

HUMAN FLOURISHING

PROGRAM

at Harvard University



CONTENTS

LETTER FROM THE DIRECTOR 03

OUR MISSION 04

OUR STORY 06

OUR RESEARCH 08

OUR FLOURISHING MEASURE 10

THE GLOBAL FLOURISHING STUDY 11

FEATURED RESEARCH 12

WELL-BEING IN THE WORKPLACE 14

WORK THAT MATTERS 15

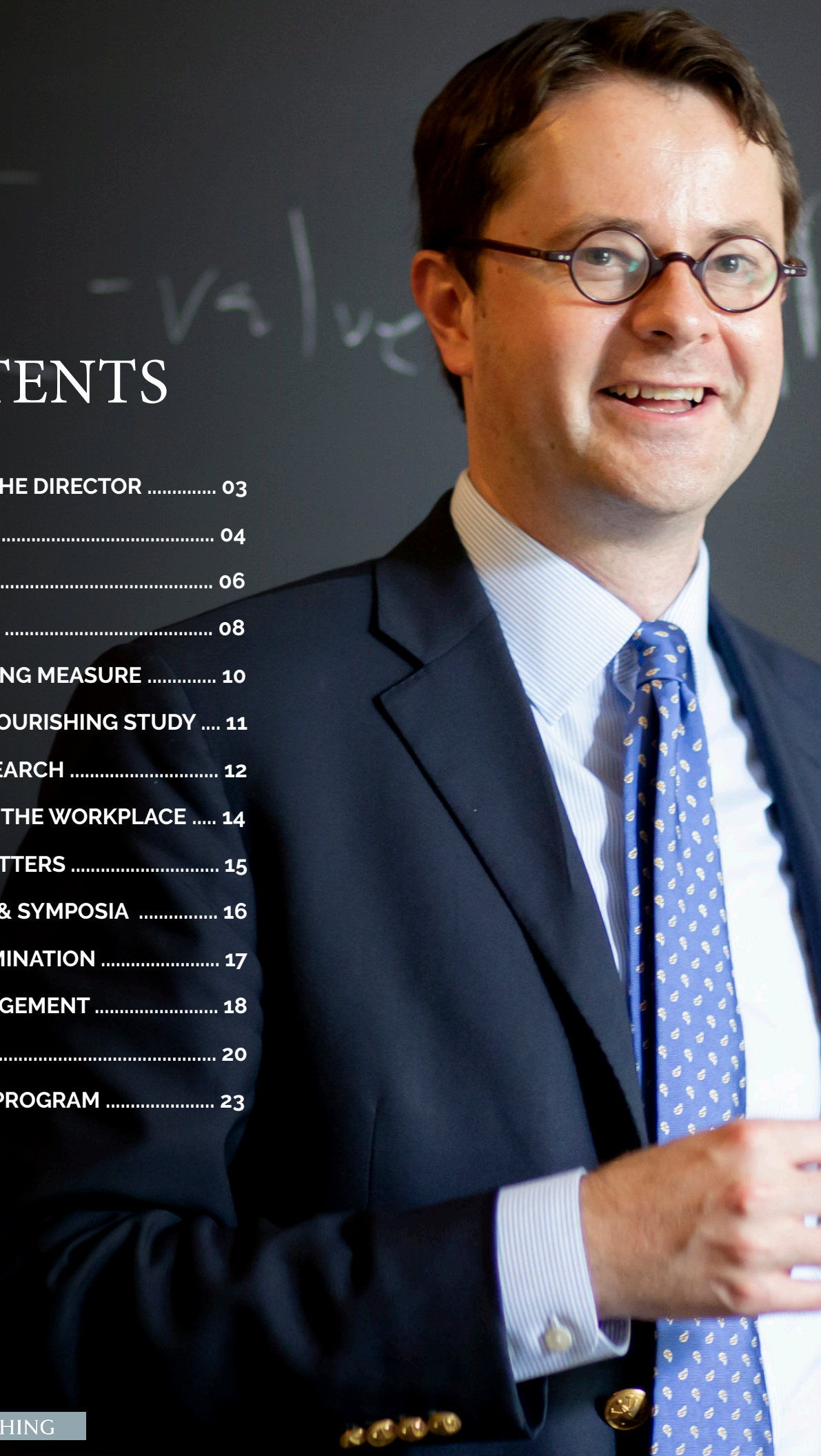
CONFERENCES & SYMPOSIA 16

MEDIA & DISSEMINATION 17

STUDENT ENGAGEMENT 18

OUR TEAM 20

SUPPORT OUR PROGRAM 23





Dear Friends,

The Human Flourishing Program at Harvard University was founded in order to address an important enduring question: How can human persons live flourishing lives? Answering that question requires us to grapple with the complex ways that topics such as health, justice, love, character, family, work, and religion all contribute to and intersect with well-being.

