

# Curriculum Vitae

Doris Baumann, PhD

## PERSONAL INFORMATION

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Department of Psychology  
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## RESEARCH INTERESTS

Fulfillment in life; psychological well-being; positive aging; character strengths; meaning in life; self-perceptions of aging

## EDUCATION

2017 – 2021 **PhD studies**  
Main supervisor: Prof. Dr. Willibald Ruch  
Second Supervisor: Prof. Dr. Gerben Westerhof  
University of Zurich, Department of Psychology  
2013 – 2015 **M.Sc. in Applied Positive Psychology**  
University of East London, School of Psychology  
1996 – 2000 **B.Sc. in Business Administration**  
Zürcher Fachhochschule, Hochschule für Technik, Wirtschaft  
und Verwaltung Zurich

## ACADEMIC & PROFESSIONAL EXPERIENCE

**University of Zurich**  
2023 – Postdoctoral Researcher, Professorship: Individual Differences and Assessment  
2017 – Lecturer Certificate of Advanced Studies (CAS) in Positive Psychology  
2016 – 2021 Research & Teaching Assistant, Professorship: Personality and Assessment  
2015 – Administrative Management, Professorship: Personality and Assessment

2021 –	<b>EVOLVING LAB</b> Founder & Managing Partner Consultant, Lecturer, Speaker
2017 –	<b>Seven Capital Valor Ltd</b> Board Member
2006 – 2014	<b>Almeda Management GmbH</b> Co-Founder
2004 2002 – 2004	<b>Migros-Genossenschafts-Bund</b> Category Field Manager Junior Product Manager
2001	<b>OM Schweiz (International NPO)</b> Project Work in Guatemala, Central America
1992 – 1998	Commercial activities in various fields

## AWARDS

2022	<i>Outstanding Doctoral Dissertation Award</i> Swiss Positive Psychology Association
2022	<i>Jury Award: Runner-up</i> Three Minute Thesis (3MT) Competition 2022, University of Zurich
2021	<i>Best Paper Award for 2021</i> Frontiers in Psychology (Positive Psychology)
2020	<i>3rd Poster Award in the category Doctorate (2020)</i> University of Zurich, Department of Psychology

## GRANT

### RESEARCH PROJECT

2023	CHF 30'000, Principal investigator, Stärkenbasierte Kunstintervention: Ein Weg zur Förderung der Erfüllung im Leben von Menschen mit Behinderungen – jenseits der Defizitperspektive [Strengths-based arts intervention: a way to promote fulfillment in the lives of people with disabilities - beyond the deficit perspective], EBNET-STIFTUNG
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## FURTHER TRAINING

2023	<b>Educational Encounter</b>
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Digital teaching/learning methods from the five different perspectives  
of Zurich's universities  
Zurich University of the Arts

- 2022      **Art & Science Collaborations: Gaining a Transdisciplinary Toolkit**  
Public talks  
Instructors: Dr. Katharina Weikl, Jonathon Keats  
Lecturers: William L. Fox, Gerfried Stocker, Lynn Hershman Leeson  
University of Zurich
- 2022      **Storytelling & Storyboarding Science at Zurich Film Festival**  
Dr. Dr. Samer Angelone  
University of Zurich
- 2022      **6th Swiss Science Filmmaking Marathon**  
Dr. Dr. Samer Angelone  
University of Zurich
- 2022      **Communicating Science Online**  
University of Zurich
- 2022      **Storytelling Skills for Science Communication**  
Dr. Mirko Bischofberger  
University of Zurich
- 2022      **Convincing Media Appearance: Formulating Messages  
Comprehensibly and Clearly**  
Regula Späni  
University of Zurich
- 2021      **Art & Science Collaborations: Gaining a Transdisciplinary Toolkit**  
Public talks & Workshop  
Instructors: Dr. Katharina Weikl, Jonathon Keats  
Lecturers: Prof. Dr. Micahel John Gormann, Julia Buntaine Hoel,  
Aparna Rao, Paola Antonelli  
University of Zurich
- 2021      **Methods and tools for co-creation in participatory research**  
Participatory Science Academy, University of Zurich
- 2019      **Citizen Science projects with impact**  
Participatory Science Academy, University of Zurich
- 2019      **Storyboarding as a research tool**  
Prof. Tanja Hess  
University of Zurich

## JURY MEMBER

2023 3 MT Competition at the University of Zurich  
(Academic science communication contest)

