In their own words: Educational and racial differences in sources of well-being*. Oral presentation at the annual convention for the Society for Personality and Social Psychology, San Diego, CA. (Both authors contributed equally.)
44. **Boehm, J. K.**, & Boylan, J. M. (2023, May). *Flourishing in their own words: Education differences in contributors to psychological well-being*. Oral presentation at the annual meeting for the Midlife in the United States Study, Madison, WI. (Both authors contributed equally.)
43. \*Lee, H., Jenkins, B., **Boehm, J. K.**, Gruenewald, T., & Crèvecoeur-MacPhail, D. (2023, May). *Employment, stress, and physical health during the COVID-19 pandemic: The moderating role of social support*. Oral presentation at Chapman University's Student Scholar Symposium, Orange, CA.
42. **Boehm, J. K.**, & Boylan, J. M. (2023, April). *Flourishing in their own words: A mixed method analysis to investigate well-being, social structural factors, and health*. Virtual oral presentation at the core meeting for the Network for Emotional Well-Being. (Both authors contributed equally.)
41. **Boehm, J. K.** (2022, April). *Lifestyle medicine intensive Session II: Moving beyond theory to practice*. Invited panelist for the Scientific Sessions of the American College of Cardiology.
40. **Boehm, J. K.** (2021, August). *Cultivating happiness*. Virtual oral presentation for a development session at Stanford Health Care.
39. Guimond, A. J., Kubzansky, L. D., **Boehm, J. K.**, Qureshi, F., & Trudel-Fitzgerald, C. (2021, July). *Trajectories of psychological well-being and their associations with cardiometabolic disease: Findings from the English Longitudinal Study of Ageing*. Virtual oral presentation at the world congress of the International Positive Psychology Association.
38. **Boehm, J. K.** (2021, February). *Psychological well-being and cardiovascular disease: Evidence, mechanisms, and future directions*. Virtual oral presentation at the UCLA Health Psychology Lecture Series.
37. Okuzono, S. S., Qureshi, F., Delaney, S., **Boehm, J. K.**, & Kubzansky, L. D. (2020, December). *Early experiences of emotional maltreatment and favorable cardiovascular health in young adulthood*. Virtual oral presentation at the meeting of the Society for Epidemiologic Research.

36. **Boehm, J. K.**, & Kubzansky, L. D. (2020, March). *Psychosocial strengths in childhood and lipid profiles thirty years later: Findings from the 1958 British Birth Cohort*. Oral presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. Conference cancelled due to COVID-19.
35. Jenkins, B. N., \*Ong, L. Q., **Boehm, J. K.**, Hunter, J., Cross, M. P., Acevedo, A, Pressman, S. D., Richardson, M., & Conner, T. (2020, March). *When is affect variability bad? Examining the associations between affect variability and mental, physiological, and physical health outcomes*. Oral presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. Conference cancelled due to COVID-19.
34. Qureshi, F., **Boehm, J. K.**, & Kubzansky, L. D. (2020, March). *Social assets in youth are associated with trajectories of well-being during the transition to adulthood*. Oral presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. Conference cancelled due to COVID-19.
33. **Boehm, J. K.** (2020, February). *The heart's content: Psychological well-being and cardiovascular health*. Early career award address at the Health Preconference at the annual convention for the Society for Personality and Social Psychology, New Orleans, LA.
32. **Boehm, J. K.** (2019, June). *The heart's content: Psychological well-being and cardiovascular health*. Keynote speaker at Be There San Diego's University of Best Practices Heart Attack and Stroke Free Zone Summit, San Diego, CA.
31. Gordon, C., Peterson, B., & **Boehm, J. K.** (2019, April). *To freeze or not to freeze: OB/GYN resident physician perspectives on initiating patient discussions about oocyte cryopreservation*. Oral presentation at the University of California, Irvine Resident Research Conference, Orange, CA.
30. **Boehm, J. K.**, Berry Mendes, W., & Kubzansky, L. D. (2019, March). *Psychosocial resources in childhood and weight status thirty years later*. Oral presentation at the annual meeting of the American Psychosomatic Society, Vancouver, BC.
29. Kubzansky, L. D., **Boehm, J. K.**, Allen, A. R., Vie, L. L., Ho, T. E., Trudel-Fitzgerald, C., Koga, H., Scheier, L. M., & Seligman, M. E. P. (2019, March). *Optimism and risk of hypertension: A target for primordial prevention*. Oral presentation at the annual meeting of the American Psychosomatic Society, Vancouver, BC.
28. **Boehm, J. K.** (2018, October). *Happiness and health*. Invited speaker at Chapman University's homecoming master lecture series, Orange, CA.
27. **Boehm, J. K.** (2018, October). *Optimism and cardiovascular health*. Invited speaker at Chapman University's health and well-being course, Orange, CA.
26. **Boehm, J. K.**, Soo, J., Chen, Y., Kim, E. S., & Kubzansky, L. D. (2018, March). *Aging well through healthy behavior: Psychological well-being's longitudinal association with fruit and vegetable intake in the English Longitudinal Study of Ageing*. Oral presentation at the annual meeting of the American Psychosomatic Society, Louisville, KY.
25. Fitzmaurice, L., Peterson, B., & **Boehm, J. K.** (2018, March). *Teaching wellness skills: Effects of a curriculum designed to increase physician resilience on obstetrics and gynecology intern burnout, mindfulness and self-compassion*. Oral presentation at the

