



# SINET

## SOCIAL INDICATORS NETWORK NEWS

*The official newsletter of the International Society for Quality-of-Life Studies*

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### **The Art of Deriving Pleasure From Thinking** by Piotr Michon

In the study at the University of Virginia, participants were seated in an almost empty room: no phones, books, etc. The room was empty. Well, almost empty. In its corner, a device was placed, which the study participants could administer to themselves, a harmless but painful electric shock. At the beginning of the experiment, everyone agreed to a trial shock. The reason for that was to make them to realize how much pain the device is causing. In the next step, the individuals were asked to sit down and think. Keep their mind busy. For 15 minutes. That's it. Simple isn't it? The researchers expected that the participants of the study would diligently use the opportunity provided for them and simply devote themselves to thoughtful thought. After all, it's only a quarter of an hour of being alone with one's thoughts. It turned out that

office@isqols.org  
PO Box 118, Gilbert, AZ USA  
isqols.org



**INTERNATIONAL SOCIETY FOR QUALITY-OF-LIFE STUDIES**  
*"exploring well-being and happiness"*

*cont'd p.2*

*Review Essay (continued)*

most of the respondents found the experience boring or even unpleasant. Let me stress that: thinking turned out to be boring and unpleasant. So much so that two in three of the surveyed men and one in four of the surveyed women gave themselves an electric shock in order to avoid the mental strain. Some were so desperate that they did it three or four times.

Preferring to be electrocuted rather than consciously make an mental effort. Surprising?

One can try to find a rational and non-dignity demaging explanation. Each of us has thoughts that we are afraid and ashamed of, and would rather avoid. Painful memories, unresolved problems, shameful experiences. We avoid what makes us angry or sad. Unwanted thoughts arise, like unannounced guests, when we have planned moments like: I don't have to do anything, I put on sweatpants. We avoid them. The environment provides us with a stream of stimuli with which we can fill our head so that we do not have to deal with thinking. Usually, too many responsibilities and tasks to be performed are a good excuse for not thinking. We use a simple but effective trick. We live in a rush and this justifies our thoughts with the Kentucky Derby. Unfinished, chaotic, coarse and shallow, they engage the mind and replace deeper reflections. It seems that we are dealing here with a psychological version of the Copernicus-Gresham law. Copernicus noticed that if two types of  
*(continued on page 3)*

Social Indicators Network News

EDITOR EMERITUS:

Abbott L. Ferriss, Atlanta, GA  
Kenneth Land

COORDINATING EDITOR: Piotr Michon

MANAGING EDITOR: Jill Johnson

PUBLISHER: ISQOLS

CORRESPONDING EDITORS:

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## Applied Research in Quality of Life

The Official Journal of the International Society for Quality-of-Life Studies

Applied Research in Quality of Life (the official journal of ISQOLS) presents conceptual, methodological and empirical papers dealing with quality-of-life studies in the applied areas of the natural and social sciences. It aims to publish papers that have direct implications for, or impact on practical applications of research on the quality of life. The articles are crafted from interdisciplinary, inter-professional and international perspectives. ARQOL guides decision making in a variety of professions, industries, nonprofit, and government sectors, including healthcare, travel and tourism, marketing, corporate management, community planning, social work, public administration, and human resource management. It helps decision makers apply performance measures and outcome assessment techniques based on such concepts as well-being, human satisfaction, human development, happiness, wellness and quality-of-life. Learn more at <https://www.springer.com/journal/11482/>



*Review Essay (continued)*

money of equal value are in circulation at the same time, but one of them contains more precious metal than the other, the "better" one will be accumulated, and the worse one will become widely used. In short: "bad money drives out good money from circulation". I do not know to what extent this type of analogy can be applied to human thoughts, but I have the impression that simple, banal, mechanical thoughts engage the mind to such an extent that they supersede what is valuable. Not that it was immediately a sign of our times. It used to be like that. Even Henry David Thoreau wrote:

**"I believe that the mind can be permanently profaned by the habit of attending to trivial things, so that all our thoughts shall be tinged with triviality."**

When having a choice, people do not just think for pleasure. Spending time thinking for the sake of pleasure is, I hesitate, the use of the word "surprisingly", a rather rare phenomenon. The American data shows that about 17% of Americans admit to it.

Fleeing into your own thoughts and dreams means a tormenting journey for many. When asked to reflect, we must make an effort to make it happen. As absurd as it may seem, scientists point out that we do not know how to think to enjoy it. Recent research by Erin Westgate and colleagues indicates that in

order to make thinking pleasant, a person must focus on what is significant and positive for her. The mere importance, the importance of the topics undertaken in thoughts is not enough, because it may happen that we occupy our mind with something we would like to stay away from. A lot of this type of research is carried out in the United States, and the imperialism of American science in which students represent the society, makes us automatically treat these results as universal for all people. This is often a major problem, but as it seems not the case here. Comparing people from 11 countries, Nicholas Buttrick and his team proved that people prefer to do ordinary everyday activities rather than indulge in thinking for pleasure. Not only that, they would do almost anything to avoid being left alone with their own thoughts. This is explained by an irrational reluctance to inactivity and motivation to act. It occurred to me that this could be used practically; even in negotiations with a teenage child: you have two options: either you clean the room or you have to think for the next 15 minutes. It is speculated that people choose not to think because it requires effort. It is also possible that while we recognize and value the benefits of thinking, we succumb to the tempting alternative of looking at our smartphones, TV sets, and computer screens. It seems that there may be at least one more reason: *(cont'd on pg 4)*