We believe that no single scholarly discipline can fully provide all that is needed to understand the good life. Accordingly, our Program has been interdisciplinary from the start. We draw on the enduring wisdom of humanistic disciplines like philosophy, theology, and history and the most rigorous findings of empirical fields like psychology, sociology, and public health.

As part of Harvard's Faculty of Arts and Sciences, we are privileged to be located in the heart of one of the world's great universities. We strive to equip Harvard faculty and students to seek virtue and find purpose in their work. We also have a mission to promote flourishing throughout the world. In the pages that follow, we are excited to introduce you to the work of our Program and the scholars that make it possible.

Sincerely,

Tyler J. VanderWeele
Program Director and Founder

John L. Loeb and Frances Lehman Loeb Professor of Epidemiology,
Harvard University



THE HUMAN FLOURISHING PROGRAM

at Harvard University


The Human Flourishing Program aims (i) to study and promote human flourishing and (ii) to develop systematic approaches to the synthesis of knowledge across disciplines.

The ambition to understand and promote flourishing is common to the numerous great intellectual traditions, from Aristotle's reflections on "eudaimonia (flourishing)," to the Stoics' single-minded quest for "tranquility of soul," to the Hebrew prophets' longing for "shalom (peace)" for all creation to Aquinas's integration of Aristotle's philosophy with Christian theology. Both in their classical forms and their more recent manifestations, these traditions have striven to understand the true constituents of flourishing—from health and wealth to the moral and even theological virtues—and the practices that best promote it.

The empirical social sciences have more recently taken up the question of comprehensive flourishing, but in recent years an increasing number of scholars from fields that include sociology, psychology, economics, and public health have moved beyond narrowly clinical or economic conceptions of human flourishing to study the full range of factors that contribute to or are constitutive of a well-lived life. These scholars have developed rigorous quantitative methods for studying how goods such as religious community, meaning and purpose, or a virtuous character contribute to flourishing.

The Human Flourishing Program is committed to bringing empirical social sciences and the humanities into sustained and mutually enriching conversation, while maintaining the highest scholarly standards.





***THE HUMAN FLOURISHING PROGRAM IS UNIQUE
IN ITS ATTEMPT TO BRING BOTH THE HUMANITIES
AND SOCIAL SCIENCES TOGETHER AND USE THE
MOST RIGOROUS EMPIRICAL METHODS TO ANSWER
ESSENTIAL QUESTIONS ABOUT HUMAN WELL-BEING.***

OUR STORY

The Human Flourishing Program at Harvard University was founded in 2016 in order to foster interdisciplinary research into the factors that contribute to human well-being. Modern research universities are not always equipped to conduct this kind of inquiry. Faculty are often highly specialized, and they are most comfortable talking about those things they know best. Ask a philosopher about the path to the good life, and she might talk about virtue or integrity. Ask a public health expert, and he might discuss diet and exercise. There are advantages to this culture of expertise—it has produced countless scientific advances that enhance our lives—but it makes it difficult to address complex questions about the factors that promote flourishing.

The Program understands flourishing as living in a state in which all aspects of a person's life are good. Tyler VanderWeele, the Program's Director and John L. Loeb and Frances Lehman Loeb Professor of Epidemiology at the Harvard T.H. Chan School of Public Health, was spurred to consider these questions by research that shows the powerful effects of religious service attendance on physical and mental health.

"This research got me thinking," says VanderWeele. "We don't talk about religion very much in public health, but it is profoundly important. There are other factors that shape public health outcomes that are just as neglected. I had been thinking about questions of human flourishing over the years but hadn't pursued them in a substantial way. In addition to health, people care about happiness, having meaning or purpose in life, character, and having

positive relationships, but we don't study these things empirically very much. That's what led to this idea of trying to pursue research on flourishing broadly construed."

The Program's resident theologian and Associate Director for Research, Brendan Case, observes, "Empirical research unguided by humanistic reflection is blind, while humanistic speculation unmoored from empirical inquiry is empty. The Human Flourishing Program seeks to unite the social sciences' remarkable advances in our empirical and quantitative knowledge with the deep wisdom distilled in the great philosophical and theological traditions, drawing both into a mutually enriching dialogue whose full potential we are only beginning to glimpse."

In addition to its research mission, the Program has from its beginning been committed to promoting flourishing by sharing its research with policy makers and the general public. Matthew Lee, the Program's Director of Empirical Research, runs a Community of Practice that brings together stakeholders from the worlds of government, not-for-profit work, education, and medicine to strategize about ways to use flourishing research to solve real-life problems.

The Program has a particular mission to promote well-being within the Harvard community. In addition to collaborating on research with scholars from across Harvard, the Program sponsors public lectures on campus, teaches courses in Harvard College and the various graduate schools, and mentors undergraduate and graduate students.

"Harvard students are high achieving, but they do not always pause to ask what their education is really for," says Flynn Cratty, an intellectual historian and Associate Director of the Program. "The Human Flourishing Program provides a rare opportunity for students to engage with both scientific research and great religious and intellectual traditions with an eye to developing character and a strong sense of purpose in life."

