

DAILY EXPERIENCES AND HEALTH STUDY

Hello!



Welcome to the UPLIFT Health Lab's Spring Newsletter! Our team truly appreciates your participation in our research. Now, we would like to share some updates from the lab and the Daily Experiences and Health Study



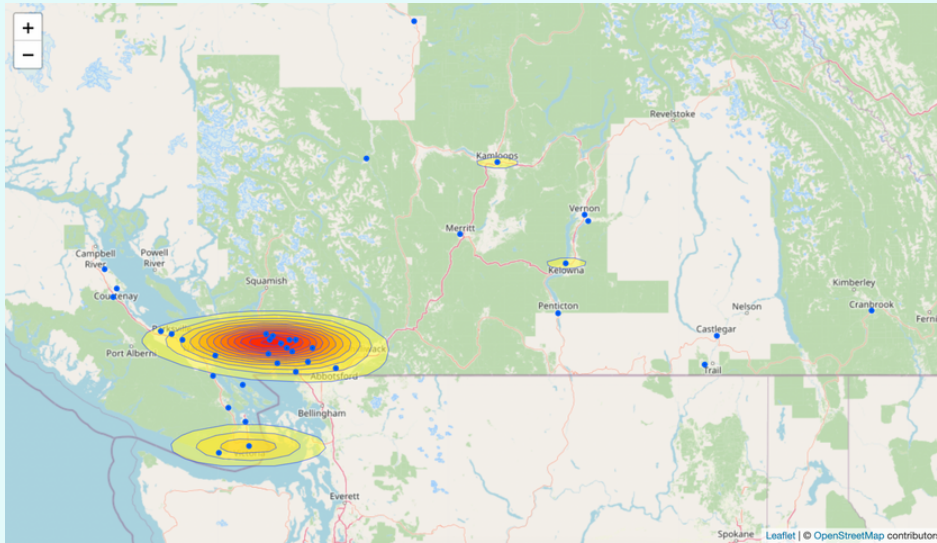
What this newsletter will cover:

1. Demographic distribution of participants
2. Findings from previous studies
3. Lab Member Spotlights
4. Longitudinal research questions for Year Two

UPDATES FROM THE STUDY

DEMOGRAPHIC DISTRIBUTION

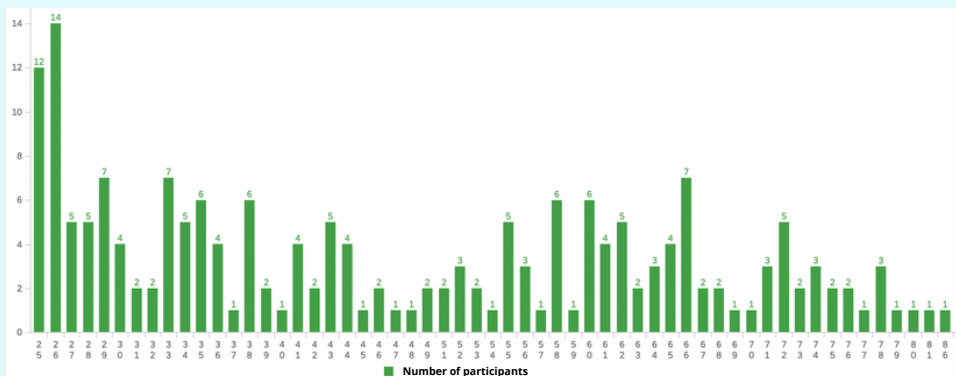
LOCATION DISTRIBUTION



Our participants are located in various areas in British Columbia. Most of the participants are from:

1. **Vancouver (29%)**
2. **Victoria (10%)**
3. **Surrey (3%)**
4. **Kelowna (3%)**
5. **Nanaimo (3%)**

AGE DISTRIBUTION



Although our participants' ages span across a wide range, we can see that most are between:

- 25-30 years old
- 50-65 years old

WHAT WE'VE DISCOVERED SO FAR

The data you share with us will allow our team to investigate novel questions at the forefront of health psychology research. We hope to build on our previous work, such as these exciting findings:



DAILY POSITIVE EVENTS

Daily positive events – such as taking a walk or sharing a laugh with a friend – are very common.

Our past research in national U.S. studies have shown that adults report **positive events on 72–75% of interview days.**



People who experience more daily positive events have...

- **Healthier patterns of salivary cortisol** (a hormone associated with stress) (Sin et al., 2017a)
- **Lower levels of inflammation** (Sin et al., 2015)
- **Better sleep** (Sin et al., 2017b)

SLEEP AND EMOTIONS

“Sleep and emotions are intimately intertwined”



▶ After nights of less sleep, people are **more emotionally reactive to next-day stressors** and **derive less emotional benefit from positive events** (Sin et al., 2020).

▶ Among employees in nursing homes and in the IT industry, **better sleep promotes more positive experiences at work and with family** (Sin et al., 2017b).

▶ Our research has been covered by various news outlets, from the Vancouver Sun to The New York Times. For a full list of articles about our research, visit the “Press” page on our website!

CONGRATULATIONS PATRICK!



Graduate student **Patrick Klaiber’s** paper was awarded the **Innovative Research on Aging Award from the Mather Institute.**

He found that in the early weeks of the COVID-19 pandemic, older adults had **better emotional well-being** and were **less emotionally reactive to stressors**, compared to younger adults.



*Positive emotion ratings could range from 0 (not at all) to 100 (extremely)



REFERENCES

- Klaiber et al. (2021). *The Journals of Gerontology*. <https://doi.org/10.1093/geronb/gbaa096>
- Sin et al. (2017b). *Annals of Behavioral Medicine*. <https://doi.org/10.1007/s12160-016-9864-y>
- Sin et al. (2017a). *Psychoneuroendocrinology*. <https://doi.org/10.1016/j.psyneuen.2017.06.001>
- Sin et al. (2020). *Health Psychology*. <https://doi.org/10.1037/hea0001033>
- Sin et al. (2015). *Brain, behavior, and immunity*. <https://doi.org/10.1016/j.bbi.2014.07.015>

LAB MEMBER SPOTLIGHTS



Fei Y.
Lab Manager

Fei has been coordinating the Daily Experiences and Health Study for almost two years now. She was recently accepted into grad school and will be studying clinical psychology in the fall!



Patrick K.
Graduate Student

Patrick is a Ph.D. student and has been working on analyzing the saliva samples. He is planning to use data from the Daily Experiences and Health Study to examine the protective effects of daily positive experiences.



Kirsten L.
Research Assistant

Kirsten is an undergraduate Psychology student graduating in May. She is currently working on a knowledge translation project for the Daily Experiences and Health Study and enjoys making graphics and newsletters.

YEAR TWO OF THE DAILY EXPERIENCES AND HEALTH STUDY

For those of you who participated in Spring 2021, we will be contacting you soon to invite you back for Year Two of the Daily Experiences and Health Study.

Your continued participating in our research would be invaluable to our team, as collecting your data across multiple years will allow us to answer questions like:

How does the stress of everyday life influence health and well-being over time?



What are positive psychological and social resources that promote good health over time?

Are there benefits of stress, and if so, what are they? How do stressful events provide opportunities to challenge oneself and to adapt one's coping strategies?



Thank you once again for participating in our research.
We look forward to seeing you again for Year Two!