*Review Essay (continued)*

thinking is not something that is valued in our society. If the terminology were to be slightly updated, the famous sculpture "The Thinker" by Rodin should rather be entitled "Loafer". I already skip the aspect of not wearing clothes, but what would we think of someone who sits down and just thinks. At work or at home, there is no time to think. Imagine the glances that someone, who spends time thinking while sitting in the office, would meet. We admire Rodin's work, but not a man who does what a sculpted thinker does. Every moment has to be associated with activity. Reflection is an unnecessary luxury. We treat thinkers with suspicion. Many workplaces are described as the places where one needs to think about problems, but rarely it is allowed to do so. In addition, there are often repeated phrases about the dangers of over-thinking and the superiority of doing over thinking.

The movie characters think the most during lengthy and not very dynamic shots. Usually it looks very convincing: the hero lost in his thought, his forehead slightly wrinkled, the rays of the sun wandering on his face etc. I wonder who they follow. How do they know what a thinking person looks like. They play great and persuasively in order to reflect characters that are rarely found in nature. Some scientists have suggested that our minds are designed to process what comes from the outside. We constantly perceive stimuli and give them meaning. Intentional thinking is an

act of creating, it flows at least partially from us, we initiate and shape it. It takes effort. While it can be a source of joy and benefit, intentional thinking does not come easily to people. You need motivation that is often lacking and the ability to concentrate that is lacking even more often. Thinking for pleasure requires more concentration than other types of thinking (e.g. planning), and at the same time, it does not provide the brain as much dopamine as, for example, computer games.

Erin Westgate argues that we can learn to enjoy thinking, which not only improves our well-being (especially in the long term), but even increases our tolerance to pain. When respondents in her research were asked to think about something important and positive, many remained confused: How is that? Thinking for fun? I mean, what should I do? Only further instructions, including a list of examples of such thinking, made the joy of thinking increase by half. It can be concluded that when we prepare topics that we would like to dream about and reflect on, it will be easier for us to devote ourselves to it. For the undecided: such instructions already work for 5-year-olds.

The ability to engage in thinking, although today it is risky and dangerous because it is a discriminatory thesis, makes us human. The uniqueness of the human species seems to be revealed in the fact that thanks to our mind

*Review Essay (continued)*

we are able to put up an invisible barrier between ourselves and our surroundings. We can travel inside our minds and draw from them. I can imagine the future, the past, or an alternate present. After all, we can create worlds that never existed. Let's not lose it by devoting ourselves to filling in forms and cleaning the bathroom. Because, as John Milton wrote, in *Paradise Lost*:

*A mind not to be changed by place or time.  
The mind is its own place, and in itself  
Can make a heav'n of hell, a hell of heav'n.*

*References: Alahmadi, S., Buttrick, N. R., Gilbert, D. T., Hardin, A. M., Westgate, E. C., & Wilson, T. D. (2017). You can do it if you really try: The effects of motivation on thinking for pleasure. Motivation and Emotion, 41(5), 545–561. https://doi.org/10.1007/s11031-017-9625-7; Westgate EC, Wilson TD, Buttrick NR, Furrer RA, Gilbert DT. (2021), What makes thinking for pleasure pleasurable? Emotion. Mar 4. doi: 10.1037/emo0000941. Epub ahead of print. PMID: 33661664.*

Our ISQOLS 2021 Virtual Conference, “Quality-of-life and Adaptation in a Virulent World”, took place 24-28 August.

Quick facts:

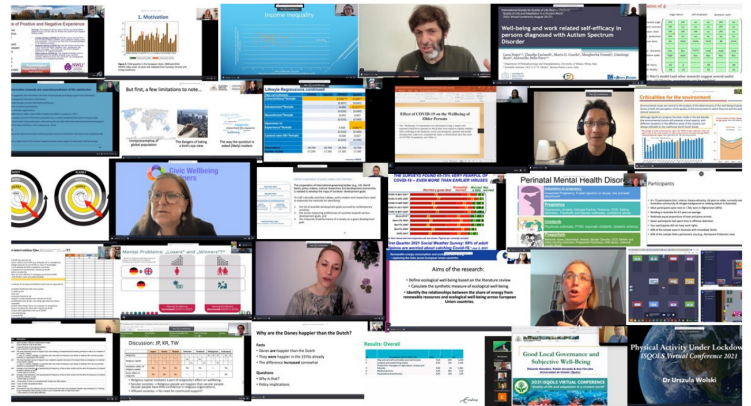
- 93 sessions
- 293 Presentations
- 28 posters
- 5 keynote speakers
- 12 time zones
- Over 500 authors represented from all over the world

ISQOLS.ORG

## ISQOLS 2021 Virtual Conference Summary



**International Society for  
Quality-of-Life Studies**  
“exploring wellbeing and happiness”



QUALITY-OF-LIFE AND ADAPTATION IN A VIRULENT WORLD

[Click here to read our summary](#)