## MEMBERSHIPS

Swiss Positive Psychology Association (SWIPPA)  
Board Member  
Member of the commission lecture series: Host, presenter and organizer  
Positive Psychology European Network for Positive Psychology (ENPP)

## TEACHING (UNIVERSITY OF ZURICH)

### Post-graduate Level

	Lecturer for the <i>Certificate of Advanced Studies (CAS) in Positive Psychology</i>
2018 –	Positive Aging and Optimal Development in the Second Half of Life
2018 – 2021	Positive Organizational Scholarship: Strengths-based Strategy
2017	Positive Psychology, Public Policy, & Social Change

### Master Level

2017 – 2019	Online Learning and Teaching Assistant in the M.Sc. class <i>Psychological Assessment</i>
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### Bachelor Level

2017 – 2019	Lecturer in the seminar <i>Positive Traits: Moral and Intellectual Excellence</i>
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## SUPERVISED THESES (UNIVERSITY OF ZURICH)

### Post-graduate Level: Certificate of Advanced Studies (CAS) in Positive Psychology

1. Portfolio careers in the context of Positive Psychology. (Fernandes, 2024)
2. Positive nachberufliche Zukunft: Gute Wege in den dritten Lebensabschnitt [A positive post-work future: Good paths into the third phase of life]. (Müller, 2024)
3. Erarbeitung eines Konzepts zur positiven Unternehmenstransformation unter Verwendung der Modelle PERMA, CIOWA und AEA [Development of a concept for positive corporate transformation using the PERMA, CIOWA and AEA models]. (Swendsen, 2024)

4. The PERMA Model – A compass to well-being in midlife: A case study based on entrepreneurs. (Baldelli, 2023)
5. Erfolgreiche Zusammenarbeit in heterogenen Teams [Successful collaboration in heterogeneous teams]. (Russo, 2023)
6. Charakterstärken-basiertes Lebenscoaching in der Midlife Opportunity [Character strengths-based life coaching in midlife opportunity]. (Steinemann, 2022)
7. Positives Marketing: Entwicklung eines stärkenbasierten Marketing-Konzeptes für selbständige Berater im mittleren Erwachsenenalter [Positive marketing: developing a strengths-based marketing approach for self-employed mid-adult counselors]. (Turta, 2022)
8. Charakterstärken und Langlebigkeit: Reihenfolge der Charakterstärken von Menschen im Alter 80+ [Character strengths and longevity: order of character strengths of people aged 80+]. (Bucher, 2021)
9. Positive Futures in Unternehmen [Positive futures in companies]. (Waser, 2021)
10. Positive Psychologie in der Mediation und dem mediativen Handeln in der deutschsprachigen Schweiz [Positive psychology in mediation and mediative action in German-speaking Switzerland]. (Kölliker, 2020)
11. *Konzeption eines Workshops für Mitarbeitende – Mit stärkenbasierten Interventionen arbeitsbedingten Stress reduzieren und Wohlbefinden erhöhen* [Designing a workshop for employees - Reducing work-related stress and increasing well-being with strength-based interventions]. (Steiner, 2020)
12. Entwicklung von Handlungsempfehlungen für das positive Altern basierend auf dem PERMA Modell [Development of recommended actions for positive aging based on the PERMA model]. (Gasser, 2019)
13. Positiv-psychologische Interventionen in Bezug zu partizipativ erarbeiteten Impulsen für die psychische Gesundheit von Jugendlichen [Positive psychological interventions related to participatory mental health impulses for adolescents]. (Scammacca Alibisser, 2019)
14. Midlife Career Designing: Berufliche Neuorientierung und Newplacement für Menschen in der Lebensmitte [Midlife Career Designing: Career Reorientation and new placement for People in Midlife]. (Bartholet, 2018)
15. Positive Psychologie: Für einen geglückten Übertritt in die Pensionierung [Positive psychology: For a successful transition to retirement]. (Widl Studer, 2018)
16. «10 Impulse für psychische Gesundheit» als positive-psychologische Intervention [«10 Impulses for Mental Health» as a positive-psychological intervention]. (Cerf, 2017)
17. Charakterstärken, ihre Bewertung und ihr Zusammenhang mit Wohlbefinden im mittleren und höheren Lebensalter [Character strengths, their valuing and their association with wellbeing in middle and older age]. (Maargelisch, 2017)

18. Positive Psychologie und Geragogik in der betrieblichen Weiterbildung [Positive psychology and geragogics in in-service training]. (Trümpy, 2016)

