

WEBVTT

NOTE duration: "01:02:54.517"

NOTE Confidence: 0.99876577

00:00:00.320 --> 00:00:01.360 Just a couple of brief

NOTE Confidence: 0.99876577

00:00:01.360 --> 00:00:03.300 announcements before we get started

NOTE Confidence: 0.99876577

00:00:03.360 --> 00:00:03.860 today.

NOTE Confidence: 0.9617418

00:00:04.319 --> 00:00:05.279 I just wanted to remind

NOTE Confidence: 0.9617418

00:00:05.279 --> 00:00:06.160 you, next week is a

NOTE Confidence: 0.9617418

00:00:06.160 --> 00:00:07.279 jam packed week for Grand

NOTE Confidence: 0.9617418

00:00:07.279 --> 00:00:08.400 Rounds. We actually have not

NOTE Confidence: 0.9617418

00:00:08.400 --> 00:00:09.920 one but two Grand Rounds

NOTE Confidence: 0.9617418

00:00:09.920 --> 00:00:10.420 sessions

NOTE Confidence: 0.9526892

00:00:10.800 --> 00:00:12.240 next week. So we'll be

NOTE Confidence: 0.9526892

00:00:12.240 --> 00:00:13.635 hearing from Jack Turban,

NOTE Confidence: 0.9718929

00:00:14.495 --> 00:00:16.095 next Tuesday from one to

NOTE Confidence: 0.9718929

00:00:16.095 --> 00:00:17.935 two PM from UCSF. They'll

NOTE Confidence: 0.9718929

00:00:17.935 --> 00:00:19.454 be talking about supporting gender

NOTE Confidence: 0.9718929

00:00:19.454 --> 00:00:21.075 diverse youth across development.

NOTE Confidence: 0.9498985

00:00:21.535 --> 00:00:22.255 So that will be in

NOTE Confidence: 0.9498985

00:00:22.255 --> 00:00:24.755 our regularly scheduled Grand Rounds

NOTE Confidence: 0.9498985

00:00:24.975 --> 00:00:26.880 session. And then we'll have

NOTE Confidence: 0.9498985

00:00:26.960 --> 00:00:28.080 Patrick Lycan coming to us

NOTE Confidence: 0.9498985

00:00:28.080 --> 00:00:29.279 from the University of Leuven

NOTE Confidence: 0.9498985

00:00:29.279 --> 00:00:31.439 and, University College London, who

NOTE Confidence: 0.9498985

00:00:31.439 --> 00:00:32.899 will be talking about mentalizing

NOTE Confidence: 0.9498985

00:00:33.199 --> 00:00:33.699 based

NOTE Confidence: 0.9967912

00:00:34.000 --> 00:00:35.699 treatments for borderline personality

NOTE Confidence: 0.9730239

00:00:36.000 --> 00:00:37.600 disorder. And that will be

NOTE Confidence: 0.9730239

00:00:37.600 --> 00:00:39.840 on Wednesday afternoon at three

NOTE Confidence: 0.9730239

00:00:39.840 --> 00:00:42.420 PM in, three fifty George

NOTE Confidence: 0.9730239

00:00:42.515 --> 00:00:43.875 in room three zero five

NOTE Confidence: 0.9730239

00:00:43.875 --> 00:00:45.155 b. So that's room three

NOTE Confidence: 0.9730239

00:00:45.155 --> 00:00:46.515 zero five b in three

NOTE Confidence: 0.9730239

00:00:46.515 --> 00:00:47.795 fifty George. It's a lot

NOTE Confidence: 0.9730239

00:00:47.795 --> 00:00:48.455 of threes.

NOTE Confidence: 0.9783438

00:00:48.995 --> 00:00:51.155 So two special grand rounds

NOTE Confidence: 0.9783438

00:00:51.155 --> 00:00:52.034 next week, and I do

NOTE Confidence: 0.9783438

00:00:52.034 --> 00:00:52.915 hope you'll be able to

NOTE Confidence: 0.9783438

00:00:52.915 --> 00:00:54.435 join us in person for

NOTE Confidence: 0.9783438

00:00:54.435 --> 00:00:55.655 for both of those.

NOTE Confidence: 0.9883176

00:00:56.115 --> 00:00:57.075 And with that, I'd like

NOTE Confidence: 0.9883176

00:00:57.075 --> 00:00:57.880 to pass you over to

NOTE Confidence: 0.9883176

00:00:57.880 --> 00:00:59.400 doctor Rutherford to introduce our

NOTE Confidence: 0.9883176

00:00:59.400 --> 00:01:00.380 speaker for today.

NOTE Confidence: 0.9401137

00:01:04.440 --> 00:01:06.520 Hey. Good afternoon, everybody. I'm

NOTE Confidence: 0.9401137

00:01:06.520 --> 00:01:07.959 delighted and honored to introduce

NOTE Confidence: 0.9401137

00:01:07.959 --> 00:01:09.880 our speaker today, doctor Catherine

NOTE Confidence: 0.9401137

00:01:09.880 --> 00:01:12.104 Nelson Coffey. Doctor. Nelson Coffey

NOTE Confidence: 0.9401137

00:01:12.104 --> 00:01:13.465 is an associate professor of
NOTE Confidence: 0.9401137

00:01:13.465 --> 00:01:15.645 psychology at Arizona state university,
NOTE Confidence: 0.97748506

00:01:15.944 --> 00:01:16.905 and she also has an
NOTE Confidence: 0.97748506

00:01:16.905 --> 00:01:18.265 adjunct appointment here in the
NOTE Confidence: 0.97748506

00:01:18.265 --> 00:01:19.325 child study center.
NOTE Confidence: 0.91781294

00:01:19.705 --> 00:01:20.584 She was also one of
NOTE Confidence: 0.91781294

00:01:20.584 --> 00:01:22.185 the first Anur Gazell visiting
NOTE Confidence: 0.91781294

00:01:22.185 --> 00:01:23.384 scholars in parent and child
NOTE Confidence: 0.91781294

00:01:23.384 --> 00:01:24.540 development when she came to
NOTE Confidence: 0.91781294

00:01:24.540 --> 00:01:25.740 the child study center for
NOTE Confidence: 0.91781294

00:01:25.740 --> 00:01:27.520 her Zepatica in twenty twenty
NOTE Confidence: 0.91781294

00:01:27.659 --> 00:01:28.700 just before Yale and the
NOTE Confidence: 0.91781294

00:01:28.700 --> 00:01:29.659 rest of the world closed
NOTE Confidence: 0.91781294

00:01:29.659 --> 00:01:30.720 down for COVID.
NOTE Confidence: 0.95854974

00:01:31.420 --> 00:01:32.619 Nevertheless, it was a really
NOTE Confidence: 0.95854974

00:01:32.619 --> 00:01:33.979 productive visit while she was

NOTE Confidence: 0.95854974

00:01:33.979 --> 00:01:35.420 here, and we were excited

NOTE Confidence: 0.95854974

00:01:35.420 --> 00:01:36.140 that we were able to

NOTE Confidence: 0.95854974

00:01:36.140 --> 00:01:37.259 write a grant during that

NOTE Confidence: 0.95854974

00:01:37.259 --> 00:01:38.745 period, that we are now

NOTE Confidence: 0.95854974

00:01:38.825 --> 00:01:39.944 in recipients of. And so

NOTE Confidence: 0.95854974

00:01:39.944 --> 00:01:40.745 we have a two site

NOTE Confidence: 0.95854974

00:01:40.745 --> 00:01:42.665 study between ASU and Yale

NOTE Confidence: 0.95854974

00:01:42.665 --> 00:01:44.265 Charles City Center looking at

NOTE Confidence: 0.95854974

00:01:44.265 --> 00:01:45.785 social connectedness during the transition

NOTE Confidence: 0.95854974

00:01:45.785 --> 00:01:46.444 to parenthood.

NOTE Confidence: 0.9680337

00:01:46.985 --> 00:01:47.945 And I just wanted to

NOTE Confidence: 0.9680337

00:01:47.945 --> 00:01:49.465 say that I've, in addition

NOTE Confidence: 0.9680337

00:01:49.465 --> 00:01:50.585 to the formal introduction, I

NOTE Confidence: 0.9680337

00:01:50.585 --> 00:01:51.820 wanted to highlight I've learned

NOTE Confidence: 0.9680337

00:01:51.820 --> 00:01:52.860 so much from doctor Nelson

NOTE Confidence: 0.9680337

00:01:52.860 --> 00:01:54.220 Coffey, both as an academic
NOTE Confidence: 0.9680337

00:01:54.220 --> 00:01:55.180 and scholar as well as
NOTE Confidence: 0.9680337

00:01:55.180 --> 00:01:56.299 a person, and I'm very
NOTE Confidence: 0.9680337

00:01:56.299 --> 00:01:57.180 excited for you to all
NOTE Confidence: 0.9680337

00:01:57.180 --> 00:01:58.460 learn from her today. So
NOTE Confidence: 0.9680337

00:01:58.460 --> 00:01:59.659 please help me in welcoming
NOTE Confidence: 0.9680337

00:01:59.659 --> 00:02:00.720 doctor Nelson Coffey.
NOTE Confidence: 0.98347336

00:02:06.285 --> 00:02:07.245 Thank you so much for
NOTE Confidence: 0.98347336

00:02:07.245 --> 00:02:08.845 that kind introduction, and thanks
NOTE Confidence: 0.98347336

00:02:08.845 --> 00:02:09.565 to all of you for
NOTE Confidence: 0.98347336

00:02:09.565 --> 00:02:11.245 being here today. I'm really
NOTE Confidence: 0.98347336

00:02:11.245 --> 00:02:12.445 excited to share with you
NOTE Confidence: 0.98347336

00:02:12.445 --> 00:02:13.245 some of the work that
NOTE Confidence: 0.98347336

00:02:13.245 --> 00:02:14.925 I've been doing over the
NOTE Confidence: 0.98347336

00:02:14.925 --> 00:02:16.605 last several years about parents'
NOTE Confidence: 0.98347336

00:02:16.605 --> 00:02:17.105 well-being.

NOTE Confidence: 0.9951697

00:02:17.889 --> 00:02:19.010 But before I get started,

NOTE Confidence: 0.9951697

00:02:19.010 --> 00:02:20.290 I think it's important to

NOTE Confidence: 0.9951697

00:02:20.290 --> 00:02:21.730 acknowledge that just as it

NOTE Confidence: 0.9951697

00:02:21.730 --> 00:02:22.769 takes a village to raise

NOTE Confidence: 0.9951697

00:02:22.769 --> 00:02:24.129 a child, I feel that

NOTE Confidence: 0.9951697

00:02:24.129 --> 00:02:25.250 sometimes it takes a village

NOTE Confidence: 0.9951697

00:02:25.250 --> 00:02:26.230 to raise a researcher.

NOTE Confidence: 0.9995811

00:02:27.010 --> 00:02:28.129 I'd like to thank the

NOTE Confidence: 0.9995811

00:02:28.129 --> 00:02:29.590 many colleagues and collaborators

NOTE Confidence: 0.9985265

00:02:30.155 --> 00:02:31.355 who have contributed to the

NOTE Confidence: 0.9985265

00:02:31.355 --> 00:02:32.635 work that I'll be presenting

NOTE Confidence: 0.9985265

00:02:32.635 --> 00:02:33.135 today.

NOTE Confidence: 0.96017224

00:02:33.834 --> 00:02:35.114 Here I have my lab

NOTE Confidence: 0.96017224

00:02:35.114 --> 00:02:35.935 at ASU,

NOTE Confidence: 0.998762

00:02:36.235 --> 00:02:37.694 as well as the institutions

NOTE Confidence: 0.998762

00:02:37.834 --> 00:02:39.595 that have funded and supported

NOTE Confidence: 0.998762

00:02:39.595 --> 00:02:40.575 some of this work.

NOTE Confidence: 0.9581431

00:02:42.394 --> 00:02:44.495 Raising children can be stressful.

NOTE Confidence: 0.9986247

00:02:45.220 --> 00:02:45.720 From

NOTE Confidence: 0.7988836

00:02:46.020 --> 00:02:46.520 navigating

NOTE Confidence: 0.87796944

00:02:46.980 --> 00:02:48.120 toddlers tantrums,

NOTE Confidence: 0.9209272

00:02:49.220 --> 00:02:50.760 challenging homework battles,

NOTE Confidence: 0.9984652

00:02:51.620 --> 00:02:52.120 and

NOTE Confidence: 0.7710716

00:02:52.820 --> 00:02:54.360 conflict during adolescence.

NOTE Confidence: 0.9991753

00:02:54.900 --> 00:02:57.060 Parents navigate a wide variety

NOTE Confidence: 0.9991753

00:02:57.060 --> 00:02:58.764 of stressors that change over

NOTE Confidence: 0.9991753

00:02:58.764 --> 00:02:59.424 the course

NOTE Confidence: 0.9847927

00:02:59.724 --> 00:03:00.705 of the lifespan.

NOTE Confidence: 0.94141734

00:03:01.805 --> 00:03:03.485 In fact, recently, the US

NOTE Confidence: 0.94141734

00:03:03.485 --> 00:03:05.325 Surgeon General published a report

NOTE Confidence: 0.94141734

00:03:05.325 --> 00:03:06.864 to call attention to parental

NOTE Confidence: 0.94141734
00:03:06.924 --> 00:03:08.944 stress, mental health, and well-being.
NOTE Confidence: 0.93157864
00:03:09.564 --> 00:03:11.245 This report included an alarming
NOTE Confidence: 0.93157864
00:03:11.245 --> 00:03:11.700 statistic
NOTE Confidence: 0.99640614
00:03:12.099 --> 00:03:13.620 indicating that forty eight percent
NOTE Confidence: 0.99640614
00:03:13.620 --> 00:03:14.360 of parents
NOTE Confidence: 0.97294056
00:03:14.819 --> 00:03:16.180 say that most days their
NOTE Confidence: 0.97294056
00:03:16.180 --> 00:03:18.040 stress is completely overwhelming.
NOTE Confidence: 0.9756221
00:03:18.980 --> 00:03:20.760 And this is important because
NOTE Confidence: 0.9756221
00:03:20.819 --> 00:03:21.319 parents
NOTE Confidence: 0.93904734
00:03:21.780 --> 00:03:24.040 and children's well-being are inherently
NOTE Confidence: 0.99511766
00:03:24.340 --> 00:03:24.840 intertwined.
NOTE Confidence: 0.99283755
00:03:25.764 --> 00:03:27.525 Parent mental illness is among
NOTE Confidence: 0.99283755
00:03:27.525 --> 00:03:29.385 the most common adverse childhood
NOTE Confidence: 0.99283755
00:03:29.445 --> 00:03:29.945 experiences,
NOTE Confidence: 0.92176723
00:03:30.485 --> 00:03:32.105 which we know confer significant
NOTE Confidence: 0.92176723

00:03:32.325 --> 00:03:33.705 risk across the lifespan.
NOTE Confidence: 0.9672748

00:03:34.485 --> 00:03:36.505 And parents' abilities to navigate
NOTE Confidence: 0.9672748

00:03:36.645 --> 00:03:37.925 this stress and bring the
NOTE Confidence: 0.9672748

00:03:37.925 --> 00:03:39.445 best versions of themselves to
NOTE Confidence: 0.9672748

00:03:39.445 --> 00:03:41.065 their interactions with their children
NOTE Confidence: 0.9975292

00:03:41.540 --> 00:03:42.040 has
NOTE Confidence: 0.9744863

00:03:42.420 --> 00:03:44.420 really important implications for child
NOTE Confidence: 0.9744863

00:03:44.420 --> 00:03:44.920 development.
NOTE Confidence: 0.9962369

00:03:45.300 --> 00:03:46.980 And so for these reasons,
NOTE Confidence: 0.9962369

00:03:46.980 --> 00:03:49.140 improving caregiver well-being has been
NOTE Confidence: 0.9962369

00:03:49.140 --> 00:03:50.740 highlighted as one of the
NOTE Confidence: 0.9962369

00:03:50.740 --> 00:03:52.120 most important methods
NOTE Confidence: 0.9917575

00:03:52.660 --> 00:03:53.720 of promoting
NOTE Confidence: 0.9938523

00:03:54.020 --> 00:03:54.920 child development.
NOTE Confidence: 0.9701433

00:03:55.995 --> 00:03:57.775 I've been investigating the correlates,
NOTE Confidence: 0.9701433

00:03:57.835 --> 00:03:58.895 causes, and consequences

NOTE Confidence: 0.9792071
00:03:59.355 --> 00:04:01.035 of parents' well-being for more
NOTE Confidence: 0.9792071
00:04:01.035 --> 00:04:02.635 than a decade, and today
NOTE Confidence: 0.9792071
00:04:02.635 --> 00:04:03.995 I'm really excited to share
NOTE Confidence: 0.9792071
00:04:03.995 --> 00:04:05.035 with you some of what
NOTE Confidence: 0.9792071
00:04:05.035 --> 00:04:06.395 we have learned from these
NOTE Confidence: 0.9792071
00:04:06.395 --> 00:04:06.895 studies.
NOTE Confidence: 0.98224115
00:04:07.915 --> 00:04:09.755 I'll be approaching this talk
NOTE Confidence: 0.98224115
00:04:09.755 --> 00:04:11.790 across three broad questions that
NOTE Confidence: 0.98224115
00:04:11.790 --> 00:04:13.230 have guided a lot of
NOTE Confidence: 0.98224115
00:04:13.230 --> 00:04:14.610 my research in this area.
NOTE Confidence: 0.9009369
00:04:16.670 --> 00:04:17.710 First, we will,
NOTE Confidence: 0.99813086
00:04:18.110 --> 00:04:19.230 address the question of what
NOTE Confidence: 0.99813086
00:04:19.230 --> 00:04:20.130 is the association
NOTE Confidence: 0.978381
00:04:20.510 --> 00:04:22.130 between parenthood and well-being.
NOTE Confidence: 0.96197546
00:04:22.990 --> 00:04:23.490 Second,
NOTE Confidence: 0.9598047

00:04:23.955 --> 00:04:26.035 we'll ask why are some
NOTE Confidence: 0.9598047

00:04:26.035 --> 00:04:27.955 parents more or less happy
NOTE Confidence: 0.9598047

00:04:27.955 --> 00:04:28.695 than others.
NOTE Confidence: 0.9856887

00:04:29.315 --> 00:04:31.154 And third, we'll consider some
NOTE Confidence: 0.9856887

00:04:31.154 --> 00:04:33.315 strategies and benefits of enhancing
NOTE Confidence: 0.9856887

00:04:33.315 --> 00:04:34.294 parents' happiness.
NOTE Confidence: 0.99673915

00:04:35.810 --> 00:04:36.630 As I began
NOTE Confidence: 0.9873818

00:04:37.089 --> 00:04:39.250 exploring the association between parenthood
NOTE Confidence: 0.9873818

00:04:39.250 --> 00:04:40.610 and well-being, I started with
NOTE Confidence: 0.9873818

00:04:40.610 --> 00:04:41.910 this very simple question.
NOTE Confidence: 0.98138374

00:04:42.529 --> 00:04:43.490 Sorry. I don't know why
NOTE Confidence: 0.98138374

00:04:43.490 --> 00:04:44.230 that's repeating.
NOTE Confidence: 0.98853004

00:04:45.730 --> 00:04:46.230 And,
NOTE Confidence: 0.9907605

00:04:47.250 --> 00:04:48.850 but before we dig into
NOTE Confidence: 0.9907605

00:04:48.850 --> 00:04:50.130 that, I'd like to take
NOTE Confidence: 0.9907605

00:04:50.130 --> 00:04:51.675 a step back and consider

NOTE Confidence: 0.9907605

00:04:51.675 --> 00:04:52.955 what do I mean exactly

NOTE Confidence: 0.9907605

00:04:52.955 --> 00:04:54.654 when I talk about happiness

NOTE Confidence: 0.9907605

00:04:54.794 --> 00:04:55.534 or well-being.

NOTE Confidence: 0.99156845

00:04:56.235 --> 00:04:57.514 The primary outcome in the

NOTE Confidence: 0.99156845

00:04:57.514 --> 00:04:59.115 majority of my studies is

NOTE Confidence: 0.99156845

00:04:59.115 --> 00:05:00.955 subjective well-being, and this is

NOTE Confidence: 0.99156845

00:05:00.955 --> 00:05:01.914 a term that I use

NOTE Confidence: 0.99156845

00:05:01.914 --> 00:05:02.414 interchangeably

NOTE Confidence: 0.9957132

00:05:02.714 --> 00:05:03.375 with happiness.

NOTE Confidence: 0.9393475

00:05:04.089 --> 00:05:06.250 Subjective well-being includes three main

NOTE Confidence: 0.9393475

00:05:06.250 --> 00:05:07.690 components. The first is hot

NOTE Confidence: 0.9393475

00:05:07.690 --> 00:05:08.510 life satisfaction,

NOTE Confidence: 0.9661906

00:05:08.970 --> 00:05:10.430 which is considered the cognitive

NOTE Confidence: 0.9661906

00:05:10.490 --> 00:05:12.330 component of well-being or how

NOTE Confidence: 0.9661906

00:05:12.330 --> 00:05:14.010 a person is evaluating their

NOTE Confidence: 0.9661906

00:05:14.010 --> 00:05:14.910 life. Overall.
NOTE Confidence: 0.9850912

00:05:15.529 --> 00:05:16.810 The second is the experience
NOTE Confidence: 0.9850912

00:05:16.810 --> 00:05:18.810 of frequent positive emotions, such
NOTE Confidence: 0.9850912

00:05:18.810 --> 00:05:19.214 as
NOTE Confidence: 0.995548

00:05:19.615 --> 00:05:20.115 gratitude,
NOTE Confidence: 0.97495526

00:05:20.415 --> 00:05:21.475 joy, or contentment.
NOTE Confidence: 0.9884313

00:05:22.415 --> 00:05:23.855 And third is the experience
NOTE Confidence: 0.9884313

00:05:23.855 --> 00:05:25.935 of infrequent negative emotions, such
NOTE Confidence: 0.9884313

00:05:25.935 --> 00:05:26.595 as sadness,
NOTE Confidence: 0.9623564

00:05:26.975 --> 00:05:28.195 frustration, or guilt.
NOTE Confidence: 0.9461489

00:05:28.735 --> 00:05:30.095 And so by this definition
NOTE Confidence: 0.9461489

00:05:30.095 --> 00:05:31.535 of subjective well-being, a happy
NOTE Confidence: 0.9461489

00:05:31.535 --> 00:05:33.214 person would consider their life
NOTE Confidence: 0.9461489

00:05:33.214 --> 00:05:34.755 to be going well overall,
NOTE Confidence: 0.97932523

00:05:35.970 --> 00:05:38.210 they would experience frequent positive
NOTE Confidence: 0.97932523

00:05:38.210 --> 00:05:39.810 emotions in their daily life

NOTE Confidence: 0.97932523

00:05:39.810 --> 00:05:40.550 and infrequent

NOTE Confidence: 0.9214597

00:05:40.930 --> 00:05:41.750 negative emotions.

NOTE Confidence: 0.9765711

00:05:43.330 --> 00:05:44.770 As a compliment to happiness.

NOTE Confidence: 0.9765711

00:05:44.770 --> 00:05:46.210 I also include other aspects

NOTE Confidence: 0.9765711

00:05:46.210 --> 00:05:47.565 of well-being in my research.