# ISQOLS 2022 CONFERENCE

## "Quality-of-Life for Resilient Futures: Sustainability, Equity, and Wellbeing"

### 3-6 AUGUST 2022

## Burlington, Vermont, USA

[isqols.org/2022](https://isqols.org/2022)

The ISQOLS 2022 Conference in Burlington, Vermont, USA is the first in-person ISQOLS gathering since the global pandemic began. It provides the opportunity to build connections within our interdisciplinary/transdisciplinary community of scholars and practitioners dedicated to promoting quality-of-life and wellbeing. Hosted on the campus of The University of Vermont, the conference provides a forum for reflecting on our collective learning about quality-of-life throughout the global pandemic. Furthermore, the conference gives us the opportunity to provide evidence on how to cultivate resilience at all levels (individual, community, national, global) with a special focus on sustainability, equity, and wellbeing impacts on quality-of-life. We are pleased to welcome researchers, practitioners, students, professionals, faculty, retirees, experts and novices to Burlington, Vermont, USA in August 2022. We will record special events during the conference for those unable to travel at that time.

### Call for Abstracts

#### Topics, Tracks, and Symposia-

##### Endowed Tracks

- Ronald E. Anderson Endowed Track on the Alleviation of Human Suffering
- Elizabeth Eckermann Endowed Track on Gender and Quality-of-Life
- Takashi Inoguchi Endowed Track on Quality-of-Life and Well-Being in East Asia
- Kenneth C. Land Endowed Track on the Advancement of Quality-of-Life and Well-Being of Children
- Mahar Mangahas Endowed Track for the Advancement of Quality-of-Life and Well-Being in Southeast Asia
- Rhonda G. Phillips Endowed Track for the Promotion of Community Development and Community Well-Being
- Daniel Shek-Wofoo Foundation Track for the Advancement of Adolescent Quality-of-Life Research
- M. Joseph Sirgy Endowed Track on Well-Being and Policy

##### Topics

- (1) Theoretical Advances in Well-Being, Happiness and Quality-of-Life
- (2) Methodological Issues in the Study of Quality-of-Life, Happiness and Well-Being: Data Collection and Models
- (3) Well-Being in the World and in Regions
- (4) Well-Being in Different Populations
- (5) Cultures and the History of Well-Being
- (6) Health and Well-Being
- (7) Promoting Well-Being: Public Policy and Development
- (8) Beyond GDP: New Understandings and Measures of Progress
- (9) Philanthropy, Volunteerism and Well-Being
- (10) Economics of Happiness
- (11) Consumer Finance and Well-Being
- (12) Social Relations and Well-Being
- (13) Promoting Worker Well-Being in Organizations
- (14) Well-Being Statistics in Policy Design, Monitoring, and Evaluation
- (15) Other Applied Research in Quality-of-Life
- (16) Qualitative Methods for the study of Quality of Life/ Well-being/ Happiness
- (17) Quality of Life and Environment
- (18) It is very important to have a session dedicated to showing the books from our ISQOLS-Springer Series
- (19) The use of Big Data and machine learning in Well-being studies
- (20) Equity and Well-Being

### IMPORTANT DATES

- **Call for Abstracts: Mid-October 2021**
- **Abstract Submission Deadline: December 20, 2021**
- **Notification of Acceptance (from Sci Co.): March 15, 2022**
- **Early Bird Registration: March 1-May 30, 2022**
- **Author Confirmation of Attendance: May 15, 2022**
- **Regular Registration June 1-July 1, 2022**
- **Late Registration July 2- on-site**

Official Call for Abstracts coming soon- stay tuned!

#### Symposiums

- (A) COVID-19 and Well-being
- (B) GLO/HERO Sessions on Happiness Economics

# ISQOLS 2021 AWARDS

**CLICK TO WATCH AWARDS CEREMONY ON YOUTUBE**



## 2021 Best Dissertation Award: First Prize



**Lucia Macchia**  
 "Subjective well-being and economic and political conditions in Latin America"



Postdoctoral Research Fellow at the Women and Public Policy Program at the Harvard Kennedy School and a Research Affiliate at the Wellbeing Research Centre at the University of Oxford. Behavioural scientist with an interdisciplinary background and an interest in happiness, physical pain, socioeconomic factors, and public policy. Integrating methods from psychology and behavioural economics, she explores how socioeconomic factors shape human wellbeing and behaviour. To study these topics, she uses large-scale datasets and experiments as well as a wide variety of statistical methods.

## 2021 Best Dissertation Award: Second Prize



**Antje Jantsch**

"An investigation into the relationship between subjective well-being and (relative) wealth in Germany"



Research Associate, External Environment for Agriculture and Policy Analysis (Agricultural Policy) Leibniz Institute of Agricultural Development in Transition Economies (IAMO)

## 2021 Best Dissertation Award: Honorable Mention



**Susanne Elsas**

"Satisfaction as an outcome, as a means, and as a cause"



Susanne Elsas has been a research associate at ifl since 2019 and has been responsible for family reporting since 2021. She received her doctorate in 2020 on questions of social science satisfaction research at the Chair of Empirical Microeconomics at the University of Bamberg.