- annual meeting of the Council on Resident Education in Obstetrics and Gynecology & Association of Professors of Gynecology and Obstetrics, National Harbor, MD.
24. **Boehm, J. K.,** & \*Geller, M. B. (2017, November). *The heart's content: Positive psychological well-being and cardiovascular health*. Invited speaker at Chapman University's Town & Gown Lunch at the Forum, Orange, CA.
  23. **Boehm, J. K.** (2017, July). *Do happiness and optimism promote healthy food choices? An experimental investigation of midlife adults*. Oral presentation at the Fifth World Congress on Positive Psychology, Montreal, Canada.
  22. Trudel-Fitzgerald, C., **Boehm, J. K.,** Tworoger, S. S., & Kubzansky, L. D. (2017, July). *More happy, more healthy? Associations of positive psychological well-being with future lifestyle among midlife women*. Oral presentation at the Fifth World Congress on Positive Psychology, Montreal, Canada.
  21. Trudel-Fitzgerald, C., **Boehm, J. K.,** Tworoger, S. S., & Kubzansky, L. D. (2017, March). *Potential mechanisms linking positive emotions and health: Is psychological well-being related to the adoption of a healthier lifestyle over time?* Oral presentation at the annual meeting of the American Psychosomatic Society, Seville, Spain.
  20. **Boehm, J. K.** (2016, October). *The heart's content: Positive psychological well-being and cardiovascular health*. Invited speaker at the University of California, Irvine Psychology Department colloquium, Irvine, CA.
  19. **Boehm, J. K.,** Chen, Y., Soo, J., & Kubzansky, L. D. (2016, March). *Do positive emotions and optimism protect favorable cardiovascular health across time?* Oral presentation at the annual meeting of the American Psychosomatic Society, Denver, CO.
  18. Soo, J., Kubzansky, L. D., Chen, Y., & **Boehm, J. K.** (2016, March). *Positive psychological functioning and healthy biology: Well-being and HDL-C?* Oral presentation at the annual meeting of the American Psychosomatic Society, Denver, CO.
  17. Peterson, B., Yu, L., **Boehm, J. K.,** Hodgson, A., Inhorn, M. C., & Patrizio, P. (2016, February). *Initiating patient discussions about oocyte cryopreservation: Attitudes of obstetrics and gynecology resident physicians*. Oral presentation at the 3<sup>rd</sup> European Congress on Preconception Health and Care, Uppsala, Sweden.
  16. **Boehm, J. K.** (2016, January). *The heart's content: Positive psychological well-being and cardiovascular health*. Invited speaker at the Happiness and Well-Being Preconference at the annual convention for the Society for Personality and Social Psychology, San Diego, CA.
  15. Segerstrom, S. C., Combs, H. L., Winning, A., **Boehm, J. K.,** & Kubzansky, L. D. (2015, November). *The happy survivor: Effects of differential mortality on life satisfaction in older age*. Oral presentation at the annual meeting of the Gerontological Society of America, Orlando, FL.
  14. **Boehm, J. K.,** Soo, J. A., & Kubzansky, L. D. (2015, March). *Healthy aging: Does psychological well-being increase the likelihood of maintaining favorable cardiovascular health?* Oral presentation at the annual meeting of the American Psychosomatic Society, Savannah, GA.

13. Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., & Lloyd-Jones, D. M. (2015, March). *Relationship of dispositional optimism and cardiovascular health: Cross-sectional findings from the Multi-Ethnic Study of Atherosclerosis*. Oral presentation at the annual meeting of the American Psychosomatic Society, Savannah, GA.
12. **Boehm, J. K.**, Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2014, November). *Variability modifies life satisfaction's association with premature mortality in older adults*. Oral presentation at the annual meeting of the Gerontological Society of America, Washington, DC.
11. **Boehm, J. K.** (2014, April). *The heart's content: Positive psychological well-being and cardiovascular health*. Oral presentation at the Schmid College of Science and Technology Science Forum at Chapman University, Orange, CA.
10. **Boehm, J. K.**, Winning, A., Segerstrom, S. C., & Kubzansky, L. D. (2014, March). *Variability modifies life satisfaction's association with premature mortality in older adults*. Oral presentation at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
9. **Boehm, J. K.**, Chen, Y., & Kubzansky, L. D. (2014, February). *Subjective well-being's prospective association with cardiometabolic risk in the Midlife in the United States study*. Oral presentation at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
8. Hernandez, R., Kershaw, K. N., Siddique, J., **Boehm, J. K.**, Kubzansky, L. D., Diez-Roux, A., Ning, H., & Lloyd-Jones, D. M. (2013, November). *The association of optimism and pessimism with cardiovascular health: Results from the Multi-Ethnic Study of Atherosclerosis (MESA)*. Oral presentation at the Scientific Sessions of the American Heart Association, Dallas, TX.
7. **Boehm, J. K.** (2013, May). *Pathways to cardiovascular health: Psychological well-being, biological function, and health behaviors*. Invited speaker at the Department of Psychology at the University of Zurich.
6. **Boehm, J. K.** (2013, May). *Pathways to cardiovascular health: Psychological well-being, biological function, and health behaviors*. Invited speaker at the area meeting for Social and Personality Psychology at the University of California, Riverside.
5. **Boehm, J. K.** (2010, January). *Comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans*. Oral presentation at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
4. **Boehm, J. K.** (2009, October). *Enhancing well-being through experimental interventions*. Oral presentation at the annual meeting of the Society of Experimental Social Psychology, Portland, ME.
3. **Boehm, J. K.** (2008, December). *Comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans*. Oral presentation at the area meeting for Social and Personality Psychology at the University of California, Riverside.
2. **Boehm, J. K.** (2008, January). *Hedonic adaptation to life events*. Oral presentation at the area meeting for Social and Personality Psychology at the University of California, Riverside.