NOTE Confidence: 0.9765711

00:05:48.045 --> 00:05:49.485 For example, I often include

NOTE Confidence: 0.9765711

00:05:49.485 --> 00:05:51.345 measures of meaning in life,

NOTE Confidence: 0.9765711

00:05:51.485 --> 00:05:53.345 which also includes three components.

NOTE Confidence: 0.9765711

00:05:53.485 --> 00:05:54.685 There must be something about

NOTE Confidence: 0.9765711

00:05:54.685 --> 00:05:55.185 threes.

NOTE Confidence: 0.983076

00:05:56.205 --> 00:05:57.325 And the first is a

NOTE Confidence: 0.983076

00:05:57.325 --> 00:05:58.845 sense of coherence or the

NOTE Confidence: 0.983076

00:05:58.845 --> 00:06:00.305 feeling that life makes sense.

NOTE Confidence: 0.983076

00:06:00.599 --> 00:06:01.479 The second is a sense

NOTE Confidence: 0.983076

00:06:01.479 --> 00:06:02.919 of purpose, which is related

NOTE Confidence: 0.983076

00:06:02.919 --> 00:06:04.779 to having goal directed actions

NOTE Confidence: 0.983076

00:06:04.919 --> 00:06:06.919 and pursuing important and meaningful

NOTE Confidence: 0.983076

00:06:06.919 --> 00:06:07.419 goals.

NOTE Confidence: 0.9460766

00:06:07.879 --> 00:06:08.759 And the third is a

NOTE Confidence: 0.9460766

00:06:08.759 --> 00:06:10.439 sense of significance or the

NOTE Confidence: 0.9460766

00:06:10.439 --> 00:06:11.719 extent to which people believe

NOTE Confidence: 0.9460766

00:06:11.719 --> 00:06:13.080 that their life has value

NOTE Confidence: 0.9460766

00:06:13.080 --> 00:06:14.265 worth and important.

NOTE Confidence: 0.98140496

00:06:15.785 --> 00:06:16.985 A note about meaning in

NOTE Confidence: 0.98140496

00:06:16.985 --> 00:06:18.505 life is that often when

NOTE Confidence: 0.98140496

00:06:18.505 --> 00:06:19.865 we hear people talk about

NOTE Confidence: 0.98140496

00:06:19.865 --> 00:06:21.085 meaning in life colloquially,

NOTE Confidence: 0.9780027

00:06:21.705 --> 00:06:23.545 we hear people say things

NOTE Confidence: 0.9780027

00:06:23.545 --> 00:06:25.065 that specific parts of their

NOTE Confidence: 0.9780027

00:06:25.065 --> 00:06:26.665 life, such as their children

NOTE Confidence: 0.9780027

00:06:26.665 --> 00:06:28.105 or their work are their

NOTE Confidence: 0.9780027
00:06:28.105 --> 00:06:29.645 meaning or their purpose.
NOTE Confidence: 0.97713125
00:06:30.150 --> 00:06:31.830 But the approach to meaning
NOTE Confidence: 0.97713125
00:06:31.830 --> 00:06:32.950 in life that I and
NOTE Confidence: 0.97713125
00:06:32.950 --> 00:06:34.950 others use in research focuses
NOTE Confidence: 0.97713125
00:06:34.950 --> 00:06:36.390 more on meaning in life
NOTE Confidence: 0.97713125
00:06:36.390 --> 00:06:37.910 as a feeling that someone
NOTE Confidence: 0.97713125
00:06:37.910 --> 00:06:38.410 has
NOTE Confidence: 0.9845279
00:06:38.790 --> 00:06:40.150 about their life, more about
NOTE Confidence: 0.9845279
00:06:40.150 --> 00:06:41.670 how they feel in their
NOTE Confidence: 0.9845279
00:06:41.670 --> 00:06:43.595 life than about a specific
NOTE Confidence: 0.9845279
00:06:43.654 --> 00:06:45.675 activity or goal or,
NOTE Confidence: 0.9908402
00:06:46.375 --> 00:06:46.875 focus.
NOTE Confidence: 0.9915591
00:06:48.615 --> 00:06:50.475 I would also note that
NOTE Confidence: 0.9915591
00:06:50.535 --> 00:06:52.375 I look at subjective well-being
NOTE Confidence: 0.9915591
00:06:52.375 --> 00:06:53.735 and meaning in life as
NOTE Confidence: 0.9915591

00:06:53.735 --> 00:06:56.120 compliments to mental health. So
NOTE Confidence: 0.9915591

00:06:56.120 --> 00:06:57.080 in many of my studies,
NOTE Confidence: 0.9915591

00:06:57.080 --> 00:06:59.100 I also include measures of
NOTE Confidence: 0.9915591

00:06:59.240 --> 00:07:00.680 mental health symptoms, such as
NOTE Confidence: 0.9915591

00:07:00.680 --> 00:07:03.000 depressive symptoms or anxiety symptoms.
NOTE Confidence: 0.9915591

00:07:03.000 --> 00:07:03.800 And I think of this
NOTE Confidence: 0.9915591

00:07:03.800 --> 00:07:06.060 as providing a holistic perspective
NOTE Confidence: 0.99313307

00:07:06.760 --> 00:07:08.460 of mental health and well-being
NOTE Confidence: 0.9815468

00:07:08.985 --> 00:07:10.824 indicating that to be truly
NOTE Confidence: 0.9815468

00:07:10.824 --> 00:07:12.285 well, we are not simply
NOTE Confidence: 0.9815468

00:07:12.505 --> 00:07:14.425 absent of mental illness, but
NOTE Confidence: 0.9815468

00:07:14.425 --> 00:07:16.025 we are also experiencing these
NOTE Confidence: 0.9815468

00:07:16.025 --> 00:07:18.044 positive indicators of well-being.
NOTE Confidence: 0.97662985

00:07:20.104 --> 00:07:21.705 So in trying to understand
NOTE Confidence: 0.97662985

00:07:21.705 --> 00:07:22.604 parents' well-being,
NOTE Confidence: 0.99292636

00:07:23.000 --> 00:07:24.360 I started with a very

NOTE Confidence: 0.99292636
00:07:24.360 --> 00:07:26.360 simple question. What is the
NOTE Confidence: 0.99292636
00:07:26.360 --> 00:07:26.860 association
NOTE Confidence: 0.9951839
00:07:27.320 --> 00:07:29.100 between parenthood and well-being?
NOTE Confidence: 0.9932214
00:07:29.720 --> 00:07:30.940 And as I began
NOTE Confidence: 0.9590315
00:07:31.320 --> 00:07:32.860 digging into this literature,
NOTE Confidence: 0.99236614
00:07:33.240 --> 00:07:35.080 trying to find what existing
NOTE Confidence: 0.99236614
00:07:35.080 --> 00:07:35.580 studies
NOTE Confidence: 0.9944282
00:07:36.040 --> 00:07:37.740 indicated in this area,
NOTE Confidence: 0.9573296
00:07:38.445 --> 00:07:40.044 I came across what I've
NOTE Confidence: 0.9573296
00:07:40.044 --> 00:07:41.665 come to term the parenthood
NOTE Confidence: 0.9573296
00:07:41.725 --> 00:07:42.225 paradox.
NOTE Confidence: 0.9951325
00:07:43.165 --> 00:07:43.665 And
NOTE Confidence: 0.9438997
00:07:44.285 --> 00:07:45.805 this is based on prior
NOTE Confidence: 0.9438997
00:07:45.805 --> 00:07:46.785 literature demonstrating
NOTE Confidence: 0.9928701
00:07:47.245 --> 00:07:49.005 that relative to people without
NOTE Confidence: 0.9928701

00:07:49.005 --> 00:07:50.544 children, parents reported
NOTE Confidence: 0.9928918

00:07:51.085 --> 00:07:51.905 more depression,
NOTE Confidence: 0.93363893

00:07:52.889 --> 00:07:54.570 less positive affect and more
NOTE Confidence: 0.93363893

00:07:54.570 --> 00:07:55.470 negative affect
NOTE Confidence: 0.9115776

00:07:56.090 --> 00:07:57.870 and lower relationship satisfaction.
NOTE Confidence: 0.98054796

00:07:58.810 --> 00:08:00.330 Yet at the same time,
NOTE Confidence: 0.98054796

00:08:00.330 --> 00:08:01.550 they also reported
NOTE Confidence: 0.8722809

00:08:01.930 --> 00:08:04.270 more meaning, gratification and reward
NOTE Confidence: 0.9162041

00:08:04.810 --> 00:08:06.405 as well as greater happiness.
NOTE Confidence: 0.99038076

00:08:07.285 --> 00:08:08.565 And after looking at this
NOTE Confidence: 0.99038076

00:08:08.565 --> 00:08:10.325 literature, I became really intrigued
NOTE Confidence: 0.99038076

00:08:10.325 --> 00:08:12.085 by these findings and wondered
NOTE Confidence: 0.99038076

00:08:12.085 --> 00:08:13.445 to myself, how could it
NOTE Confidence: 0.99038076

00:08:13.445 --> 00:08:15.544 be that parents are reporting
NOTE Confidence: 0.99038076

00:08:15.685 --> 00:08:17.305 both more depression
NOTE Confidence: 0.96413517

00:08:18.085 --> 00:08:19.544 and more happiness?

NOTE Confidence: 0.99746126
00:08:20.770 --> 00:08:22.229 And it became really difficult
NOTE Confidence: 0.99746126
00:08:22.290 --> 00:08:23.030 to compare
NOTE Confidence: 0.9979553
00:08:23.410 --> 00:08:24.470 across studies
NOTE Confidence: 0.9645366
00:08:24.850 --> 00:08:26.290 and reach a bottom line
NOTE Confidence: 0.9645366
00:08:26.290 --> 00:08:28.130 because every study seemed to
NOTE Confidence: 0.9645366
00:08:28.130 --> 00:08:29.190 use its own methodological
NOTE Confidence: 0.9580882
00:08:29.570 --> 00:08:31.169 approach, its own unique sample,
NOTE Confidence: 0.9580882
00:08:31.169 --> 00:08:33.670 different statistical methods, different covariates
NOTE Confidence: 0.9587026
00:08:34.515 --> 00:08:36.035 of like wide variety of
NOTE Confidence: 0.9587026
00:08:36.035 --> 00:08:36.535 differences
NOTE Confidence: 0.97624856
00:08:37.155 --> 00:08:37.655 across
NOTE Confidence: 0.9861663
00:08:38.195 --> 00:08:39.795 these studies, making it difficult
NOTE Confidence: 0.9861663
00:08:39.795 --> 00:08:40.535 to understand
NOTE Confidence: 0.9310938
00:08:40.995 --> 00:08:42.535 what's what and who's who.
NOTE Confidence: 0.9823253
00:08:42.995 --> 00:08:44.675 And so like any good
NOTE Confidence: 0.9823253

00:08:44.675 --> 00:08:46.855 researcher, I decided to conduct
NOTE Confidence: 0.9823253

00:08:46.995 --> 00:08:48.535 some studies of my own.
NOTE Confidence: 0.9547685

00:08:49.059 --> 00:08:50.579 And so we started with,
NOTE Confidence: 0.9351013

00:08:51.459 --> 00:08:53.540 some simple questions. Okay. But
NOTE Confidence: 0.9351013

00:08:53.540 --> 00:08:54.839 using multiple methodologies
NOTE Confidence: 0.8135846

00:08:55.540 --> 00:08:56.519 seeking to address,
NOTE Confidence: 0.989055

00:08:57.220 --> 00:08:58.819 how parents compare to non
NOTE Confidence: 0.989055

00:08:58.819 --> 00:09:00.440 parents in global well-being,
NOTE Confidence: 0.98182124

00:09:00.834 --> 00:09:01.955 how they compare to non
NOTE Confidence: 0.98182124

00:09:01.955 --> 00:09:03.394 parents in their experience of
NOTE Confidence: 0.98182124

00:09:03.394 --> 00:09:04.214 daily emotions
NOTE Confidence: 0.79252934

00:09:04.915 --> 00:09:05.415 and,
NOTE Confidence: 0.98556226

00:09:06.195 --> 00:09:07.714 how they feel specifically when
NOTE Confidence: 0.98556226

00:09:07.714 --> 00:09:08.755 they're spending time with their
NOTE Confidence: 0.98556226

00:09:08.755 --> 00:09:09.255 children.
NOTE Confidence: 0.9320402

00:09:10.434 --> 00:09:11.175 In addition,

NOTE Confidence: 0.94744223

00:09:12.115 --> 00:09:13.714 so for this first study,

NOTE Confidence: 0.94744223

00:09:13.714 --> 00:09:14.915 we were looking at parents'

NOTE Confidence: 0.94744223

00:09:14.915 --> 00:09:17.050 happiness levels in general, and

NOTE Confidence: 0.94744223

00:09:17.050 --> 00:09:18.650 we drew from the world

NOTE Confidence: 0.94744223

00:09:18.650 --> 00:09:20.650 value survey, which includes nearly

NOTE Confidence: 0.94744223

00:09:20.650 --> 00:09:22.410 seven thousand respondents. This is

NOTE Confidence: 0.94744223

00:09:22.410 --> 00:09:24.830 a, nationally representative sample,

NOTE Confidence: 0.9964116

00:09:25.370 --> 00:09:26.890 of individuals in the United

NOTE Confidence: 0.9964116

00:09:26.890 --> 00:09:27.390 States.

NOTE Confidence: 0.9955516

00:09:28.090 --> 00:09:29.210 In addition to being asked

NOTE Confidence: 0.9955516

00:09:29.210 --> 00:09:31.390 many demographic and lifestyle questions,

NOTE Confidence: 0.93943524

00:09:32.175 --> 00:09:33.775 relevant to my research questions

NOTE Confidence: 0.93943524

00:09:33.775 --> 00:09:35.375 that participants in this,

NOTE Confidence: 0.9719708

00:09:36.015 --> 00:09:37.455 respondents to this survey were

NOTE Confidence: 0.9719708

00:09:37.455 --> 00:09:38.735 also asked how happy they

NOTE Confidence: 0.9719708

00:09:38.735 --> 00:09:39.235 felt,
NOTE Confidence: 0.9773075

00:09:39.615 --> 00:09:41.135 how satisfied they felt with
NOTE Confidence: 0.9773075

00:09:41.135 --> 00:09:42.835 their life and how frequently
NOTE Confidence: 0.9773075

00:09:42.975 --> 00:09:44.335 they thought about the meaning
NOTE Confidence: 0.9773075

00:09:44.335 --> 00:09:45.715 and purpose of life.
NOTE Confidence: 0.98544866

00:09:46.769 --> 00:09:47.970 So we started with a
NOTE Confidence: 0.98544866

00:09:47.970 --> 00:09:50.050 very simple question, which is
NOTE Confidence: 0.98544866

00:09:50.050 --> 00:09:51.570 overall, how do parents compare
NOTE Confidence: 0.98544866

00:09:51.570 --> 00:09:52.850 to non parents on these
NOTE Confidence: 0.98544866

00:09:52.850 --> 00:09:54.230 indicators of well-being?
NOTE Confidence: 0.9948513

00:09:54.929 --> 00:09:55.970 And what we found was
NOTE Confidence: 0.9948513

00:09:55.970 --> 00:09:57.809 that parents reported greater life
NOTE Confidence: 0.9948513

00:09:57.809 --> 00:09:58.309 satisfaction,
NOTE Confidence: 0.9725909

00:09:59.089 --> 00:09:59.990 greater happiness,
NOTE Confidence: 0.9453677

00:10:00.535 --> 00:10:02.375 and more frequent thoughts about
NOTE Confidence: 0.9453677

00:10:02.375 --> 00:10:03.275 meaning in life.

NOTE Confidence: 0.9866411
00:10:04.375 --> 00:10:05.335 Of course, this is just
NOTE Confidence: 0.9866411
00:10:05.335 --> 00:10:07.355 a snapshot of parents' well-being,
NOTE Confidence: 0.913057
00:10:08.215 --> 00:10:09.495 at a single time point
NOTE Confidence: 0.913057
00:10:09.495 --> 00:10:10.315 cross sectionally,
NOTE Confidence: 0.9959245
00:10:11.415 --> 00:10:13.335 the items that were used
NOTE Confidence: 0.9959245
00:10:13.335 --> 00:10:14.475 to assess well-being,
NOTE Confidence: 0.97755665
00:10:15.130 --> 00:10:16.730 were also single items and
NOTE Confidence: 0.97755665
00:10:16.730 --> 00:10:18.589 not necessarily the most validated
NOTE Confidence: 0.97755665
00:10:18.649 --> 00:10:20.029 and supported in the literature.
NOTE Confidence: 0.9615652
00:10:21.050 --> 00:10:22.730 We also considered that parents
NOTE Confidence: 0.9615652
00:10:22.730 --> 00:10:24.250 could be biased in their
NOTE Confidence: 0.9615652
00:10:24.250 --> 00:10:24.750 responses.
NOTE Confidence: 0.9601897
00:10:25.209 --> 00:10:26.829 They could respond be responding
NOTE Confidence: 0.9601897
00:10:26.889 --> 00:10:28.089 based on how they think
NOTE Confidence: 0.9601897
00:10:28.089 --> 00:10:29.470 they're supposed to feel,
NOTE Confidence: 0.9593815

00:10:30.025 --> 00:10:31.385 rather than how they actually
NOTE Confidence: 0.9593815

00:10:31.385 --> 00:10:31.885 felt,
NOTE Confidence: 0.9510592

00:10:32.745 --> 00:10:33.945 and where it may not
NOTE Confidence: 0.9510592

00:10:33.945 --> 00:10:35.945 necessarily feel quite so happy
NOTE Confidence: 0.9510592

00:10:35.945 --> 00:10:37.304 as they're living their daily
NOTE Confidence: 0.9510592

00:10:37.304 --> 00:10:37.804 life.
NOTE Confidence: 0.90847754

00:10:38.425 --> 00:10:40.125 So in this second study,
NOTE Confidence: 0.90847754

00:10:40.425 --> 00:10:42.179 we wanted to better capture
NOTE Confidence: 0.90847754

00:10:42.420 --> 00:10:43.480 parents' experiences
NOTE Confidence: 0.9899526

00:10:44.100 --> 00:10:45.220 as they were living their
NOTE Confidence: 0.9899526

00:10:45.220 --> 00:10:46.040 daily life.
NOTE Confidence: 0.9420477

00:10:46.580 --> 00:10:47.940 We again use a nationally
NOTE Confidence: 0.9420477

00:10:47.940 --> 00:10:50.100 representative sample of adults, ages
NOTE Confidence: 0.9420477

00:10:50.100 --> 00:10:52.179 eighteen to ninety four, and
NOTE Confidence: 0.9420477

00:10:52.179 --> 00:10:53.940 to replicate the findings from
NOTE Confidence: 0.9420477

00:10:53.940 --> 00:10:55.000 that first study

NOTE Confidence: 0.93026704

00:10:55.315 --> 00:10:57.815 w participants completed validated measures

NOTE Confidence: 0.93026704

00:10:57.955 --> 00:10:59.095 of global well-being,

NOTE Confidence: 0.9853203

00:10:59.715 --> 00:11:02.055 specifically the subjective happiness scale

NOTE Confidence: 0.9853203

00:11:02.115 --> 00:11:02.615 and,

NOTE Confidence: 0.99842554

00:11:03.155 --> 00:11:04.295 the center for epidemiological

NOTE Confidence: 0.8924458

00:11:04.675 --> 00:11:06.135 studies, depression inventory.

NOTE Confidence: 0.9978912

00:11:08.269 --> 00:11:09.970 Then they participated

NOTE Confidence: 0.97410214

00:11:10.510 --> 00:11:12.690 in a seven day experience

NOTE Confidence: 0.97410214

00:11:12.829 --> 00:11:14.829 sampling paradigm for this study

NOTE Confidence: 0.97410214

00:11:14.829 --> 00:11:16.670 as well. Each day at

NOTE Confidence: 0.97410214

00:11:16.670 --> 00:11:18.269 five random times throughout the

NOTE Confidence: 0.97410214

00:11:18.269 --> 00:11:19.870 day, they were contacted and

NOTE Confidence: 0.97410214

00:11:19.870 --> 00:11:21.089 asked to fill out questionnaires,

NOTE Confidence: 0.99315745

00:11:21.630 --> 00:11:23.084 asking them who they were

NOTE Confidence: 0.99315745

00:11:23.084 --> 00:11:24.464 with, what they were doing,

NOTE Confidence: 0.99315745

00:11:24.605 --> 00:11:25.824 their positive emotions
NOTE Confidence: 0.98328

00:11:26.125 --> 00:11:27.804 at that particular moment, as
NOTE Confidence: 0.98328

00:11:27.804 --> 00:11:29.245 well as how much meaning
NOTE Confidence: 0.98328

00:11:29.245 --> 00:11:30.445 they felt at the present
NOTE Confidence: 0.98328

00:11:30.445 --> 00:11:30.945 moment.
NOTE Confidence: 0.99672115

00:11:31.565 --> 00:11:33.485 Unfortunately, given the sample, we
NOTE Confidence: 0.99672115

00:11:33.485 --> 00:11:35.725 didn't actually capture enough moments
NOTE Confidence: 0.99672115

00:11:35.725 --> 00:11:37.084 when people were spending time
NOTE Confidence: 0.99672115

00:11:37.084 --> 00:11:37.985 with their children
NOTE Confidence: 0.9953411

00:11:39.130 --> 00:11:40.890 to, tease apart the effects
NOTE Confidence: 0.9953411

00:11:40.890 --> 00:11:42.330 of time with children versus
NOTE Confidence: 0.9953411

00:11:42.330 --> 00:11:43.150 other activities.
NOTE Confidence: 0.9631065

00:11:44.010 --> 00:11:45.850 But instead we considered, you
NOTE Confidence: 0.9631065

00:11:45.850 --> 00:11:47.470 know, how are parents feeling
NOTE Confidence: 0.9631065

00:11:47.610 --> 00:11:49.050 in their daily life throughout
NOTE Confidence: 0.9631065

00:11:49.050 --> 00:11:51.290 the day compared to people

NOTE Confidence: 0.9631065

00:11:51.290 --> 00:11:52.190 without children.

NOTE Confidence: 0.99838734

00:11:53.125 --> 00:11:55.045 And what we found was

NOTE Confidence: 0.99838734

00:11:55.045 --> 00:11:55.545 that,

NOTE Confidence: 0.98770887

00:11:56.084 --> 00:11:58.105 again, turning to those global

NOTE Confidence: 0.98770887

00:11:58.245 --> 00:12:00.325 indicators of well-being, parents reported

NOTE Confidence: 0.98770887

00:12:00.325 --> 00:12:01.225 greater happiness

NOTE Confidence: 0.9407123

00:12:01.765 --> 00:12:03.365 as well as lower rates

NOTE Confidence: 0.9407123

00:12:03.365 --> 00:12:04.105 of depression

NOTE Confidence: 0.99421567

00:12:04.485 --> 00:12:06.024 compared to people without children.

NOTE Confidence: 0.9956527

00:12:07.550 --> 00:12:09.570 Turning next to the indicators

NOTE Confidence: 0.9956527

00:12:09.870 --> 00:12:10.370 of,

NOTE Confidence: 0.9527657

00:12:11.149 --> 00:12:12.770 emotions in daily life.