### **Bachelor Level: Bachelor of Science in Psychology**

1. Stärkenbasierte Ansätze bei Menschen mit Behinderungen: Eine Literaturreview zur Identifizierung und Förderung von Charakterstärken [Strengths-based approaches with people with disabilities: A literature review on identifying and promoting character strengths]. (Djizmedjian Menezes, 2024)
2. The ability of the arts to enhance human flourishing. (Hostettler, 2023)
3. Appreciation of beauty and the good life. (Rempfler, 2023)
4. Was können wir aus der Forschung zu Reue für die gelingende Lebensgestaltung lernen? [What can we learn from research on regret for successful living?]. (Girupagaran, 2021)
5. Die Relevanz von «Mattering», das menschliche Gefühl von Bedeutung zu sein, für das gelingende Leben [The relevance of "mattering," the human sense of being significant, to living a successful life]. (Schuler, 2021)
6. Dankbarkeit als persönliche und zwischenmenschliche Ressource [Gratitude as a personal and interpersonal resource]. (Bigler, 2020)
7. Wie Freiwilligenarbeit zu höherem Wohlbefinden führt [How volunteering leads to greater well-being]. (Mian, 2019)
8. Die eigene Berufung leben als Weg zu einem erfüllten Leben [Living one's vocation as the path to a fulfilled life]. (Rajkovic, 2018)
9. Der Einfluss von Altersselbstbildern auf das Wohlbefinden und optimale Funktionieren im höheren Lebensalter [The influence of aging self-images on well-being and optimal functioning in older age]. (Guenay, 2017)
10. Selbstmitgefühl (self-compassion) als psychologische Ressource [Self-compassion as a psychological resource]. (Bachmann, 2017)
11. 10 Aktivitäten zur Förderung der psychischen Gesundheit [10 Activities to promote mental health]. (Steiner, 2016)
12. Positive Aging: Die Rolle von Generativität und Integrität für das optimale Funktionieren im späteren Erwachsenenalter [Positive Aging: The role of generativity and integrity in optimal functioning in later adulthood]. (Stoop, 2016)

## PUBLICATIONS

### Peer-reviewed Scientific Journals

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 Publications (thesis, unpublished manuscript)

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.

## TALKS AND CONFERENCE PRESENTATIONS

### Paper Presentations and Symposium Contributions (peer-reviewed)

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.

#### **Conference Posters (peer-reviewed)**

- 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.

## SCIENTIFIC ART PERFORMANCE

Baumann, D., Luo, S., & Obas, K. (2023, March). *The science of fulfillment in life*. Short film presented at the 5th Global Science Film Festival (category: scientists-as-filmmakers), Basel and Zurich, Switzerland.

## PODCAST

Baumann, D. (Guest). (2022, July 29). Wie führe ich ein erfülltes Leben? [How do I lead a fulfilled life?] [Audio podcast episode]. In *MITWISSER:IN. Volkshochschule Zürich*. <https://mitwisserin.podigee.io/220-erfulltes-leben>)

## PRESENTATIONS

### Invited Talks and 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.

## SELECTED MEDIA APPEARANCES

«Ein erfülltes Leben ist nicht problemlos und sorgenfrei» [A fulfilled life is not problem-free and carefree] Interview for *Psychologie Heute Compact* 77, June 2024.

[https://content-select.com/media/moz\\_viewer/65a00835-3160-4418-a895-948aac1b000f#chapter=9929826&page=1](https://content-select.com/media/moz_viewer/65a00835-3160-4418-a895-948aac1b000f#chapter=9929826&page=1)

«Glücklich sein: Wenn wir uns selbst neu entdecken» [Being happy: When we rediscover ourselves] Interview for *Deutschlandfunk Nova*, May 2024.

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

«Ein erfülltes Leben» [A fulfilled life] Interview for *WDR Radiosendung, "Neugier genügt"*, January 2024.

«Die Kunst, erfüllt(er) zu leben» [The art of living (more) fulfilled] Interview for *GEO*, July 2023.

<https://www.geo.de/wissen/gesundheit/lebenssinn--die-kunst--erfuellt-er--zu-leben--33684466.html>

«Innerlich reich» [Inwardly rich] Interview for *Psychologie Heute*, June 2023.

<https://www.psychologie-heute.de/leben/artikel-detailansicht/42607-was-ein-erfuelltes-leben-ausmacht.html>

«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>

«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-erfuelltes-leben-aus-eine-studie-liefert-neue-erkenntnisse-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/fullfillment-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](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](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-prozhitoy-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-pozvolnyayushij-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>