The Program was founded by Professor VanderWeele with two researchers, Senior Philosopher Jeffrey Hanson and Donald Frederick (Program affiliate). It has since grown to more than a dozen researchers in fields that include psychology, sociology, public health, history, philosophy, and theology. The Program is launching major research programs with a global scope. It is rapidly becoming a significant force for flourishing at Harvard and around the world.



OUR RESEARCH

The Human Flourishing Program at Harvard organizes its research into six major themes, each of which is an essential aspect of a flourishing life. Our researchers collaborate with Harvard faculty, Program affiliates, and scholars from around the world.

Promotion of Flourishing

The flourishing project aims to encourage the measurement and tracking of flourishing and factors that contribute to flourishing in the worlds of business, medicine, education, and government. As part of this project, the Program has developed a new measure of human flourishing that considers happiness and life satisfaction, mental and physical health, meaning and purpose, character and virtue, and close social relationships as important aspects of flourishing. The Flourishing Measure is used by schools, businesses, and not-for-profits around the world.

Religious Communities

Program researchers are actively investigating the role that religious communities play in promoting physical health, personal happiness, a sense of meaning and purpose, and close social relationships. Although numerous studies have suggested that participation in these communities has a beneficial association with a variety of health outcomes, much of this research is problematic because of the issue of “reverse causation”—the possibility that attending religious services might be correlated with health because only the healthy are able to attend. Program researchers control for this possibility by combining longitudinal data collected over time with the most rigorous statistical methodologies.





Work & Well-Being

People spend much of their lives in the workplace and derive much of their sense of purpose from the work they do. Accordingly, the Program conducts research on the benefits of workplace policies designed to promote flourishing and the impact that employee flourishing has on productivity. The Program is also supporting a long-term initiative in the philosophy of work in the Western tradition. Program researchers often work with corporate partners from industries such as health care and finance to measure well-being and promote it among employees and customers.



Family & Marriage

The Program carries out original empirical research on the role that marital and family stability, educational choices, and parenting styles play in relational, health, and life outcomes for spouses and children. As part of our work in this area, Program researchers are mapping the conclusions of longitudinal research on the links between marriage, divorce, parenting, and family structure and a variety of human flourishing outcomes.



Meaning & Purpose

Nearly everyone desires to feel that their life has meaning and purpose, yet there is little empirical research about what leads to such a sense of purpose. The Program is pioneering research on the determinants that produce a strong sense of purpose in life. It is also helping to lead an interdisciplinary conversation between philosophers and psychologists in order to understand the differences between “significance” (what gives one meaning in life), “coherence” (understanding deeper questions of the meaning of life), and “purpose” (being directed toward a certain end). This effort has produced a comprehensive measure of meaning and purpose that can be used for personal reflection and empirical research.



Character & Formation

Character is an essential component of a flourishing life. The Program is conducting major research projects on the health benefits of forgiveness, the measurement of love, the philosophy of virtue, and the history of emotions. Various Program researchers are also active in character education at Harvard and beyond.

OUR FLOURISHING MEASURE

The Human Flourishing Program has developed a measurement approach to human flourishing, based around five central domains:

- (i) happiness and life satisfaction
- (ii) mental and physical health
- (iii) meaning and purpose
- (iv) character and virtue
- (v) close social relationships

The Flourishing Measure consists of two questions or items from each domain.

The goal of the Flourishing Measure isn't simply to measure whether people think happiness or meaning is important but rather to uncover factors that might be determinants of either positive or negative life outcomes.

Program Director Tyler VanderWeele explains: "Our argument is not that these domains are the whole of what flourishing is, but, however else flourishing might be conceived, almost everyone would say it includes at least these five domains of life. Each of these domains is pretty much universally desired, and each constitutes its own

end. We think these five domains provide a foundation for the studying of flourishing."

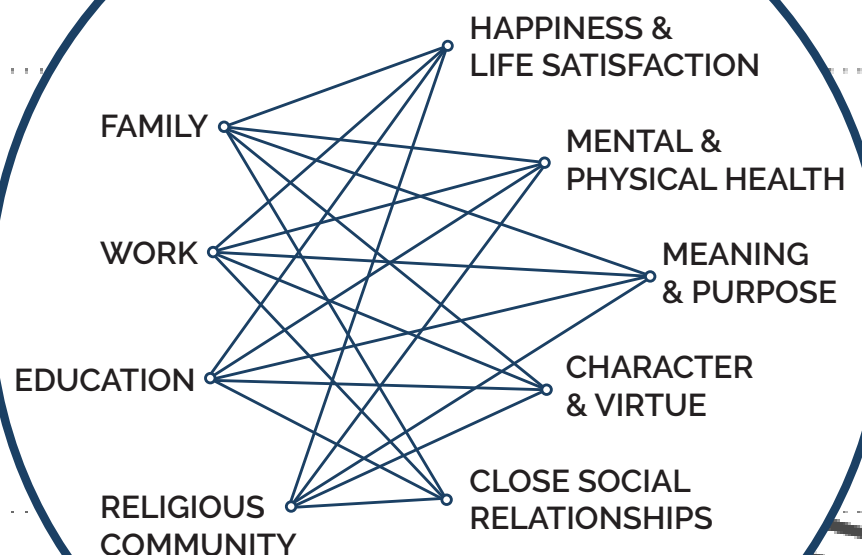
The measure and its conceptual motivation were put forward in a 2017 paper, "On the Promotion of Human Flourishing," by Professor VanderWeele in the *Proceedings of the National Academy of Sciences*.

