

Ryan T. Howell, Ph.D.

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

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

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

Professional Experience 2012-Present Associate Professor, Department of Psychology
 San Francisco State University
 2007-2012 Assistant Professor, Department of Psychology
 San Francisco State University
 2005-2007 Assistant Professor, Department of Psychology
 California State University, Bakersfield

Awards & Honors Selected as attendee to the American Psychological Association's Advanced Training Institute on Exploratory **Data Mining in Behavioral Research, summer 2010.**

Intensive Methodological Training Grant Award, spring 2010.
 Office of Research and Sponsored Programs, SFSU. Award: \$2,537

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

Outstanding Graduate Student Poster Presentation, February 2005.
 Annual Graduate Student Conference, Riverside, CA. Award: \$700.

Chancellor's Fellowship, 2000-2001
 University of California, Riverside. Award: \$12,000

Selected Media Mentions **National Public Radio.** December 25, 2009. "*For Happiness, Spend Money On Experiences.*"

CNN Health. February 10, 2009. "*Study: Experiences make us happier than possessions.*"

ABC. December 2, 2008. "*How to give the gift of happiness.*"

Miller-McCune. November 2, 2009. "*No Pain, No Gain Applies to Happiness, Too.*"

Los Angeles Times. February 16, 2009. "*Experiences bring more happiness than buying things, study shows*"

Publications

- Donnelly*, G., Iyer, R., **Howell, R. T.**, (2012). The big five personality traits, material values, and financial well-being of self-described money managers. *Journal of Economic Psychology*, 33,1129–1142.
- Burke, A., Van Olphen, J., Eliason, M., **Howell, R. T.**, Gonzalez, A. (2012). Re-examining Religiosity as a Protective Factor: Comparing Alcohol Use by Self-Identified Religious, Spiritual, and Secular College Students. *Journal of Religion and Health*, DOI: 10.1007/s10943-012-9623-8.
- Martin, D. S., **Howell, R. T.** Newman, C. Martin, K. (2012). Validation of Eventserv-Short: A brief measure of customer satisfaction with game day services. *Managing Service Quality*, 22, 386 - 398.
- Zhang*, J. W., **Howell, R. T.**, Stolarski, M. (2012). Comparing three methods to measure a balanced time perspective: The relationship between a balanced time perspective and subjective well-being, *Journal of Happiness Studies*, 1-16. DOI: 10.1007/s10902-012-9322-x
- Howell, R. T.**, *Chong, W. T., Howell, C. J., & Schwabe, K. (2012). Happiness and life satisfaction in Malaysia. In H. Selin (Ed.), *Happiness across cultures: Views of happiness and quality of life in non-western cultures*. The Netherlands: Springer Publishers.
- Howell, R. T.**, *Pchelin, P, & Iyer, R. (2012). The preference for experiences over possessions: Measurement and construct validation of the experiential buying tendency scale. *The Journal of Positive Psychology*. 57 – 71.
- Howell, R. T.**, *Kurai, M , & Tam, L. (2012). Money buys financial security and psychological need satisfaction: Testing need theory in affluence. *Social Indicators Research*. DOI: 10.1007/s11205-010-9774-5
- Howell, R. T.** & *Rodzon, K.S. (2011). An exploration of personality-affect relations in daily life: Determining the support for the affect-level and affect-reactivity views. *Personality and Individual Differences*, 51, 797-801.
- Eliason, M. J., Burk, A., Olphen, J., & **Howell, R.T.** (2011). Complex interactions of sexual identity, sex/gender, and religious/spiritual identity on substance use among college students. *Sexuality Research and Social Policy*, 8, 117- 125.
- *Zhang, J. & **Howell, R. T.** (2011) Do time perspectives predict unique variance in life satisfaction beyond personality traits? *Personality and Individual Differences*, 50, 1261 – 1266.
- *Purvis, A., **Howell, R. T.**, & Iyer, R. (2011) Exploring the role of personality in the relationship between maximization and well-being. *Personality and Individual Differences*, 50, 370 – 375.
- Howell, R. T.**, Chenot, D., *Hill, G., & Howell, C. J. (2011). Momentary happiness: The role of psychological need satisfaction. *The Journal of Happiness Studies*, 1, 1 – 15.
- Martin, D.S., **Howell, R. T.**, & O'Neill, M. (2010) The impact of positive affect, negative affect, and customer satisfaction on the future behavioral intentions of sports fans. *The International Journal of Sport and Society*, 1, 101-116.
- Howell, R. T.**, *Rodzon, K. S. *Kurai, M., & *Sanchez, A. H. (2010). A validation of well-being and happiness surveys for administration via the Internet. *Behavior Research Methods*, 42, 775-784.
- Howell, R. T** & *Hill, G. (2009). The mediators of experiential purchases: Determining the impact of psychological needs satisfaction and social comparison. *The Journal of Positive Psychology*, 4, 511 – 522.
- Howell, R. T** (2009). Positive psychological wellbeing reduces the risk of mortality in both ill and healthy populations. *Evidence-Based Mental Health*, 12, 41.