1. **Boehm, J. K.** (2006, May). *Endowing versus contrasting life events: The relationship between thought perspective and well-being*. Oral presentation at the area meeting for Social and Personality Psychology at the University of California, Riverside.

## Poster Presentations

\* Indicates undergraduate student co-author

111. \*Lyons, D., \*Den Hartog, C., & **Boehm, J. K.** (2026, May). *Can psychosocial well-being help prevent arthritis? Exploring the connection between well-being and arthritis diagnosis later in life*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA. (Won the Psychology Department's Best Poster Presentation Award.)
110. \*Den Hartog, C., & **Boehm, J. K.** (2026, May). *Am I actually hungry? Adverse childhood experiences and stress eating*. Poster presentation at the annual convention of the Western Psychological Association, Tacoma, WA.
109. \*Lyons, D., \*Den Hartog, C., & **Boehm, J. K.** (2026, April). *Can psychosocial well-being help prevent arthritis? Exploring the connection between well-being and arthritis diagnosis later in life*. Poster presentation at the annual convention of the Western Psychological Association, Tacoma, WA.
108. \*Lyons, D., & **Boehm, J. K.** (2026, April). *The heart of care: Cardiometabolic and psychological well-being in the context of chronic illness caregiving*. Poster presentation at the annual convention of the Western Psychological Association, Tacoma, WA.
107. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2026, March). *Psychosocial assets promote cardiovascular health across adulthood: A mixed methods investigation*. Poster presentation at the EPI Lifestyle Scientific Sessions, Boston, MA.
106. Boylan, J. M. & **Boehm, J. K.** (2026, March). *"I try to put one foot in front of the other one day at a time" Qualitative perspectives on coping and links to cardiovascular health*. Poster presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Chicago, IL.
105. Cintron, D., Boylan, J. M., & **Boehm, J. K.** (2026, March). *Profiles of well-being practices and prospective cardiovascular health in midlife*. Poster presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Chicago, IL. (Citation Poster Awardee.)
104. \*Den Hartog, C., & **Boehm, J. K.** (2025, December). *Am I actually hungry? Adverse childhood experiences and stress eating*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
103. \*Lyons, D., & **Boehm, J. K.** (2025, December). *Caregiving and mental health: Exploring the link between role and well-being*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
102. \*Den Hartog, C., \*Austin, P., & **Boehm, J. K.** (2025, May). *More than just coworkers: A study on employee social connections and mental health*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.

101. \*Lyons, D., & **Boehm, J. K.** (2025, May). *Supporting the supporters: Well-being in caregivers of partners with disabilities*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
100. \*Meltzer, M., & **Boehm, J. K.** (2025, May). *Spirituality and spiritual experiences as predictors of cardiovascular health: Associations with HDL and LDL cholesterol levels*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
99. \*Allard, B. C., & **Boehm, J. K.** (2025, March). *Investigating the relationship between personal growth and cognitive functioning: A longitudinal study of adults in midlife*. Poster presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Seattle, WA.
98. Boylan, J. M., & **Boehm, J. K.** (2025, March). *Qualitative perspectives on positive social relationships and cardiovascular health: A mixed methods investigation in the MIDUS Study*. Poster presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Seattle, WA.
97. \*Meltzer, M., & **Boehm, J. K.** (2025, March). *Religious and spiritual coping as predictors of cardiovascular health: Associations with HDL and LDL cholesterol levels*. Poster presentation at the annual meeting for the Society for Biopsychosocial Science and Medicine, Seattle, WA.
96. \*Nguyen, V., **Boehm, J. K.**, & Jenkins, B. N. (2025, March). *How do coping styles predict future optimism in college students during COVID-19?* Poster presentation at the annual meeting for the Society for Affective Science, Portland, OR.
95. **Boehm, J. K.**, Qureshi, F., Woodward, K., & Kubzansky, L. D. (2025, March). *Are helpful kids healthy kids? A systematic review of prosocial behavior in childhood and adolescence in relation to cardiometabolic outcomes*. Poster presentation at the EPI Lifestyle Scientific Sessions, New Orleans, LA.
94. Qureshi, F., Woodward, K., Kubzansky, L. D., & **Boehm, J. K.** (2025, March). *Childhood prosocial behavior and body mass index levels across adolescence: Longitudinal findings in the Millennium Cohort Study*. Poster presentation at the annual meeting for the Society for Adolescent Health and Medicine, Baltimore, MD.
93. **Boehm, J. K.**, & Boylan, J. M. (2025, February). *Social patterning in facets of psychological well-being and associations with cardiovascular health: A mixed methods investigation in midlife adults*. Poster presentation at the Health Preconference at the annual convention for the Society for Personality and Social Psychology, Denver, CO.
92. **Boehm, J. K.**, Adams, M., & Boylan, J. M. (2025, February). *Sources of well-being and associations with cardiovascular health: A mixed methods investigation from the Midlife in the United States Study*. Poster presentation at the annual convention for the Society for Personality and Social Psychology, Denver, CO.
91. Boylan, J. M., Cundiff, J. M., & **Boehm, J. K.** (2025, February). *Educational and racial differences in qualitative perspectives on positive social relationships*. Poster presentation at the annual convention for the Society for Personality and Social Psychology, Denver, CO.