VanderWeele and colleagues at Harvard's SHINE program have conducted studies using the Flourishing Measure in countries as varied as the U.S.A., Mexico, Sri Lanka, and China, as well as at large corporations like Aetna Inc., Levi Strauss & Co., and Owens Corning. The Flourishing Measure and activities to promote flourishing have also been turned into a free web app.



The Flourishing App

<https://flourishing.app>



THE GLOBAL FLOURISHING STUDY

In 2021, the Human Flourishing Program, in collaboration with Baylor University's Institute for Studies of Religion and the Gallup Organization, launched the Global Flourishing Study. The Global Flourishing Study will be a five-year, \$43.4 million longitudinal survey of 240,000 individuals from 22 countries (representing half of the world's population), covering numerous aspects of flourishing, from physical health to relationships to spiritual well-being. When completed, it will represent the most comprehensive longitudinal global dataset on flourishing ever assembled.

The GFS will transform the empirical study of flourishing. Much of the study of well-being has been carried out with cross-sectional data. Moreover, the vast majority of our longitudinal data on well-being derives from the United States or Europe. The GFS will expand knowledge on the extent to which, and in what ways, many of the world's largest nations are or are not flourishing, as well as why. Its longitudinal panel nature will supply evidence concerning the causes of flourishing, while the large panel size and multicountry and nationally representative coverage will give insights from around the world.

The Global Flourishing Study has been made possible by the generous funding of the Templeton World Charity Foundation, the Templeton Religion Trust, the John Templeton Foundation, the Wellbeing Trust, the Gallup Organization, the Wellbeing for Planet Earth Foundation, the Fetzer Institute, the David & Carol Myers Foundation, and the Paul Foster Family Foundation.

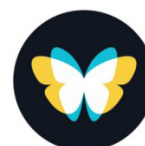
GALLUP®



JOHN TEMPLETON
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TEMPLETON
RELIGION
TRUST



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CHARITY FOUNDATION



Fetzer Institute



WELLBEING
FOR PLANET EARTH
FOUNDATION



**WELL
BEING
TRUST**

FEATURED RESEARCH

PROMOTING FORGIVENESS

In partnership with Man Yee Ho (City University of Hong Kong) and Program affiliate Everett Worthington (Emeritus at Virginia Commonwealth University), the Human Flourishing Program is running a global randomized trial on forgiveness. The project will measure forgiveness, evaluate the efficacy of a forgiveness workbook intervention, and study the impact of community-based educational programs on the benefits of

forgiveness. The *Building More Forgiving Communities around the Globe through Engagement to Complete Do-It-Yourself REACH Forgiveness Workbooks* project is active in Hong Kong, Colombia, Indonesia, South Africa, and Ukraine. The project is funded by the Templeton World Charity Foundation. It is scheduled to be completed in 2022.

MEASURING LOVE

In February 2021, researchers at the Human Flourishing Program with the support of the John Templeton Foundation launched a multiyear project to advance interdisciplinary research on interpersonal love. In conversation with long-standing philosophical and theological traditions, *The Construct and Assessment of Love* project will develop a new series of measures for the assessment of different forms of interpersonal love. This research will eventually lay the foundation for a

formal epidemiology of love. The project begins with an investigation of those characteristics of love that hold across different relationship types (parent-child, spouse, friend, God, neighbor, stranger, and enemy). It then considers both the extent to which we can identify the determinants of love and the effects of different forms of love on a variety of well-being outcomes. This project has the potential to position love as a significant public health concern.



DEATHS OF DESPAIR

In recent years, clinicians and social scientists have grown increasingly worried about the number of Americans dying as a result of suicide, drug use, or alcohol poisoning. These increasing numbers of “deaths of despair” have led to significant declines in life expectancy in the United States. Human Flourishing Program research has shown that regular attendance at religious services significantly lowers the likelihood of dying from these causes. Women who attended services weekly were 68 percent less likely to die by suicide, drug overdose, or alcohol; men were 33 percent less likely to die by these factors.