- Miller, C. S., Woodson, J., **Howell, R. T.**, Shields, A. L. (2009). Assessing the reliability of scores produced by the Substance Abuse Subtle Screening Inventory (SASSI). *Substance Use and Misuse*, 44, 1090 – 1100.
- Huynh, Q.-L., **Howell, R. T.**, & Benet-Martínez, V. (2009). Reliability of bidimensional acculturation scores: A meta-analysis. *Journal of Cross-Cultural Psychology*, 40, 256-274.
- Clark, S. E., **Howell, R. T.**, & Davey, S. L. (2008). Regularities in eyewitness identification. *Law and Human Behavior*, 32, 187-203.
- Howell, R. T.**, & Shields, A. L. (2008). The file drawer problem in reliability generalizations: A strategy to compute a fail-safe N with reliability coefficients. *Educational and Psychological Measurement*, 68, 120-128.
- Howell, R. T.**, Kern, M. L., & Lyubomirsky, S. (2007). Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. *Health Psychology Review*, 1, 83 – 136.
- Shields, A.L., **Howell, R.T.**, Potter, J.S., & Weiss, R.D. (2007). The Michigan Alcoholism Screening Test and its shortened forms: A meta-analytic inquiry into score reliability. *Substance Use and Misuse*, 42, 1783-1800.
- Howell, C. J., **Howell, R. T.**, & Schwabe, K. A. (2006). Is income related to happiness for the materially deprived? Examining the association between wealth and life satisfaction among indigenous Malaysian farmers. *Social Indicators Research*, 76, 499 – 524.
- Gong, G., Haynatzki, G. R., Haynatzka, V., Kosoko-Lasaki, S., **Howell, R. T.**, Fu, Y., & Gallagher, J.C. (2006). Bone mineral density of recent African Immigrants in the United States. *Journal of the National Medical Association*, 98 (5), 746 – 752.
- Gong, G., Haynatzki, G. R., Haynatzka, V., **Howell, R. T.**, Kosoko-Lasaki, S., Fu, Y., & Gallagher, J.C. (2006). Bone mineral density-affecting genes in Africans. *Journal of the National Medical Association*, 98 (7), 1 – 7.
- Masters Thesis Chair* Chair, Psychology Department, Paulina Pchelin (2011)
Masters of Arts, Title: *In pursuit of happiness: When do purchase experiences live up to expectations?*
- Chair, Psychology Department, Alison Purvis (2010)
Masters of Arts, Title: *Exploring the role of personality in the relationship between maximization and well-being.*
- Chair, Psychology Department, Mark Masakazu Kurai (2010)
Masters of Arts, Title: *The relationship between our personality and how we manage emotions* (Currently: UCD Ph.D. program).
- Chair, Psychology Department, Katrina Rodzon (2009)
Masters of Arts, Title: *How do you see it? Revisiting the person x situation model from a subjective perspective* (Currently: Utah State Ph.D. Program).
- Chair, Psychology Department, Brie C. Pfisterer (2009)
Masters of Arts, Title: *The Economic Indicators of Financial Security: The Role of Income, Wealth and Debt.*
- Chair, Psychology Department, They Prok (2008)
Masters of Arts, Title: *Conflict in Close Relationships* (Currently: UCSB Ph.D. program).