NOTE Confidence: 0.99461466

00:12:13.309 --> 00:12:15.149 We also found that parents

NOTE Confidence: 0.99461466

00:12:15.149 --> 00:12:17.070 reported more positive emotions in

NOTE Confidence: 0.99461466

00:12:17.070 --> 00:12:18.510 daily life and a greater

NOTE Confidence: 0.99461466

00:12:18.510 --> 00:12:20.205 sense of meaning in daily

NOTE Confidence: 0.99461466

00:12:20.205 --> 00:12:20.705 life.

NOTE Confidence: 0.99233514

00:12:21.085 --> 00:12:22.765 So here we're starting to

NOTE Confidence: 0.99233514

00:12:22.765 --> 00:12:24.525 replicate those initial findings and

NOTE Confidence: 0.99233514

00:12:24.525 --> 00:12:25.485 get more of a sense

NOTE Confidence: 0.99233514

00:12:25.485 --> 00:12:27.965 that parents are, relatively happy

NOTE Confidence: 0.99233514

00:12:27.965 --> 00:12:29.905 compared to people without children.

NOTE Confidence: 0.99233514

00:12:30.205 --> 00:12:31.405 However, it still could be

NOTE Confidence: 0.99233514

00:12:31.405 --> 00:12:32.925 the case that parents are

NOTE Confidence: 0.99233514

00:12:32.925 --> 00:12:34.225 reporting their happiness

NOTE Confidence: 0.98517126

00:12:34.870 --> 00:12:36.390 when they are doing everything

NOTE Confidence: 0.98517126

00:12:36.390 --> 00:12:37.510 else, but taking care of

NOTE Confidence: 0.98517126

00:12:37.510 --> 00:12:38.330 their children.

NOTE Confidence: 0.9946455

00:12:38.870 --> 00:12:40.490 And that could be biasing

NOTE Confidence: 0.9946455

00:12:40.710 --> 00:12:42.730 these overall reports of happiness.

NOTE Confidence: 0.93558854

00:12:43.510 --> 00:12:44.809 And we, you know, hypothesize

NOTE Confidence: 0.992152
00:12:45.110 --> 00:12:46.710 that if, you know, being
NOTE Confidence: 0.992152
00:12:46.710 --> 00:12:48.934 a parent is truly associated
NOTE Confidence: 0.992152
00:12:49.235 --> 00:12:51.415 with increases in positive emotions,
NOTE Confidence: 0.992152
00:12:51.475 --> 00:12:53.075 then parents ought to feel
NOTE Confidence: 0.992152
00:12:53.075 --> 00:12:54.675 those positive emotions when they
NOTE Confidence: 0.992152
00:12:54.675 --> 00:12:55.795 are spending time with their
NOTE Confidence: 0.992152
00:12:55.795 --> 00:12:56.295 children.
NOTE Confidence: 0.9951665
00:12:57.875 --> 00:12:59.635 And so in our third
NOTE Confidence: 0.9951665
00:12:59.635 --> 00:13:01.475 study, we sought to address
NOTE Confidence: 0.9951665
00:13:01.475 --> 00:13:02.774 that question of understanding
NOTE Confidence: 0.96675444
00:13:03.075 --> 00:13:04.670 how how happy parents feel,
NOTE Confidence: 0.98560023
00:13:05.130 --> 00:13:07.050 when they're specifically spending time
NOTE Confidence: 0.98560023
00:13:07.050 --> 00:13:08.990 with their children. We recruited
NOTE Confidence: 0.98560023
00:13:09.130 --> 00:13:10.250 one hundred and eighty six
NOTE Confidence: 0.98560023
00:13:10.250 --> 00:13:11.710 parents for this study,
NOTE Confidence: 0.9480118

00:13:12.490 --> 00:13:13.929 and asked them to complete
NOTE Confidence: 0.9480118

00:13:13.929 --> 00:13:15.630 a day reconstruction method,
NOTE Confidence: 0.9672533

00:13:16.005 --> 00:13:18.745 which asks participants to reconstruct
NOTE Confidence: 0.9672533

00:13:18.804 --> 00:13:20.165 the entire day from start
NOTE Confidence: 0.9672533

00:13:20.165 --> 00:13:22.345 to finish episode by episode.
NOTE Confidence: 0.98350567

00:13:23.045 --> 00:13:24.965 For each episode, they then
NOTE Confidence: 0.98350567

00:13:24.965 --> 00:13:25.465 reported,
NOTE Confidence: 0.98516244

00:13:26.245 --> 00:13:27.545 their positive emotions,
NOTE Confidence: 0.9269896

00:13:28.405 --> 00:13:29.705 across several items,
NOTE Confidence: 0.9984778

00:13:30.140 --> 00:13:31.740 as well as how much
NOTE Confidence: 0.9984778

00:13:31.740 --> 00:13:33.020 meaning in life they felt
NOTE Confidence: 0.9984778

00:13:33.020 --> 00:13:34.800 for each specific episode.
NOTE Confidence: 0.99811083

00:13:35.340 --> 00:13:36.059 So to give you a
NOTE Confidence: 0.99811083

00:13:36.059 --> 00:13:37.520 better sense of
NOTE Confidence: 0.98192704

00:13:37.900 --> 00:13:39.260 what this looks like in
NOTE Confidence: 0.98192704

00:13:39.260 --> 00:13:40.559 terms of this day reconstruction

NOTE Confidence: 0.98192704
00:13:40.700 --> 00:13:42.460 method, I pulled some data
NOTE Confidence: 0.98192704
00:13:42.460 --> 00:13:43.840 from one of the participants
NOTE Confidence: 0.98192704
00:13:44.059 --> 00:13:44.880 in this study.
NOTE Confidence: 0.9167351
00:13:45.444 --> 00:13:47.045 And so here you can
NOTE Confidence: 0.9167351
00:13:47.045 --> 00:13:48.004 see that they've kind of
NOTE Confidence: 0.9167351
00:13:48.004 --> 00:13:49.285 this part of this specific
NOTE Confidence: 0.9167351
00:13:49.285 --> 00:13:50.904 participant has broken apart,
NOTE Confidence: 0.99417555
00:13:51.365 --> 00:13:52.964 their day episode by episode.
NOTE Confidence: 0.99417555
00:13:52.964 --> 00:13:54.245 So each line in this
NOTE Confidence: 0.99417555
00:13:54.245 --> 00:13:56.584 table represents a separate episode
NOTE Confidence: 0.99417555
00:13:56.804 --> 00:13:58.290 of the day. They noted
NOTE Confidence: 0.99417555
00:13:58.290 --> 00:13:59.809 what time it began and
NOTE Confidence: 0.99417555
00:13:59.809 --> 00:14:00.850 when it ended. So we
NOTE Confidence: 0.99417555
00:14:00.850 --> 00:14:01.890 have some information about how
NOTE Confidence: 0.99417555
00:14:01.890 --> 00:14:02.790 long it lasted.
NOTE Confidence: 0.9787612

00:14:03.410 --> 00:14:04.770 They made some initial notes
NOTE Confidence: 0.9787612

00:14:04.770 --> 00:14:06.050 to themselves about how they
NOTE Confidence: 0.9787612

00:14:06.050 --> 00:14:07.670 felt, and then they responded
NOTE Confidence: 0.9787612

00:14:07.730 --> 00:14:09.650 to those validated measures of
NOTE Confidence: 0.9787612

00:14:09.650 --> 00:14:11.090 positive emotions and meaning in
NOTE Confidence: 0.9787612

00:14:11.090 --> 00:14:12.445 life. So you can see
NOTE Confidence: 0.9787612

00:14:12.445 --> 00:14:13.645 that this person got up
NOTE Confidence: 0.9787612

00:14:13.645 --> 00:14:14.605 and got their kids ready
NOTE Confidence: 0.9787612

00:14:14.605 --> 00:14:15.345 for school.
NOTE Confidence: 0.98624444

00:14:15.725 --> 00:14:17.165 Then they dropped them off,
NOTE Confidence: 0.98624444

00:14:17.165 --> 00:14:18.845 played with some puppies, which
NOTE Confidence: 0.98624444

00:14:18.845 --> 00:14:19.985 just sounds delightful,
NOTE Confidence: 0.96079725

00:14:21.325 --> 00:14:22.765 drove to work. And then
NOTE Confidence: 0.96079725

00:14:22.765 --> 00:14:23.885 later on picked up their
NOTE Confidence: 0.96079725

00:14:23.885 --> 00:14:25.165 kids from the babysitter and
NOTE Confidence: 0.96079725

00:14:25.165 --> 00:14:26.125 played with them. And then

NOTE Confidence: 0.96079725

00:14:26.125 --> 00:14:26.625 ultimately,

NOTE Confidence: 0.9997096

00:14:27.730 --> 00:14:29.029 put their kids to bed.

NOTE Confidence: 0.9677181

00:14:30.050 --> 00:14:31.750 Notably, what you might see,

NOTE Confidence: 0.99569315

00:14:32.209 --> 00:14:33.810 here is that some of

NOTE Confidence: 0.99569315

00:14:33.810 --> 00:14:35.750 these experiences that this participant

NOTE Confidence: 0.99569315

00:14:35.970 --> 00:14:36.470 had,

NOTE Confidence: 0.984257

00:14:37.089 --> 00:14:38.769 involved spending time with their

NOTE Confidence: 0.984257

00:14:38.769 --> 00:14:39.269 children,

NOTE Confidence: 0.914613

00:14:39.730 --> 00:14:41.190 which we term childcare,

NOTE Confidence: 0.99853253

00:14:42.725 --> 00:14:43.545 and other

NOTE Confidence: 0.9829162

00:14:44.245 --> 00:14:46.265 things did not, which we

NOTE Confidence: 0.9829162

00:14:46.565 --> 00:14:47.765 describe as, you know, just

NOTE Confidence: 0.9829162

00:14:47.765 --> 00:14:48.805 the other stuff that they

NOTE Confidence: 0.9829162

00:14:48.805 --> 00:14:50.105 did during the day.

NOTE Confidence: 0.98297644

00:14:50.485 --> 00:14:52.084 So this approach allowed us

NOTE Confidence: 0.98297644

00:14:52.084 --> 00:14:53.945 to look within parents' experiences

NOTE Confidence: 0.99426615

00:14:54.565 --> 00:14:56.005 and kind of break apart

NOTE Confidence: 0.99426615

00:14:56.005 --> 00:14:56.825 their day

NOTE Confidence: 0.9853832

00:14:57.129 --> 00:14:58.410 based on when they're spending

NOTE Confidence: 0.9853832

00:14:58.410 --> 00:15:00.189 time with their children versus

NOTE Confidence: 0.9853832

00:15:00.250 --> 00:15:01.449 the other stuff that they

NOTE Confidence: 0.9853832

00:15:01.449 --> 00:15:02.990 do throughout the day.

NOTE Confidence: 0.99802876

00:15:03.689 --> 00:15:04.829 And make a comparison

NOTE Confidence: 0.9947115

00:15:05.370 --> 00:15:06.649 of the emotions and sense

NOTE Confidence: 0.9947115

00:15:06.649 --> 00:15:08.110 of meaning that people feel,

NOTE Confidence: 0.9996136

00:15:08.649 --> 00:15:10.509 based on these different categories.

NOTE Confidence: 0.9537493

00:15:12.365 --> 00:15:14.125 So for our analysis, focus

NOTE Confidence: 0.9537493

00:15:14.125 --> 00:15:15.024 on comparing

NOTE Confidence: 0.9850261

00:15:15.404 --> 00:15:16.845 time with children versus the

NOTE Confidence: 0.9850261

00:15:16.845 --> 00:15:18.285 rest of the day. And

NOTE Confidence: 0.9850261

00:15:18.285 --> 00:15:19.485 again, what we found is

NOTE Confidence: 0.9850261
00:15:19.485 --> 00:15:20.705 that parents reported
NOTE Confidence: 0.89856964
00:15:21.085 --> 00:15:22.524 more positive affect when they
NOTE Confidence: 0.89856964
00:15:22.524 --> 00:15:23.645 were spending time with their
NOTE Confidence: 0.89856964
00:15:23.645 --> 00:15:24.145 kids,
NOTE Confidence: 0.99852705
00:15:24.480 --> 00:15:26.160 as well as greater sense
NOTE Confidence: 0.99852705
00:15:26.160 --> 00:15:26.820 of meaning,
NOTE Confidence: 0.9981362
00:15:27.440 --> 00:15:29.760 compared to the rest of
NOTE Confidence: 0.9981362
00:15:29.760 --> 00:15:31.380 their own day.
NOTE Confidence: 0.9832048
00:15:33.440 --> 00:15:35.120 So across these three studies,
NOTE Confidence: 0.9832048
00:15:35.120 --> 00:15:36.640 we have some confidence that
NOTE Confidence: 0.9832048
00:15:36.640 --> 00:15:38.180 parents are in fact happy.
NOTE Confidence: 0.9769298
00:15:39.845 --> 00:15:40.964 This holds true when we
NOTE Confidence: 0.9769298
00:15:40.964 --> 00:15:42.805 look at global well-being, daily
NOTE Confidence: 0.9769298
00:15:42.805 --> 00:15:44.964 well-being, and specifically when people
NOTE Confidence: 0.9769298
00:15:44.964 --> 00:15:46.165 are spending time with their
NOTE Confidence: 0.9769298

00:15:46.165 --> 00:15:46.665 children.

NOTE Confidence: 0.94992447

00:15:47.285 --> 00:15:48.725 Now you might notice that

NOTE Confidence: 0.94992447

00:15:48.725 --> 00:15:50.565 these, the, this, these studies

NOTE Confidence: 0.94992447

00:15:50.565 --> 00:15:52.245 were published over a decade

NOTE Confidence: 0.94992447

00:15:52.245 --> 00:15:53.285 ago and you might think

NOTE Confidence: 0.94992447

00:15:53.285 --> 00:15:54.485 to yourself, well, things have

NOTE Confidence: 0.94992447

00:15:54.485 --> 00:15:54.985 changed,

NOTE Confidence: 0.9798963

00:15:55.500 --> 00:15:56.860 in the last ten years

NOTE Confidence: 0.9798963

00:15:56.860 --> 00:15:58.240 and they certainly have.

NOTE Confidence: 0.957669

00:15:59.420 --> 00:16:01.120 And I'm delighted

NOTE Confidence: 0.9848403

00:16:01.420 --> 00:16:03.420 that the, these findings have

NOTE Confidence: 0.9848403

00:16:03.420 --> 00:16:05.040 been replicated by others.

NOTE Confidence: 0.9876574

00:16:05.660 --> 00:16:07.360 Most notably parents reported,

NOTE Confidence: 0.95925945

00:16:08.220 --> 00:16:09.915 greater happiness than people without

NOTE Confidence: 0.95925945

00:16:09.995 --> 00:16:11.675 without children in another kind

NOTE Confidence: 0.95925945

00:16:11.675 --> 00:16:12.654 of general sample.

NOTE Confidence: 0.99335945
00:16:13.115 --> 00:16:14.634 This held true even during
NOTE Confidence: 0.99335945
00:16:14.634 --> 00:16:15.375 the pandemic,
NOTE Confidence: 0.9817459
00:16:15.755 --> 00:16:17.115 which as a parent myself,
NOTE Confidence: 0.9817459
00:16:17.115 --> 00:16:18.415 I found a bit surprising.
NOTE Confidence: 0.8777608
00:16:18.875 --> 00:16:20.095 I'm not gonna lie.
NOTE Confidence: 0.9916119
00:16:21.274 --> 00:16:22.954 It was also true among
NOTE Confidence: 0.9916119
00:16:22.954 --> 00:16:24.555 older adults over the age
NOTE Confidence: 0.9916119
00:16:24.555 --> 00:16:25.214 of sixty.
NOTE Confidence: 0.9948794
00:16:26.220 --> 00:16:27.440 We've also replicated
NOTE Confidence: 0.98955333
00:16:28.060 --> 00:16:29.580 the finding that parents report
NOTE Confidence: 0.98955333
00:16:29.580 --> 00:16:31.260 greater positive emotions when they're
NOTE Confidence: 0.98955333
00:16:31.260 --> 00:16:32.779 interacting with their children compared
NOTE Confidence: 0.98955333
00:16:32.779 --> 00:16:33.820 to the rest of their
NOTE Confidence: 0.98955333
00:16:33.820 --> 00:16:35.339 days. These findings have been
NOTE Confidence: 0.98955333
00:16:35.339 --> 00:16:36.459 replicated by,
NOTE Confidence: 0.9808542

00:16:36.860 --> 00:16:38.300 myself in my lab, as
NOTE Confidence: 0.9808542

00:16:38.300 --> 00:16:40.380 well as other external folks
NOTE Confidence: 0.9808542

00:16:40.380 --> 00:16:41.420 that I haven't been involved
NOTE Confidence: 0.9808542

00:16:41.420 --> 00:16:43.655 with. So I feel fairly
NOTE Confidence: 0.9808542

00:16:43.655 --> 00:16:45.355 confident in these findings
NOTE Confidence: 0.9810465

00:16:45.815 --> 00:16:46.635 that parents
NOTE Confidence: 0.9610679

00:16:47.015 --> 00:16:49.015 are reporting, you know, some
NOTE Confidence: 0.9610679

00:16:49.015 --> 00:16:49.995 level of happiness,
NOTE Confidence: 0.9853698

00:16:50.535 --> 00:16:51.655 but often when I get
NOTE Confidence: 0.9853698

00:16:51.655 --> 00:16:53.735 asked about this literature and
NOTE Confidence: 0.9853698

00:16:53.735 --> 00:16:54.935 you know, what is the
NOTE Confidence: 0.9853698

00:16:54.935 --> 00:16:56.710 take home message? I often
NOTE Confidence: 0.9853698

00:16:56.710 --> 00:16:58.070 say, you know, what I
NOTE Confidence: 0.9853698

00:16:58.070 --> 00:16:59.190 take away from this is
NOTE Confidence: 0.9853698

00:16:59.190 --> 00:17:00.730 that most parents are happy,
NOTE Confidence: 0.9853698

00:17:00.870 --> 00:17:02.070 but you might have noticed

NOTE Confidence: 0.9853698
00:17:02.070 --> 00:17:04.250 that those differences were relatively
NOTE Confidence: 0.9787116
00:17:04.550 --> 00:17:05.050 small.
NOTE Confidence: 0.9924739
00:17:05.830 --> 00:17:06.790 In fact, if we go
NOTE Confidence: 0.9924739
00:17:06.790 --> 00:17:08.250 back to that first
NOTE Confidence: 0.96465534
00:17:08.550 --> 00:17:10.070 study from the world values
NOTE Confidence: 0.96465534
00:17:10.070 --> 00:17:10.570 survey
NOTE Confidence: 0.9186027
00:17:11.030 --> 00:17:13.164 and plot the s the
NOTE Confidence: 0.9186027
00:17:13.164 --> 00:17:14.605 mean scores for parents and
NOTE Confidence: 0.9186027
00:17:14.605 --> 00:17:15.965 non parents around a normal
NOTE Confidence: 0.9186027
00:17:15.965 --> 00:17:16.465 distribution.
NOTE Confidence: 0.97372246
00:17:17.085 --> 00:17:18.845 Parents reported it was about
NOTE Confidence: 0.97372246
00:17:18.845 --> 00:17:20.284 seven point seven five on
NOTE Confidence: 0.97372246
00:17:20.284 --> 00:17:21.184 the life satisfaction
NOTE Confidence: 0.976813
00:17:21.484 --> 00:17:22.764 item. This is what that
NOTE Confidence: 0.976813
00:17:22.764 --> 00:17:24.065 distribution of scores
NOTE Confidence: 0.9852539

00:17:24.365 --> 00:17:25.260 would look like,
NOTE Confidence: 0.990513

00:17:25.820 --> 00:17:27.900 compared to non parents who
NOTE Confidence: 0.990513

00:17:27.900 --> 00:17:28.400 reported
NOTE Confidence: 0.99196523

00:17:28.780 --> 00:17:30.800 slightly under seven point five.
NOTE Confidence: 0.99196523

00:17:31.020 --> 00:17:32.619 You can see that these
NOTE Confidence: 0.99196523

00:17:32.619 --> 00:17:33.119 distributions
NOTE Confidence: 0.98982906

00:17:33.580 --> 00:17:34.560 are largely
NOTE Confidence: 0.6782155

00:17:35.180 --> 00:17:35.680 overlapping.
NOTE Confidence: 0.9973749

00:17:36.380 --> 00:17:37.420 And this is kind of
NOTE Confidence: 0.9973749

00:17:37.420 --> 00:17:38.880 just a word of caution
NOTE Confidence: 0.99745315

00:17:40.065 --> 00:17:40.645 to avoid
NOTE Confidence: 0.9754057

00:17:41.025 --> 00:17:41.924 over interpreting
NOTE Confidence: 0.996484

00:17:42.304 --> 00:17:43.445 findings like this.
NOTE Confidence: 0.9832932

00:17:44.465 --> 00:17:46.225 I'm not trying to suggest
NOTE Confidence: 0.9832932

00:17:46.225 --> 00:17:47.765 that people should have children
NOTE Confidence: 0.9832932

00:17:47.825 --> 00:17:49.585 to make them happy or

NOTE Confidence: 0.9832932

00:17:49.585 --> 00:17:50.785 things like that. This is

NOTE Confidence: 0.9832932

00:17:50.785 --> 00:17:52.980 not necessarily a causal statement.

NOTE Confidence: 0.99910396

00:17:53.680 --> 00:17:54.800 And there are lots of

NOTE Confidence: 0.99910396

00:17:54.800 --> 00:17:56.340 ways to be happy

NOTE Confidence: 0.93107986

00:17:56.640 --> 00:17:57.780 without having children.

NOTE Confidence: 0.9830683

00:17:58.800 --> 00:18:00.820 But the, the, this distribution

NOTE Confidence: 0.9908365

00:18:01.119 --> 00:18:02.640 also highlights to me the

NOTE Confidence: 0.9908365

00:18:02.640 --> 00:18:03.780 variety of experiences

NOTE Confidence: 0.89991474

00:18:04.320 --> 00:18:05.220 across parents.

NOTE Confidence: 0.9878792

00:18:05.760 --> 00:18:08.135 And it made me start

NOTE Confidence: 0.9878792

00:18:08.135 --> 00:18:10.215 to wonder what leads some

NOTE Confidence: 0.9878792

00:18:10.215 --> 00:18:11.595 parents to be,

NOTE Confidence: 0.9993788

00:18:12.294 --> 00:18:13.195 much happier

NOTE Confidence: 0.9966697

00:18:13.575 --> 00:18:15.494 and other parents to be

NOTE Confidence: 0.9966697

00:18:15.494 --> 00:18:16.234 less happy

NOTE Confidence: 0.7000778

00:18:16.775 --> 00:18:17.275 and
NOTE Confidence: 0.9585275

00:18:17.734 --> 00:18:19.755 whether that might provide opportunities
NOTE Confidence: 0.9585275

00:18:20.054 --> 00:18:22.135 for intervention and support for
NOTE Confidence: 0.9585275

00:18:22.135 --> 00:18:22.500 parents.
NOTE Confidence: 0.9905341

00:18:23.380 --> 00:18:24.820 And so more recently, my
NOTE Confidence: 0.9905341

00:18:24.820 --> 00:18:27.140 research program has been focused
NOTE Confidence: 0.9905341

00:18:27.140 --> 00:18:28.980 on addressing these questions of
NOTE Confidence: 0.9905341

00:18:28.980 --> 00:18:30.760 understanding the variety of experiences
NOTE Confidence: 0.9800784

00:18:31.140 --> 00:18:32.119 among parents
NOTE Confidence: 0.9342451

00:18:32.500 --> 00:18:34.040 rather than comparisons
NOTE Confidence: 0.99784344

00:18:34.500 --> 00:18:35.880 to people without children.
NOTE Confidence: 0.997494

00:18:37.605 --> 00:18:38.725 And so that brings me
NOTE Confidence: 0.997494

00:18:38.725 --> 00:18:39.945 to my second question,
NOTE Confidence: 0.9818471

00:18:40.244 --> 00:18:41.285 which is why are some
NOTE Confidence: 0.9818471

00:18:41.285 --> 00:18:43.125 parents happier or less happy
NOTE Confidence: 0.9818471

00:18:43.125 --> 00:18:43.865 than others?

