

PUBLICATION LIST DORIS BAUMANN

Journal articles (with peer-review)

- Baumann, D., & Ruch, W. (2022). What constitutes a fulfilled life? A mixed methods study on lay perspectives across the lifespan. *Frontiers in Psychology 13*: 982782.
<https://doi.org/10.3389/fpsyg.2022.982782>
- Baumann, D., & Ruch, W. (2022). Measuring what counts in life: The development and initial validation of the Fulfilled Life Scale (FLS). *Frontiers in Psychology 12*: 795931.
<https://doi.org/10.3389/fpsyg.2021.795931>
- Baumann, D., & Ruch, W. (2021). *The unveiling of a treasure and the proposal of a conceptualization: Fulfillment in life*. [Manuscript submitted for publication]. Department of Psychology, University of Zurich.
- Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2020). Character strengths and life satisfaction in later life: An analysis of different living conditions. *Applied Research in Quality of Life, 15*, 329–347. doi:10.1007/s11482-018-9689-x
- Baumann, D. & Eiroa-Orosa, F. (2016). Mental well-being in later Life: The role of strengths use, meaning in life, and self-perceptions of ageing. *International Journal of Applied Positive Psychology, 1*, 21-39. doi:10.1007/s41042-017-0004-0

Invited talks

- Baumann, D. (2022, October). *Erfüllung im Leben* [Fulfillment in Life] presented at the Ringvorlesung of the Volkshochschule Zurich, Switzerland.
- Baumann, D. (2022, September). *Erfüllung im Leben* [Fulfillment in Life] presented at the Ringveranstaltung of the Swiss Positive Psychology Association, virtual, online.
- Baumann, D. (2020, September). *Charakterstärken und das erfüllte Leben* [Character strengths and the fulfilled life] presented at the 2. VIA Anwendertag of the Swiss Positive Psychology Association, Zurich, Switzerland.
- Baumann, D. (2018, June). *Aufblühen in allen Phasen des Lebens* [Flourishing at all stages of life] presented at the general assembly of the Dargebotene Hand, Zurich, Switzerland.
- Baumann, D. (2017, November). *10 Schritte für psychische Gesundheit: Evaluation einer Pilotumsetzung* [10 steps to mental health: Evaluation of a pilot project] presented at the 10. Netzwerktagung der kantonalen Aktionsprogramme und 4. Treffen der kantonalen Verantwortlichen für psychische Gesundheit, Bern, Switzerland.

Workshops

- Baumann, D. (2020, February). *Die zweite Lebenshälfte erfüllend gestalten*. [Creating a fulfilling second half of life]. Invited workshop for publishing executives, Heilbronn, Germany.
- Baumann, D. (2019, September). *Flourishing in Life and Work*. Invited workshop for HR personnel of Viking Cruises, Zurich, Switzerland.
- Baumann, D. (2019, May). *Lebensgestaltung 50plus – Perspektiven aus der Positiven Psychologie* [Shaping one's life at 50plus – perspectives from positive psychology]. Invited workshop at the BAUER Verlag KG, Hamburg, Germany.

CONGRESS CONTRIBUTIONS

Paper presentations and symposium presentations

- Baumann, D. (2022, November). *Predictors of a fulfilled life*. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2022, virtual, online.
- Baumann, D. (2021, November). *Die Berufung und ihre Bedeutung für das erfüllte Leben* [The calling and its importance for the fulfilled life]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2021, virtual, online.
- Baumann, D. (2021, July). Are character strengths related to a fulfilled life? Preliminary evidence across measures and the life course. In W. Ruch (Chair), *Recent developments in character strengths research* [Symposium]. 7th World Congress on Positive Psychology, virtual, online.
- Baumann, D. (2019, November). *Subjektive Erfahrung von Erfüllung im Leben über die Lebensspanne – ein Beitrag zur Erforschung des Guten Lebens* [Subjective experience of fulfillment across the life span – a contribution to research on the good life]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2019, Bern University of Applied Sciences, Bern, Switzerland.
- Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2019). Character strengths and life satisfaction in the second half of life: Examining differential effects of sociodemographic characteristics. In S. Heintz (Chair), *Character strengths, life satisfaction, and work-related outcomes* [Symposium]. 6th World Congress on Positive Psychology, Melbourne, Australia.
- Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2018, November). *Charakterstärken und Lebenszufriedenheit in der zweiten Lebenshälfte: Differentielle Effekte von soziodemografischen Merkmalen* [Character strengths and life satisfaction in

the second half of life: Differential effects of sociodemographic characteristics]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2018, Army Training Center, Lucerne, Switzerland.

Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2018, June). *The contribution of character strengths to the life satisfaction of older adults in various living conditions*. Paper presented at the 9th European Conference on Positive Psychology, Budapest, Hungary.

Poster presentations

Baumann, D. (2021, July). *Living a fulfilled life: The proposition of a conceptual model and the development of the fulfilled life scale (FLS)*. Gallery presentation held at the 7th World Congress on Positive Psychology, virtual, online.

Baumann, D., & Ruch, W. (2021, June). *Fulfillment in Life: All the way from conceptualization to the development of a measure*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2021 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D. (2020, November). *Wege zum erfüllten Leben – Weichenstellung für das gelingende Älterwerden* [Ways to a fulfilled life – Setting the course for successful aging]. Poster presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2020, University of Zurich, Zurich, Switzerland.

Baumann, D., & Ruch, W. (2020, May). *What is the nature of the fulfilled life? Investigating the factor structure of an initial item set*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2020 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D., & Ruch, W. (2019, May). *It might matter in the end – Introducing a theoretical model of a fulfilled life*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2019 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2018, May). *Character strengths and life satisfaction among older adults in various living conditions: An approach to positive ageing*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2018 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D., Künzler, A., & Gander, F. (2017, November). *10 Schritte für psychische Gesundheit: Literaturübersicht und Evaluation einer Anwendung* [10 steps to mental health: Literature review and evaluation of an application]. Poster presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2017, University of Zurich, Zurich, Switzerland.

Baumann, D. & Eiroa-Orosa, F. (2016, June). *The role of strengths use in the mental well-being of older adults*. Poster presented at the 8th European Conference on Positive Psychology, Angers, France.

Baumann, D. & Eiroa-Orosa, F. (2015, November). *Strengths use predicts mental well-being in older adults*. Poster presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2015, University of Zurich, Zurich, Switzerland.

Media appearances

«9 Global experts explore the benefits and challenges of a 2023 longevity strategy» Interview for *Forbes*, January 2023 (<https://www.forbes.com/sites/sheilacallaham/2023/01/20/9-global-experts-explore-the-benefits-and-challenges-of-a-2023-longevity-strategy/?sh=2cf25e384cf7>)

«3 keys to a fulfilling life» *Psychology Today* article reporting on Baumann and Ruch (2022), December 2022 (<https://www.psychologytoday.com/gb/blog/finding-a-new-home/202212/3-keys-to-a-fulfilling-life>)

«Wie führe ich ein erfülltes Leben?» [How do I lead a fulfilled life?] *Volkshochschule Zürich*, Podcast MITWISSER:IN, August 2022 (<https://mitwisserin.podigee.io/220-erfulltes-leben>) «Wie führe ich ein erfülltes Leben?» [How do I lead a fulfilled life?] Podcast for *Volkshochschule Zurich*, July, 2022 (<https://open.spotify.com/episode/21AzEaqMrs6t8Ww0PKhYTO>)

«Was macht ein erfülltes Leben aus?» [What constitutes a fulfilled life?] Interview for *Salzburger Nachrichten*, July 2022 (<https://www.sn.at/panorama/wissen/was-macht-ein-erfulltes-leben-aus-eine-studie-liefert-neue-erkenntnise-124570936>)

«Editor's choice awards: Frontiers in Psychology (Positive Psychology)» *Frontiers Science News*, Best Paper Award for Baumann and Ruch (2022), March 2022 (<https://blog.frontiersin.org/2022/03/09/editors-choice-awards-frontiers-in-psychology-positive-psychology/>)