## 2021 Best Dissertation Award: Second Prize



**Lucia Moran**

"Quality of life in children and youth with autism spectrum disorder and intellectual disability"



Lucia Moran, PhD, is Teaching and Research Staff at the Faculty of Psychology at Oviedo University (Spain) and adjunct professor at Open University of Catalunya. Her research focus on quality of life of people with disabilities, although it also extends to other groups at risk of social exclusion. She has published scientific papers in impact journals and she has coauthored several instruments to assess quality of life. She received the Second 2018 AMPANS Award on Research and Innovation concerning Intellectual Disabilities.

## 2021 Best Dissertation Award: Honorable Mention



**Jessica Dávalos Aceves**

"The Impact of Economic and Social Context Over Human Well-Being in Latin America"



-Ph.D. Economic Studies, University of Guadalajara in Mexico.  
 -Research interests: Well-being and economic performance, Green economics, sustainability and their relationship with quality of life  
 -Research stay at the Ecole Normale Supérieure Paris in France  
 -Presentation of research work during workshop at the Technische Universität Kaiserslautern in Germany. -Presentation of research work during online workshop with participants from Germany, Peru and Mexico.

## 2021 Young Scholar Award Kelsey J. O'Connor



- Kelsey's goal is to contribute research leading ultimately to a redefinition of success in national discourse, thereby supporting systems, both public and private, to promote subjective well-being.
- Researcher at STATEC Research (Luxembourg)
- IZA Research Affiliate, GLO Fellow, and Gallup Research Advisor
- ISQOLS Co-Vice President of Professional Affairs & Board of Directors Member
- Advisory Panel Member for What Works Centre for Wellbeing (U.K.)
- Ph.D. Economics, University of Southern California
- 12 papers, two book chapters, one book review, and one dictionary entry, published or forthcoming in publications such as:
  - Journal of Economic Behavior and Organization, Kyklos, Oxford Economic Papers, Journal of Happiness Studies, Contemporary Economic Policy, Review of Behavioral Economics, International Journal of Community Well-Being, and The Russell Sage Foundation Journal of the Social Sciences.
- Contributed to the organization of three conferences, one workshop, and one seminar series, all regarding quality-of-life
- Given nearly 50 presentations in 15 countries

## 2021 Young Scholar Award Xiaoqin Zhu



- Assistant Professor (since August 2021), Department of Applied Social Sciences, The Hong Kong Polytechnic University, Hong Kong, China
- Ph.D. in Educational Psychology, The Chinese University of Hong Kong, Hong Kong, China
- Research interests: Youth well-being (positive youth development, character development, life satisfaction), leadership development (leadership qualities and well-being), program implementation and evaluation, family processes in Chinese contexts.
- 47 publications including peer-reviewed journal articles, book chapters, edited special issues, and conference presentations; 6 publications under review or in preparation;
- 9 research grants, over HK\$20.9 million, in the capacity of Principal Investigator or Co-Principal Investigator

## 2021 Research Fellow Award: Milena Nikolova



- Research focuses on the (subjective) well-being causes and consequences of economic development, labor market arrangements, migration, and institutions
- Research passion: engaging in rigorous quality of life research that can inform public policy debates
- Rosalind Franklin Associate Professor at the University of Groningen, affiliated with Brookings, Bruegel, IZA, GLO, CELSI, and the Alata Jacobs School of Public Health (Uit Groningen)
- Co-editor (economics) of the Journal of Happiness Studies, Associate Editor of the Journal of Population Economics and International Review of Economics, Editor of Section "Welfare, Well-Being and Happiness" in the Springer Handbook of Labor, Human Resources and Population Economics
- Steering Committee Member, Centre for Public Health in Economics and Business (University of Groningen)
- Ph.D. from the University of Maryland, College Park
- 18 academic articles, 5 book chapters, 5 research reports, 13 policy blogs
- 102 peer reviews, 73 verified editor records
- Supervision of 4 Ph.D. students, committee member of 5 external Ph.D. students, supervision of 13 MSc. Students, and 62 BSc students
- Ranked top 6% of all economists and top 5% among women economists according to RePEc (based on publications in the past 10 years); 971 citations on Google Scholar, H-index (Google Scholar) = 15
- Given 28 invited talks, 32 conference presentations
- Co-organizer of the GLO/EHERO Happiness Economics Sessions at ISQOLS (since 2019)

## 2021 Distinguished QOL Researcher Award: Rhonda Phillips



- Rhonda's research and outreach efforts focus on community quality of life and well-being with career achievements recognized with induction into the College of Fellows of the American Institute of Certified Planners (FAICP) and establishment of the ISQOLS Rhonda G. Phillips Endowed Track in Community Development and Community Well-Being
- Other honors include three-time Fulbright Scholar, and UNESCO Core International Faculty Member in Community, Leadership and Youth Development.
- Author or editor of 30 books focusing on making the places we live better for all, including The Handbook of Community Well-Being (2017, Springer), The Handbook of Community Development, Perspectives from Across the Globe (2018, Routledge), Sustainable Communities, Creating a Durable Local Economy, Community Development Indicators Measuring Systems, and the text, Introduction to Community Development.
- Editor of the book series Community Quality of Life and Well-Being published by Springer in partnership with the International Society for Quality-of-Life Studies
- Founding Editor of the book series Community Development Research and Practice, (Routledge and the Community Development Society) Co-founding Editor-in-Chief of the journal International Journal of Community Well-Being
- Co-founding Editor-in-Chief of the journal Local Development & Society
- Positions held with ISQOLS: President, beginning 2013 through December 31, 2016; Vice President, Programs, 2010-2012; helped transition ISQOLS operations to professional staff for nonprofit management, for stabilizing processes; implemented processes for conference hosting proposals and have helped transition to annual conferences, with dates confirmed multiple years in advance; created and appointed positions for Development (fundraising).