NOTE Confidence: 0.9766459

00:18:45.205 --> 00:18:46.965 To better understand when, why,

NOTE Confidence: 0.9766459

00:18:46.965 --> 00:18:48.484 and how parenthood could be

NOTE Confidence: 0.9766459

00:18:48.484 --> 00:18:48.984 associated

NOTE Confidence: 0.9899565

00:18:49.285 --> 00:18:50.965 with both greater and lower

NOTE Confidence: 0.9899565

00:18:50.965 --> 00:18:52.105 levels of well-being,

NOTE Confidence: 0.9800709

00:18:52.600 --> 00:18:54.440 I conducted a comprehensive review

NOTE Confidence: 0.9800709

00:18:54.440 --> 00:18:56.279 of this literature, including more

NOTE Confidence: 0.9800709

00:18:56.279 --> 00:18:57.639 than a hundred studies from

NOTE Confidence: 0.9800709

00:18:57.639 --> 00:18:58.859 psychology, sociology,

NOTE Confidence: 0.97231835

00:18:59.320 --> 00:19:00.619 and behavior economics.

NOTE Confidence: 0.96183497

00:19:01.240 --> 00:19:02.359 And one answer to this

NOTE Confidence: 0.96183497

00:19:02.359 --> 00:19:02.859 question,

NOTE Confidence: 0.99209553

00:19:03.399 --> 00:19:04.840 why are some parents happier

NOTE Confidence: 0.99209553

00:19:04.840 --> 00:19:05.580 than others?

NOTE Confidence: 0.9470151

00:19:06.255 --> 00:19:07.695 Could be due to a

NOTE Confidence: 0.9470151

00:19:07.695 --> 00:19:09.875 variety of demographic and psychological
NOTE Confidence: 0.9799693

00:19:10.655 --> 00:19:12.595 factors that moderate the association.
NOTE Confidence: 0.985172

00:19:14.015 --> 00:19:15.695 So perhaps, you know, some
NOTE Confidence: 0.985172

00:19:15.695 --> 00:19:17.295 parents are happier than others
NOTE Confidence: 0.985172

00:19:17.295 --> 00:19:18.975 because they have greater levels
NOTE Confidence: 0.985172

00:19:18.975 --> 00:19:20.440 of social support and having
NOTE Confidence: 0.985172

00:19:20.440 --> 00:19:21.960 more social support is associated
NOTE Confidence: 0.985172

00:19:21.960 --> 00:19:23.020 with greater happiness
NOTE Confidence: 0.9862293

00:19:23.320 --> 00:19:24.680 among parents and less social
NOTE Confidence: 0.9862293

00:19:24.680 --> 00:19:26.280 support is associated with lower
NOTE Confidence: 0.9862293

00:19:26.280 --> 00:19:27.260 levels of happiness
NOTE Confidence: 0.9750271

00:19:27.800 --> 00:19:29.020 or, you know,
NOTE Confidence: 0.96549755

00:19:29.400 --> 00:19:31.240 parents' employment status, a variety
NOTE Confidence: 0.96549755

00:19:31.240 --> 00:19:31.900 of factors.
NOTE Confidence: 0.99962425

00:19:33.355 --> 00:19:34.655 I also consider
NOTE Confidence: 0.97440064

00:19:35.035 --> 00:19:35.695 the psychological

NOTE Confidence: 0.9979019

00:19:35.994 --> 00:19:36.494 processes

NOTE Confidence: 0.9680914

00:19:37.115 --> 00:19:39.035 that could explain these different

NOTE Confidence: 0.9680914

00:19:39.035 --> 00:19:40.955 trajectories as well. And the

NOTE Confidence: 0.9680914

00:19:40.955 --> 00:19:41.994 top path of this model,

NOTE Confidence: 0.9680914

00:19:41.994 --> 00:19:43.835 I propose why parenthood might

NOTE Confidence: 0.9680914

00:19:43.835 --> 00:19:45.750 be associated with greater well-being

NOTE Confidence: 0.99820924

00:19:46.310 --> 00:19:46.810 specifically

NOTE Confidence: 0.9327716

00:19:47.190 --> 00:19:48.490 when parents experience.

NOTE Confidence: 0.77847373

00:19:49.670 --> 00:19:50.170 Greater

NOTE Confidence: 0.9623063

00:19:50.550 --> 00:19:52.090 purpose and meaning in life,

NOTE Confidence: 0.9976937

00:19:52.710 --> 00:19:54.810 fulfillment of their social roles,

NOTE Confidence: 0.9976937

00:19:55.030 --> 00:19:56.570 satisfaction of their psychological

NOTE Confidence: 0.945372

00:19:57.190 --> 00:19:59.445 needs for autonomy, competence, and

NOTE Confidence: 0.945372

00:19:59.605 --> 00:20:01.865 connectedness and greater positive emotions,

NOTE Confidence: 0.9917287

00:20:02.244 --> 00:20:03.865 then those will all support

NOTE Confidence: 0.9917287

00:20:03.924 --> 00:20:06.085 greater levels of well-being among
NOTE Confidence: 0.9917287

00:20:06.085 --> 00:20:06.585 parents.
NOTE Confidence: 0.998394

00:20:07.445 --> 00:20:09.205 But sometimes raising children is
NOTE Confidence: 0.998394

00:20:09.205 --> 00:20:10.664 not always sunshine
NOTE Confidence: 0.9919268

00:20:10.965 --> 00:20:11.705 and rainbows.
NOTE Confidence: 0.9860955

00:20:12.080 --> 00:20:13.680 And I propose that when
NOTE Confidence: 0.9860955

00:20:13.680 --> 00:20:16.000 parents experience greater negative emotions
NOTE Confidence: 0.9860955

00:20:16.000 --> 00:20:16.820 and stress,
NOTE Confidence: 0.8925646

00:20:17.760 --> 00:20:19.940 when they experience financial strain,
NOTE Confidence: 0.94703543

00:20:20.480 --> 00:20:22.400 sleep disturbance, and fatigue and
NOTE Confidence: 0.94703543

00:20:22.400 --> 00:20:24.340 difficulty in their romantic relationships,
NOTE Confidence: 0.99079627

00:20:24.640 --> 00:20:26.240 then they would experience lower
NOTE Confidence: 0.99079627

00:20:26.240 --> 00:20:27.460 levels of well-being.
NOTE Confidence: 0.9799685

00:20:28.855 --> 00:20:29.895 I use this model as
NOTE Confidence: 0.9799685

00:20:29.895 --> 00:20:31.975 a conceptual guide to my
NOTE Confidence: 0.9799685

00:20:31.975 --> 00:20:32.955 research program,

NOTE Confidence: 0.99874336

00:20:33.335 --> 00:20:34.475 and I have also,

NOTE Confidence: 0.9979454

00:20:35.255 --> 00:20:37.195 tested pieces of it empirically.

NOTE Confidence: 0.9973212

00:20:37.895 --> 00:20:39.095 I'm not going to present

NOTE Confidence: 0.9973212

00:20:39.095 --> 00:20:40.054 a full test of this

NOTE Confidence: 0.9973212

00:20:40.054 --> 00:20:41.355 model today. Don't worry.

NOTE Confidence: 0.98519826

00:20:42.440 --> 00:20:43.559 But instead I'm going to

NOTE Confidence: 0.98519826

00:20:43.559 --> 00:20:45.320 be presenting some studies highlighting

NOTE Confidence: 0.98519826

00:20:45.320 --> 00:20:46.540 the work that I've done,

NOTE Confidence: 0.9975535

00:20:47.000 --> 00:20:48.440 using this model as a

NOTE Confidence: 0.9975535

00:20:48.440 --> 00:20:48.940 guide.

NOTE Confidence: 0.9973402

00:20:49.880 --> 00:20:51.160 And I'd like to start

NOTE Confidence: 0.9973402

00:20:51.160 --> 00:20:51.660 by,

NOTE Confidence: 0.983048

00:20:52.280 --> 00:20:53.880 considering the role that parent

NOTE Confidence: 0.983048

00:20:53.880 --> 00:20:56.460 gender might play in understanding

NOTE Confidence: 0.983048

00:20:56.679 --> 00:20:57.500 their well-being.

NOTE Confidence: 0.996798

00:20:58.295 --> 00:20:59.975 Due to social and gender
NOTE Confidence: 0.996798

00:20:59.975 --> 00:21:00.475 norms,
NOTE Confidence: 0.99900913

00:21:01.655 --> 00:21:03.415 moms and dads have very
NOTE Confidence: 0.99900913

00:21:03.415 --> 00:21:04.635 different experiences
NOTE Confidence: 0.99277514

00:21:05.015 --> 00:21:06.775 in parenting, which may have
NOTE Confidence: 0.99277514

00:21:06.775 --> 00:21:07.755 important implications
NOTE Confidence: 0.99943143

00:21:08.455 --> 00:21:09.915 for their overall well-being.
NOTE Confidence: 0.99550456

00:21:11.250 --> 00:21:12.369 And so I wanted to
NOTE Confidence: 0.99550456

00:21:12.369 --> 00:21:13.750 understand this better.
NOTE Confidence: 0.99883926

00:21:14.690 --> 00:21:16.230 And so I conducted
NOTE Confidence: 0.95769083

00:21:16.609 --> 00:21:18.210 a couple of studies to
NOTE Confidence: 0.95769083

00:21:18.210 --> 00:21:20.130 understand gender differences and parents'
NOTE Confidence: 0.95769083

00:21:20.130 --> 00:21:20.630 well-being.
NOTE Confidence: 0.9461272

00:21:20.930 --> 00:21:21.970 I turned first to the
NOTE Confidence: 0.9461272

00:21:21.970 --> 00:21:23.650 National Survey of Families and
NOTE Confidence: 0.9461272

00:21:23.650 --> 00:21:24.150 Households,

NOTE Confidence: 0.99716616
00:21:24.734 --> 00:21:26.415 which includes more than thirteen
NOTE Confidence: 0.99716616
00:21:26.415 --> 00:21:26.915 thousand
NOTE Confidence: 0.941362
00:21:27.375 --> 00:21:29.155 respondents from the United States.
NOTE Confidence: 0.9840869
00:21:29.934 --> 00:21:32.275 And they reported their happiness
NOTE Confidence: 0.9840869
00:21:32.335 --> 00:21:33.395 on a single item,
NOTE Confidence: 0.98586935
00:21:35.055 --> 00:21:36.415 about, you know, how happy
NOTE Confidence: 0.98586935
00:21:36.415 --> 00:21:37.170 they would say they are
NOTE Confidence: 0.98586935
00:21:37.170 --> 00:21:38.450 these days, as well as
NOTE Confidence: 0.98586935
00:21:38.450 --> 00:21:39.750 completing the
NOTE Confidence: 0.68547344
00:21:40.130 --> 00:21:40.630 CESD
NOTE Confidence: 0.8609139
00:21:40.930 --> 00:21:41.430 again.
NOTE Confidence: 0.9448847
00:21:43.410 --> 00:21:44.690 And here I was interested
NOTE Confidence: 0.9448847
00:21:44.690 --> 00:21:46.530 in whether gender moderated the
NOTE Confidence: 0.9448847
00:21:46.530 --> 00:21:47.030 association
NOTE Confidence: 0.998941
00:21:47.570 --> 00:21:48.070 between
NOTE Confidence: 0.9894983

00:21:48.450 --> 00:21:49.925 parenthood and well-being.
NOTE Confidence: 0.9874002

00:21:50.705 --> 00:21:52.225 And what we find is
NOTE Confidence: 0.9874002

00:21:52.225 --> 00:21:54.385 that turning first to parents'
NOTE Confidence: 0.9874002

00:21:54.385 --> 00:21:55.445 reports of happiness
NOTE Confidence: 0.9534028

00:21:56.225 --> 00:21:58.465 is that fathers report greater
NOTE Confidence: 0.9534028

00:21:58.465 --> 00:22:00.645 happiness than men without children.
NOTE Confidence: 0.9489155

00:22:02.270 --> 00:22:04.270 Whereas mothers were actually reported
NOTE Confidence: 0.9489155

00:22:04.270 --> 00:22:05.730 lower levels of happiness
NOTE Confidence: 0.9937204

00:22:06.190 --> 00:22:08.690 compared to women without children.
NOTE Confidence: 0.9884528

00:22:09.390 --> 00:22:10.910 The difference between fathers and
NOTE Confidence: 0.9884528

00:22:10.910 --> 00:22:12.109 mothers in this study was
NOTE Confidence: 0.9884528

00:22:12.109 --> 00:22:14.590 also statistically significant with fathers
NOTE Confidence: 0.9884528

00:22:14.590 --> 00:22:15.809 reporting greater happiness
NOTE Confidence: 0.88514453

00:22:16.109 --> 00:22:16.605 than mothers.
NOTE Confidence: 0.98779845

00:22:18.605 --> 00:22:20.145 Turning next to,
NOTE Confidence: 0.95952916

00:22:21.005 --> 00:22:23.484 depressive symptoms. We again found

NOTE Confidence: 0.95952916

00:22:23.484 --> 00:22:25.645 that fathers reported fewer depressive

NOTE Confidence: 0.95952916

00:22:25.645 --> 00:22:27.424 symptoms than men without children

NOTE Confidence: 0.95952916

00:22:27.484 --> 00:22:29.025 and compared to mothers,

NOTE Confidence: 0.99724233

00:22:29.380 --> 00:22:30.740 whereas there was no difference

NOTE Confidence: 0.99724233

00:22:30.740 --> 00:22:32.740 in depressive symptoms between mothers

NOTE Confidence: 0.99724233

00:22:32.740 --> 00:22:34.119 and women without children.

NOTE Confidence: 0.9944491

00:22:34.820 --> 00:22:35.859 So in this study, what

NOTE Confidence: 0.9944491

00:22:35.859 --> 00:22:37.320 we see is that

NOTE Confidence: 0.99231833

00:22:37.940 --> 00:22:39.799 dads tend to be benefiting

NOTE Confidence: 0.93289375

00:22:40.179 --> 00:22:41.625 more in terms of well-being

NOTE Confidence: 0.93289375

00:22:41.625 --> 00:22:42.125 -being

NOTE Confidence: 0.9195953

00:22:42.665 --> 00:22:43.878 from, fatherhood than moms are

NOTE Confidence: 0.9195953

00:22:43.878 --> 00:22:44.334 from motherhood. We wanted to

NOTE Confidence: 0.9195953

00:22:44.334 --> 00:22:45.865 follow this up again to

NOTE Confidence: 0.9195953

00:22:45.865 --> 00:22:47.405 get a better

NOTE Confidence: 0.9854065

00:22:48.025 --> 00:22:49.145 sense of how people are
NOTE Confidence: 0.9854065

00:22:49.145 --> 00:22:50.185 experiencing parenting in their daily
NOTE Confidence: 0.9854065

00:22:50.185 --> 00:22:50.685 life.
NOTE Confidence: 0.99073964

00:22:57.080 --> 00:22:57.980 We collaborated
NOTE Confidence: 0.9211812

00:22:58.440 --> 00:22:59.980 with the team who developed
NOTE Confidence: 0.9211812

00:23:00.119 --> 00:23:02.060 the track your happiness app,
NOTE Confidence: 0.9993002

00:23:02.840 --> 00:23:04.380 which prompts people
NOTE Confidence: 0.9804948

00:23:04.920 --> 00:23:06.119 throughout the day to reflect
NOTE Confidence: 0.9804948

00:23:06.119 --> 00:23:07.720 on their happiness levels as
NOTE Confidence: 0.9804948

00:23:07.720 --> 00:23:08.760 well as a variety of
NOTE Confidence: 0.9804948

00:23:08.760 --> 00:23:09.740 different experiences.
NOTE Confidence: 0.9459441

00:23:10.585 --> 00:23:11.085 Specifically,
NOTE Confidence: 0.99912995

00:23:11.544 --> 00:23:13.544 participants were contacted three times
NOTE Confidence: 0.99912995

00:23:13.544 --> 00:23:14.284 per day
NOTE Confidence: 0.81020975

00:23:14.585 --> 00:23:15.085 and,
NOTE Confidence: 0.97584903

00:23:15.465 --> 00:23:17.565 during waking hours and asked,

NOTE Confidence: 0.9790367
00:23:18.345 --> 00:23:19.705 how they felt at the
NOTE Confidence: 0.9790367
00:23:19.705 --> 00:23:20.524 current moment,
NOTE Confidence: 0.987852
00:23:21.304 --> 00:23:23.784 ranging from very bad to
NOTE Confidence: 0.987852
00:23:23.784 --> 00:23:24.605 very good,
NOTE Confidence: 0.97837937
00:23:25.140 --> 00:23:27.000 as our indicator of happiness.
NOTE Confidence: 0.87102294
00:23:28.660 --> 00:23:29.880 They were then prompted,
NOTE Confidence: 0.9987068
00:23:30.500 --> 00:23:31.700 with a variety of questions
NOTE Confidence: 0.9987068
00:23:31.700 --> 00:23:32.980 about what they were currently
NOTE Confidence: 0.9987068
00:23:32.980 --> 00:23:33.480 doing.
NOTE Confidence: 0.9972809
00:23:34.340 --> 00:23:36.280 And you can see there's
NOTE Confidence: 0.9972809
00:23:36.340 --> 00:23:38.195 a long list here of
NOTE Confidence: 0.9972809
00:23:38.195 --> 00:23:39.494 options that they could choose
NOTE Confidence: 0.99235207
00:23:39.795 --> 00:23:40.615 from, but included
NOTE Confidence: 0.9894443
00:23:41.315 --> 00:23:42.455 here were options
NOTE Confidence: 0.97793996
00:23:42.835 --> 00:23:43.955 such as taking care of
NOTE Confidence: 0.97793996

00:23:43.955 --> 00:23:44.695 your children,
NOTE Confidence: 0.9865834

00:23:45.475 --> 00:23:47.475 as well as talking or
NOTE Confidence: 0.9865834

00:23:47.475 --> 00:23:49.190 having conversation with someone.
NOTE Confidence: 0.971925

00:23:49.570 --> 00:23:50.609 If people said, yes, I
NOTE Confidence: 0.971925

00:23:50.609 --> 00:23:52.049 am talking or having conversation
NOTE Confidence: 0.971925

00:23:52.049 --> 00:23:53.649 with someone, they were asked
NOTE Confidence: 0.971925

00:23:53.649 --> 00:23:55.570 a follow-up question about who
NOTE Confidence: 0.971925

00:23:55.570 --> 00:23:57.009 are you talking to? So
NOTE Confidence: 0.971925

00:23:57.009 --> 00:23:58.129 they could indicate, oh, I'm
NOTE Confidence: 0.971925

00:23:58.129 --> 00:23:59.330 talking to a friend, a
NOTE Confidence: 0.971925

00:23:59.330 --> 00:23:59.830 partner,
NOTE Confidence: 0.92501175

00:24:00.769 --> 00:24:02.369 important for our research question,
NOTE Confidence: 0.92501175

00:24:02.369 --> 00:24:03.990 our children. Yeah. Question.
NOTE Confidence: 0.8535196

00:24:04.705 --> 00:24:06.244 Were the activities mutually exclusive,
NOTE Confidence: 0.8535196

00:24:06.305 --> 00:24:07.585 so they say they were
NOTE Confidence: 0.8535196

00:24:07.585 --> 00:24:08.325 both preparing

NOTE Confidence: 0.30442074

00:24:08.865 --> 00:24:09.525 for the children?

NOTE Confidence: 0.9369074

00:24:10.705 --> 00:24:12.305 Yes. The second one. They

NOTE Confidence: 0.9369074

00:24:12.305 --> 00:24:13.744 are not mutually exclusive. People

NOTE Confidence: 0.9369074

00:24:13.744 --> 00:24:15.105 can be do doing multiple

NOTE Confidence: 0.9369074

00:24:15.105 --> 00:24:16.705 things at once, which is

NOTE Confidence: 0.9369074

00:24:16.705 --> 00:24:17.525 a great question.

NOTE Confidence: 0.988253

00:24:20.340 --> 00:24:22.500 And so we were interested

NOTE Confidence: 0.988253

00:24:22.500 --> 00:24:24.680 in, again, understanding gender differences,

NOTE Confidence: 0.8354056

00:24:25.780 --> 00:24:27.000 and people's experiences

NOTE Confidence: 0.89500827

00:24:27.540 --> 00:24:28.840 caring for their children,

NOTE Confidence: 0.9989548

00:24:29.700 --> 00:24:31.880 or interacting with their children.

NOTE Confidence: 0.9866114

00:24:32.825 --> 00:24:34.025 So on the left hand

NOTE Confidence: 0.9866114

00:24:34.025 --> 00:24:34.905 side of the screen, these

NOTE Confidence: 0.9866114

00:24:34.905 --> 00:24:36.285 are the results for childcare.