- Presentations* Martin, D.S. & **Howell, R.T.** (2010). *The impact of positive affect, negative affect, and customer satisfaction on the future behavioral intentions of sports fans*. Paper presented at the 1st annual meeting of the International Conference on Sport and Society, Vancouver, Canada, March 8 – 10.
- Howell, R.T.** (2008). *Examining convergence of experience sampling methods: Do different ESM capture unique aspects of manifested personality?* Paper presented at the 116th annual meeting of the American Psychological Association, Boston, MA., August 14 -17.
- Howell, R.T.** (2007). *Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes*. Paper presented at the Sixth International Positive Psychology Summit, Washington, D.C.
- Howell, C.J. & **Howell, R.T.** (2007). *A meta-analysis of the income–SWB relation among impoverished samples across the globe*. Paper presented at the Sixth International Positive Psychology Summit, Washington, D.C.
- French, S.E. & **Howell, R.T.** (2004). *The academic achievement of minority and majority students: A retrospective study*. Paper presented at the Consortium for Higher Academic Performance Meeting, UC Berkeley.
- Ozer, D.J. & **Howell, R. T.** (2002). *Evaluating personality types*. Paper presented at the 11th European conference on Personality, Jena, Germany.
- Selected Poster Presentations* *Sanchez, A. H. & **Howell, R. T.** (2011). *Impulsive and compulsive buying: Measuring the difference*. Poster presented at the annual meeting of the American Psychological Society, Washington, D. C.
- *Zhang, J. W., & **Howell, R. T.** (2011). *Do time perspectives predict unique variance in life satisfaction beyond personality traits?* Poster session to be presented at the Association for Psychological Science convention. Washington D.C.
- *Donnelly, G.E., *Jiang, Q., & **Howell, R.T.** (2011). *Promoting well-being. The role of regulatory focus in personal finance*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, San Antonio, TX.
- *Kurai, M. & **Howell, R. T.** (2011). *Managing emotional outcomes: A matter of personality?* .Poster presented at Society for Personality & Social Psychology, San Antonio, TX.
- *Pchelin, P., & **Howell, R.T.** (2011). *The impact of chronic depletion on impulsive and compulsive Buying*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, San Antonio, TX.
- *Sanchez, A. H. & **Howell, R. T.** (2011). *What do compulsive buyers purchase? The link between compulsive buying and experiential purchasing*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- *Pchelin, P. & **Howell, R.T.** (2010). *Does life stress lead to impulsive buying?: A examination of financial and psychological stress as predictive of impulsive buying*. Poster presented at the annual meeting of the American Psychological Society, Boston, MA.

- *Zhang, J. W., & **Howell, R. T.** (2010). *The effect of financial development on materialistic values and savings behaviors*. Poster session presented at the Association for Psychological Science Annual Convention. Boston, MA.
- *Donnelly, G.E. & **Howell, R.T.** (2010). *Expense tracking leads to positive financial behaviors*. Poster presented at the first annual Rackham Michigan Meeting: The Interdisciplinary Science of Consumption: Mechanisms of Allocating Resources Across Disciplines. Ann Arbor, MI.
- Donnelly, G.E., Harrison, A., & **Howell, R.T.** (2010). *Financial clarity: An honest look at personal finance*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Las Vegas, NV.
- *Kurai, M. & Howell, R. T. (2010). *Assessing need theory: Financial security mediates the money-happiness link*. Poster presented at Society for Personality & Social Psychology, Las Vegas, NV.
- *Purvis, A.L. & **Howell, R.T.** (2010). *Less than satisfied: Exploring the purchasing decisions of maximizers*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Las Vegas, NV.
- *Chaimowitz, N. & **Howell, R.T.** (2010). *The way to be happy: Mediators of purchase preferences on subjective well-being*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Las Vegas, NV.
- *Harrison, A. R., *Donnelly, G. & **Howell, R.T.** (2010). *Satisfaction with Experiential versus Material Purchasing*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Las Vegas, NV.
- *Zhang, J. W., & **Howell, R. T.** (2010). *Predicting financial security: The role of multiple financial indicators*. Poster session presented at The Judgment and Decision Making Pre-conference. Las Vegas, NV.
- *Dennehy, T. C., & **Howell, R. T.** (2009). *Change in negative, but not positive, affect intensity predicts happiness*. Poster presented at the annual convention of the Association for Psychological Science, San Francisco, CA.
- Howell R. T.** (2009). *Money and Happiness Amidst Poverty: A Meta-Analysis*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- *Rodzon, K. S. & **Howell R. T.** (2009). *An exploration of personality-affect relations in daily life: Determining the support for the affect-level and affect-reactivity models*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- *Pfisterer, B. C. & **Howell R. T.** (2009). *I am not satisfied, but stressed: How the (lack of) income leads to financial distress*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- *Hill, G. & **Howell R. T.** (2009). *The mediators of experiential purchases: Determining the impact of psychological need satisfaction*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Tampa, FL.
- Howell, R. T.** & Chenot, D. (2007). *Momentary happiness: The role of personality and psychological needs*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Memphis, TN.