## 2021 Distinguished QOL Researcher Award: Ron Anderson - posthumous



- Professor of Sociology, Emeritus, at the University of Minnesota.
- Doctorate at the Stanford University in 1970,
- Served as faculty member of the University of Minnesota until retiring in 2005.
- Developed and published a computer learning game called "The Social Indicators Game," which was published by Random House.
- Served as Director of the University of Minnesota Centre for Survey Research. That role prepared him for directing a series of large international surveys of how teachers adapt to new information technology in their teaching. To conduct these studies under auspices of the International Association for the Evaluation of Educational Achievement (IEA), he obtained several multi-million-dollar research grants.
- Co-Editor of Social Science Computer Review, a Sage Academic Journal
- Recipient of the William F. Osburn Lifetime Achievement Award on Communication and Information Technology from the American Sociological Association.
- Was a member of the ISQOLS Board of Directors since 2014.
- Professor Anderson had 125 published articles and 12 books, the last three of which address the topics of suffering and alleviation of suffering.

## 2021 Distinguished Service Award: Ming-Chang Tsai



- Research Fellow, Academia Sinica, Taiwan
- Chair, Department of Sociology, National Taipei University
- Dean, College of Social Sciences, National Taipei University
- Deputy Director, Research Center for Humanities and Social Sciences, Academia Sinica
- President, Taiwanese Sociological Association
- President, RC55-Social Indicators, International Sociological Association
- President, International Society for Quality-of-Life Studies, 2019-2020
- # of articles in Social Indicators Research: 11
- # of articles in Journal of Happiness Studies: 2
- Applied Research in Quality of Life: 2
- Author of Global Exposure in East Asia (Routledge, 2015)
- Author of Family, Work and Wellbeing in Asia (Springer 2017)
- Author of Quality of Life in Japan: Contemporary Perspectives on Happiness (Springer 2020)

## 2021 Distinguished Service Award: Jill Johnson



- Masters in Public Administration with a concentration in Nonprofit Administration from Arizona State University
- Executive Director/Program Manager for the International Society for Quality-of-Life Studies since 2015
- Helped increase ISQOLS operating budget by over \$100,000 USD since 2015; increased total revenue by \$200,000 USD since 2015
- Helped coordinate 6 international conferences (300+ participants)
- Implemented a new member management system; increasing membership by 305 members since 2015
- Facilitated 29 Member research webinars (and counting)
- Designs and disseminates both ISQOLS E-news monthly newsletter and SINET quarterly newsletters
- Coordinated the development of 10 Endowed Tracks
- Enhanced website and social media presence

## 2019 Best Annual Applied Research in Quality of Life (ARQOL) Paper Award



*Shopping-Life Balance: Towards a Unifying Framework.*

M. Joseph Sirgy, Dong-Jin Lee & Grace B. Yu



2021 Award for the Betterment of the Human Condition

**Foundation for the Study of Happiness for the World Database of Happiness**


# ISQOLS QOL FOCUS GROUPS DISCUSSION FORUM

Now available to MEMBERS ONLY: Quality-of-Life Focus Groups Discussion Forum. We invite you to post any comments, questions, ideas, articles, papers, books, links, and interesting content to the forum of your choice. When you click "SUBSCRIBE" at the top of the forum, you will receive email summaries of the content posted. This is a great way for our members to connect to other like-minded researchers. Please SUBSCRIBE to any or all of these forums by visiting [isqols.org/forum](https://isqols.org/forum). (Be sure to log-in to your member profile)

QUALITY-OF-LIFE IN

## COMMUNITY WELL-BEING

Community Development, Community Well-being, Neighborhoods, Urban and Rural Development, Housing, Food Systems, Education/Student Well-being



QUALITY-OF-LIFE IN

## ENVIRONMENT AND SUSTAINABILITY

Environment, Sustainability, Climate, Sustainable Development, Wildlife/Animal Conservation, Population



QUALITY-OF-LIFE IN

## HUMAN DEVELOPMENT AND RELATIONSHIPS


Family, Adults, Youth/adolescents, Children, Gender, Aging/Elderly, Caregivers, Households, Parenthood, Life-span, Social Work, Relationships, Marriage



QUALITY-OF-LIFE IN

## HEALTH AND PHYSICAL WELLBEING


Health, Wellness, Aging, Physical Activity, Obesity, Personal Wellbeing, Happiness, Sociology, Disabilities, Mental Health