NOTE Confidence: 0.9866114

00:24:36.345 --> 00:24:37.385 So this is when people

NOTE Confidence: 0.9866114

00:24:37.385 --> 00:24:38.825 said, yes, I'm taking care
NOTE Confidence: 0.9866114

00:24:38.825 --> 00:24:41.085 of my child compared to,
NOTE Confidence: 0.9834922

00:24:41.625 --> 00:24:42.905 you know, other, the other
NOTE Confidence: 0.9834922

00:24:42.905 --> 00:24:43.865 things that they did in
NOTE Confidence: 0.9834922

00:24:43.865 --> 00:24:45.430 their daily life. And what
NOTE Confidence: 0.9834922

00:24:45.430 --> 00:24:46.970 we found is that for
NOTE Confidence: 0.9963047

00:24:47.350 --> 00:24:47.850 women,
NOTE Confidence: 0.9963851

00:24:48.790 --> 00:24:51.030 mothers reported lower levels of
NOTE Confidence: 0.9963851

00:24:51.030 --> 00:24:52.470 happiness when they were engaged
NOTE Confidence: 0.9963851

00:24:52.470 --> 00:24:53.130 in childcare,
NOTE Confidence: 0.9929169

00:24:54.070 --> 00:24:56.550 compared to their other daily
NOTE Confidence: 0.9929169

00:24:56.550 --> 00:24:57.050 activities.
NOTE Confidence: 0.9946204

00:24:58.045 --> 00:25:00.065 Whereas for men, they reported
NOTE Confidence: 0.9946204

00:25:00.205 --> 00:25:01.885 higher levels of happiness when
NOTE Confidence: 0.9946204

00:25:01.885 --> 00:25:03.425 they were engaged in childcare,
NOTE Confidence: 0.9925714

00:25:04.525 --> 00:25:06.045 compared to their own other

NOTE Confidence: 0.9925714
00:25:06.045 --> 00:25:06.945 daily activities.
NOTE Confidence: 0.9918881
00:25:07.885 --> 00:25:09.585 Turning next to,
NOTE Confidence: 0.81137216
00:25:10.525 --> 00:25:11.025 interactions,
NOTE Confidence: 0.99658155
00:25:11.805 --> 00:25:13.105 we find that
NOTE Confidence: 0.91458076
00:25:13.519 --> 00:25:15.679 mothers reported higher lows levels
NOTE Confidence: 0.91458076
00:25:15.679 --> 00:25:16.880 of happiness when they were
NOTE Confidence: 0.91458076
00:25:16.880 --> 00:25:17.380 interacting
NOTE Confidence: 0.9925199
00:25:18.080 --> 00:25:18.980 with their children.
NOTE Confidence: 0.99720687
00:25:20.320 --> 00:25:21.359 But when we look at
NOTE Confidence: 0.99720687
00:25:21.359 --> 00:25:23.299 fathers, they were even happier
NOTE Confidence: 0.9892627
00:25:23.840 --> 00:25:24.980 when they were interacting,
NOTE Confidence: 0.9688873
00:25:26.000 --> 00:25:27.760 with their children compared to
NOTE Confidence: 0.9688873
00:25:27.760 --> 00:25:29.205 their other daily activities. So
NOTE Confidence: 0.9688873
00:25:29.205 --> 00:25:30.905 this was a significant moderation
NOTE Confidence: 0.9688873
00:25:31.044 --> 00:25:32.825 effect by order of magnitude.
NOTE Confidence: 0.9876751

00:25:33.525 --> 00:25:34.244 And so I think that
NOTE Confidence: 0.9876751

00:25:34.244 --> 00:25:35.605 this question that was raised,
NOTE Confidence: 0.9876751

00:25:35.605 --> 00:25:37.044 which is, you know, what
NOTE Confidence: 0.9876751

00:25:37.044 --> 00:25:38.885 other activities might people be
NOTE Confidence: 0.9876751

00:25:38.885 --> 00:25:39.385 doing,
NOTE Confidence: 0.9932143

00:25:40.164 --> 00:25:41.365 and could that play a
NOTE Confidence: 0.9932143

00:25:41.365 --> 00:25:41.790 role?
NOTE Confidence: 0.989591

00:25:42.190 --> 00:25:43.630 And we did some I
NOTE Confidence: 0.989591

00:25:43.630 --> 00:25:44.510 don't have a slide on
NOTE Confidence: 0.989591

00:25:44.510 --> 00:25:45.550 this, but we did do
NOTE Confidence: 0.989591

00:25:45.550 --> 00:25:47.730 some follow-up analysis to see,
NOTE Confidence: 0.989591

00:25:47.790 --> 00:25:48.830 you know, are there gender
NOTE Confidence: 0.989591

00:25:48.830 --> 00:25:49.330 differences
NOTE Confidence: 0.99705577

00:25:49.790 --> 00:25:50.690 in the secondary
NOTE Confidence: 0.8892546

00:25:51.070 --> 00:25:53.310 activities people, mothers and fathers
NOTE Confidence: 0.8892546

00:25:53.310 --> 00:25:54.590 are doing when they're engaged

NOTE Confidence: 0.8892546
00:25:54.590 --> 00:25:55.250 in childcare?
NOTE Confidence: 0.9995372
00:25:55.734 --> 00:25:56.554 And what we
NOTE Confidence: 0.9930214
00:25:56.855 --> 00:25:58.934 see is that fathers are
NOTE Confidence: 0.9930214
00:25:58.934 --> 00:26:00.774 much more likely to indicate
NOTE Confidence: 0.9930214
00:26:00.774 --> 00:26:02.135 that they are also engaged
NOTE Confidence: 0.9930214
00:26:02.135 --> 00:26:03.514 in play and leisure,
NOTE Confidence: 0.84003454
00:26:04.455 --> 00:26:06.534 when they are taking both
NOTE Confidence: 0.84003454
00:26:06.534 --> 00:26:07.356 taking care of their children
NOTE Confidence: 0.84003454
00:26:07.356 --> 00:26:07.465 and interacting with them, which
NOTE Confidence: 0.84003454
00:26:07.465 --> 00:26:07.575 would support that increase in
NOTE Confidence: 0.84003454
00:26:07.575 --> 00:26:08.325 positive emotions.
NOTE Confidence: 0.9509701
00:26:22.015 --> 00:26:23.295 So it's kind of up
NOTE Confidence: 0.9509701
00:26:23.295 --> 00:26:24.335 to the participant. So we
NOTE Confidence: 0.9509701
00:26:24.335 --> 00:26:25.615 didn't prompt them to tell
NOTE Confidence: 0.9509701
00:26:25.615 --> 00:26:27.135 us more about what are
NOTE Confidence: 0.9509701

00:26:27.135 --> 00:26:28.494 the other activities, but it
NOTE Confidence: 0.9509701

00:26:28.494 --> 00:26:30.175 could be, like I guess,
NOTE Confidence: 0.9509701

00:26:30.175 --> 00:26:32.255 what is considered child care
NOTE Confidence: 0.9509701

00:26:32.255 --> 00:26:33.554 versus just interacting?
NOTE Confidence: 0.97864175

00:26:34.300 --> 00:26:35.900 Yeah. So an example might
NOTE Confidence: 0.97864175

00:26:35.900 --> 00:26:37.500 be like, and this is
NOTE Confidence: 0.97864175

00:26:37.500 --> 00:26:39.760 defined by participants themselves. Right.
NOTE Confidence: 0.9623015

00:26:40.060 --> 00:26:41.020 And so it's all kind
NOTE Confidence: 0.9623015

00:26:41.020 --> 00:26:42.540 of self defined. Are you
NOTE Confidence: 0.9623015

00:26:42.540 --> 00:26:44.400 engaged in childcare versus interacting?
NOTE Confidence: 0.99622536

00:26:44.780 --> 00:26:45.280 But,
NOTE Confidence: 0.667073

00:26:45.900 --> 00:26:46.560 and participants
NOTE Confidence: 0.9364017

00:26:47.260 --> 00:26:48.385 could say both. Right? I'm
NOTE Confidence: 0.9364017

00:26:48.385 --> 00:26:49.684 taking care of my children
NOTE Confidence: 0.9364017

00:26:49.744 --> 00:26:51.285 and I'm interacting with them.
NOTE Confidence: 0.9290462

00:26:51.905 --> 00:26:53.984 But example might be, like,

NOTE Confidence: 0.9290462

00:26:53.984 --> 00:26:54.804 I am,

NOTE Confidence: 0.9976421

00:26:55.905 --> 00:26:57.984 driving my child to soccer

NOTE Confidence: 0.9976421

00:26:57.984 --> 00:26:58.484 practice.

NOTE Confidence: 0.97746575

00:26:59.265 --> 00:27:00.625 Maybe you consider that,

NOTE Confidence: 0.92965204

00:27:01.105 --> 00:27:02.625 childcare or I'm changing a

NOTE Confidence: 0.92965204

00:27:02.625 --> 00:27:03.125 diaper

NOTE Confidence: 0.9930993

00:27:03.500 --> 00:27:05.600 or giving a bath or

NOTE Confidence: 0.9930993

00:27:05.740 --> 00:27:07.600 feeding a snack. Right? These

NOTE Confidence: 0.9930993

00:27:07.740 --> 00:27:08.880 are all things that

NOTE Confidence: 0.97271115

00:27:09.260 --> 00:27:11.600 I personally would consider childcare.

NOTE Confidence: 0.97271115

00:27:11.820 --> 00:27:13.119 But if I'm also,

NOTE Confidence: 0.92914397

00:27:14.619 --> 00:27:15.600 reading a story,

NOTE Confidence: 0.994686

00:27:16.405 --> 00:27:17.765 to my child or having

NOTE Confidence: 0.994686

00:27:17.765 --> 00:27:19.305 a conversation with them

NOTE Confidence: 0.93290526

00:27:19.685 --> 00:27:20.185 or,

NOTE Confidence: 0.9884405

00:27:21.205 --> 00:27:22.805 you know, telling them a
NOTE Confidence: 0.9884405

00:27:22.805 --> 00:27:23.865 story or,
NOTE Confidence: 0.96577007

00:27:24.645 --> 00:27:25.765 my son has been into
NOTE Confidence: 0.96577007

00:27:25.765 --> 00:27:27.445 jokes a lot lately. He's
NOTE Confidence: 0.96577007

00:27:27.445 --> 00:27:28.350 been telling me a lot
NOTE Confidence: 0.96577007

00:27:28.350 --> 00:27:29.470 of jokes. So they're the,
NOTE Confidence: 0.96577007

00:27:29.470 --> 00:27:30.990 that kind of like talking
NOTE Confidence: 0.96577007

00:27:30.990 --> 00:27:31.490 interaction,
NOTE Confidence: 0.9504112

00:27:32.190 --> 00:27:33.230 I think would be the
NOTE Confidence: 0.9504112

00:27:33.230 --> 00:27:34.350 key. And so you might
NOTE Confidence: 0.9504112

00:27:34.350 --> 00:27:35.490 be, so you,
NOTE Confidence: 0.9988501

00:27:35.869 --> 00:27:36.990 depending on the age of
NOTE Confidence: 0.9988501

00:27:36.990 --> 00:27:38.429 the child, you might be
NOTE Confidence: 0.9988501

00:27:38.429 --> 00:27:39.470 able to care for your
NOTE Confidence: 0.9988501

00:27:39.470 --> 00:27:40.990 child in certain ways without
NOTE Confidence: 0.9988501

00:27:40.990 --> 00:27:42.910 really engaging or talking with

NOTE Confidence: 0.9988501

00:27:42.910 --> 00:27:43.410 them.

NOTE Confidence: 0.98909837

00:27:44.174 --> 00:27:45.054 Right. And so that would

NOTE Confidence: 0.98909837

00:27:45.054 --> 00:27:46.355 be kind of that distinction.

NOTE Confidence: 0.9241902

00:27:50.894 --> 00:27:52.335 So together, these,

NOTE Confidence: 0.99867415

00:27:52.815 --> 00:27:54.674 those initial studies on gender

NOTE Confidence: 0.99867415

00:27:54.815 --> 00:27:57.020 provide evidence that fatherhood seems

NOTE Confidence: 0.99867415

00:27:57.020 --> 00:27:58.799 to be more consistently associated

NOTE Confidence: 0.99867415

00:27:58.859 --> 00:28:00.000 with greater well-being,

NOTE Confidence: 0.98317546

00:28:00.859 --> 00:28:02.240 than motherhood does.

NOTE Confidence: 0.96086645

00:28:03.500 --> 00:28:05.500 And in particular, we saw

NOTE Confidence: 0.96086645

00:28:05.500 --> 00:28:07.679 that fathers demonstrated greater well-being

NOTE Confidence: 0.96086645

00:28:07.820 --> 00:28:09.600 overall than men without children,

NOTE Confidence: 0.96086645

00:28:09.845 --> 00:28:11.285 and they also reported greater

NOTE Confidence: 0.96086645

00:28:11.285 --> 00:28:13.125 positive emotions while they were

NOTE Confidence: 0.96086645

00:28:13.125 --> 00:28:14.105 engaged in childcare

NOTE Confidence: 0.9986992

00:28:14.405 --> 00:28:16.665 and interacting with their children.

NOTE Confidence: 0.9927544

00:28:17.285 --> 00:28:18.565 On the other hand, mothers

NOTE Confidence: 0.9927544

00:28:18.565 --> 00:28:20.325 were reporting lower happiness levels,

NOTE Confidence: 0.9927544

00:28:20.325 --> 00:28:22.405 greater depressive symptoms, and less

NOTE Confidence: 0.9927544

00:28:22.405 --> 00:28:23.765 happy when they were engaged

NOTE Confidence: 0.9927544

00:28:23.765 --> 00:28:24.505 in childcare.

NOTE Confidence: 0.9975064

00:28:25.740 --> 00:28:27.840 And this evidence is consistent

NOTE Confidence: 0.9975064

00:28:27.980 --> 00:28:29.040 with other accounts

NOTE Confidence: 0.9892337

00:28:29.500 --> 00:28:31.760 indicating that moms are often

NOTE Confidence: 0.9907856

00:28:32.220 --> 00:28:33.500 responsible for a lot of

NOTE Confidence: 0.9907856

00:28:33.500 --> 00:28:35.740 the chore like tasks of

NOTE Confidence: 0.9907856

00:28:35.740 --> 00:28:36.240 parenthood.

NOTE Confidence: 0.99614555

00:28:36.780 --> 00:28:38.080 They tend to be,

NOTE Confidence: 0.9986058

00:28:38.955 --> 00:28:40.335 you know, more responsible

NOTE Confidence: 0.9928092

00:28:40.635 --> 00:28:43.275 for preparing meals, potty training,

NOTE Confidence: 0.9928092

00:28:43.275 --> 00:28:44.815 changing diapers, transportation,

NOTE Confidence: 0.9977274

00:28:46.075 --> 00:28:47.674 and also carry a much

NOTE Confidence: 0.9977274

00:28:47.674 --> 00:28:49.695 heavier mental load associated

NOTE Confidence: 0.9955298

00:28:50.075 --> 00:28:51.755 with parenthood. And I think

NOTE Confidence: 0.9955298

00:28:51.755 --> 00:28:52.655 these are

NOTE Confidence: 0.99681664

00:28:53.130 --> 00:28:54.750 potential contributing factors.

NOTE Confidence: 0.9920101

00:28:56.090 --> 00:28:57.050 On the other hand, we

NOTE Confidence: 0.9920101

00:28:57.050 --> 00:28:58.570 did see that fathers were

NOTE Confidence: 0.9920101

00:28:58.570 --> 00:28:59.770 more likely to be engaged

NOTE Confidence: 0.9920101

00:28:59.770 --> 00:29:01.230 in play with their children,

NOTE Confidence: 0.98931575

00:29:01.770 --> 00:29:02.970 which may lead them to

NOTE Confidence: 0.98931575

00:29:02.970 --> 00:29:04.430 feel more positive emotions,

NOTE Confidence: 0.9498105

00:29:05.210 --> 00:29:06.910 when they're engaged in parenting.

NOTE Confidence: 0.7926265

00:29:08.115 --> 00:29:08.595 In,

NOTE Confidence: 0.9834229

00:29:09.315 --> 00:29:10.595 this also points to the

NOTE Confidence: 0.9834229

00:29:10.595 --> 00:29:12.615 potential role of positive emotions

NOTE Confidence: 0.99543

00:29:13.235 --> 00:29:15.015 as a valuable mechanism,
NOTE Confidence: 0.9539441

00:29:15.875 --> 00:29:17.495 to support parents' well-being.
NOTE Confidence: 0.9569276

00:29:18.195 --> 00:29:19.635 In other studies, I've also
NOTE Confidence: 0.9569276

00:29:19.635 --> 00:29:21.175 found that parents age,
NOTE Confidence: 0.9505045

00:29:21.790 --> 00:29:23.090 their marital status,
NOTE Confidence: 0.9921916

00:29:23.630 --> 00:29:25.550 and their attachment style also
NOTE Confidence: 0.9921916

00:29:25.550 --> 00:29:26.690 moderate the association
NOTE Confidence: 0.9930432

00:29:27.310 --> 00:29:29.410 between parenthood and well-being.
NOTE Confidence: 0.9501804

00:29:30.350 --> 00:29:32.370 And together, the this demonstrates,
NOTE Confidence: 0.9501804

00:29:32.510 --> 00:29:34.110 I think, one way of
NOTE Confidence: 0.9501804

00:29:34.110 --> 00:29:36.130 understanding the dynamics of parenthood.
NOTE Confidence: 0.9954679

00:29:36.735 --> 00:29:38.255 I propose that each of
NOTE Confidence: 0.9954679

00:29:38.255 --> 00:29:39.715 these moderating factors
NOTE Confidence: 0.9625858

00:29:40.335 --> 00:29:41.935 Can be understood via the
NOTE Confidence: 0.9625858

00:29:41.935 --> 00:29:43.775 different mechanisms in the top
NOTE Confidence: 0.9625858

00:29:43.775 --> 00:29:45.155 path of this model

NOTE Confidence: 0.93040615

00:29:45.775 --> 00:29:47.215 So the evidence from these

NOTE Confidence: 0.93040615

00:29:47.215 --> 00:29:49.235 studies points to positive emotions

NOTE Confidence: 0.93040615

00:29:49.375 --> 00:29:51.260 as a at least partially

NOTE Confidence: 0.99804616

00:29:51.640 --> 00:29:52.140 explaining

NOTE Confidence: 0.9652727

00:29:52.760 --> 00:29:54.860 the gender divide in parents'

NOTE Confidence: 0.9652727

00:29:54.920 --> 00:29:55.420 well-being.

NOTE Confidence: 0.9710389

00:29:56.360 --> 00:29:58.460 And better understanding these psychological

NOTE Confidence: 0.9710389

00:29:58.680 --> 00:29:59.180 processes

NOTE Confidence: 0.9910937

00:29:59.800 --> 00:30:01.180 also provides a foundation

NOTE Confidence: 0.9812803

00:30:01.960 --> 00:30:04.460 for developing interventions to promote

NOTE Confidence: 0.9812803

00:30:04.520 --> 00:30:05.580 parents' well-being.

NOTE Confidence: 0.96726704

00:30:06.575 --> 00:30:07.775 And of course, this brings

NOTE Confidence: 0.96726704

00:30:07.775 --> 00:30:08.515 me to,

NOTE Confidence: 0.9947769

00:30:09.135 --> 00:30:10.415 my third question of the

NOTE Confidence: 0.9947769

00:30:10.415 --> 00:30:11.375 day, which is what are

NOTE Confidence: 0.9947769

00:30:11.375 --> 00:30:13.635 the strategies and potential benefits
NOTE Confidence: 0.96272653

00:30:14.255 --> 00:30:16.195 of enhancing parents' happiness?
NOTE Confidence: 0.9965629

00:30:18.590 --> 00:30:20.350 To answer this question, I
NOTE Confidence: 0.9965629

00:30:20.350 --> 00:30:21.730 have been implementing
NOTE Confidence: 0.9977794

00:30:22.030 --> 00:30:23.730 positive activity interventions
NOTE Confidence: 0.9921763

00:30:24.110 --> 00:30:25.010 among parents.
NOTE Confidence: 0.9713805

00:30:25.550 --> 00:30:27.330 A large literature has emerged
NOTE Confidence: 0.9713805

00:30:27.470 --> 00:30:27.970 investigating
NOTE Confidence: 0.99568206

00:30:28.430 --> 00:30:29.710 whether and how it might
NOTE Confidence: 0.99568206

00:30:29.710 --> 00:30:31.230 be possible for people to
NOTE Confidence: 0.99568206

00:30:31.230 --> 00:30:33.465 become happier with intentional effort.
NOTE Confidence: 0.99785894

00:30:34.184 --> 00:30:36.265 These studies typically involve assigning
NOTE Confidence: 0.99785894

00:30:36.265 --> 00:30:37.325 people to practice
NOTE Confidence: 0.9535175

00:30:37.625 --> 00:30:39.325 a positive activity intervention.
NOTE Confidence: 0.95748013

00:30:39.945 --> 00:30:42.184 Then these involve simple and
NOTE Confidence: 0.95748013

00:30:42.184 --> 00:30:43.325 intentional practices

NOTE Confidence: 0.9988049

00:30:43.784 --> 00:30:44.904 that are meant to mimic

NOTE Confidence: 0.9988049

00:30:44.904 --> 00:30:46.184 the thoughts and behaviors of

NOTE Confidence: 0.9988049

00:30:46.184 --> 00:30:47.725 naturally happy people.

NOTE Confidence: 0.9762711

00:30:48.390 --> 00:30:49.590 For example, in my own

NOTE Confidence: 0.9762711

00:30:49.590 --> 00:30:50.810 work using longitudinal

NOTE Confidence: 0.9917196

00:30:51.190 --> 00:30:53.210 experimental designs, I have discovered

NOTE Confidence: 0.9894901

00:30:53.590 --> 00:30:55.350 that being kind to other

NOTE Confidence: 0.9894901

00:30:55.350 --> 00:30:55.850 people,

NOTE Confidence: 0.89115167

00:30:56.390 --> 00:30:57.370 expressing gratitude,

NOTE Confidence: 0.96282446

00:30:57.910 --> 00:30:59.270 and affirming one's sense of

NOTE Confidence: 0.96282446

00:30:59.270 --> 00:31:01.595 belonging and social groups all

NOTE Confidence: 0.96282446

00:31:01.595 --> 00:31:03.515 lead to increases in happiness

NOTE Confidence: 0.96282446

00:31:03.515 --> 00:31:05.135 and well-being over time.