Chen, Y., Koh, H.K., Kawachi, I., Botticelli, M., and VanderWeele, T.J. (2020). Religious service attendance and deaths related to drugs, alcohol, and suicide among US health care professionals. *JAMA Psychiatry*, 77(7), 1–9.



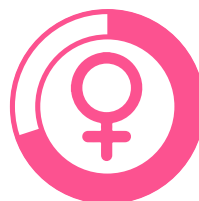
SUICIDE



**ALCOHOL
POISONING**



**DRUG
USE**



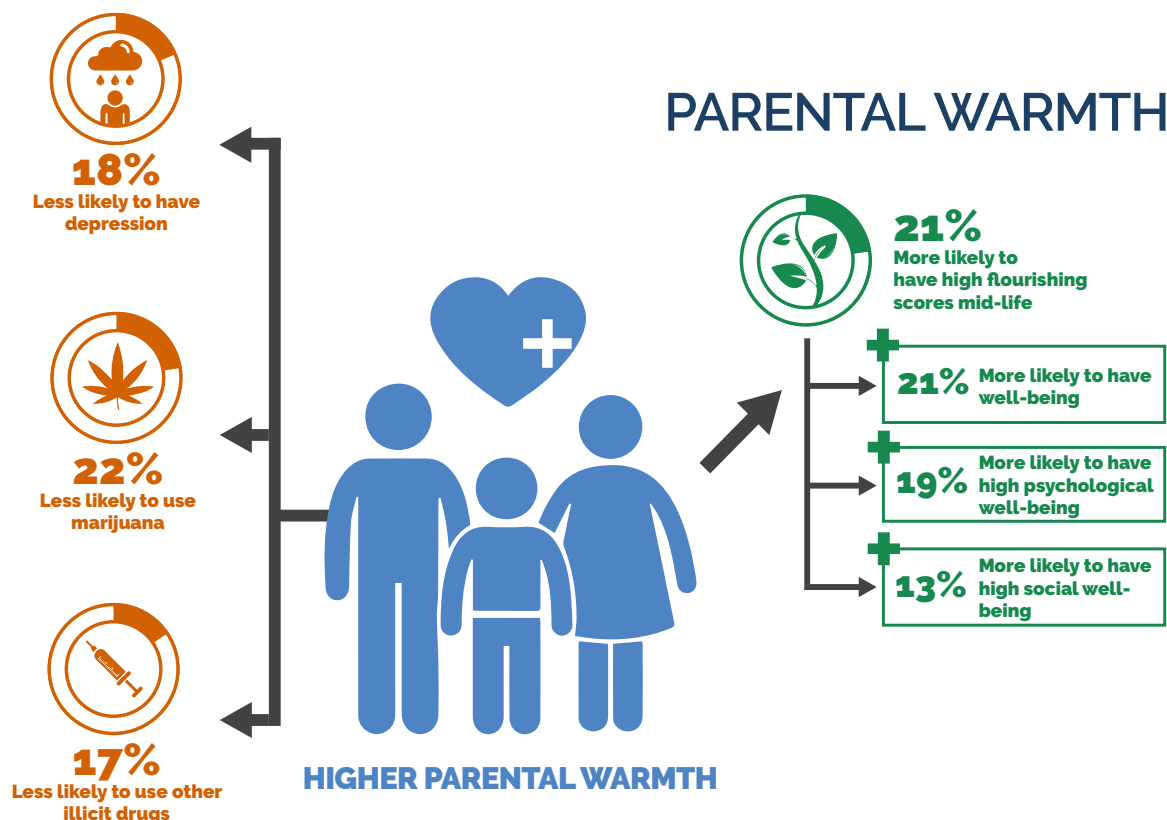
68%

**Less likely to die
from these causes**



33%

**Less likely to die
from these causes**



Parenting styles are often classified along two axes: parental warmth and parental discipline. Research has fairly consistently shown that the approach of high warmth and high discipline (the authoritative style) tends to be associated with the best outcomes, but this research is often cross-sectional and limited in scope. Human Flourishing Program research looks at the effects of different parenting styles on numerous health and well-being outcomes with a more rigorous methodology. We find that the authoritative approach to parenting (high warmth, high discipline) has the best outcomes and that love seems to be the most important factor.

Chen, Y., Kubzansky, L., and VanderWeele, T.J. (2019). Parental warmth and flourishing in mid-life. *Social Science and Medicine*, 220, 65–72.

Chen, Y., Haines, J., Charlton, B., and VanderWeele, T.J. (2019). Positive parenting improves multiple aspects of health and well-being in young adulthood. *Nature Human Behaviour*, 3, 684–691.

WELL-BEING IN THE WORKPLACE

The Program's Well-Being and the Workplace project studies how work and workplace policies contribute to flourishing and how the flourishing of individual workers affects employee productivity, engagement, and turnover. Consistent with our interdisciplinary approach, our research incorporates scholarship on the social science of work and the philosophy of work. Our collaboration with the Sustainability and Health Initiative for NetPositive Enterprise (SHINE) Program at the Harvard T.H. Chan School of Public Health has resulted in the incorporation of the Program's Flourishing Measure in workplace surveys at Levi Strauss & Co., Allegacy Credit Union, Owens Corning, and several major airlines. The Program also has a multiyear research collaboration with Aetna Inc.

