Updated November 2026

Stephen Cadieux

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EDUCATION

Ph.D., Psychology — 2023 – present
University of California, Riverside, Expected 2028
Advisor: Sonja Lyubomirsky

B.A., Sociology, *cum laude* — 2007 – 2010
The Ohio State University, Columbus, Ohio

RESEARCH INTERESTS

Social connection; intervention science; well-being

CONTRIBUTOR TO FUNDING

Tiny Blue Dot Foundation — 2024 – 2027
Award total: $899,232
Contributor, "Effects of High-Quality Listening on Psychological and Biological Well-Being Through the Expansion of the Perception Box"

Committee on Research of the Riverside Division of the Academic Senate — 2025
Award total: $3,620
Contributor, "Spiritual Practices, Social Connection, and Well-Being"

CONFERENCE LEADERSHIP & FUNDRAISING

California Well-Being Conference, *Co-Founder & Co-Organizer* — 2024 – 2026

- Raised $23,766 from multiple institutional and philanthropic funders
- Led conference vision and strategic development
- Recruited and managed a graduate student leadership team and volunteer coordinators
- Served as primary liaison among university departments, funders, and external partners
- Oversaw programming, logistics, communications, and website development

PUBLICATIONS

Cadieux, S., & Lyubomirsky, S. (2026). How chanting enhances well-being: The roles of vocalization, repetition, and concentration. *Mindfulness*. https://doi.org/10.1007/s12671-026-02951-2

Vannoy, T. K., **Cadieux, S.,** & Lyubomirsky, S. (2026). Human 2.0? AI and the future of well-being, connection, and personal growth: A narrative review. *Behavioral Sciences, 16*(6), 909. https://doi.org/10.3390/bs16060909

MANUSCRIPTS, PREPRINTS, AND REGISTERED REPORTS

Cadieux, S., Montemayor-Dominguez, M., & Lyubomirsky, S. (2026). Rethinking conference structure for early-career researchers. *Collabra: Psychology*. (Under review)

Montemayor-Dominguez, M., Chinn, J., **Cadieux, S.**, & Lyubomirsky, S. Culture and well-being: Five empirical approaches. In M. Yik (Ed.), *The Oxford handbook of emotion and culture.* (In press)

Szaszi, B., Dunn, E., Folk, D., Clelland, H. T., Maier, M., … **Cadieux, S.**, … Coles, N. A. (2026). *A global megastudy of the effectiveness of popular activities for promoting happiness*. Zenodo. https://doi.org/10.5281/zenodo.22788118 (Stage 1 registered report)

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 (Preprint)

BOOK

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

PRESS & MEDIA

"Student-Led, Statewide Impact: UCR Hosts First California Well-Being Conference." *UC Riverside, College of Humanities, Arts, and Social Sciences*, August 7, 2026. Featured and quoted.

PRESENTATIONS

Cadieux, S. (2026, April 9). *Social Connection and Well-Being*. Proseminar on Current Research in Social/Personality Psychology, University of California, Riverside, Riverside, CA.

Cadieux, S. (2026, February 26). *Comparing Three Experimental Manipulations of High-Quality Listening*. Happiness & Well-Being Preconference, Society for Personality and Social Psychology Annual Convention, Chicago, IL.

Cadieux, S. (2025, September 26). *Comparing Three Experimental Manipulations of High-Quality Listening*. 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

Chinn, J., Radošić, N., Montemayor-Dominguez, M., **Cadieux, S.**, & Lyubomirsky, S. (2026, September 26). *Listening Well: How High-Quality Listening Expands Perception Box and Improves Well-Being in Conversation*. [Poster presentation]. Tiny Blue Dot Foundation Summit, Laguna Beach, CA.

Cadieux, S., Montemayor-Dominguez, M., Chinn, J., Radošić, N., & Lyubomirsky, S. (2026, February 27). *Comparing Three Experimental Manipulations of High-Quality Listening* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Chicago, IL.

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]. 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 Annual Convention, 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 Annual Convention, 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 – present
Research Assistant, Langer Mindfulness Lab, Harvard University	2020 – 2023

ACADEMIC SERVICE

Ad Hoc Reviewer:
- *Emotion*
- *Social Psychological and Personality Science*
- *Trends in Cognitive Sciences*

Graduate Student Representative, UC Committee on Research Policy	2026 – present
Member, SPSP Awards & Grants Committee	2026 – present
Founder and Organizer, PAW Lab Journal Club	2024 – present
Member, SPSP Poster Review Board	2024 – present
Volunteer, Graduate Student Recruitment Weekend, UCR	2024 – present
Member, Dept of Psychology Diversity, Equity, & Inclusion Committee, UCR	2024 – 2026
Co-organizer, California Well-Being Conference	2024 – 2026
Graduate Student Coordinator, Social/Personality Proseminar, UCR	2023 – 2026
Lead Administrator, Black People Space, Columbia University	2021 – 2023
Volunteer Sanskrit Tutor, Rutgers University	2019 – 2021

TEACHING ASSISTANT

Personality Psychology	FA25, SU26

Psychological Methods: Statistical Procedures	WI25
Social Psychology	FA24, FA26
The Science of Well-Being	SU25, SP25, SU24

PROFESSIONAL EXPERIENCE

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

PROFESSIONAL MEMBERSHIPS

Society for Personality and Social Psychology	2023 – present

CERTIFICATIONS

CITI Training
Data Science: R Basics - Harvard EdX Certificate

SKILLS

Research & Data: Experimental design, planning and execution of surveys, literature reviews, R, GitHub, Qualtrics, MTurk

Administration & Operations: Grant administration, budgeting, IRB Protocol, SAP Concur, Canvas LMS

Software: Microsoft Office, Google Suite, Google Apps Script, Zoom, Slack, Discord, Windows OS, Mac OS

AI Tools: ChatGPT, Claude, Gemini, OpenAI Codex, Claude Code; prompt design, AI-assisted coding, research synthesis, writing/editing, and workflow automation

Languages: English (native), Sanskrit (can read with dictionary)