NOTE Confidence: 0.9900677

00:31:05.835 --> 00:31:07.295 And this work provides

NOTE Confidence: 0.9973859

00:31:07.675 --> 00:31:08.415 a rigorous

NOTE Confidence: 0.9995983

00:31:08.715 --> 00:31:09.215 approach
NOTE Confidence: 0.98672235

00:31:09.595 --> 00:31:11.435 to investigate the causes of
NOTE Confidence: 0.98672235

00:31:11.435 --> 00:31:12.255 parents' happiness
NOTE Confidence: 0.9627156

00:31:12.795 --> 00:31:14.095 and to provide recommendations
NOTE Confidence: 0.99697447

00:31:14.795 --> 00:31:16.870 for parents seeking to improve
NOTE Confidence: 0.99697447

00:31:16.870 --> 00:31:18.490 their own happiness and well-being.
NOTE Confidence: 0.99814814

00:31:20.630 --> 00:31:22.630 In addition, although most prior
NOTE Confidence: 0.99814814

00:31:22.630 --> 00:31:24.810 work on positive activity interventions
NOTE Confidence: 0.9876556

00:31:25.350 --> 00:31:26.570 focuses specifically
NOTE Confidence: 0.99749964

00:31:27.030 --> 00:31:28.730 on individual well-being,
NOTE Confidence: 0.99895954

00:31:29.284 --> 00:31:31.705 I'm also interested in using
NOTE Confidence: 0.99694

00:31:32.005 --> 00:31:32.505 these
NOTE Confidence: 0.9187084

00:31:32.885 --> 00:31:34.585 strategies as a tool,
NOTE Confidence: 0.95865554

00:31:35.125 --> 00:31:36.644 not only to promote parents'
NOTE Confidence: 0.95865554

00:31:36.644 --> 00:31:37.144 happiness,
NOTE Confidence: 0.99972963

00:31:37.524 --> 00:31:38.825 but to better understand

NOTE Confidence: 0.99064714
00:31:39.684 --> 00:31:40.904 how parents' happiness
NOTE Confidence: 0.99873877
00:31:41.205 --> 00:31:43.544 can also contribute to improving
NOTE Confidence: 0.99873877
00:31:43.605 --> 00:31:45.144 the lives of the entire
NOTE Confidence: 0.98033315
00:31:46.780 --> 00:31:48.300 family, especially given that we
NOTE Confidence: 0.98033315
00:31:48.300 --> 00:31:50.300 know that caregiver and child
NOTE Confidence: 0.98033315
00:31:50.300 --> 00:31:50.800 well-being
NOTE Confidence: 0.99888533
00:31:51.180 --> 00:31:52.620 are closely related to one
NOTE Confidence: 0.99888533
00:31:52.620 --> 00:31:53.120 another.
NOTE Confidence: 0.94603354
00:31:54.860 --> 00:31:56.140 So today I wanna spend
NOTE Confidence: 0.94603354
00:31:56.140 --> 00:31:57.920 some time talking about gratitude
NOTE Confidence: 0.94603354
00:31:58.060 --> 00:31:58.720 in particular.
NOTE Confidence: 0.99884146
00:31:59.265 --> 00:32:01.285 Prior research demonstrates that gratitude
NOTE Confidence: 0.99702877
00:32:01.585 --> 00:32:02.485 is associated
NOTE Confidence: 0.9985996
00:32:02.785 --> 00:32:03.285 with
NOTE Confidence: 0.9906148
00:32:03.585 --> 00:32:05.265 a wide variety of emotional
NOTE Confidence: 0.9906148

00:32:05.265 --> 00:32:06.725 and relational benefits.
NOTE Confidence: 0.97689867

00:32:07.425 --> 00:32:08.625 So I thought that this
NOTE Confidence: 0.97689867

00:32:08.625 --> 00:32:10.885 could be a valuable tool
NOTE Confidence: 0.97689867

00:32:11.105 --> 00:32:13.185 for improving parents' well-being and
NOTE Confidence: 0.97689867

00:32:13.185 --> 00:32:14.085 family functioning.
NOTE Confidence: 0.8256419

00:32:14.990 --> 00:32:15.490 Specifically,
NOTE Confidence: 0.97444683

00:32:16.110 --> 00:32:17.070 prior work on the benefits
NOTE Confidence: 0.97444683

00:32:17.070 --> 00:32:18.530 of gratitude has suggested
NOTE Confidence: 0.9903652

00:32:18.830 --> 00:32:21.010 that it's beneficial across contexts.
NOTE Confidence: 0.99224126

00:32:21.470 --> 00:32:23.570 It leads to greater happiness,
NOTE Confidence: 0.9682559

00:32:24.670 --> 00:32:25.650 improved health,
NOTE Confidence: 0.8872054

00:32:26.350 --> 00:32:27.810 more pro social behavior
NOTE Confidence: 0.9511277

00:32:28.110 --> 00:32:29.730 or kindness to other people,
NOTE Confidence: 0.94343626

00:32:30.315 --> 00:32:31.294 greater patience,
NOTE Confidence: 0.9839797

00:32:31.755 --> 00:32:33.115 which I think is especially
NOTE Confidence: 0.9839797

00:32:33.115 --> 00:32:34.015 key for parents,

NOTE Confidence: 0.99685615
00:32:34.955 --> 00:32:36.875 and is particularly beneficial in
NOTE Confidence: 0.99685615
00:32:36.875 --> 00:32:38.255 the context of relationships.
NOTE Confidence: 0.97728854
00:32:38.794 --> 00:32:39.914 Although most of the prior
NOTE Confidence: 0.97728854
00:32:39.914 --> 00:32:41.034 work on the benefits of
NOTE Confidence: 0.97728854
00:32:41.034 --> 00:32:42.875 gratitude and relationships has focused
NOTE Confidence: 0.97728854
00:32:42.875 --> 00:32:45.054 on romantic relationships or friendships
NOTE Confidence: 0.9647148
00:32:45.470 --> 00:32:47.090 and fewer studies had considered,
NOTE Confidence: 0.96280766
00:32:47.870 --> 00:32:49.650 gratitude and parent child relationships.
NOTE Confidence: 0.98528
00:32:52.270 --> 00:32:53.470 So based on that prior
NOTE Confidence: 0.98528
00:32:53.470 --> 00:32:54.910 evidence, I thought that gratitude
NOTE Confidence: 0.98528
00:32:54.910 --> 00:32:56.290 would be a great resource
NOTE Confidence: 0.98528
00:32:56.430 --> 00:32:58.750 and potential pathway for improving
NOTE Confidence: 0.98528
00:32:58.750 --> 00:32:59.650 parents' well-being
NOTE Confidence: 0.94374067
00:33:00.030 --> 00:33:01.250 and supporting families.
NOTE Confidence: 0.8409102
00:33:02.185 --> 00:33:03.085 And to,
NOTE Confidence: 0.9791702

00:33:03.785 --> 00:33:05.705 since very few studies that
NOTE Confidence: 0.9791702

00:33:05.705 --> 00:33:07.705 explored gratitude in a family
NOTE Confidence: 0.9791702

00:33:07.705 --> 00:33:09.245 context, I started
NOTE Confidence: 0.9901464

00:33:09.625 --> 00:33:11.165 with a more observational
NOTE Confidence: 0.9901109

00:33:11.465 --> 00:33:11.965 approach,
NOTE Confidence: 0.99707985

00:33:12.745 --> 00:33:15.005 using a daily diary methodology.
NOTE Confidence: 0.97849774

00:33:15.750 --> 00:33:17.110 And so we evaluated whether
NOTE Confidence: 0.97849774

00:33:17.110 --> 00:33:19.590 gratitude was associated with well-being
NOTE Confidence: 0.97849774

00:33:19.590 --> 00:33:21.350 and family functioning in daily
NOTE Confidence: 0.97849774

00:33:21.350 --> 00:33:21.850 life.
NOTE Confidence: 0.96455765

00:33:22.470 --> 00:33:24.410 In this seven day paradigm,
NOTE Confidence: 0.95143443

00:33:25.030 --> 00:33:27.450 we recruited two seventy participants
NOTE Confidence: 0.95143443

00:33:27.590 --> 00:33:28.490 for this study
NOTE Confidence: 0.95366144

00:33:28.790 --> 00:33:30.310 and every day for seven
NOTE Confidence: 0.95366144

00:33:30.310 --> 00:33:32.054 days, they responded to the
NOTE Confidence: 0.95366144

00:33:32.054 --> 00:33:33.575 prompt, People give care to

NOTE Confidence: 0.95366144

00:33:33.575 --> 00:33:34.855 their children in both good

NOTE Confidence: 0.95366144

00:33:34.855 --> 00:33:36.934 and bad times. Sometimes giving

NOTE Confidence: 0.95366144

00:33:36.934 --> 00:33:38.375 this care is easy and

NOTE Confidence: 0.95366144

00:33:38.375 --> 00:33:40.135 enjoyable, whereas other times it

NOTE Confidence: 0.95366144

00:33:40.135 --> 00:33:41.595 can be difficult and frustrating.

NOTE Confidence: 0.9916589

00:33:42.135 --> 00:33:43.495 Please describe a time today,

NOTE Confidence: 0.9916589

00:33:43.495 --> 00:33:44.615 be it easy or difficult,

NOTE Confidence: 0.9916589

00:33:44.615 --> 00:33:45.495 when you gave care to

NOTE Confidence: 0.9916589

00:33:45.495 --> 00:33:46.155 your child.

NOTE Confidence: 0.99771565

00:33:46.500 --> 00:33:48.020 Please describe what your child

NOTE Confidence: 0.99771565

00:33:48.020 --> 00:33:49.220 was going through and what

NOTE Confidence: 0.99771565

00:33:49.220 --> 00:33:49.880 you did.

NOTE Confidence: 0.9614539

00:33:50.180 --> 00:33:51.460 And so we had this

NOTE Confidence: 0.9614539

00:33:51.460 --> 00:33:53.300 really rich dataset with all

NOTE Confidence: 0.9614539

00:33:53.300 --> 00:33:54.760 of these daily experiences,

NOTE Confidence: 0.9686602

00:33:55.860 --> 00:33:57.700 that parents had caring for
NOTE Confidence: 0.9686602

00:33:57.700 --> 00:33:58.440 their children.
NOTE Confidence: 0.98046225

00:33:58.820 --> 00:34:00.520 And we wanted to capture,
NOTE Confidence: 0.9328758

00:34:01.705 --> 00:34:02.765 the whole spectrum.
NOTE Confidence: 0.99182963

00:34:03.305 --> 00:34:04.425 With this prompt, we were
NOTE Confidence: 0.99182963

00:34:04.425 --> 00:34:06.285 not only interested in
NOTE Confidence: 0.9292273

00:34:07.145 --> 00:34:09.305 the pleasant moments with children,
NOTE Confidence: 0.9292273

00:34:09.305 --> 00:34:10.745 but we wanted this more
NOTE Confidence: 0.9292273

00:34:10.745 --> 00:34:11.245 realistic
NOTE Confidence: 0.99787045

00:34:11.864 --> 00:34:12.364 perspective
NOTE Confidence: 0.91502887

00:34:12.665 --> 00:34:13.805 of parents' experiences.
NOTE Confidence: 0.9727607

00:34:15.620 --> 00:34:17.219 After responding to this prompt,
NOTE Confidence: 0.9727607

00:34:17.219 --> 00:34:17.719 participants
NOTE Confidence: 0.9771614

00:34:18.340 --> 00:34:20.580 reported a variety of daily
NOTE Confidence: 0.9771614

00:34:20.580 --> 00:34:23.300 well-being outcomes, including positive and
NOTE Confidence: 0.9771614

00:34:23.300 --> 00:34:24.200 negative emotions,

NOTE Confidence: 0.954826
00:34:24.500 --> 00:34:26.340 which importantly included a single
NOTE Confidence: 0.954826
00:34:26.340 --> 00:34:28.500 item measuring gratitude, feelings of
NOTE Confidence: 0.954826
00:34:28.500 --> 00:34:29.000 gratitude.
NOTE Confidence: 0.9761521
00:34:29.735 --> 00:34:31.835 They reported their, the satisfaction
NOTE Confidence: 0.9761521
00:34:31.895 --> 00:34:33.495 of their psychological needs for
NOTE Confidence: 0.9761521
00:34:33.495 --> 00:34:35.435 autonomy, competence, and connectedness,
NOTE Confidence: 0.9802632
00:34:36.135 --> 00:34:37.915 as well as their, how
NOTE Confidence: 0.9802632
00:34:38.055 --> 00:34:39.335 satisfied they felt with their
NOTE Confidence: 0.9802632
00:34:39.335 --> 00:34:40.695 life that day and how
NOTE Confidence: 0.9802632
00:34:40.695 --> 00:34:41.735 much meaning they felt with
NOTE Confidence: 0.9802632
00:34:41.735 --> 00:34:42.875 their life that day.
NOTE Confidence: 0.9913249
00:34:43.859 --> 00:34:45.859 In addition, parents reported how
NOTE Confidence: 0.9913249
00:34:45.859 --> 00:34:47.140 close they felt to their
NOTE Confidence: 0.9913249
00:34:47.140 --> 00:34:48.680 child on a daily basis
NOTE Confidence: 0.9913249
00:34:48.739 --> 00:34:50.500 on a scale ranging from
NOTE Confidence: 0.9913249

00:34:50.500 --> 00:34:51.719 one to seven.
NOTE Confidence: 0.9938235

00:34:52.500 --> 00:34:52.980 And,
NOTE Confidence: 0.99973154

00:34:53.460 --> 00:34:54.599 I had a wonderful
NOTE Confidence: 0.99972266

00:34:54.980 --> 00:34:55.480 team
NOTE Confidence: 0.9969448

00:34:55.885 --> 00:34:57.405 of students go through and
NOTE Confidence: 0.9969448

00:34:57.405 --> 00:34:59.165 read and code all twelve
NOTE Confidence: 0.9969448

00:34:59.165 --> 00:34:59.665 hundred
NOTE Confidence: 0.98082054

00:35:00.045 --> 00:35:02.065 of these diary responses,
NOTE Confidence: 0.9561996

00:35:03.245 --> 00:35:04.705 and coded them for
NOTE Confidence: 0.99214447

00:35:05.005 --> 00:35:06.685 the amount of conflict that
NOTE Confidence: 0.99214447

00:35:06.685 --> 00:35:08.465 was present in these interactions,
NOTE Confidence: 0.9870139

00:35:08.960 --> 00:35:10.079 as well as the level
NOTE Confidence: 0.9870139

00:35:10.079 --> 00:35:11.279 of warmth and support that
NOTE Confidence: 0.9870139

00:35:11.279 --> 00:35:12.640 parents were providing for their
NOTE Confidence: 0.9870139

00:35:12.640 --> 00:35:13.140 children.
NOTE Confidence: 0.8645004

00:35:14.719 --> 00:35:15.219 Finally,

NOTE Confidence: 0.9965942
00:35:15.839 --> 00:35:17.279 we, while we were interested
NOTE Confidence: 0.9965942
00:35:17.279 --> 00:35:18.900 in understanding the association
NOTE Confidence: 0.997183
00:35:19.200 --> 00:35:21.539 between daily feelings of gratitude
NOTE Confidence: 0.9971443
00:35:22.160 --> 00:35:23.779 and well-being outcomes
NOTE Confidence: 0.9784195
00:35:24.295 --> 00:35:25.575 at the daily level, we
NOTE Confidence: 0.9784195
00:35:25.575 --> 00:35:27.094 wanted to make sure that
NOTE Confidence: 0.9784195
00:35:27.094 --> 00:35:27.835 this was
NOTE Confidence: 0.99429065
00:35:28.135 --> 00:35:29.195 unique to gratitude.
NOTE Confidence: 0.9741061
00:35:29.655 --> 00:35:30.935 And so we included a
NOTE Confidence: 0.9741061
00:35:30.935 --> 00:35:32.075 variety of covariates
NOTE Confidence: 0.94507474
00:35:32.375 --> 00:35:33.355 in these analyses,
NOTE Confidence: 0.99561894
00:35:34.135 --> 00:35:36.055 to make sure that these
NOTE Confidence: 0.99561894
00:35:36.055 --> 00:35:37.995 patterns weren't reflective
NOTE Confidence: 0.9033279
00:35:38.375 --> 00:35:40.110 of parent age or how,
NOTE Confidence: 0.9033279
00:35:40.110 --> 00:35:41.870 how, many children they had
NOTE Confidence: 0.9033279

00:35:41.870 --> 00:35:43.570 a variety of demographic factors.

NOTE Confidence: 0.99521047

00:35:44.350 --> 00:35:45.630 And we also wanted to

NOTE Confidence: 0.99521047

00:35:45.630 --> 00:35:46.130 distinguish,

NOTE Confidence: 0.990339

00:35:46.989 --> 00:35:48.670 felt gratitude on a daily

NOTE Confidence: 0.990339

00:35:48.670 --> 00:35:50.110 basis from the experience of

NOTE Confidence: 0.990339

00:35:50.110 --> 00:35:52.030 other positive emotions, such as

NOTE Confidence: 0.990339

00:35:52.030 --> 00:35:53.810 happiness, which was also included

NOTE Confidence: 0.92952245

00:35:54.110 --> 00:35:55.010 as a covariate.

NOTE Confidence: 0.9167126

00:35:56.555 --> 00:35:57.915 All right. So like I

NOTE Confidence: 0.9167126

00:35:57.915 --> 00:35:58.315 said,

NOTE Confidence: 0.9741919

00:35:58.715 --> 00:36:00.735 we were interested in gratitude

NOTE Confidence: 0.9741919

00:36:00.955 --> 00:36:02.715 at the daily level. And

NOTE Confidence: 0.9741919

00:36:02.715 --> 00:36:04.715 so we conducted multilevel modeling

NOTE Confidence: 0.9741919

00:36:04.715 --> 00:36:05.215 analysis,

NOTE Confidence: 0.9867666

00:36:05.515 --> 00:36:06.875 which allowed us to piece

NOTE Confidence: 0.9867666

00:36:06.875 --> 00:36:07.375 apart,

NOTE Confidence: 0.92634565

00:36:08.075 --> 00:36:09.535 within person variability

NOTE Confidence: 0.9702891

00:36:09.995 --> 00:36:11.515 and gratitude. So how much

NOTE Confidence: 0.9702891

00:36:11.515 --> 00:36:13.619 does one parent fluctuate in

NOTE Confidence: 0.9702891

00:36:13.619 --> 00:36:15.219 their feelings of gratitude from

NOTE Confidence: 0.9702891

00:36:15.219 --> 00:36:16.359 one day to the next

NOTE Confidence: 0.59912

00:36:16.739 --> 00:36:17.239 from

NOTE Confidence: 0.8833848

00:36:17.859 --> 00:36:20.280 excuse me, between person variability?

NOTE Confidence: 0.9832333

00:36:20.660 --> 00:36:22.099 Or how much gratitude does

NOTE Confidence: 0.9832333

00:36:22.099 --> 00:36:23.619 a person feel over the

NOTE Confidence: 0.9832333

00:36:23.619 --> 00:36:24.500 course of the whole week,

NOTE Confidence: 0.9832333

00:36:24.500 --> 00:36:25.880 and how does that compare

NOTE Confidence: 0.97829866

00:36:26.339 --> 00:36:26.839 to,

NOTE Confidence: 0.9895747

00:36:27.300 --> 00:36:27.915 other people?

NOTE Confidence: 0.39874947

00:36:41.755 --> 00:36:42.255 Level?

NOTE Confidence: 0.97521657

00:36:43.230 --> 00:36:44.750 Is that related to other

NOTE Confidence: 0.97521657

00:36:44.750 --> 00:36:46.270 indicators of well-being at the
NOTE Confidence: 0.97521657

00:36:46.270 --> 00:36:48.770 daily level and family functioning?
NOTE Confidence: 0.9647595

00:36:49.870 --> 00:36:50.750 And what you see is
NOTE Confidence: 0.9647595

00:36:50.750 --> 00:36:52.270 that that daily gratitude was
NOTE Confidence: 0.9647595

00:36:52.270 --> 00:36:54.530 associated with greater positive emotions,
NOTE Confidence: 0.9921796

00:36:54.954 --> 00:36:57.055 fewer negative emotions, more autonomy,
NOTE Confidence: 0.9921796

00:36:57.114 --> 00:36:58.255 competence, connectedness,
NOTE Confidence: 0.97597927

00:36:59.114 --> 00:37:00.315 meaning, and,
NOTE Confidence: 0.99430645

00:37:00.795 --> 00:37:01.775 daily satisfaction.
NOTE Confidence: 0.97297263

00:37:02.714 --> 00:37:04.155 And these findings were quite
NOTE Confidence: 0.97297263

00:37:04.155 --> 00:37:06.415 robust even as we,
NOTE Confidence: 0.9649886

00:37:07.035 --> 00:37:08.974 included all of those covariates
NOTE Confidence: 0.99824065

00:37:09.275 --> 00:37:10.255 in our model.
NOTE Confidence: 0.99554384

00:37:12.370 --> 00:37:13.730 So in general, what this
NOTE Confidence: 0.99554384

00:37:13.730 --> 00:37:14.690 tells us is that on
NOTE Confidence: 0.99554384

00:37:14.690 --> 00:37:16.130 days that parents felt more

NOTE Confidence: 0.99554384
00:37:16.130 --> 00:37:17.750 grateful than they usually did,
NOTE Confidence: 0.99554384
00:37:17.969 --> 00:37:18.790 they also
NOTE Confidence: 0.99284077
00:37:19.170 --> 00:37:21.510 reported higher levels of well-being
NOTE Confidence: 0.99284077
00:37:21.570 --> 00:37:23.270 across a variety of outcomes.
NOTE Confidence: 0.9952031
00:37:24.444 --> 00:37:26.765 Turning next to our family
NOTE Confidence: 0.9952031
00:37:26.765 --> 00:37:27.825 functioning outcomes.
NOTE Confidence: 0.9812859
00:37:28.684 --> 00:37:29.885 We again saw that on
NOTE Confidence: 0.9812859
00:37:29.885 --> 00:37:31.565 days that parents reported higher
NOTE Confidence: 0.9812859
00:37:31.565 --> 00:37:33.085 levels of gratitude, they also
NOTE Confidence: 0.9812859
00:37:33.085 --> 00:37:34.785 felt closer to their child,
NOTE Confidence: 0.98419064
00:37:35.325 --> 00:37:36.930 provided more warmth and support
NOTE Confidence: 0.98419064
00:37:37.010 --> 00:37:37.829 for their child,
NOTE Confidence: 0.98596436
00:37:38.210 --> 00:37:39.270 and demonstrated
NOTE Confidence: 0.9977965
00:37:39.650 --> 00:37:41.250 lower levels of conflict in
NOTE Confidence: 0.9977965
00:37:41.250 --> 00:37:42.069 those interactions.
NOTE Confidence: 0.9971606

00:37:43.650 --> 00:37:44.790 And this was,
NOTE Confidence: 0.98935705

00:37:45.489 --> 00:37:47.969 robust after the inclusion of
NOTE Confidence: 0.98935705

00:37:47.969 --> 00:37:48.469 covariates.
NOTE Confidence: 0.99283683

00:37:50.135 --> 00:37:51.335 So what we see here
NOTE Confidence: 0.99283683

00:37:51.335 --> 00:37:53.015 is that feeling grateful on
NOTE Confidence: 0.99283683

00:37:53.015 --> 00:37:54.075 a daily basis,
NOTE Confidence: 0.9720554

00:37:55.094 --> 00:37:56.934 throughout people's, you know, real
NOTE Confidence: 0.9720554

00:37:56.934 --> 00:37:58.454 experiences taking care of their
NOTE Confidence: 0.9720554

00:37:58.454 --> 00:37:59.974 children is associated with a
NOTE Confidence: 0.9720554

00:37:59.974 --> 00:38:01.734 variety of well-being and family
NOTE Confidence: 0.9720554

00:38:01.734 --> 00:38:02.610 functioning outcomes.
NOTE Confidence: 0.9926071

00:38:03.570 --> 00:38:04.450 But you might be looking
NOTE Confidence: 0.9926071

00:38:04.450 --> 00:38:05.570 at this and think to
NOTE Confidence: 0.9926071

00:38:05.570 --> 00:38:07.730 yourself, well, maybe they feel
NOTE Confidence: 0.9926071

00:38:07.730 --> 00:38:09.970 more grateful because they felt
NOTE Confidence: 0.9926071

00:38:09.970 --> 00:38:11.570 close to their child rather

NOTE Confidence: 0.9926071
00:38:11.570 --> 00:38:12.550 than gratitude
NOTE Confidence: 0.93010485
00:38:13.330 --> 00:38:14.835 leading them to feel close
NOTE Confidence: 0.93010485
00:38:14.915 --> 00:38:16.594 to their children, right. Is
NOTE Confidence: 0.93010485
00:38:16.594 --> 00:38:18.695 certainly plausible that these,
NOTE Confidence: 0.99396
00:38:19.635 --> 00:38:20.135 associations
NOTE Confidence: 0.9314338
00:38:20.594 --> 00:38:21.415 are bidirectional.
NOTE Confidence: 0.996167
00:38:22.114 --> 00:38:23.075 And so we wanted to
NOTE Confidence: 0.996167
00:38:23.075 --> 00:38:23.575 understand
NOTE Confidence: 0.9816962
00:38:24.035 --> 00:38:26.114 whether gratitude might be causing
NOTE Confidence: 0.9816962
00:38:26.114 --> 00:38:27.974 some of these benefits for
NOTE Confidence: 0.9816962
00:38:28.035 --> 00:38:30.135 parents' well-being and family functioning.
NOTE Confidence: 0.93245673
00:38:31.020 --> 00:38:33.120 And so we implemented,
NOTE Confidence: 0.9993665
00:38:34.219 --> 00:38:34.960 an experimental
NOTE Confidence: 0.94079477
00:38:35.340 --> 00:38:37.660 design to better understand the
NOTE Confidence: 0.94079477
00:38:37.660 --> 00:38:39.500 causal role of gratitude for
NOTE Confidence: 0.94079477

00:38:39.500 --> 00:38:40.400 family well-being.
NOTE Confidence: 0.9486103

00:38:41.260 --> 00:38:43.020 We recruited six hundred and
NOTE Confidence: 0.9486103

00:38:43.020 --> 00:38:45.340 nineteen parents to participate in
NOTE Confidence: 0.9486103

00:38:45.340 --> 00:38:46.160 this study,
NOTE Confidence: 0.95286673

00:38:47.195 --> 00:38:49.114 and we randomly assigned per
NOTE Confidence: 0.95286673

00:38:49.195 --> 00:38:50.715 these parents to one of
NOTE Confidence: 0.95286673

00:38:50.715 --> 00:38:51.695 three conditions.
NOTE Confidence: 0.9990959

00:38:52.795 --> 00:38:53.935 Our first condition
NOTE Confidence: 0.96405196

00:38:54.235 --> 00:38:56.555 is a new gratitude activity
NOTE Confidence: 0.96405196

00:38:56.555 --> 00:38:57.995 that we developed called safe
NOTE Confidence: 0.96405196

00:38:57.995 --> 00:38:58.815 haven gratitude,
NOTE Confidence: 0.99128306

00:38:59.289 --> 00:39:00.650 which instructs people to write
NOTE Confidence: 0.99128306

00:39:00.650 --> 00:39:02.170 a gratitude letter to someone
NOTE Confidence: 0.99128306

00:39:02.170 --> 00:39:03.549 who made them feel cherished,
NOTE Confidence: 0.99128306

00:39:03.609 --> 00:39:04.109 protected,
NOTE Confidence: 0.9989931

00:39:04.569 --> 00:39:05.309 or accepted.