- Howell, R. T.** (2006). *Models of Happiness: The Role of Personality Traits and Daily Experience in Understanding Life Satisfaction*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Palm Springs, CA.
- Howell, R. T. & Kern, M.** (2006). *The Effects of Positive and Negative Emotions on Physical Health: A Meta-analysis*. Poster presented at the annual Emotion Pre-Conference to the meeting for the Society of Personality and Social Psychologists, Palm Springs, CA.
- Huynh, Q.-L., & **Howell, R. T.** (2005). Ethnicity and acculturation questionnaires: A meta-analytic inquiry into score reliability. Paper presented at the 2005 Asian American Psychological Association Convention, Washington, DC.
- Howell, R.T. & Howell, C.J.** (2005). *Happy days: Modeling happiness with daily experiences and choices*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, New Orleans, LA.
- Howell, C.J. & **Howell, R.T.** (2005). *Can Happiness be Bought Amidst Poverty? A Meta-Analysis Examining the Association Between Wealth and Happiness in Developing Countries*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, New Orleans, LA.
- Howell, C.J. & **Howell, R.T.** (2004). *Wealth, income and life satisfaction: Examining the correlates among indigenous Malaysian farmers*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Austin, TX.
- Howell, R. T. & Ozer, D. J.** (2003). *When do personal goals predict daily behavior? Attenuation of goal-behavior relations by normative role obligations*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Los Angeles, CA
- Howell, R. T. & Howell, C. J.** (2003). *Increasing pro-environmental behavior by changing environmental concern and self-determination*. Poster presented at the annual meeting of the Society of Personality and Social Psychologists, Los Angeles, CA.
- Howell, R. T., Hershey, J. W, Markey, P. M., & Ozer, D. J.** (2002). *Convergent and divergent validity of goal assessments*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- External Funding Reports* French, S.E. & **Howell, R. T.** (2004). *Financial aid and preparation as predictors of graduating college GPA*. Report submitted to “Establishing a Consortium of Selective California Colleges and Universities to Increase the Number of Academically Very Successful Underrepresented Minority Undergraduates Grant.”
- Grants and Contracts* **Co-Investigator, 2004 – 2005.**
Positive Psychology Microgrant, The Positive Psychology Network (\$2,000 Direct costs)
PI: Dr. Kurt Schwabe, University of California, Riverside.
- Statistical Consultant, 2005**
John Templeton Foundation and the Positive Psychology Network.(\$25,000 Direct costs)
PI: Dr. Sonja Lyubomirsky, University of California, Riverside.

Statistical Consultant, 2004 – 2005

National Institute on Alcohol Abuse and Alcoholism (R21 AA013423). Total Grant: \$115,000

PI: Dr. Alan Shields, East Tennessee State University.

Statistical Consultant, 2004

State of Nebraska (LB 692). Total Grant: \$227,000

PI: Dr. Gordon Gong, Creighton University.

Statistical Consultant, 2003

University of California at Riverside. Total Grant: \$23,987

PI: Dr. Sabine French, University of Illinois at Chicago.

*SFSU***Proseminar I: Fall 2011***Instruction***Field Services Seminar/Psychological Field Service: Spring 2011****Current Issues in Psychology: Spring 2011****Seminar in Selected Problems: Spring 2010****Analysis of Variance and Experimental Design: Fall 2010, Spring 2010, Fall, 2008****Statistical Analysis of Psychological Research: Fall 2010, Fall 2009****Introductory Psychological Statistics: Fall 2011, Summer 2011, Fall 2010, Summer 2010, Spring 2010, Fall 2009, Summer 2009, Spring 2009, Winter 2009, Summer 2008, Spring 2008, Fall 2007***Previous***Advanced Research Design and Analysis.** California State University, Bakersfield.*Instruction***Quantitative Methods in the Behavioral Sciences.** California State University, Bakersfield.**Psychological Test & Measurement.** California State University, Bakersfield.**Understanding Psychological Research II.** California State University, Bakersfield.**Statistical Methods in Psychological Research.** California State University, Bakersfield**Introductory Psychology.** University of California, Riverside.**Statistical Procedures.** University of California, Riverside.*University
Service***Member of the EnACT ~ Partnerships, Technology and Dissemination group, 2009 - 2011***College
Service***Junior Faculty Representative to the BSS College Council, 2010 - 2011.***Departmental
Service***Chair, Psychology Department Advisory committee, 2010 – Current.****Psychology Department Advisory committee, 2008 – Current.**

Social Psychology Program Committee Member, 2007-2009

Social hiring committee, 2008.

Co-director of the Social Psychology Laboratory for Research and Teaching, 2008-2009

Speaker, Psi Chi Induction, Fall 2007 , Fall 2009, Fall 2010

*Professional
Service*

Ad Hoc Reviewer, *Social Indicators Research*

Ad Hoc Reviewer, *Journal of Research in Personality*

Ad Hoc Reviewer, *Journal of Happiness Studies*

Ad Hoc Reviewer, *Politics and Policy*

Ad Hoc Reviewer, *Journal of Personality and Social Psychology: PPID*

Ad Hoc Reviewer, *Behavior Research Methods*

Ad Hoc Reviewer, *International Journal of Sport and Society*

Ad Hoc Reviewer, *Acta Biotheoretica*

Ad Hoc Reviewer, *Journal of Personality*

Ad Hoc Reviewer, *Health Psychology Review*

Ad Hoc Reviewer, *Perspectives on Psychological Science*

Ad Hoc Reviewer, *Annals of Internal Medicine*

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