90. \*Allard, B. C., & **Boehm, J. K.** (2024, December). *Investigating the relationship between personal growth and cognitive functioning: A longitudinal study of adults in midlife*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA. (Won the Psychology Department's Distinguished Presentation Award.)
89. \*Meltzer, M., & **Boehm, J. K.** (2024, December). *Religious and spiritual coping as predictors of cardiovascular health: Associations with HDL and LDL cholesterol levels*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
88. \*Allard, B. C., & **Boehm, J. K.** (2024, February). *Exploring the dynamics of self-esteem and blood pressure: A cross sectional and longitudinal investigation*. Poster presentation at the annual convention for the Society for Personality and Social Psychology, San Diego, CA. (Won 2<sup>nd</sup> place for the Undergraduate Student Poster Award.)
87. \*Allard, B. C., & **Boehm, J. K.** (2023, December). *Exploring the dynamics of self-esteem and blood pressure: A cross sectional and longitudinal investigation*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
86. \*Miranda, N., \*Binstock, J., Jenkins, B. N., & **Boehm, J. K.** (2023, April). *Avoidance coping strategies predict anxiety and depression during the COVID-19 pandemic*. Poster presentation at the annual meeting of the Western Psychological Association, Riverside, CA.
85. \*Mohan, T., \*Uenaka, K., \*Allard, B. C., & **Boehm, J. K.** (2023, April). *Exploring the relationship between self-control and self-affirmation on food choice*. Poster presentation at the annual meeting of the Western Psychological Association, Riverside, CA.
84. \*Lee, H., Ong, L. Q., Ong, A. D., **Boehm, J. K.**, & Jenkins, B. N. (2023, April). *Affect variability and physical health: The moderating role of mean affect*. Poster presentation at the annual meeting of the Society for Affective Science, Long Beach, CA.
83. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2023, March). *Childhood positive psychological well-being and young adulthood depressive symptoms: 12-Year associations from the National Child Development Study*. Poster presentation at the annual meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
82. Boylan, J. M., Adams, M., & **Boehm, J. K.** (2023, March). *Flourishing in their own words: Education differences in contributors to psychological well-being*. Poster presentation at the annual meeting of the American Psychosomatic Society, San Juan, Puerto Rico. (The 1st and 3rd authors contributed equally.)
81. Qureshi, F., Guimond, A. J., **Boehm, J. K.**, & Kubzansky, L. D. (2023, March). *Early self-regulation skills and healthy lifestyle maintenance during the transition to adulthood*. Poster presentation at the annual meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
80. \*Tang, V., **Boehm, J. K.**, & Jenkins, B. N. (2023, February). *The mediating role of social support in the association between optimism and physical health symptoms*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

79. \*Gonchar, M., & **Boehm, J. K.** (2022, November). *Motivational properties of music in exercise*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
78. \*Lee, H., Hunter, J. F., **Boehm, J. K.**, & Jenkins, B. N. (2022, November). *Emotion variability, cortisol, and physical health: The moderating role of mean emotion*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
77. \*Miranda, N., \*Binstock, J., Jenkins, B. N., & **Boehm, J. K.** (2022, November). *Avoidance coping strategies predict anxiety and depression during the COVID-19 pandemic*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA. (Won the Psychology Department's Best Presentation Award.)
76. \*Mohan, T., \*Uenaka, K., \*Allard, B. C., & **Boehm, J. K.** (2022, November). *Exploring the relationship between self-control and self-affirmation on food choice*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
75. \*Tang, V., **Boehm, J. K.**, & Jenkins, B. N. (2022, November). *The mediating role of social support in the association between optimism and physical health symptoms*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
74. \*Gonchar, M., & **Boehm, J. K.** (2022, August). *Motivational properties of music in exercise*. Poster presentation at Chapman University's Summer Undergraduate Research Fellowship Commencement, Orange, CA.
73. \*Lee, H., Hunter, J. F., **Boehm, J. K.**, & Jenkins, B. N. (2022, August). *Emotion variability, cortisol, and physical health: The moderating role of mean emotion*. Poster presentation at Chapman University's Summer Undergraduate Research Fellowship Commencement, Orange, CA.
72. \*Binstock, J., \*Mohan, T., & **Boehm, J. K.** (2022, May). *Parental involvement and child's educational goals: Longitudinal findings from the 1958 National Child Development Study*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
71. \*Lee, H., \*Lopez, L., \*Venkatesh, H. V., **Boehm, J. K.**, & Jenkins, B. N. (2022, May). *The impacts of loneliness and social support in the physical health and coping styles of college students during COVID-19*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
70. \*Lee, H., \*Lopez, L., \*Venkatesh, H. V., **Boehm, J. K.**, & Jenkins, B. N. (2022, March). *The impacts of loneliness and social support in the physical health and coping styles of college students during COVID-19*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
69. Qureshi, F., Kubzansky, L. D., Chen, Y., Soo, J., Kim, E. S., Lloyd-Jones, D. M., & **Boehm, J. K.** (2022, March). *Positive emotions and physical activity levels from young adulthood to midlife: A 25-year prospective study*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA.
68. \*Uenaka, K., \*Rahim, A., \*Fereday, H., \*Binstock, J., & **Boehm, J. K.** (2022, March). *Perceived control's association with adolescent substance use: Longitudinal findings from the National Child Development Study*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA.