«3 factors that promote feelings of a life well lived» *Psychology Today* article reporting on Baumann and Ruch (2022), March 2022 (<https://www.psychologytoday.com/za/blog/social-instincts/202203/3-factors-promote-feelings-life-well-lived>)

«New research identifies 3 factors that promote feelings of a 'life well lived'» *Forbes* article reporting on Baumann and Ruch (2022), March 2022 (<https://www.forbes.com/sites/traversmark/2022/03/04/new-research-identifies-3-factors-that-promote-feelings-of-a-life-well-lived/?sh=7694065472ed>)

«Inspiring wisdom on how to live a fulfilling life» Interview for *Therapytips.org*, February 2022 (<https://therapytips.org/interviews/inspiring-wisdom-on-how-to-live-a-fulfilling-life>)

«Es lebe die Leidenschaft» [Long live passion] Interview for *Schweizer Familie*, February 2022

«How can you live a healthy and fulfilled life? New study shares tips» *World Economic Forum* article reporting on Baumann and Ruch (2022), January 2022 (<https://www.weforum.org/agenda/2022/01/fulfillment-mental-health-study-ageing/>)

«Research into living a fulfilled life» Interview for *ABC Radio Melbourne*, January 2022

«How fulfilled is your life? Researchers have a scale to check» *COSMOS magazine* article reporting on Baumann and Ruch (2022), January 2022 (https://cosmosmagazine.com/people/behaviour/life-fulfillment-psychology-measurement/?utm_source=rss&utm_medium=rss&utm_campaign=life-fulfillment-psychology-measurement)

«Facciamo una bella vita? Un test lo misura» [Do we live a good life? A test measures it] *La Repubblica* article on Baumann and Ruch (2022), January 2022 (https://www.repubblica.it/salute/2022/01/17/news/benessere_vita_misurare-333820321/?rss)

«Stai vivendo una vita appagante? Il test scientifico che risponde alla domanda» [Are you living a fulfilling life? The scientific test that answers the question] *Green Me* article reporting on Baumann and Ruch (2022), January 2022 (<https://www.greenme.it/vivere/mente-emozioni/segreto-vita-appagante/>)

«Ten test pozwoli ocenić nasze życie. Stworzyli go Szwajcarzy» [This test will evaluate our lives. It was created by the Swiss] *Wiadomosci* article reporting on Baumann and Ruch (2022), January 2022 (<https://tech.wp.pl/ten-test-pozwoli-ocenic-nasze-zycie-stworzyli-go-szwajcarzy,6725603647654880a>)

«Ученые разработали тест для оценки полноценности прожитой жизни» [Scientists have developed a test to assess the fullness of life] *Popmech* article reporting on Baumann and Ruch (2022), January 2022 (<https://www.popmech.ru/science/news-795743-uchenye-razrabotali-test-dlya-ocenki-polnocennosti-prozhitoj-zhizni/>)

«Ученые создали первый тест, позволяющий оценить качество жизни» [Scientists created the first test to assess quality of life] *Vechernyaya Moskva* article reporting on Baumann and Ruch (2022), January 2022 (<https://vm.ru/news/938594-uchenye-sozdali-pozvolyayushij-ocenit-kachestvo-zhizni-test>)

«How do we define a well-lived life?: First scientific evidence helps us get closer to an answer»

Guest Editorial in *Frontiers Science News*, Psychology, Top News, January 2022

(<https://blog.frontiersin.org/2022/01/11/how-do-we-define-a-well-lived-life-first-scientific-evidence-helps-us-get-closer-to-an-answer/>)

«Was heisst eigentlich Erfüllung?» [What does fulfilment actually mean?] Interview for *Coopzeitung*, July 2021

«Was macht das Leben lebenswert» [What makes life worth living] Interview for *Stiftung Neustarter*, November 2020 (<https://neustarter.com/magazine/was-macht-das-leben-lebenswert>)