

Publications

Dr. Doris Baumann

Peer-Reviewed Journal Articles

Lau, C., Bruno, F., Baumann, D., Ruch, W. Mosier-Farquharson, M.E., Quilty, L., Saklofske, D.H., Chiesi, F. (2025, submitted). Capturing life fulfillment: Psychometric evaluation of the English Fulfilled Life Scale.

Baumann, D., & Ruch, W. (2025). The hallmark of a good life: Introducing fulfillment in life. *New Ideas in Psychology*, 79, 101185. Advance online publication. <https://doi.org/10.1016/j.newideapsych.2025.101185>

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., 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

Other Academic Publications

Baumann, D. (2022). *The pursuit of a good life and the initiation of a new research line: Conceptual and methodological foundations and empirical evidence on the concept of fulfillment in life from a lifespan* [Doctoral dissertation]. University of Zurich.

Baumann, D., & Ruch, W. (2017). *10 Schritte für psychische Gesundheit: Literaturübersicht zu den 10 Schritten und Evaluation einer Anwendung in Teilen einer kantonalen Verwaltung* [10 steps for mental health: Literature review on the 10 steps and evaluation of an intervention in parts of a cantonal administration] [Unpublished manuscript]. Department of Psychology, University of Zurich.

Science Communication & Public Engagement *(including Art–Science Collaboration)*

Short Film

Baumann, D., Luo, S., & Obas, K. (2023, March). *The Science of Fulfillment in Life*. [Short film]. Presented at the 5th Global Science Film Festival (Scientists-as-Filmmakers), Basel and Zurich, Switzerland.

Exhibition

Baumann, D. (2025). *Co-curator & Scientific Lead, FILL UP. Refueling for a Fulfilled Life* [Exhibition]. Bourbaki Panorama Museum, Lucerne, Switzerland.

Conference Presentations

Paper Presentations

Baumann, D. (2024, November). *Die Bedeutung der eigenen Einstellung zum Älterwerden für ein erfülltes Leben* [The importance of attitude toward own aging for a fulfilled life]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2024, Military Academy, Birmensdorf, Switzerland.

Baumann, D. (2024, July). *Thriving in the second half of life: Identifying predictors of a fulfilled life*. Paper presented at the 11th European Conference on Positive Psychology, Innsbruck, Austria.

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.

Invited Talks & Workshops

Baumann, D. (2025, February). *Die Rolle der (positiven) Selbstwahrnehmung für das Altern* [The role of (positive) self-perception in aging] presented at the Ringvorlesung of the Volkshochschule Zurich, Switzerland.

Baumann, D. (2024, Dezember). *Vom Gefühl, wirklich gelebt zu haben* [The feeling of having really lived] presented at the Seniorenkolleg Liechtenstein, Liechtenstein.

Baumann, D. (2024, September). *Vom Gefühl, wirklich gelebt zu haben* [The feeling of having really lived] presented at the Seniorenuniversität Winterthur, Winterthur, Switzerland.

Baumann, D. (2024, March). *Vom Gefühl, wirklich gelebt zu haben* [The feeling of having really lived] presented at the Senior:innen-Universität Zürich UZH3, Zurich, Switzerland.

Baumann, D. (2023, November). *Gelingendes Leben, gelingendes Altern* [Successful living, successful aging] presented at the SWIPPA Fachtagung, Bern, Switzerland.

- 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. (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.
- 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.

Media Appearances (Selected)

Psychologie Heute Compact – Interview: *Ein erfülltes Leben ist nicht problemlos und sorgenfrei* / *A fulfilled life is not problem-free and carefree* (June 2024)

https://content-select.com/media/moz_viewer/65a00835-3160-4418-a895-948aac1b000f#chapter=9929826&page=1

Deutschlandfunk Nova – Interview: *Glücklich sein: Wenn wir uns selbst neu entdecken* / *Being happy: When we rediscover ourselves* (May 2024)

<https://www.deutschlandfunknova.de/beitrag/gluecklich-sein-wenn-wir-uns-selbst-neu-entdecken>

WDR Radio – Interview: *Ein erfülltes Leben* / *A fulfilled life* (January 2024)