In collaboration with SHINE, our research on the psychometric properties of well-being in the workplace assessments has the potential to provide companies with information that can help them promote the well-being of their employees. The well-being assessment is closely related to a conceptualization of flourishing formulated in "On the Promotion of Human Flourishing" by Program Director Tyler VanderWeele. In that review, VanderWeele pressed the need for further study into the causes, outcomes, and interventions that affect well-being. Such new knowledge, he asserted, would not only improve individuals' health; it could compound to produce a better functioning society.

Highlights of our research output on well-being in the workplace include:

- Hanson, T. (2022). *Philosophies of Work in the Platonic Tradition: A History of Labor and Human Flourishing*. Bloomsbury.
- Bialowolski, P., McNeely, E., VanderWeele, T.J., and Węziak-Białowolska, D. (2020). Ill health and distraction at work: costs and drivers for productivity loss. *PLoS One*, 15(3): e0230562.
- Węziak-Białowolska, D., McNeely, E., and VanderWeele, T.J. (2019). Human flourishing in cross cultural settings: evidence from the US, China, Sri Lanka, Cambodia, and Mexico. *Frontiers in Psychology*, 10 (Article 1269): 1-13.
- Węziak-Białowolska, D., McNeely, E., and VanderWeele, T.J. (2019). Flourish index and secure flourish index—validation in workplace settings. *Cogent Psychology*, 6 (1598926): 1-10.

WORK THAT MATTERS

The Human Flourishing Program's Community of Practice convenes monthly over Zoom for discussions of best practices for assessing and promoting flourishing in a wide variety of settings. It was founded in 2019 with an initial focus on educational institutions but has since expanded its purview to health-care organizations, workplaces, municipalities, and policy makers. It has more than 100 regular participants from Canada, India, Nigeria, Spain, the United Kingdom, and the United States.

Past topics of conversation have included the measurement of flourishing among different groups, the development of interventions to enhance specific domains of well-being and overall flourishing, and the revision of K-12, university, and medical school curricula in order to emphasize the centrality of flourishing and the pathways for leading a good life and building a better society.

The Community is led by the Human Flourishing Program's Community of Practice Director, Matthew Lee (matthew_lee@fas.harvard.edu).



CONFERENCES & SYMPOSIA

In 2021, we acted as a primary organizer and host of a major virtual symposium, "Faith and Flourishing: Strategies for Preventing and Healing Child Sexual Abuse," which was co-sponsored by the United Nations, the Harvard T.H. Chan School of Public Health, Harvard Divinity School, the Pontifical Commission for the Care and Protection of Minors, the World Council of Churches, and nearly 50 other influential partners. The Symposium aimed to foster a more robust and truly global dialogue among religious leaders and public health experts on the role of religious communities in preventing and healing child sexual abuse. This event ultimately attracted more than 1,800 registrants and received endorsements from Pope Francis and the White House Office of Gender Policy.

Past Conferences

"Global Flourishing across Cultures" (2020)
"Meaning of Life" (2019)
"Measuring Well-Being: Interdisciplinary Perspectives from the Social Sciences and Humanities" (2018)
"Interdisciplinary Conference on Suffering" (2017)
"Religion and Health Symposium" (2016)

Symposia/Short Courses

"Religion in the Social Sciences" (2016)
"Religion and Human Well-Being" (2017)
"Kierkegaard and the Happy Life" (2017)
"The Art and Science of a Meaningful Life" (2018)
"The Wisdom of Work" (2018)
"Virtues, Vices, and Situations" (2018)



MEDIA & DISSEMINATION

The Human Flourishing Program is committed to seeing its research disseminated widely to both academic and popular audiences. In addition to our publications in scholarly journals, our findings have been discussed in media outlets that include:

The New York Times, Chicago Tribune, Forbes, TIME, and CNN

Wall Street Journal, Christianity Today, and Psychology Today

YouTube, Instagram, Medium, and Twitter

Closer to home, the Program and its work have been featured in the *Harvard Magazine*, *The Harvard Crimson*, and the *Harvard Gazette*. The Program also has a growing presence in new media outlets. Our blog at *Psychology Today* has received hundreds of thousands of views with some individual posts receiving more than 40,000. In addition we are reaching new audiences through YouTube, Facebook, Instagram, Medium, and Twitter, where we have more than 100,000 monthly impressions.



STUDENT ENGAGEMENT

In addition to research, the Human Flourishing Program is committed to being a powerful force for the moral, intellectual, and spiritual development of Harvard's students. To that end, the Program partners with academic departments and like-minded faculty to provide opportunities for students to pause and reflect about the goals and purposes of their time at Harvard.