NOTE Confidence: 0.94798774

00:39:06.009 --> 00:39:08.009 And this is drawn from

NOTE Confidence: 0.94798774

00:39:08.009 --> 00:39:09.529 attachment theory, as well as

NOTE Confidence: 0.94798774

00:39:09.529 --> 00:39:11.130 Sarah Aljo's find remind and

NOTE Confidence: 0.94798774

00:39:11.130 --> 00:39:12.029 bind theory

NOTE Confidence: 0.98834723

00:39:12.375 --> 00:39:14.295 of gratitude, which argues that

NOTE Confidence: 0.98834723

00:39:14.295 --> 00:39:15.575 gratitude is meant to help

NOTE Confidence: 0.98834723

00:39:15.575 --> 00:39:16.855 draw our attention to high

NOTE Confidence: 0.98834723

00:39:16.855 --> 00:39:17.355 quality

NOTE Confidence: 0.9829196

00:39:17.655 --> 00:39:18.715 relationship partners.

NOTE Confidence: 0.9832267

00:39:20.055 --> 00:39:21.415 Our second condition was a

NOTE Confidence: 0.9832267

00:39:21.415 --> 00:39:23.655 general gratitude activity in which

NOTE Confidence: 0.9832267

00:39:23.655 --> 00:39:25.094 participants were instructed to write

NOTE Confidence: 0.9832267

00:39:25.094 --> 00:39:26.135 a letter to someone who

NOTE Confidence: 0.9832267

00:39:26.135 --> 00:39:27.275 was kind to them.

NOTE Confidence: 0.98794544

00:39:27.770 --> 00:39:29.210 And our third activity was

NOTE Confidence: 0.98794544

00:39:29.210 --> 00:39:30.650 a neutral control in which
NOTE Confidence: 0.98794544

00:39:30.650 --> 00:39:31.849 they wrote about the events
NOTE Confidence: 0.98794544

00:39:31.849 --> 00:39:33.150 of the previous day.
NOTE Confidence: 0.98781765

00:39:33.849 --> 00:39:35.450 For this study, participants were
NOTE Confidence: 0.98781765

00:39:35.450 --> 00:39:36.810 first randomly assigned to their
NOTE Confidence: 0.98781765

00:39:36.810 --> 00:39:38.810 activity and wrote these letters
NOTE Confidence: 0.98781765

00:39:38.810 --> 00:39:40.515 or wrote about their prior
NOTE Confidence: 0.98781765

00:39:40.515 --> 00:39:41.015 experiences.
NOTE Confidence: 0.9954496

00:39:41.875 --> 00:39:44.434 Immediately after they completed this
NOTE Confidence: 0.9954496

00:39:44.434 --> 00:39:44.934 activity,
NOTE Confidence: 0.99449015

00:39:45.635 --> 00:39:47.734 they reported their positive,
NOTE Confidence: 0.94067764

00:39:48.674 --> 00:39:50.535 empathic and negative emotions,
NOTE Confidence: 0.92614627

00:39:50.914 --> 00:39:52.535 their psychological needs satisfaction,
NOTE Confidence: 0.957741

00:39:53.660 --> 00:39:55.500 which includes autonomy, competence, and
NOTE Confidence: 0.957741

00:39:55.500 --> 00:39:56.000 connectedness,
NOTE Confidence: 0.963297

00:39:56.380 --> 00:39:57.260 their sense of meaning in

NOTE Confidence: 0.963297

00:39:57.260 --> 00:39:58.220 life and how close they

NOTE Confidence: 0.963297

00:39:58.220 --> 00:39:59.280 felt to their children.

NOTE Confidence: 0.9758366

00:40:00.140 --> 00:40:01.980 Then they we followed up

NOTE Confidence: 0.9758366

00:40:01.980 --> 00:40:03.520 with them five days later,

NOTE Confidence: 0.93967074

00:40:03.980 --> 00:40:05.420 and ask them again about

NOTE Confidence: 0.93967074

00:40:05.420 --> 00:40:07.205 their positive and negative emotions,

NOTE Confidence: 0.93967074

00:40:07.265 --> 00:40:09.505 their psychological needs satisfaction, meaning

NOTE Confidence: 0.93967074

00:40:09.505 --> 00:40:11.205 in life, and subjective happiness.

NOTE Confidence: 0.9253511

00:40:11.985 --> 00:40:13.265 We ask them how close

NOTE Confidence: 0.9253511

00:40:13.265 --> 00:40:14.465 they felt to their child

NOTE Confidence: 0.9253511

00:40:14.465 --> 00:40:16.085 again five days later.

NOTE Confidence: 0.9702493

00:40:16.945 --> 00:40:17.345 And,

NOTE Confidence: 0.9594029

00:40:17.745 --> 00:40:19.445 we also ask them about

NOTE Confidence: 0.9594029

00:40:19.505 --> 00:40:21.605 a variety of family functioning

NOTE Confidence: 0.985056

00:40:22.089 --> 00:40:23.869 outcomes, including parenting satisfaction,

NOTE Confidence: 0.93076533

00:40:24.730 --> 00:40:26.030 parental over control,
NOTE Confidence: 0.9587378

00:40:26.410 --> 00:40:28.730 positive child behavior, which includes
NOTE Confidence: 0.9587378

00:40:28.730 --> 00:40:29.790 the parents' perceptions,
NOTE Confidence: 0.9986334

00:40:30.329 --> 00:40:31.469 their perceptions
NOTE Confidence: 0.97620434

00:40:31.770 --> 00:40:33.630 of their child's negative behavior
NOTE Confidence: 0.97620434

00:40:33.849 --> 00:40:35.130 and their perceptions of their
NOTE Confidence: 0.97620434

00:40:35.130 --> 00:40:36.030 child's maladjustment.
NOTE Confidence: 0.99295866

00:40:37.704 --> 00:40:38.204 Given,
NOTE Confidence: 0.9937865

00:40:38.665 --> 00:40:40.285 that this is one gratitude
NOTE Confidence: 0.9937865

00:40:40.344 --> 00:40:41.785 letter that takes five to
NOTE Confidence: 0.9937865

00:40:41.785 --> 00:40:43.065 ten minutes to write, I
NOTE Confidence: 0.9937865

00:40:43.065 --> 00:40:43.885 didn't necessarily
NOTE Confidence: 0.9993724

00:40:44.185 --> 00:40:44.685 expect
NOTE Confidence: 0.9873352

00:40:45.065 --> 00:40:45.565 that
NOTE Confidence: 0.7738355

00:40:46.105 --> 00:40:46.605 writing
NOTE Confidence: 0.99233836

00:40:46.905 --> 00:40:48.505 this letter one time would

NOTE Confidence: 0.99233836

00:40:48.505 --> 00:40:50.344 change people's lives for the

NOTE Confidence: 0.99233836

00:40:50.344 --> 00:40:51.785 rest of time or even

NOTE Confidence: 0.99233836

00:40:51.785 --> 00:40:53.630 five days later. But instead,

NOTE Confidence: 0.99233836

00:40:53.630 --> 00:40:55.010 what I was interested in

NOTE Confidence: 0.99233836

00:40:55.070 --> 00:40:57.410 was whether any immediate benefit

NOTE Confidence: 0.99233836

00:40:57.469 --> 00:40:59.650 of writing these gratitude letters

NOTE Confidence: 0.9980738

00:40:59.950 --> 00:41:01.650 would translate into benefits

NOTE Confidence: 0.9990422

00:41:02.110 --> 00:41:03.310 over the course of the

NOTE Confidence: 0.9990422

00:41:03.310 --> 00:41:03.810 week.

NOTE Confidence: 0.9736629

00:41:04.110 --> 00:41:06.635 And so we first evaluated

NOTE Confidence: 0.9736629

00:41:06.775 --> 00:41:08.135 these immediate benefits of the

NOTE Confidence: 0.9736629

00:41:08.135 --> 00:41:09.655 gratitude letter, and then we

NOTE Confidence: 0.9736629

00:41:09.655 --> 00:41:11.755 conducted analyses looking at whether

NOTE Confidence: 0.9736629

00:41:11.975 --> 00:41:12.795 those benefits,

NOTE Confidence: 0.99243575

00:41:13.335 --> 00:41:14.795 were correlated with,

NOTE Confidence: 0.9604417

00:41:15.655 --> 00:41:17.735 the well-being, relationship quality, and
NOTE Confidence: 0.9604417

00:41:17.735 --> 00:41:19.320 family functioning outcomes five days
NOTE Confidence: 0.9604417

00:41:19.880 --> 00:41:21.160 later. So turning first to
NOTE Confidence: 0.9604417

00:41:21.160 --> 00:41:22.380 the immediate outcomes,
NOTE Confidence: 0.9981944

00:41:22.760 --> 00:41:24.700 we found that both gratitude
NOTE Confidence: 0.99899846

00:41:25.000 --> 00:41:25.500 activities
NOTE Confidence: 0.9902634

00:41:25.960 --> 00:41:27.820 elicited greater positive emotions,
NOTE Confidence: 0.9728152

00:41:28.520 --> 00:41:31.180 greater empathic emotions, which includes
NOTE Confidence: 0.9728152

00:41:31.320 --> 00:41:33.420 things like feeling compassionate, sympathetic,
NOTE Confidence: 0.98713416

00:41:34.200 --> 00:41:34.700 caring.
NOTE Confidence: 0.92275745

00:41:36.115 --> 00:41:37.955 Importantly, it also elicited greater
NOTE Confidence: 0.92275745

00:41:37.955 --> 00:41:39.415 gratitude as a manipulation
NOTE Confidence: 0.9512258

00:41:39.715 --> 00:41:40.215 check,
NOTE Confidence: 0.9813618

00:41:41.155 --> 00:41:42.055 and interestingly
NOTE Confidence: 0.95917565

00:41:42.355 --> 00:41:43.975 lower levels of competence.
NOTE Confidence: 0.9901367

00:41:45.875 --> 00:41:47.255 And turning next

NOTE Confidence: 0.99210304
00:41:47.710 --> 00:41:48.690 to our,
NOTE Confidence: 0.9800771
00:41:49.790 --> 00:41:50.290 mediation
NOTE Confidence: 0.9204282
00:41:50.670 --> 00:41:51.730 analysis. So,
NOTE Confidence: 0.99673647
00:41:52.430 --> 00:41:53.950 here we found that the
NOTE Confidence: 0.99673647
00:41:53.950 --> 00:41:55.790 experience of positive emotions in
NOTE Confidence: 0.99673647
00:41:55.790 --> 00:41:56.290 particular
NOTE Confidence: 0.9938185
00:41:56.750 --> 00:41:58.050 was especially beneficial,
NOTE Confidence: 0.9985836
00:41:58.910 --> 00:42:00.430 for parents over the course
NOTE Confidence: 0.9985836
00:42:00.430 --> 00:42:01.094 of the week.
NOTE Confidence: 0.9768
00:42:02.055 --> 00:42:03.494 The this is just, you
NOTE Confidence: 0.9768
00:42:03.494 --> 00:42:05.015 know, showing you what I
NOTE Confidence: 0.9768
00:42:05.015 --> 00:42:06.455 showed before, but the gratitude
NOTE Confidence: 0.9768
00:42:06.455 --> 00:42:08.555 letter activities led to increases
NOTE Confidence: 0.9768
00:42:08.614 --> 00:42:09.835 in positive emotions,
NOTE Confidence: 0.95126295
00:42:10.375 --> 00:42:12.215 which in turn predicted parents'
NOTE Confidence: 0.95126295

00:42:12.215 --> 00:42:13.440 well-being five days
NOTE Confidence: 0.9764091

00:42:13.920 --> 00:42:15.780 later, including greater positive emotions,
NOTE Confidence: 0.9764091

00:42:15.839 --> 00:42:16.900 empathic emotions,
NOTE Confidence: 0.99948186

00:42:17.200 --> 00:42:18.579 fewer negative emotions,
NOTE Confidence: 0.98831147

00:42:18.960 --> 00:42:21.140 greater subjective happiness, greater meaning,
NOTE Confidence: 0.99327576

00:42:21.599 --> 00:42:22.099 and,
NOTE Confidence: 0.90102947

00:42:22.560 --> 00:42:24.500 greater psychological needs satisfaction.
NOTE Confidence: 0.9841168

00:42:26.625 --> 00:42:28.705 And turning next to those
NOTE Confidence: 0.9841168

00:42:28.705 --> 00:42:31.025 family functioning outcomes, the increases
NOTE Confidence: 0.9841168

00:42:31.025 --> 00:42:33.525 in positive emotions immediately following
NOTE Confidence: 0.9841168

00:42:33.585 --> 00:42:34.805 the gratitude activity
NOTE Confidence: 0.9804163

00:42:35.665 --> 00:42:36.625 led to greater,
NOTE Confidence: 0.99682856

00:42:36.945 --> 00:42:39.205 sense of closeness, parenting satisfaction,
NOTE Confidence: 0.9169436

00:42:39.980 --> 00:42:41.660 more positive perceptions of their
NOTE Confidence: 0.9169436

00:42:41.660 --> 00:42:42.559 child's behavior,
NOTE Confidence: 0.97409356

00:42:43.420 --> 00:42:45.020 fewer negative perceptions of their

NOTE Confidence: 0.97409356
00:42:45.020 --> 00:42:45.920 child's behavior,
NOTE Confidence: 0.9963209
00:42:46.219 --> 00:42:48.219 and lower parent reports of
NOTE Confidence: 0.9963209
00:42:48.219 --> 00:42:49.119 child maladjustment.
NOTE Confidence: 0.99738854
00:42:50.140 --> 00:42:51.099 One thing that I would
NOTE Confidence: 0.99738854
00:42:51.099 --> 00:42:52.065 like to point out here
NOTE Confidence: 0.99738854
00:42:52.065 --> 00:42:53.585 is that this gratitude letter
NOTE Confidence: 0.99738854
00:42:53.585 --> 00:42:55.364 activity did not ask people
NOTE Confidence: 0.99738854
00:42:55.425 --> 00:42:55.925 to
NOTE Confidence: 0.99453866
00:42:56.305 --> 00:42:57.605 think about their child,
NOTE Confidence: 0.9893252
00:42:58.065 --> 00:42:59.525 focus on their child,
NOTE Confidence: 0.99271643
00:43:00.545 --> 00:43:02.065 think about how grateful they
NOTE Confidence: 0.99271643
00:43:02.065 --> 00:43:03.265 are for their child. It
NOTE Confidence: 0.99271643
00:43:03.265 --> 00:43:04.464 had nothing to do with
NOTE Confidence: 0.99271643
00:43:04.464 --> 00:43:05.925 their child at all.
NOTE Confidence: 0.98914903
00:43:07.200 --> 00:43:07.700 And
NOTE Confidence: 0.9581261

00:43:08.000 --> 00:43:09.440 still we see that the
NOTE Confidence: 0.9581261

00:43:09.440 --> 00:43:11.440 improvements in positive emotions are
NOTE Confidence: 0.9581261

00:43:11.440 --> 00:43:11.940 translating
NOTE Confidence: 0.9946346

00:43:12.239 --> 00:43:13.140 into benefits,
NOTE Confidence: 0.9953962

00:43:14.160 --> 00:43:16.239 with their interactions with their
NOTE Confidence: 0.9953962

00:43:16.239 --> 00:43:16.739 children.
NOTE Confidence: 0.9986391

00:43:19.025 --> 00:43:20.385 And so I think that
NOTE Confidence: 0.9986391

00:43:20.385 --> 00:43:21.525 this is really interesting,
NOTE Confidence: 0.9879399

00:43:22.305 --> 00:43:23.344 given that we can find
NOTE Confidence: 0.9879399

00:43:23.344 --> 00:43:24.864 these simple ways to support
NOTE Confidence: 0.9879399

00:43:24.864 --> 00:43:26.305 parents' well-being, and then that
NOTE Confidence: 0.9879399

00:43:26.305 --> 00:43:28.145 might translate into benefits for
NOTE Confidence: 0.9879399

00:43:28.145 --> 00:43:29.045 the whole family.
NOTE Confidence: 0.99903697

00:43:30.670 --> 00:43:32.850 I'm also interested in understanding,
NOTE Confidence: 0.9987379

00:43:34.110 --> 00:43:35.730 a variety of other questions.
NOTE Confidence: 0.9987379

00:43:35.790 --> 00:43:36.290 So

NOTE Confidence: 0.9959482

00:43:36.590 --> 00:43:38.750 these gratitude activities that I've

NOTE Confidence: 0.9959482

00:43:38.750 --> 00:43:39.489 been doing

NOTE Confidence: 0.97873586

00:43:39.790 --> 00:43:42.270 are relatively simple one time

NOTE Confidence: 0.97873586

00:43:42.270 --> 00:43:43.230 point, and I think it

NOTE Confidence: 0.97873586

00:43:43.230 --> 00:43:45.275 would be valuable to

NOTE Confidence: 0.9444728

00:43:45.655 --> 00:43:47.094 better understand whether they can

NOTE Confidence: 0.9444728

00:43:47.094 --> 00:43:47.594 sustainably

NOTE Confidence: 0.9797425

00:43:47.895 --> 00:43:49.594 lead to increases in well-being,

NOTE Confidence: 0.9953879

00:43:50.214 --> 00:43:52.234 perhaps with longer term interventions

NOTE Confidence: 0.94688946

00:43:53.094 --> 00:43:54.614 as opposed to a single

NOTE Confidence: 0.94688946

00:43:54.614 --> 00:43:55.355 time point.

NOTE Confidence: 0.9512105

00:43:55.974 --> 00:43:56.714 We're also,

NOTE Confidence: 0.9486311

00:43:57.180 --> 00:43:59.599 currently conducting studies including dyadic

NOTE Confidence: 0.9486311

00:43:59.660 --> 00:44:01.420 assessments of parent and children's

NOTE Confidence: 0.9486311

00:44:01.420 --> 00:44:03.420 well-being and relationship qualities so

NOTE Confidence: 0.9486311

00:44:03.420 --> 00:44:04.380 we can get both the
NOTE Confidence: 0.9486311

00:44:04.380 --> 00:44:06.160 parent and the child's perspective.
NOTE Confidence: 0.9881124

00:44:06.780 --> 00:44:08.540 Because it's certainly possible that
NOTE Confidence: 0.9881124

00:44:08.540 --> 00:44:09.819 maybe the parent feels better
NOTE Confidence: 0.9881124

00:44:09.819 --> 00:44:10.940 about their relationship with the
NOTE Confidence: 0.9881124

00:44:10.940 --> 00:44:11.980 child, but maybe the child
NOTE Confidence: 0.9881124

00:44:11.980 --> 00:44:12.344 doesn't.
NOTE Confidence: 0.994624

00:44:13.305 --> 00:44:14.344 And it would be important
NOTE Confidence: 0.994624

00:44:14.344 --> 00:44:15.085 to show,
NOTE Confidence: 0.9989345

00:44:15.705 --> 00:44:17.224 those benefits on both sides
NOTE Confidence: 0.9989345

00:44:17.224 --> 00:44:18.125 of that relationship.
NOTE Confidence: 0.95661277

00:44:19.545 --> 00:44:20.905 I am also really interested
NOTE Confidence: 0.95661277

00:44:20.905 --> 00:44:22.765 in understanding how these processes
NOTE Confidence: 0.9365124

00:44:23.065 --> 00:44:24.585 emerge during the transition to
NOTE Confidence: 0.9365124

00:44:24.585 --> 00:44:24.989 parenthood.
NOTE Confidence: 0.9892572

00:44:25.550 --> 00:44:26.989 The transition to parenthood has

NOTE Confidence: 0.9892572

00:44:26.989 --> 00:44:28.530 been identified as an inflection

NOTE Confidence: 0.9892572

00:44:28.590 --> 00:44:31.410 point for adult development, introducing

NOTE Confidence: 0.9892572

00:44:31.630 --> 00:44:33.310 risk for mental illness, but

NOTE Confidence: 0.9892572

00:44:33.310 --> 00:44:34.369 also opportunities

NOTE Confidence: 0.989962

00:44:34.910 --> 00:44:36.850 for growth. And given

NOTE Confidence: 0.97602683

00:44:37.230 --> 00:44:39.295 the substantial changes that occur

NOTE Confidence: 0.97602683

00:44:39.295 --> 00:44:40.915 during this period of time,

NOTE Confidence: 0.98458374

00:44:41.295 --> 00:44:43.075 it's valuable to understand

NOTE Confidence: 0.9977508

00:44:43.695 --> 00:44:45.455 how these patterns play out

NOTE Confidence: 0.9977508

00:44:45.455 --> 00:44:45.955 during,

NOTE Confidence: 0.9952795

00:44:46.735 --> 00:44:48.114 this transition period.