QUALITY-OF-LIFE IN

## PSYCHOLOGY, PHILOSOPHY, RELIGION, HISTORY


Psychology, Philosophy, Hedonic Well-being, Religion/Spirituality, History of Well-being, Subjective Well-being



QUALITY-OF-LIFE IN

## POLICY AND LAW

Political Science, Government and Governance, Policy, NGOs, Law



QUALITY-OF-LIFE IN

## TECHNOLOGY


Technology, Big Data, 4IR cluster, Social Media, Artificial Intelligence



QUALITY-OF-LIFE IN

## TOURISM AND RECREATION

Tourism, Wellness Tourism, Travel, Leisure, Recreation, Fitness



QUALITY-OF-LIFE IN

## QOL RESEARCH METHODS & HISTORY

Methods, Applied Research in QOL, Theory, Data Collection, Statistics, Social Indicators, Qualitative and Quantitative Research, Econometrics, Community Indicators Research, Life-Satisfaction, Big Data



QUALITY-OF-LIFE IN

## QOL GLOBAL REGIONS DISCUSSION FORUM

QOL in AUSTRALIA, SOUTH AMERICA, NORTH AMERICA, AFRICA, ASIA, EUROPE


Sub-regions:  
QOL in Latin America, QOL in South East Asia, QOL in the U.S.A., QOL in Middle East



QUALITY-OF-LIFE IN


## COVID-19 RELATED TOPICS

QOL topics related to the Covid-19 pandemic



QUALITY-OF-LIFE IN

## GENERAL/ MISCELLANEOUS QOL TOPICS




We are looking for "Forum Topic Coordinators" to manage each individual forum listed above. The responsibilities of the forum topic coordinator are simple: post relevant content! If you find relevant QOL/Happiness/Well-being articles, events, videos, journals, books, etc. related to your forum topic-- we simply ask that you post it in the forum AND engage with other posts in your forum. At minimum, we would like 4 posts a month--- that's only 1 post once a week! It will take only minutes of your time. To compensate you for your efforts, in exchange for your commitment in this role for one year, we will provide you with a free annual membership to ISQOLS. We already have a few coordinators assigned, but if you are interested, please email Jill Johnson at [office@isqols.org](mailto:office@isqols.org).



## 25 YEARS OF QUALITY-OF-LIFE STUDIES

The International Society for Quality-of-Life Studies (ISQOLS) was established in 1995, making 2020 our 25th year anniversary! Our success and longevity as an organization would not be possible without the generous support, time, and work done by all of our members and community.

In the last 25 years, ISQOLS has had many incredible accomplishments. Our organization has successfully hosted and facilitated eighteen international conferences, with thousands of presentations on topics ranging from gender and quality-of-life, wellbeing around the world, consumption economic issues, adolescent quality-of-life, life-span, happiness and sustainable development, well-being and policy, health, human suffering alleviation, education, job satisfaction and work. Our official journal, Applied Research in Quality of Life Studies, has produced over 15 volumes and has reached an impact factor of 1.528 (2018). Our membership has spanned the globe, representing many countries and from six continents. Our Society is comprised of researchers, practitioners, professionals, students, retirees, statisticians, faculty, and people of all ages from all parts of the world, with an interest in exploring quality-of-life, happiness, and wellbeing.



### Send Us Your ISQOLS Memories & Photos:

We invite EVERYONE (members, non-members, veterans, newcomers, etc.) to write any and all special memories and photos of ISQOLS to be published on our ISQOLS 25th Anniversary Virtual Memory Wall. Please send memories via email to [office@isqols.org](mailto:office@isqols.org).



### Anniversary T-Shirts Now Available!

ISQOLS Anniversary T-Shirts are now available! Make a donation of \$25 USD or more to our "Education Grants" travel scholarship and you'll be entitled to a special anniversary shirt. The Education Grant Travel Scholarships provide funds to students from developing countries to travel to our ISQOLS Annual Conferences

.To make your contribution, please visit [isqols.org/donate](https://isqols.org/donate) and select "Education Travel Grant" as your choice for your donation. A confirmation email and details will be sent to you upon receipt of your donation.





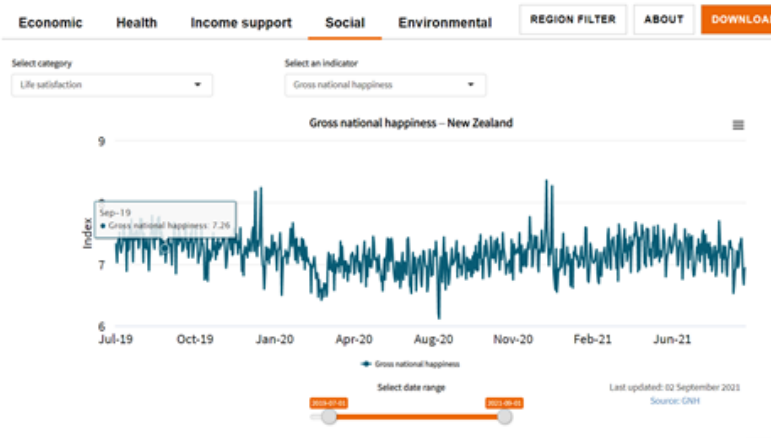
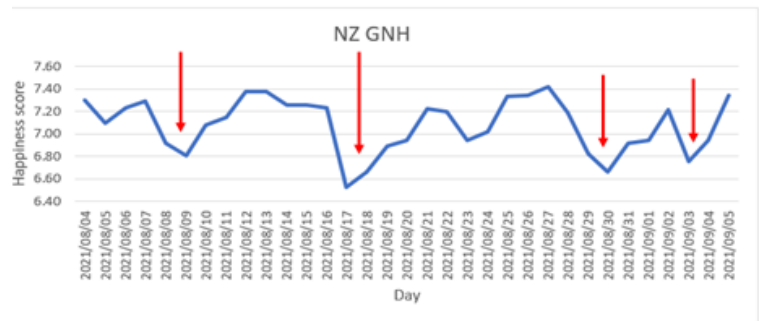
**New Zealand government recognises the benefit of reporting the GNH index.**