67. \*Venkatesh, H. V., \*Osorno, A., **Boehm, J. K.**, & Jenkins, B. N. (2022, March). *The coronavirus pandemic: Associations of optimism and positive affect with mental and physical health outcomes*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. (Highlighted in the trainee data blitz for the Psychosocial Well-Being and Health Special Interest Group inaugural luncheon.)
66. **Boehm, J. K.**, Qureshi, F., & Kubzansky, L. D. (2022, February). *Child psychological well-being and adult health behavior and body mass index: Longitudinal evidence from the 1958 British Birth Cohort*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.
65. \*Jaafar, D., \*Ventakesh, H. V., **Boehm, J. K.**, & Jenkins, B. N. (2022, February). *Coronavirus-19 pandemic: Examining whether loneliness during quarantine relates to issues with sleep*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.
64. \*Lee, H., \*Lopez, L., \*Venkatesh, H. V., **Boehm, J. K.**, & Jenkins, B. N. (2022, February). *The impacts of loneliness and social support in the physical health and coping styles of college students during COVID-19*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.
63. \*Venkatesh, H. V., \*Osorno, A., **Boehm, J. K.**, & Jenkins, B. N. (2022, February). *The coronavirus pandemic: Associations of optimism and positive affect with mental and physical health outcomes*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.
62. \*Binstock, J., \*Fereday, H., \*Rahim, A., \*Uenaka, K., & **Boehm, J. K.** (2021, December). *Perceived control's association with adolescent substance use: Longitudinal findings from the National Child Development Study*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
61. \*Venkatesh, H. V., \*Osorno, A., **Boehm, J. K.**, & Jenkins, B. N. (2021, December). *The coronavirus pandemic: Associations of optimism and positive affect with mental and physical health outcomes*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
60. \*Carr, M., & **Boehm, J. K.** (2021, May). *Reading comprehension in college students: Does lo-fi music help or hinder reading abilities?* Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
59. \*Jaafar, D., \*Jufiar, L., \*Venkatesh, H., **Boehm, J. K.**, & Jenkins, B. N. (2021, May). *Coronavirus-19 pandemic: Examining whether loneliness during quarantine relates to issues with sleep*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
58. \*Lee, H., \*Venkatesh, H., **Boehm, J. K.**, & Jenkins, B. N. (2021, May). *The impacts of social support and loneliness on the physical health and coping styles of college students during COVID-19*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
57. \*Rahim, A., Jenkins, B. N., & **Boehm, J. K.** (2021, May). *Social support and COVID-19: Changes in support over time and its association with depressive symptoms*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.

56. \*Venkatesh, H. V., Jenkins, B. N., Tomaszewski, D., & **Boehm, J. K.** (2021, May). *The coronavirus pandemic: Associations of college students' financial situations and optimism with mental and physical health*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
55. \*Carr, M., & **Boehm, J. K.** (2021, April). *Reading comprehension in college students: Does lo-fi music help or hinder reading abilities?* Poster presentation at the virtual meeting of the Western Psychological Association.
54. \*Binstock, J., & **Boehm, J. K.** (2020, December). *Loneliness as a predictor of physical and mental health problems in university students*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
53. Guimond, A. J., Kubzansky, L. D., **Boehm, J. K.**, Qureshi, F., & Trudel-Fitzgerald, C. (2020, December). *Trajectories of psychological well-being and their associations with cardiometabolic disease: Findings from the English Longitudinal Study of Ageing*. Poster presentation at the virtual meeting of the American Psychosomatic Society.
52. \*Paine, A., & **Boehm, J. K.** (2020, December). *Have positive supportive relationships during COVID-19 impacted destructive eating behaviors?* Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
51. Qureshi, F., Chen, Y., Soo, J., Kim, E. S., Lloyd-Jones, D. M., Kubzansky, L. D., & **Boehm, J. K.** (2020, December). *Prospective association between optimism and physical activity across midlife*. Poster presentation at the virtual meeting of the Society for Epidemiologic Research.
50. \*Rahim, A., & **Boehm, J. K.** (2020, December). *The association between state optimism and academic performance during COVID-19*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
49. \*Venkatesh, H. V., Jenkins, B. N., Tomaszewski, D., & **Boehm, J. K.** (2020, December). *The coronavirus pandemic: Associations of college students' financial situations and optimism with mental & physical health*. Poster presentation at the virtual meeting of the American Psychosomatic Society.
48. \*Ong, L. Q., **Boehm, J. K.**, & Jenkins, B. N. (2020, May). *Mind over matter: Is affect variability associated with mental versus physical health?* Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
47. Zahn, D., \*Carr, M., \*Moorhead, N., & **Boehm, J. K.** (2020, May). *Childhood levels of optimism linked to adult physical activity participation*. Poster presentation at Chapman University's Student Scholar Symposium, Orange, CA.
46. \*Ong, L. Q., **Boehm, J. K.**, & Jenkins, B. N. (2020, March). *Affect variability and health: Mental versus physical health outcomes*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19.*
45. Zahn, D., \*Carr, M., \*Moorhead, N., & **Boehm, J. K.** (2020, March). *Childhood levels of optimism linked to adult physical activity participation*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19.*