FLOURISHING FELLOWS

The Program provides a Flourishing Fellowship for students who wish to engage with the Program's work over the course of their Harvard career. Activities include:

- Reading groups on topics like the philosophy of education and the meaning of happiness. The discussions typically center on readings by authors like Seneca, Augustine, Voltaire, and Marilynne Robinson.
- Lectures, conferences, and roundtable discussions on topics relevant to flourishing at Harvard and after graduation.
- Summer seminars and intellectual retreats at Harvard or abroad.

MENTORSHIP

Program staff also take time for mentorship of students. We provide research internships for students interested in the science of well-being and one-on-one mentorship for undergraduates committed to making the best use of their time at Harvard.

For more information about opportunities for students at the Human Flourishing Program, contact Associate Director Flynn Cratty (flynncratty@fas.harvard.edu).

COURSES

In keeping with its commitment to enrich Harvard's intellectual life, Program researchers regularly teach for-credit courses for undergraduate and graduate students in departments like history, epidemiology, philosophy, and sociology.

Course offerings have included, among others:

PHI 175W: The Wisdom of Work (Dr. Jeffrey Hanson)

EPI 230: Religion, Well-Being, and Public Health (Prof. Tyler VanderWeele)

A portrait of Dr. Matthew Lee, a man with dark hair and glasses, wearing a dark blue polo shirt. He is looking slightly to the left with a gentle smile. The background is a soft, out-of-focus grey.

Featured Course

SOCIOLOGY 1152: Conflict, Justice, and Healing (Dr. Matthew Lee)

Serious crime and other forms of conflict are experienced as a traumatic violation. This is to be avoided at all costs. And yet...some survivors experience surprising levels of resilience, a renewed sense of meaning and purpose, empowerment, and post-traumatic growth. Some offenders turn toward a deeper sense of truth and existential responsibility. Some communities transcend institutionalized patterns of dehumanization and violence to embrace the challenging path of forgiveness, reconciliation, healing, and inclusive flourishing. When and how do individuals and communities heal after conflict? A growing body of empirical research on the social conditions and processes that give rise to these outcomes will also help us explore such timeless questions as: What is justice? How can "enemies" reconcile? What is the good life?

"Thank you so much for such an insightful and amazing class!"

"A revolutionary class."

"This was an amazing course that helped me to begin to heal and begin my spiritual journey."

OUR TEAM

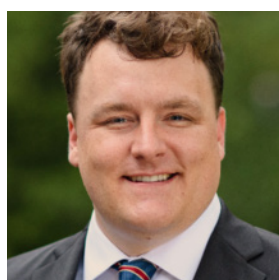
The Human Flourishing Program is comprised of an interdisciplinary team of scholars that work collaboratively on innovative research projects. Collectively, they hold advanced degrees in philosophy, theology, sociology, biostatistics, psychology, epidemiology, public health, economics, and history from universities that include Australian Catholic University, Boston University, Baylor, Delaware, Duke, Fordham, Harvard, Oxford, the University of KwaZulu-Natal, and Yale.



TYLER J. VANDERWEELE

Program Director

Tyler J. VanderWeele (Ph.D., Harvard University) is the John L. Loeb and Frances Lehman Loeb Professor of Epidemiology in the Departments of Epidemiology and Biostatistics at the Harvard T.H. Chan School of Public Health. He serves as Director of the Human Flourishing Program. His methodological research focuses on the theory and methods for distinguishing between association and causation in the biomedical and social sciences and, more recently, on measurement theory and the importance of incorporating ideas from causal inference and from analytic philosophy into measure development and evaluation. His empirical research spans psychiatric and social epidemiology; the science of happiness and flourishing; and the study of religion and health, including both religion and population health and the role of religion and spirituality in end-of-life care. He was the recipient of the 2017 President's Award from the Committee of Presidents of Statistical Societies (COPSS).



FLYNN J. CRATTY

Associate Director

Flynn J. Cratty (Ph.D., Yale University) is Associate Director for the Program. He oversees the Program's day-to-day functions and its engagement with the Harvard community, including the student fellows program. Flynn is a historian who researches religious and intellectual change in early modern France and Britain with a special emphasis on secularization and the intellectual foundations of modernity. Flynn also teaches as a lecturer in the History Department at Harvard.



BRENDAN W. CASE

Associate Director for Research

Brendan W. Case (Th.D., Duke University) is the Program's Associate Director for Research. Brendan works to integrate the social scientific study of human flourishing with the contributions of the humanities and also to disseminate the Program's research through external partnerships and public events. His research concerns topics in the Christian doctrine of creation and the intersection of theological ethics and the social sciences, notably in debates over moral psychology and character.