The Gross National Happiness.Today index developed by Stephanie Rossouw (Auckland University of Technology, New Zealand ) and Talita Greyling (University of Johannesburg, South Africa) uses Big Data in the form of Twitter to measure New Zealanders' evaluative mood. The scale of the happiness scores is between 0 (unhappy) and 10 (happy), with 5 being neutral, thus neither happy nor unhappy. Additionally, each tweet's underpinning emotions are analysed. Currently, a distinction is made between eight emotions: sadness, surprise, disgust, anticipation, fear, anger, trust, and joy.

On Monday 6 September, Statistics New Zealand started reporting the GNH as an official indicator, representing a real-time measure for subjective well-being, in the NZ Statistic COVID-19 data portal.

Asked about the accuracy of the GNH, Stephanie said, "Once again, the GNH never ceases to amaze me 😊 The GNH captures the events of the past month accurately".

- 9 August – negative impact of the major power cut experienced in the North Island
- 17 August – level 4 lockdown for NZ
- 30 August – Auckland to remain in level 4 lockdown for two more weeks starting 31 August
- 3 September – lone terrorist attack in a Countdown grocery store



For more information, please see the link below.

**<https://www.stats.govt.nz/experimental/covid-19-data-portal?tab=Social&category=Life%20satisfaction&indicator=Gross%20national%20happiness>**

## UPCOMING CONFERENCES

2022: BURLINGTON, VERMONT, USA

2023: ROTTERDAM, NETHERLANDS

2024: BORNEO, MALAYSIA

2025: UNDETERMINED

2026: UNDETERMINED



Why YOU should consider hosting a future ISQOLS conference:

- ✓ ISQOLS conferences bring global attention and attendees to your university, college, department
- ✓ ISQOLS conferences bring extra revenue and additional funds to your university, college and department
- ✓ ISQOLS conferences help galvanize quality-of-life, happiness, and well-being research at your university, college, and department

### Call for Proposals To Host ISQOLS Conference: 2025, 2026

The Conference Committee of the International Society for Quality of Life Studies (ISQOLS) invites interested organizations to submit a proposal for hosting future ISQOLS Conferences. Hosting the conference can provide considerable exposure regarding quality of life in the area. Further, holding the conference can provide an economic stimulus to the area as well as opportunities to gain recognition for the sponsoring organization.

Application Deadline for proposals to host conferences for 2025-2026 is June 30th, 2021. Applications will be reviewed at the 2021Inconference by the Board of Directors/Executive Committee. Decisions will be announced by September 2021

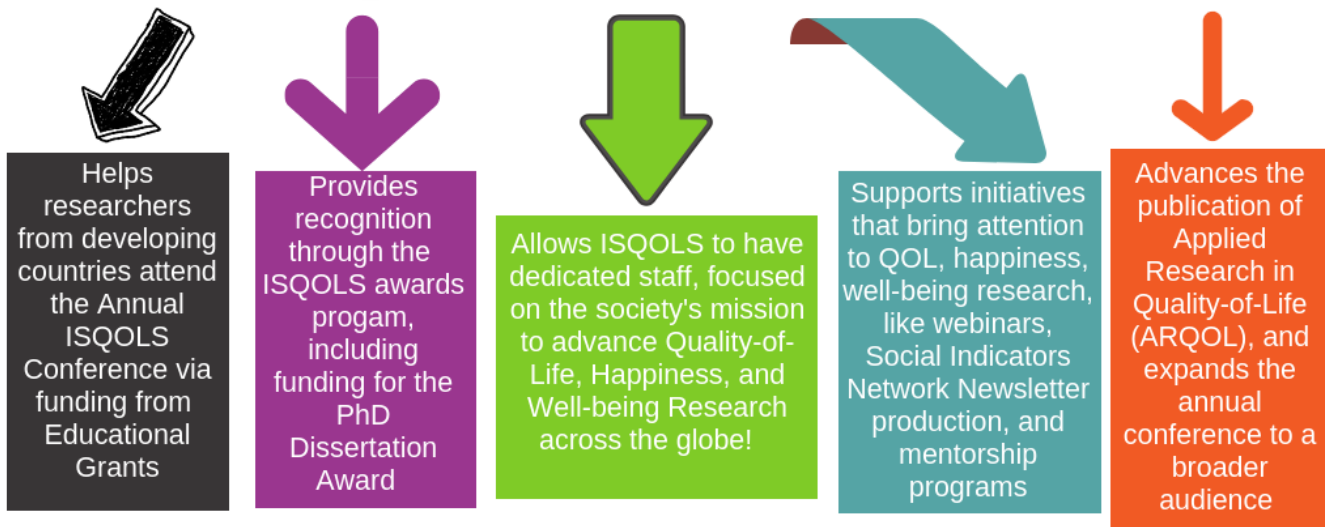
Learn more at: <https://isqols.org/futureconferences>