44. \*Cliatt, G., \*Glasser, K., \*Paine, A., \*Rahim, A., Zahn, D., & **Boehm, J. K.** (2020, March). *The association between social connections in childhood and blood pressure in midlife*. Poster presentation at the annual meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled due to COVID-19*.
43. Qureshi, F., Soo, J., Chen, Y., Roy, B., Lloyd-Jones, D. M., Kubzansky, L. D., & **Boehm, J. K.** (2020, March). *Cardiovascular health benefits of optimism are socially patterned: A 15-year prospective study*. Poster presentation at the EPI Lifestyle Scientific Sessions, Phoenix, AZ.
42. **Boehm, J. K.**, & Kubzansky, L. D. (2020, March). *Psychosocial strengths in childhood reduce cardiometabolic risk in midlife: Longitudinal findings from the 1958 British Birth Cohort*. Poster presentation at the EPI Lifestyle Scientific Sessions, Phoenix, AZ.
41. \*Cliatt, G., \*Glasser, K., \*Paine, A., \*Rahim, A., Zahn, D., & **Boehm, J. K.** (2019, December). *The association between social connections in childhood and blood pressure in midlife*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
40. Peterson, B., Fitzmaurice, L., **Boehm, J. K.**, & Place, J. M. (2019, June). *The impact of a 12-hour mindfulness-based wellness curriculum on obstetrician/gynecologists (OB/GYN) residents' burnout, mindfulness, and self-compassion*. Poster presentation at the annual meeting of the European Society of Human Reproduction and Embryology, Vienna, Austria.
39. Stewart, E. P., Vie., L. L., Allen, A. R., **Boehm, J. K.**, Kubzansky, L. D., & Seligman, M. E. P. (2019, May). *Optimism and incident type 2 diabetes in U.S. army active duty soldiers*. Poster presentation at the annual meeting of the Society for Prevention Research, San Francisco, CA.
38. \*Zahn, D., & **Boehm, J. K.** (2019, May). *Physical activity and cognition: What's the connection?* Poster presentation at the annual meeting of the Association for Psychological Science, Washington, D.C.
37. \*Dimpflmaier, A., \*Cliatt, G., \*Glasser, K., \*Moorhead, N., \*Paine, A., \*Rahim, A., & **Boehm, J. K.** (2019, May). *The association between positive childhood characteristics and concurrent childhood health*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
36. \*Zahn, D., & **Boehm, J. K.** (2019, May). *Physical activity and cognition: What's the connection?* Poster presentation at Chapman University's Student Research Day, Orange, CA.
35. \*Zahn, D., & **Boehm, J. K.** (2019, April). *Physical activity and cognition: What's the connection?* Poster presentation at the annual meeting of the Western Psychological Association, Pasadena, CA.
34. \*Zahn, D., Jenkins, B. N., & **Boehm, J. K.** (2019, February). *Affect variability and physical health: Does this relationship extend to mortality?* Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.
33. Guimond, A. J., Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2018, May). *Is life satisfaction an asset against incident hypertension in middle-aged adults? Evidence*

- from the Whitehall II cohort*. Poster presentation at the International Behavioural Trials Network Conference, Montreal, Canada.
32. \*Bedel, M., \*Geller, M. B., \*Zahn, D., & **Boehm, J. K.** (2018, May). *Personal values and health behaviors: What's the connection?* Poster presentation at Chapman University's Student Research Day, Orange, CA.
  31. \*Nguyen, M., \*Amirazizi, S., & **Boehm, J. K.** (2018, May). *Text analysis of a self-affirmation writing task*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
  30. \*Geller, M. B., & **Boehm, J. K.** (2018, March). *It's for their health: Encouraging vs. discouraging autonomy during adolescence*. Poster presentation at the annual meeting of the American Psychosomatic Society, Louisville, KY.
  29. Guimond, A. J., Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2018, March). *Is life satisfaction an asset against incident hypertension in middle-aged adults? Evidence from the Whitehall II cohort*. Poster presentation at the annual meeting of the American Psychosomatic Society, Louisville, KY.
  28. \*Geller, M. B., & **Boehm, J. K.** (2018, March). *It's for their health: Encouraging vs. discouraging autonomy during adolescence*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.
  27. \*Gann, A., \*Geller, M. B., & **Boehm, J. K.** (2017, May). *Happiness and sleep: Dynamic duo?* Poster presentation at Chapman University's Student Research Day, Orange, CA.
  26. \*Goulding, S., \*Nguyen, M., & **Boehm, J. K.** (2017, May). *An analysis of the effects of well-being on physical activity*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
  25. **Boehm, J. K.**, Soo, J., Chen, Y., Kim, E. S., & Kubzansky, L. D. (2017, January). *Longitudinal associations between well-being and the consumption of fruits and vegetables in the English Longitudinal Study of Ageing*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
  24. \*Amirazizi, S., \*Banning, K., \*Gann, A., \*Goulding, S., \*Nguyen, M., \*Nouri, R., \*Okabe-Miyamoto, & **Boehm, J. K.** (2016, May). *A preliminary analysis of the effects of well-being on physical activity*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
  23. Yu, L., Peterson, B., Inhorn, M. C., **Boehm, J. K.**, & Patrizio, P. (2015, June). *Knowledge, attitudes, and intentions toward fertility awareness and oocyte cryopreservation among United States obstetrics and gynecology (OB/GYN) residents*. Poster presentation at the annual meeting of the European Society of Human Reproduction and Embryology, Lisbon, Portugal.
  22. \*Okabe-Miyamoto, K., \*Nouri, R., \*Silke, O., \*Waln, B., \*Wen, J., & **Boehm, J. K.** (2015, May). *Do happiness and optimism promote healthy and unhealthy food consumption in daily life?* Poster presentation at Chapman University's Student Research Day, Orange, CA.
  21. Huffman, J. C., **Boehm, J. K.**, DuBois, C. M., Beach, S. R., & Healy, B. C. (2015, March). *Relationships between optimism and suicide risk in medically ill persons: An analysis of*