MATTHEW T. LEE

Director of Empirical Research

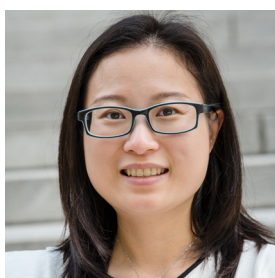
Matthew T. Lee (Ph.D., University of Delaware) is Director of Empirical Research for the Program. Matthew's research explores pathways to human flourishing, benevolent service to others, and the integration of social science and the humanities. He also convenes the Community of Practice, a monthly meeting of practitioners committed to promoting flourishing in local and national contexts.



JEFFREY HANSON

Senior Philosopher

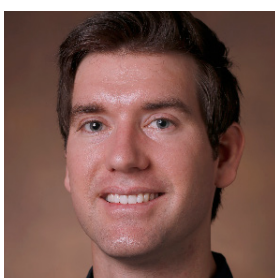
Jeffrey Hanson (Ph.D., Fordham University) is Senior Philosopher for the Program. Jeff's research focuses on issues in philosophy of religion, phenomenology, aesthetics, and ethics. His writings on Kierkegaard, French phenomenology of religion, and the arts are motivated by an ongoing interest in the practical value of philosophy for human flourishing.



YING CHEN

Research Associate and Data Scientist

Ying Chen (Sc.D., Harvard University) is Research Associate and Data Scientist for the Program. Ying's research concerns identifying positive psychosocial factors such as positive family relationships and religious participation that help promote health and human flourishing. She is also interested in the relationship between well-being and social disparity and childhood experience.



RICHARD G. COWDEN

Psychology Research Associate

Richard G. Cowden (Ph.D., University of KwaZulu-Natal) is a Psychology Research Associate. Richard studies the intersections between cultural-contextual dynamics and psychosocial processes that shape personal growth and well-being. Much of his research agenda focuses on character strengths and positive adjustment, especially the benefits of forgiveness for health and well-being in diverse cultures.



JENNIFER S. WORTHAM

Research Associate

Jennifer S. Wortham (Dr.PH, UCLA) is a Research Associate for the Program. She has served as an executive and consultant for leading health-care organizations. Jennifer is active in international efforts to promote the prevention and healing of child sexual abuse.



TIM LOMAS

Psychology Research Scientist

Tim Lomas (PhD, University of Westminster) is a Psychology Research Associate for the Program. Tim's research mainly focuses on cross-cultural perspectives on well-being and especially on concepts and practices deemed "non-Western." Such research includes developing a lexicography and conceptual map of "untranslatable" words relating to well-being and also working with Gallup to create and analyze new well-being-related items for their world poll.



KATELYN LONG

Research Associate

Katelyn Long (Dr.PH, Boston University) is Research Associate for the Program. Her work focuses on determinants of well-being, group dynamics of religion on human flourishing, and the development of tradition-specific spiritual well-being measures. She has also worked on chronic disease prevention, adolescent health, mental health, and positive deviance in vulnerable communities.



PEDRO ANTONIO DE LA ROSA FERNÁNDEZ-PACHECO

Postdoctoral Fellow

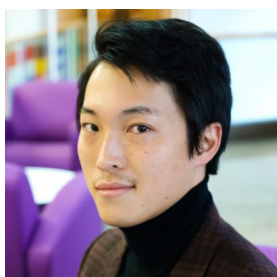
Pedro Antonio de la Rosa Fernández-Pacheco (Ph.D., University of Navarra) is a Postdoctoral Fellow with the Program. His research focuses on risk and protective factors for alcohol use among adolescents and the effectiveness of gamification as a tool to improve school-based health education programs.



WOJCIECH T. KAFTANSKI

Postdoctoral Fellow and Communications Associate

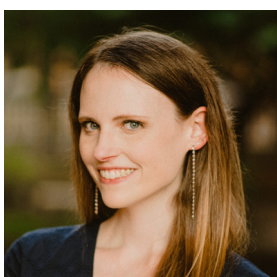
Wojciech T. Kaftanski (Ph.D., Australian Catholic University) is a Postdoctoral Fellow and Communications Associate for the Program. Wojciech directs communications and marketing efforts in the Program. His research puts modern and contemporary thinkers in dialogue to advance the contemporary conversation on the role of imitation, emotions, and ethics for moral formation and character development in the context of exemplarity and role modelling.



KOICHIRO SHIBA

Postdoctoral Fellow

Koichiro Shiba (Ph.D., Harvard University) is a Postdoctoral Fellow with the Program and the Departments of Epidemiology and Social and Behavioral Sciences at Harvard T.H. Chan School of Public Health. He researches resilience, the impacts of disasters on the health of survivors, and the health effects of positive social/psychological factors and changing distributions of human flourishing globally.



RENAE WILKINSON

Postdoctoral Fellow

Renae Wilkinson (Ph.D., Baylor University) is a Postdoctoral Fellow at the Program. A sociologist by training, her research examines the role of family and educational pathways to life-course health and well-being with a concentration on parental social and economic resources during adolescence.

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