# ISQOLS MEMBERS CORNER



ISQOLS now provides our members with opportunities to post requests for both career and research support through our new "Career and Research Support Forum". Log-in to your membership profile and visit: <https://isqols.org/career>

## YOUR ISQOLS MEMBERSHIP DUES



### Member Benefits

learn more at [isqols.org/benefits](https://isqols.org/benefits)

The collage includes:
 

- SINET (Social Indicators Network News) magazine covers.
- Journal of Quality of Life.
- A world map with regional labels (Africa, Asia, Europe, Latin America, Oceania).
- Social Indicators Research journal cover.
- Journal of Happiness Studies journal cover.
- Community Indicators Research journal cover.
- ISQOLS Webinar announcement: "Let's Link Community Driven Happiness Data and the Happiness Policy in Government" (April 18, 10 AM Pacific Standard Time).
- ISQOLS Online Research Database.
- Submit Your Project button.
- Search Other Projects button.
- ISQOLS 2017 Annual Conference materials, including the website [isqols2017.org](https://isqols2017.org) and a poster for the 15th Annual Conference in Manila, Philippines.
- A large group photo of ISQOLS members.

## PLEASE SHARE YOUR RESEARCH!

As an international organization, we especially feel the far reaching effects of this unprecedented health crisis, as many of our members are impacted worldwide. In these uncertain times, it is crucial that our society comes together to support one another. One of the ways we can stay connected, is by sharing our personal experiences via our membership forums (<https://isqols.org/forums>) and sharing our current research with one another.



This is a crucial time for us as professionals, academics, researchers, and students to galvanize our work in the field of quality-of-life, well-being, and happiness. One of the ways you can personally contribute during this time is by considering sharing your research through any of the following ways:

### 1) Webinar Research Presentation:

Our webinars are posted to youtube, shared on our social media, and sent out to our nearly 8,000 email subscribers. We will make all of our upcoming webinars free and available to the general public. All you have to do is prepare a powerpoint presentation (as you would do for any regular conference session), have a computer with a webcam, and pick a time that works with your schedule. Our webinars can range anywhere from 10-30 minutes--- you pick your topic, create your presentation, pick a time --- and we will take care of the rest. Please send your webinar description to [office@isqols.org](mailto:office@isqols.org) Looking for examples? Check out our past webinars here: <https://isqols.org/Webinars>

### 2) Summarize Your Research for our SINET issues:

ISQOLS is seeking long-form essays submissions for SINET. Long-form essays are meant to report news of their social indicator activity, research, policy development, etc. as it relates to quality-of-life, wellbeing, and happiness research. Essays must be no more than 4,000 words in length. Please send essay submissions to [office@isqols.org](mailto:office@isqols.org). Examples of past issues can be found at: <https://isqols.org/SINET/>

### 3) Write a Blog:

We are seeking guest bloggers for the ISQOLS website. Blogs can be on any QOL, happiness, well-being topic; no more than 500 words in length. Blogs will be posted on our website, social media, and E-news and will be useful in helping ISQOLS spread our mission around the globe. Please send your blog submission to [office@isqols.org](mailto:office@isqols.org)

In the midst of social distancing and isolation, these "quality-of-life, happiness, and wellbeing" webinars are a fantastic opportunity for us as a society to help bolster connectivity and inspire positivity. Thank you for your consideration. Please send all questions to [office@isqols.org](mailto:office@isqols.org).



## International Society for Quality-of-Life Studies

*"exploring wellbeing and happiness"*

Established, in 1995, the International Society for Quality-of-Life Studies (ISQOLS) is a global organization with a mission to promote and encourage research in the field of quality-of-life (QOL), happiness, and wellbeing studies. In the last 20 years, ISQOLS has become a globally-recognized professional organization, with its own publications, journals, conferences, and identity.

ISQOLS mission focuses on creating a paradigm shift within traditional academic disciplines and to transform "Quality-of-Life" studies into an academic discipline in its own right. Our goal is to establish academic degree programs, departments, and schools within institutions of higher education worldwide, all focused on the science of well-being. The ultimate goal is to help with the creation, dissemination, and utilization of knowledge of the science of wellbeing across all walks of life.

Our Society is comprised of researchers, practitioners, professionals, students, retirees, statisticians, faculty, and people of all ages from all parts of the world, with an interest in exploring quality-of-life, happiness, and wellbeing.

**[isqols.org](https://isqols.org)**

International Society for  
Quality-of-Life Studies (ISQOLS)

<https://isqols.org/>

PO Box 118 Gilbert, AZ, USA 85299

Email: [office@isqols.org](mailto:office@isqols.org)