- three cohorts*. Poster presentation at the annual meeting of the American Psychosomatic Society, Savannah, GA.
20. Hernandez, R., Kershaw, K. N., Seeman, T., **Boehm, J. K.**, Vu, T. T., Ning, H., & Lloyd-Jones, D. M. (2015, March). *Effects of positive psychological well-being on changes in allostatic load: Multi-Ethnic Study of Atherosclerosis (MESA)*. Poster presentation at the Scientific Sessions of the American Heart Association, Baltimore, MD.
  19. **Boehm, J. K.**, Chen, Y., & Kubzansky, L. D. (2015, February). *Unequally distributed assets: Are there social disparities in optimism?* Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.
  18. \*Macias, A., \*Nouri, R., \*Okabe-Miyamoto, K., \*Silke, O., \*Waln, B., \*Wen, J., & **Boehm, J. K.** (2014, December). *Do happy and optimistic people eat healthier?* Poster presentation at Chapman University's Student Research Day, Orange, CA.
  17. \*Nouri, R., \*Macias, A., & **Boehm, J. K.** (2014, May). *How to prolong positive feelings*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
  16. \*Matheis, M., \*Andrade, L., & **Boehm, J. K.** (2014, May). *Differences in character strengths between first year and upper division students*. Poster presentation at Chapman University's Student Research Day, Orange, CA.
  15. **Boehm, J. K.**, & Kubzansky, L. D. (2013, March). *The prospective association between psychological well-being and diabetes: The Whitehall II cohort*. Poster presentation at the annual meeting of the American Psychosomatic Society, Miami, FL.
  14. Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2013, March). *The prospective association between positive psychological well-being and incident hypertension: The Whitehall II cohort*. Poster presentation at the annual meeting of the American Psychosomatic Society, Miami, FL.
  13. **Boehm, J. K.**, & Kubzansky, L. D. (2013, January). *An optimistic metabolism: The association between optimism and lipids in midlife*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
  12. Trudel-Fitzgerald, C., **Boehm, J. K.**, & Kubzansky, L. D. (2012, May). *L'association entre le bien-être psychologique et l'incidence d'hypertension: Résultats de la cohorte Whitehall II*. Poster presentation at the 13<sup>th</sup> annual congress of the Société Québécoise de Lipidologie, de Nutrition et de Métabolisme, Québec, Canada.
  11. **Boehm, J. K.**, & Kubzansky, L. D. (2012, January). *The association between optimism and serum antioxidants in the Midlife in the United States study: Flourishing psychological and physical health*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
  10. **Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011, April). *The prospective association between life satisfaction and coronary heart disease: Satisfaction with specific life domains matters*. Poster presentation at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
  9. **Boehm, J. K.**, Peterson, C., Kivimaki, M., & Kubzansky, L. D. (2011, January). *A prospective study of positive psychological well-being and coronary heart disease*. Poster presentation

at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

8. Celano, C. M., Mastromauro, C. A., Lyubomirsky, S., **Boehm, J. K.**, Benson, H., Fricchione, G. L., & Huffman, J. C. (2010, November). *Randomized trial of psychological interventions to improve outcomes in hospitalized cardiac patients*. Poster presentation at the annual meeting of the Academy of Psychosomatic Medicine, Marco Island, FL.
7. Jacobs, K. M., **Boehm, J. K.**, & Lyubomirsky, S. (2010, January). *Getting used to the good things in life: Hedonic adaptation to positive life events*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
6. **Boehm, J. K.**, & Lyubomirsky, S. (2009, February). *Cultural differences in the pursuit of happiness: A longitudinal experiment comparing Anglo Americans and Asian Americans*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.
5. \*LaPlante, A., Dickerhoof, R., **Boehm, J. K.**, & Lyubomirsky, S. (2007, January). *Endowing vs. contrasting life experiences: The effect of thought perspectives on well-being*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
4. Dickerhoof, R., **Boehm, J. K.**, & Lyubomirsky, S. (2007, January). *The role of motivation in the pursuit of happiness*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
3. **Boehm, J. K.**, Dickerhoof, R., & Lyubomirsky, S. (2006, January). *Endowing and contrasting life events: The relationship between thought processes and well-being*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
2. **Boehm, J. K.**, Detweiler-Bedell, J., & Detweiler-Bedell, B. (2005, May). *Thinking in circles: Reducing rumination through insightful disclosure*. Poster presentation at the annual meeting of the Western Psychological Association, Portland, OR.
1. Detweiler-Bedell, J., **Boehm, J. K.**, Detweiler-Bedell, B., \*Goforth, A., & \*Ullmann, T. (2003, February). *Disclosure of trauma leads to greater association between the self and the traumatic event*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.

