

## Stephen Cadieux

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### EDUCATION

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Ph.D., Psychology University of California, Riverside Advisor: Sonja Lyubomirsky	2023 –
B.A., Sociology, <i>cum laude</i> The Ohio State University, Columbus, Ohio	2007 – 2010

### RESEARCH INTERESTS

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Social connection; intervention science; well-being

### FUNDING

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Committee on Research of the Riverside Division of the Academic Senate Award total: \$3,620 <i>Contributor</i> , “Spiritual Practices, Social Connection, and Well-Being”	2025
Tiny Blue Dot Foundation Award total: \$899,232 <i>Contributor</i> , “Effects of High-Quality Listening on Psychological and Biological Well-Being Through the Expansion of the Perception Box”	2024 – 2027

### CONFERENCE LEADERSHIP & FUNDRAISING

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California Well-Being Conference, <i>Co-Founder &amp; Co-Organizer</i>	2024 –
<ul style="list-style-type: none"><li>• Raised \$26,266 from multiple institutional and philanthropic funders</li><li>• Led conference vision and strategic development</li><li>• Recruited and managed a graduate student leadership team and volunteer coordinators</li><li>• Served as primary liaison among university departments, funders, and external partners</li><li>• Oversaw programming, logistics, communications, and website development</li></ul>	

### PUBLICATIONS

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**Cadieux, S.**, & Lyubomirsky, S. (under review). How chanting enhances well-being: The roles of vocalization, repetition, and concentration.

Montemayor-Dominguez, M., Chinn, J., **Cadieux, S.**, & Lyubomirsky, S. (under review). *Culture and well-being: Five empirical approaches*. In M. Yik (Ed.), *The Oxford Handbook of Emotion and Culture*.

Dhawan, N., **Cadieux, S.**, & Langer, E. J. (2024). *The effect of Langerian mindfulness on the consumption and conveyance of fake news*. PsyArXiv. <https://doi.org/10.31234/osf.io/zqn4e>

## BOOK

**Cadieux, S.** (2023). *The Sanskrit Handbook: A Guide for Yoga Students*.

## PRESENTATIONS

**Cadieux, S.** (2025, September 26). *Comparing Three Experimental Manipulations of High-Quality Listening*. 2025 Tiny Blue Dot Foundation Summit, Los Angeles, CA.

**Cadieux, S.** (2025, May 1). *Elements of Chanting and Their Effects on Well-Being*. Proseminar on Current Research in Social/Personality Psychology, University of California, Riverside, Riverside, CA.

**Cadieux, S.** (2024, April 23). *Multiple Regression: The Importance of Religious & Spiritual Predictors of Well-being*. Current Research in Quantitative Psychology Seminar Series, University of California, Riverside, Riverside, CA.

## POSTERS

**Cadieux, S.**, Montemayor-Dominguez, M., Chinn, J., Radošić, N., & Lyubomirsky, S. (2025, September 26-27). *Comparing Three Experimental Manipulations of High-Quality Listening* [Poster presentation]. 2025 Tiny Blue Dot Foundation Summit, Los Angeles, CA.

**Cadieux, S.**, & Lyubomirsky, S. (2025, February 20-22). *Elements of Chanting and Their Effects on Well-Being* [Poster presentation]. Society for Personality and Social Psychology Conference, Denver, CO.

Montemayor-Dominguez, M., Radošić, N., **Cadieux, S.**, Chinn, J., & Lyubomirsky, S. (2024, September 27-28). *Effects of High-Quality Listening on Psychological and Biological Well-Being Through the Expansion of the Perception Box* [Poster presentation]. 2024 Tiny Blue Dot Foundation Summit, Los Angeles, CA.

Montemayor-Dominguez, M., Martinez, R., **Cadieux, S.**, & Lyubomirsky, S. (2024, February 8-10). *Understanding How We All Seek Awe: Descriptive Analysis of a Novel Awe Intervention* [Poster presentation]. Society for Personality and Social Psychology Conference, San Diego, CA.

**Cadieux, S.**, Dhawan, N., & Langer, E. J. (2022, August 4-6). *Seen and Not Seen: How Mindfulness Affects Fake News Consumption* [Poster presentation]. American Psychological Association Conference, Minneapolis, MN.

## RESEARCH EXPERIENCE

Ph.D. Student, Positive Activities and Well-Being Lab, UC Riverside	2023 –
Research Assistant, Langer Mindfulness Lab, Harvard University	2020 – 2023

## ACADEMIC SERVICE

*Ad Hoc* Reviewer:

*Emotion*

*Social Psychological and Personality Science*

*Trends in Cognitive Sciences*

Co-organizer, California Well-Being Conference

2024 –

Founder and Organizer, PAW Lab Journal Club

2024 –

Member, SPSP Poster Review Board	2024 –
Member, Dept of Psychology Diversity, Equity, & Inclusion Committee, UCR	2024 –
Volunteer, Graduate Student Recruitment Weekend, UCR	2024 –
Graduate Student Coordinator, Social/Personality Proseminar, UCR	2023 –
Lead Administrator, Black People Space, Columbia University	2021 – 2023
Volunteer Sanskrit Tutor, Rutgers University	2019 – 2021

## TEACHING ASSISTANT

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Personality Psychology	FA25
Psychological Methods: Statistical Procedures	WI25
Social Psychology	FA24
The Science of Well-Being	SU25, SP25, SU24

## PROFESSIONAL EXPERIENCE

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Administrative Lab Manager, Columbia University	2021 – 2023
General Manager, Joe Coffee Company	2015 – 2019
General Manager, Verve Coffee Roasters	2014 – 2015

## PROFESSIONAL MEMBERSHIPS

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Society for Personality and Social Psychology	2023 –
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## CERTIFICATIONS

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CITI Training  
Data Science: R Basics - Harvard EdX Certificate

## SKILLS

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Statistical Analysis and Software Development: R, GitHub  
Survey Platforms: Qualtrics, MTurk  
Administration: IRB Protocol  
Software: Microsoft Office, Google Suite, Zoom, Slack, Windows OS, Mac OS  
Languages: English (native), Sanskrit (can read with dictionary)