GEO – Interview: *Die Kunst, erfüllt(er) zu leben / The art of living (more) fulfilled* (July 2023)
<https://www.geo.de/wissen/gesundheit/lebenssinn--die-kunst--erfuellt-er--zu-leben--33684466.html>

Psychologie Heute – Interview: *Innerlich reich / Inwardly rich* (June 2023)
<https://www.psychologie-heute.de/leben/artikel-detailansicht/42607-was-ein-erfuelltes-leben-ausmacht.html>

Forbes – Interview: 9 Global experts explore the benefits and challenges of a 2023 longevity strategy (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>

Psychology Today – Article: *3 Keys to a fulfilling life* (December 2022)
<https://www.psychologytoday.com/gb/blog/finding-a-new-home/202212/3-keys-to-a-fulfilling-life>

Salzburger Nachrichten – Interview: *Was macht ein erfülltes Leben aus? / What constitutes a fulfilled life?* (July 2022)
<https://www.sn.at/panorama/wissen/was-macht-ein-erfuelltes-leben-aus-eine-studie-liefert-neue-erkenntnisse-124570936>

Frontiers Science News – Editor's choice awards: *Frontiers in Psychology (Positive Psychology), 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/>

Psychology Today – Article: *3 factors that promote feelings of a life well lived* (March 2022)
<https://www.psychologytoday.com/za/blog/social-instincts/202203/3-factors-promote-feelings-life-well-lived>

Forbes – Article: *New research identifies 3 factors that promote feelings of a 'life well lived'* (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>

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

Schweizer Familie – Interview: *Es lebe die Leidenschaft / Long live passion* (February 2022)

World Economic Forum – Article: *How can you live a healthy and fulfilled life? New study shares tips* (January 2022)

<https://www.weforum.org/agenda/2022/01/fullfillment-mental-health-study-ageing/>

ABC Radio Melbourne – Interview: *Research into living a fulfilled life* (January 2022)

COSMOS magazine – Article: *How fulfilled is your life? Researchers have a scale to check* (January 2022)

https://cosmosmagazine.com/people/behaviour/life-fulfillment-psychology-measurement/?utm_source=rss&utm_medium=rss&utm_campaign=life-fulfillment-psychology-measurement

La Repubblica – Article: *Facciamo una bella vita? Un test lo misura / Do we live a good life? A test measures it* (January 2022)

https://www.repubblica.it/salute/2022/01/17/news/benessere_vita_misurare-333820321/?rss

Green Me – Article: *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* (January 2022)

<https://www.greenme.it/vivere/mente-emozioni/segreto-vita-appagante/>

Wiadomosci – Article: *Ten test pozwoli ocenić nasze życie. Stworzyli go Szwajcarzy / This test will evaluate our lives. It was created by the Swiss* (January 2022)

<https://tech.wp.pl/ten-test-pozwoli-ocenic-nasze-zycie-stworzyli-go-szwajcarzy,6725603647654880a>

Popmech – Article: *Ученые разработали тест для оценки полноценности прожитой жизни / Scientists have developed a test to assess the fullness of life* (January 2022)

<https://www.popmech.ru/science/news-795743-uchenye-razrabotali-test-dlya-ocenki-polnocennosti-prozhitoy-zhizni/>

Vechernyaya Moskva – Article: *Ученые создали первый тест, позволяющий оценить качество жизни / Scientists created the first test to assess quality of life* (January 2022)

<https://vm.ru/news/938594-uchenye-sozdali-pozvolayushij-ocenit-kachestvo-zhizni-test>

Frontiers Science News, Psychology, Top News – Guest Editorial: *How do we define a well-lived life?: First scientific evidence helps us get closer to an answer* (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/>

Coopzeitung – Interview: *Was heisst eigentlich Erfüllung? / What does fulfilment actually mean?* (July 2021)

Stiftung Neustarter – Interview: *Was macht das Leben lebenswert» / What makes life worth living* (November 2020)

<https://neustarter.com/magazine/was-macht-das-leben-lebenswert>

Podcast

MITWISSE:IN. Volkshochschule Zürich – Audio podcast episode: *Wie führe ich ein erfülltes Leben? / How do I lead a fulfilled life?* (July 2022)

<https://mitwissein.podigee.io/220-erfulltes-leben>