## Teaching Experience

### — Chapman University —

Statistics for the Behavioral Sciences (undergraduate), Head Instructor, Fall 2013, Spring 2014, Spring 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Fall 2018, Fall 2019, Fall 2020, Spring 2024, Fall 2024, Spring 2025, and Spring 2026

### — Harvard University —

Personality Psychology (undergraduate), Head Instructor, Spring 2010

### — University of California, Riverside —

Social Psychology (undergraduate), Teaching Assistant, Fall 2008

Statistical Procedures (undergraduate), Head Instructor, Summer 2008  
Multiple Regression/Correlation Analysis (graduate), Teaching Assistant, Spring 2008  
Experimental Design and Analysis of Variance (graduate), Co-Instructor, Winter 2008  
Statistical Inference (graduate), Co-Instructor, Fall 2007  
Personality Psychology (undergraduate), Teaching Assistant, Summer 2005-2007  
Statistical Procedures (undergraduate), Teaching Assistant, Spring 2007  
Research Procedures (undergraduate), Teaching Assistant, Fall 2005, Winter 2006, and Spring 2006

### **Professional Affiliations**

American Heart Association, 2017-present  
Public Responsibility in Medicine and Research, 2017-2022  
Society for Biopsychosocial Science and Medicine (formerly American Psychosomatic Society), 2012-present  
Social Personality and Health Network, 2011-present  
Association for Psychological Science, 2005-present  
Society for Personality and Social Psychology, 2003-present

### **Selected Professional Service**

Member of the American Heart Association's Stroke Council on Psychological Health and Well-Being, July 2023-present  
Consulting Editor for *Health Psychology*, January 2023-present  
Chair of the Curriculum Committee in Chapman University's Psychology Department, October 2025-May 2026  
Member of Chapman University's Faculty Development Council, September 2024-May 2026  
Member of the Science and Scholarship Committee in Chapman University's Psychology Department, January 2024-October 2025  
Co-chair of the Psychosocial Well-Being and Health Special Interest Group for the American Psychosomatic Society, January 2022-August 2023  
Co-chair of the Science and Scholarship Committee in Chapman University's Psychology Department, April 2021-August 2023  
Member of Chapman University's COVID-19 Faculty Excellence Task Force, January 2021-May 2022  
Member of Chapman University's Learning Environments Advisory Panel, September 2021-August 2022  
Member of Chapman University's Faculty Grievance Board, September 2020-August 2022  
Chair of Chapman University's Institutional Review Board, October 2021-June 2022

- Co-chair of Chapman University's Institutional Review Board, June 2017-October 2021
- Chair of Chapman University's review panel for the 2021 Faculty COVID-19 Impact Fund, May 2021-June 2021
- Reviewer for the Mechanisms of Emotion, Stress and Health Study Section at the National Institutes of Health, May 2021-June 2021
- Reviewer for the American Heart Association's Career Development Award, April 2021-May 2021
- Program Committee Member for the 2020 virtual meeting of the American Psychosomatic Society, April 2020-December 2020
- Chair of the symposium "Hardships and assets in childhood: Associations with health outcomes across the lifespan" at the annual meeting of the American Psychosomatic Society, Long Beach, CA, March 2020 (*Conference cancelled due to COVID-19*)
- Program Committee Member for the 2020 annual meeting of the American Psychosomatic Society, Long Beach, CA, April 2019-March 2020 (*Conference cancelled due to COVID-19*)
- Member of Chapman University's Crean College of Health and Behavioral Sciences Dean's Advisory Committee, May 2016-September 2019
- Chair of the symposium "Psychosocial resources and risk for cardiovascular disease: Findings from across the life course" at the annual meeting of the American Psychosomatic Society, Vancouver, BC, March 2019
- Program Committee Member for the 2019 annual meeting of the American Psychosomatic Society, Vancouver, Canada, May 2018-March 2019
- Program Committee Member for the 2018 annual meeting of the American Psychosomatic Society, Louisville, KY, May 2017-March 2018
- Panel Member on the Work-Life Balance session at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA, January 2016
- Chair of the symposium "Beyond risk factors and disease: Positive psychological well-being and cardiovascular health" at the annual meeting of the American Psychosomatic Society, Savannah, GA, March 2015
- Planning Committee Member for the Workshop on Positive Psychobiology, Princeton University Center for Research on Experience and Well-Being, An Edward R. Roybal Center for Translation Research in the Behavioral and Social Sciences of Aging (funded by the National Institute on Aging), Miami, FL, March 2013
- Member of the University of California, Riverside's Human Research Review Board, 2006-2008
- Graduate Student Representative of the University of California, Riverside's Psychology Department, 2006-2007

## Selected Ad Hoc Reviewing

*American Journal of Epidemiology*

*American Journal of Preventive Medicine*

*Annals of Behavioral Medicine*

*Annals of Internal Medicine*

*Archives of General Psychiatry*

*BMC Public Health*

*Emotion*

*Health Psychology*

*International Journal of Behavioral Medicine*

*Journal of Gerontology: Medical Sciences*

*Journal of Personality and Social Psychology*

*Journal of Positive Psychology*

*Nature*

*Personality and Social Psychology Review*

*Perspectives on Psychological Science*

*Prevention Science*

*Psychological Bulletin*

*Psychological Science*

*Psychophysiology*

*Psychosomatic Medicine*

*Social and Personality Psychology Compass*

*Social Science & Medicine*

## Selected Media Coverage

“[People who are optimistic tend to have healthier hearts, study finds](#),” Washington Post, May 14, 2026

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