NOTE Confidence: 0.9920137

00:44:48.895 --> 00:44:49.215 And,

NOTE Confidence: 0.9987704

00:44:49.775 --> 00:44:51.055 this might give us some

NOTE Confidence: 0.9987704

00:44:51.055 --> 00:44:53.640 insights into new behaviors and

NOTE Confidence: 0.9987704

00:44:53.719 --> 00:44:54.859 patterns that are emerging,

NOTE Confidence: 0.98282146

00:44:55.960 --> 00:44:57.960 that could either undermine or
NOTE Confidence: 0.98282146

00:44:57.960 --> 00:44:59.500 support parents' well-being.
NOTE Confidence: 0.9875797

00:45:01.079 --> 00:45:02.539 To that end, I'm currently
NOTE Confidence: 0.9875797

00:45:02.760 --> 00:45:04.700 collaborating with doctor Helena Rutherford
NOTE Confidence: 0.81420225

00:45:05.000 --> 00:45:06.359 here at the child study
NOTE Confidence: 0.81420225

00:45:06.359 --> 00:45:06.859 center,
NOTE Confidence: 0.9992071

00:45:07.719 --> 00:45:08.219 to
NOTE Confidence: 0.99894094

00:45:08.825 --> 00:45:10.924 understand how feelings of loneliness
NOTE Confidence: 0.99894094

00:45:11.144 --> 00:45:12.204 and social connection
NOTE Confidence: 0.9613586

00:45:12.744 --> 00:45:14.184 change from pregnancy through the
NOTE Confidence: 0.9613586

00:45:14.184 --> 00:45:16.344 early postpartum period and how
NOTE Confidence: 0.9613586

00:45:16.344 --> 00:45:17.805 those changes are related
NOTE Confidence: 0.9970655

00:45:18.184 --> 00:45:19.704 to parent and child health
NOTE Confidence: 0.9970655

00:45:19.704 --> 00:45:20.364 and well-being.
NOTE Confidence: 0.7719423

00:45:21.080 --> 00:45:21.980 We specifically
NOTE Confidence: 0.8020782

00:45:22.280 --> 00:45:22.780 hypothesized

NOTE Confidence: 0.9977606

00:45:23.160 --> 00:45:24.380 that social connectedness

NOTE Confidence: 0.9919155

00:45:25.000 --> 00:45:26.600 during the transition to parenthood

NOTE Confidence: 0.9919155

00:45:26.600 --> 00:45:28.360 will predict postpartum mental health

NOTE Confidence: 0.9919155

00:45:28.360 --> 00:45:29.020 and well-being

NOTE Confidence: 0.980951

00:45:29.400 --> 00:45:30.860 with downstream consequences

NOTE Confidence: 0.99873954

00:45:31.239 --> 00:45:32.300 for child development.

NOTE Confidence: 0.99597996

00:45:33.455 --> 00:45:34.675 We are testing these

NOTE Confidence: 0.9144122

00:45:35.055 --> 00:45:36.915 these hypotheses in a longitudinal

NOTE Confidence: 0.97674656

00:45:37.614 --> 00:45:38.114 triadic

NOTE Confidence: 0.9539039

00:45:38.415 --> 00:45:40.655 study, including birthing parents, their

NOTE Confidence: 0.9539039

00:45:40.655 --> 00:45:41.155 partners,

NOTE Confidence: 0.9801716

00:45:41.535 --> 00:45:42.195 and children,

NOTE Confidence: 0.9742897

00:45:42.895 --> 00:45:44.415 as well as self report,

NOTE Confidence: 0.9742897

00:45:44.415 --> 00:45:46.835 health outcomes, and behavioral observations

NOTE Confidence: 0.9644305

00:45:47.719 --> 00:45:49.400 of parenting behavior and infant

NOTE Confidence: 0.9644305

00:45:49.400 --> 00:45:49.900 development.
NOTE Confidence: 0.94969463

00:45:51.160 --> 00:45:52.279 Sometimes it feels like we
NOTE Confidence: 0.94969463

00:45:52.279 --> 00:45:53.960 have the whole kitchen sink
NOTE Confidence: 0.94969463

00:45:53.960 --> 00:45:54.940 in this study.
NOTE Confidence: 0.9750585

00:45:55.799 --> 00:45:56.920 And so our hope with
NOTE Confidence: 0.9750585

00:45:56.920 --> 00:45:58.440 this work is that by
NOTE Confidence: 0.9750585

00:45:58.440 --> 00:46:00.599 evaluating social connection, mental health,
NOTE Confidence: 0.9750585

00:46:00.599 --> 00:46:01.260 and well-being,
NOTE Confidence: 0.9925424

00:46:01.994 --> 00:46:03.515 and how these unfold during
NOTE Confidence: 0.9925424

00:46:03.515 --> 00:46:04.815 the transition to parenthood,
NOTE Confidence: 0.9947391

00:46:05.114 --> 00:46:06.795 we can identify new routes
NOTE Confidence: 0.9947391

00:46:06.795 --> 00:46:07.535 of intervention,
NOTE Confidence: 0.9667509

00:46:08.234 --> 00:46:10.015 to improve caregiver well-being,
NOTE Confidence: 0.96529454

00:46:10.795 --> 00:46:13.035 minimize development of postpartum mood
NOTE Confidence: 0.96529454

00:46:13.035 --> 00:46:15.194 disorders, which will ultimately benefit
NOTE Confidence: 0.96529454

00:46:15.194 --> 00:46:16.555 the entire family for years

NOTE Confidence: 0.96529454

00:46:16.555 --> 00:46:17.214 to come.

NOTE Confidence: 0.99497265

00:46:19.410 --> 00:46:21.330 So in conclusion, I think

NOTE Confidence: 0.99497265

00:46:21.330 --> 00:46:23.270 that what my research demonstrates

NOTE Confidence: 0.99497265

00:46:23.330 --> 00:46:24.690 is that although parenting can

NOTE Confidence: 0.99497265

00:46:24.690 --> 00:46:26.469 be stressful, it can also

NOTE Confidence: 0.99497265

00:46:26.610 --> 00:46:27.350 be joyful

NOTE Confidence: 0.97009325

00:46:27.730 --> 00:46:29.250 and many parents are in

NOTE Confidence: 0.97009325

00:46:29.250 --> 00:46:29.750 fact,

NOTE Confidence: 0.9990858

00:46:30.290 --> 00:46:30.790 relatively

NOTE Confidence: 0.9981744

00:46:31.410 --> 00:46:31.910 happy

NOTE Confidence: 0.83577317

00:46:32.210 --> 00:46:33.255 amidst the stress.

NOTE Confidence: 0.8344206

00:46:35.255 --> 00:46:36.315 My work also

NOTE Confidence: 0.9939637

00:46:36.775 --> 00:46:38.954 focuses on understanding the psychological

NOTE Confidence: 0.9939637

00:46:39.174 --> 00:46:41.275 factors that predict and promote

NOTE Confidence: 0.9939637

00:46:41.335 --> 00:46:42.394 parents' well-being

NOTE Confidence: 0.97694135

00:46:42.934 --> 00:46:44.315 with an eye towards
NOTE Confidence: 0.9771975

00:46:44.614 --> 00:46:47.355 understanding how supporting parents' well-being
NOTE Confidence: 0.9771975

00:46:47.414 --> 00:46:48.154 can benefit,
NOTE Confidence: 0.9986226

00:46:49.920 --> 00:46:51.300 the entire family.
NOTE Confidence: 0.98436373

00:46:52.480 --> 00:46:53.440 And with that, I would
NOTE Confidence: 0.98436373

00:46:53.440 --> 00:46:55.119 be happy to take any
NOTE Confidence: 0.98436373

00:46:55.119 --> 00:46:55.619 questions
NOTE Confidence: 0.98792833

00:46:56.239 --> 00:46:57.219 that you have.
NOTE Confidence: 0.8653864

00:47:05.114 --> 00:47:06.335 Question over here.
NOTE Confidence: 0.97117025

00:47:09.515 --> 00:47:10.495 Doctor Cardona.
NOTE Confidence: 0.99878645

00:47:12.395 --> 00:47:13.595 Thank you so much for
NOTE Confidence: 0.99878645

00:47:13.595 --> 00:47:15.135 demonstrating so elegantly
NOTE Confidence: 0.99822056

00:47:15.595 --> 00:47:17.460 how you can combine both
NOTE Confidence: 0.99822056

00:47:17.460 --> 00:47:18.920 qualitative and quantitative
NOTE Confidence: 0.996392

00:47:19.700 --> 00:47:20.200 methodologies
NOTE Confidence: 0.9864675

00:47:20.739 --> 00:47:21.940 to get at some very,

NOTE Confidence: 0.9864675
00:47:21.940 --> 00:47:22.680 very rich,
NOTE Confidence: 0.9894619
00:47:23.380 --> 00:47:24.820 data. So thank you for
NOTE Confidence: 0.9894619
00:47:24.820 --> 00:47:27.320 demonstrating that so very clearly.
NOTE Confidence: 0.9851677
00:47:27.700 --> 00:47:29.219 My question is about other
NOTE Confidence: 0.9851677
00:47:29.219 --> 00:47:29.719 moderators,
NOTE Confidence: 0.95506614
00:47:30.995 --> 00:47:32.515 that I wasn't sure you
NOTE Confidence: 0.95506614
00:47:32.515 --> 00:47:33.815 describe, which is,
NOTE Confidence: 0.99944544
00:47:35.395 --> 00:47:36.695 factors of poverty
NOTE Confidence: 0.9399884
00:47:37.395 --> 00:47:38.215 and also,
NOTE Confidence: 0.9995253
00:47:39.075 --> 00:47:39.575 cultural
NOTE Confidence: 0.9972129
00:47:39.875 --> 00:47:41.415 and racial identity.
NOTE Confidence: 0.99004614
00:47:42.035 --> 00:47:43.315 We know that our,
NOTE Confidence: 0.9870011
00:47:43.635 --> 00:47:45.315 brown and black families and
NOTE Confidence: 0.9870011
00:47:45.315 --> 00:47:47.279 those that suffer in poverty
NOTE Confidence: 0.9534998
00:47:47.819 --> 00:47:49.119 have a lot of adversities
NOTE Confidence: 0.9534998

00:47:49.339 --> 00:47:50.779 and whether you've looked at
NOTE Confidence: 0.9534998

00:47:50.779 --> 00:47:51.839 those as
NOTE Confidence: 0.95108366

00:47:52.380 --> 00:47:54.960 moderating factors in parent well-being
NOTE Confidence: 0.95108366

00:47:55.180 --> 00:47:57.200 and parent happiness and parenting.
NOTE Confidence: 0.98425275

00:47:57.739 --> 00:47:58.700 Yeah. I think that's a
NOTE Confidence: 0.98425275

00:47:58.700 --> 00:47:59.355 great question.
NOTE Confidence: 0.97900516

00:48:00.715 --> 00:48:02.075 So first I would say
NOTE Confidence: 0.97900516

00:48:02.075 --> 00:48:04.155 that financial strain is one
NOTE Confidence: 0.97900516

00:48:04.155 --> 00:48:05.614 of the key mechanisms
NOTE Confidence: 0.9896739

00:48:05.915 --> 00:48:07.275 in my model. And so
NOTE Confidence: 0.9896739

00:48:07.275 --> 00:48:08.494 I do think that,
NOTE Confidence: 0.99943376

00:48:09.195 --> 00:48:10.094 those experiences
NOTE Confidence: 0.98714733

00:48:10.715 --> 00:48:11.215 are,
NOTE Confidence: 0.9993925

00:48:12.395 --> 00:48:12.895 incredibly
NOTE Confidence: 0.9434943

00:48:13.195 --> 00:48:13.695 important,
NOTE Confidence: 0.98707527

00:48:14.810 --> 00:48:16.430 to, you know, understand

NOTE Confidence: 0.98815185
00:48:16.810 --> 00:48:17.310 and
NOTE Confidence: 0.9990261
00:48:17.610 --> 00:48:19.390 provide resources and
NOTE Confidence: 0.995297
00:48:19.690 --> 00:48:20.190 support.
NOTE Confidence: 0.9998327
00:48:20.969 --> 00:48:22.350 I don't have any
NOTE Confidence: 0.97927153
00:48:22.730 --> 00:48:23.870 direct data,
NOTE Confidence: 0.87534875
00:48:25.370 --> 00:48:27.390 myself on those questions,
NOTE Confidence: 0.92279226
00:48:28.250 --> 00:48:29.370 but I think it's, you
NOTE Confidence: 0.92279226
00:48:29.370 --> 00:48:30.765 know you know,
NOTE Confidence: 0.9081282
00:48:31.625 --> 00:48:33.545 the, you know, maternal health
NOTE Confidence: 0.9081282
00:48:33.545 --> 00:48:34.045 care,
NOTE Confidence: 0.9986375
00:48:36.505 --> 00:48:37.005 experiences
NOTE Confidence: 0.9387978
00:48:37.465 --> 00:48:38.665 of brown and black women
NOTE Confidence: 0.9387978
00:48:38.665 --> 00:48:39.325 in particular,
NOTE Confidence: 0.9995516
00:48:40.265 --> 00:48:41.645 is a huge problem
NOTE Confidence: 0.9716224
00:48:42.260 --> 00:48:43.859 in this, this country. And
NOTE Confidence: 0.9716224

00:48:43.859 --> 00:48:45.859 I'm hoping that we might
NOTE Confidence: 0.9716224

00:48:45.859 --> 00:48:46.760 have some
NOTE Confidence: 0.9484624

00:48:47.060 --> 00:48:48.579 in our current ongoing study.
NOTE Confidence: 0.9484624

00:48:48.579 --> 00:48:49.940 I'm hoping that our sample,
NOTE Confidence: 0.9484624

00:48:49.940 --> 00:48:51.300 we will be diverse enough
NOTE Confidence: 0.9484624

00:48:51.300 --> 00:48:52.680 to allow us to
NOTE Confidence: 0.9579086

00:48:52.980 --> 00:48:54.500 evaluate some of those questions
NOTE Confidence: 0.9579086

00:48:54.500 --> 00:48:55.859 more thoroughly because there is
NOTE Confidence: 0.9579086

00:48:55.859 --> 00:48:57.079 absolutely a need.
NOTE Confidence: 0.9589586

00:48:57.575 --> 00:48:58.615 Okay. So we do have
NOTE Confidence: 0.9589586

00:48:58.615 --> 00:49:00.295 another question in the, from
NOTE Confidence: 0.9589586

00:49:00.295 --> 00:49:01.175 the Zoom room.
NOTE Confidence: 0.9675588

00:49:01.575 --> 00:49:02.855 Linda Drozdowicz, do you want
NOTE Confidence: 0.9675588

00:49:02.855 --> 00:49:03.975 to unmute and ask your
NOTE Confidence: 0.9675588

00:49:03.975 --> 00:49:04.475 question?
NOTE Confidence: 0.91109794

00:49:09.975 --> 00:49:10.855 If you can find the

NOTE Confidence: 0.91109794
00:49:10.855 --> 00:49:11.675 unmute button.
NOTE Confidence: 0.9960774
00:49:12.320 --> 00:49:13.520 She's she's there. She's just
NOTE Confidence: 0.9960774
00:49:13.520 --> 00:49:14.340 trying to unmute.
NOTE Confidence: 0.96786416
00:49:14.719 --> 00:49:15.760 There we go. Hey there.
NOTE Confidence: 0.96786416
00:49:15.760 --> 00:49:16.800 Thank you. Sorry. I wasn't
NOTE Confidence: 0.96786416
00:49:16.800 --> 00:49:18.000 letting you unmute. Thank you
NOTE Confidence: 0.96786416
00:49:18.000 --> 00:49:18.880 so much for this talk.
NOTE Confidence: 0.96786416
00:49:18.880 --> 00:49:19.940 This is such an important
NOTE Confidence: 0.96786416
00:49:20.000 --> 00:49:20.500 topic.
NOTE Confidence: 0.9072152
00:49:20.880 --> 00:49:22.900 Just just one second, Linda.
NOTE Confidence: 0.9072152
00:49:22.960 --> 00:49:23.460 Yep.
NOTE Confidence: 0.8875702
00:49:24.400 --> 00:49:26.110 We're just turning up. Again?
NOTE Confidence: 0.9541375
00:49:26.765 --> 00:49:28.385 Check. Check. One, two, three.
NOTE Confidence: 0.8208105
00:49:28.765 --> 00:49:29.425 Keep going.
NOTE Confidence: 0.99339414
00:49:30.205 --> 00:49:32.285 We're good? Good. Yes. Alright.
NOTE Confidence: 0.99339414

00:49:32.285 --> 00:49:33.245 Thank you so much for
NOTE Confidence: 0.99339414

00:49:33.245 --> 00:49:34.125 this talk. This is such
NOTE Confidence: 0.99339414

00:49:34.125 --> 00:49:35.185 an important topic.
NOTE Confidence: 0.9954175

00:49:36.285 --> 00:49:37.725 I I say this as
NOTE Confidence: 0.9954175

00:49:37.725 --> 00:49:38.765 a mother who loves being
NOTE Confidence: 0.9954175

00:49:38.765 --> 00:49:39.965 a mother, but motherhood can
NOTE Confidence: 0.9954175

00:49:39.965 --> 00:49:41.185 be a really raw deal.
NOTE Confidence: 0.88921255

00:49:41.819 --> 00:49:43.000 And I would be
NOTE Confidence: 0.93259877

00:49:43.700 --> 00:49:45.460 just, it can it tends
NOTE Confidence: 0.93259877

00:49:45.460 --> 00:49:46.739 to be and I would
NOTE Confidence: 0.93259877

00:49:46.739 --> 00:49:48.040 be very interested
NOTE Confidence: 0.952585

00:49:49.140 --> 00:49:50.980 to see follow-up questions, or
NOTE Confidence: 0.952585

00:49:50.980 --> 00:49:52.020 in the next iteration of
NOTE Confidence: 0.952585

00:49:52.020 --> 00:49:52.599 the study,
NOTE Confidence: 0.93958455

00:49:53.380 --> 00:49:55.380 less about what mothers and
NOTE Confidence: 0.93958455

00:49:55.380 --> 00:49:57.285 fathers were doing while taking

NOTE Confidence: 0.93958455

00:49:57.285 --> 00:49:58.484 care of their children, but

NOTE Confidence: 0.93958455

00:49:58.484 --> 00:49:59.525 more about what they were

NOTE Confidence: 0.93958455

00:49:59.525 --> 00:50:00.025 thinking,

NOTE Confidence: 0.982138

00:50:00.484 --> 00:50:01.525 because there's a lot of

NOTE Confidence: 0.982138

00:50:01.525 --> 00:50:03.464 attention that's being paid increasingly

NOTE Confidence: 0.982138

00:50:03.525 --> 00:50:04.724 to the mental load, which

NOTE Confidence: 0.982138

00:50:04.724 --> 00:50:05.785 tends to disproportionately

NOTE Confidence: 0.94148034

00:50:06.244 --> 00:50:07.224 fall on mothers.

NOTE Confidence: 0.94508696

00:50:07.525 --> 00:50:08.325 Not of what you do

NOTE Confidence: 0.94508696

00:50:08.325 --> 00:50:09.204 in the home. But of

NOTE Confidence: 0.94508696

00:50:09.204 --> 00:50:10.165 who is in charge of

NOTE Confidence: 0.94508696

00:50:10.165 --> 00:50:11.559 thinking about, you know, what

NOTE Confidence: 0.94508696

00:50:11.559 --> 00:50:12.520 are we getting for dinner?

NOTE Confidence: 0.94508696

00:50:12.520 --> 00:50:13.480 Who's making it when we'll

NOTE Confidence: 0.94508696

00:50:13.480 --> 00:50:14.599 be on the table, you

NOTE Confidence: 0.94508696

00:50:14.599 --> 00:50:15.480 know, the kids ready for
NOTE Confidence: 0.94508696

00:50:15.480 --> 00:50:15.960 school, etcetera.
NOTE Confidence: 0.9598489

00:50:17.000 --> 00:50:18.359 And, you know, in in
NOTE Confidence: 0.9598489

00:50:18.359 --> 00:50:19.640 my personal experience with every
NOTE Confidence: 0.9598489

00:50:19.640 --> 00:50:20.680 mom, I know whenever you're
NOTE Confidence: 0.9598489

00:50:20.680 --> 00:50:21.719 spending time with your kids,
NOTE Confidence: 0.9598489

00:50:21.719 --> 00:50:22.760 you are also thinking about
NOTE Confidence: 0.9598489

00:50:22.760 --> 00:50:23.819 all those things simultaneously.
NOTE Confidence: 0.9985792

00:50:24.279 --> 00:50:25.559 And I would wonder if
NOTE Confidence: 0.9985792

00:50:25.559 --> 00:50:26.205 that would
NOTE Confidence: 0.9842069

00:50:27.085 --> 00:50:29.005 be a factor contributing to
NOTE Confidence: 0.9842069

00:50:29.005 --> 00:50:29.965 who is happier and less
NOTE Confidence: 0.9842069

00:50:29.965 --> 00:50:31.005 happy, you know, in the
NOTE Confidence: 0.9842069

00:50:31.005 --> 00:50:31.905 study. So,
NOTE Confidence: 0.97662127

00:50:32.364 --> 00:50:33.565 there's an exercise called the
NOTE Confidence: 0.97662127

00:50:33.565 --> 00:50:34.525 fair play game that I

NOTE Confidence: 0.97662127
00:50:34.525 --> 00:50:35.725 mentioned in my comment, which
NOTE Confidence: 0.97662127
00:50:35.725 --> 00:50:37.245 literally has on cards almost
NOTE Confidence: 0.97662127
00:50:37.245 --> 00:50:38.145 every organizational,
NOTE Confidence: 0.98607045
00:50:38.859 --> 00:50:40.300 you know, household task and
NOTE Confidence: 0.98607045
00:50:40.300 --> 00:50:41.660 and thought process that exists.
NOTE Confidence: 0.98607045
00:50:41.660 --> 00:50:42.700 And you can have couples
NOTE Confidence: 0.98607045
00:50:42.700 --> 00:50:43.579 divide them up and see
NOTE Confidence: 0.98607045
00:50:43.579 --> 00:50:44.619 who's in charge of thinking
NOTE Confidence: 0.98607045
00:50:44.619 --> 00:50:45.900 about what. So I just
NOTE Confidence: 0.98607045
00:50:45.900 --> 00:50:46.700 thought that would be really
NOTE Confidence: 0.98607045
00:50:46.700 --> 00:50:47.900 interesting because at least in
NOTE Confidence: 0.98607045
00:50:47.900 --> 00:50:49.020 my experience and from what
NOTE Confidence: 0.98607045
00:50:49.020 --> 00:50:50.540 I've read, that's a major
NOTE Confidence: 0.98607045
00:50:50.540 --> 00:50:51.739 factor in the experience of,
NOTE Confidence: 0.98607045
00:50:51.739 --> 00:50:53.200 you know, mothers versus fathers.
NOTE Confidence: 0.99654436

00:50:53.955 --> 00:50:54.995 Yes. Thank you so much
NOTE Confidence: 0.99654436

00:50:54.995 --> 00:50:56.114 for that comment. And the
NOTE Confidence: 0.99654436

00:50:56.114 --> 00:50:58.114 mental load of motherhood is
NOTE Confidence: 0.99654436

00:50:58.114 --> 00:50:59.975 definitely one of the reasons
NOTE Confidence: 0.9982405

00:51:00.355 --> 00:51:01.715 that I think we see
NOTE Confidence: 0.9982405

00:51:01.715 --> 00:51:02.195 this,
NOTE Confidence: 0.95464945

00:51:02.515 --> 00:51:04.695 gender divide in parents' well-being.
NOTE Confidence: 0.9565474

00:51:04.995 --> 00:51:06.435 And I'm also familiar with
NOTE Confidence: 0.9565474

00:51:06.435 --> 00:51:07.315 the fair play game and
NOTE Confidence: 0.9565474

00:51:07.315 --> 00:51:08.695 love it. Great recommendation.
NOTE Confidence: 0.94729906

00:51:12.569 --> 00:51:13.530 You can see for anyone
NOTE Confidence: 0.94729906

00:51:13.530 --> 00:51:15.150 who wants to obtain CEUs,
NOTE Confidence: 0.94729906

00:51:15.210 --> 00:51:16.489 Tara is putting a note
NOTE Confidence: 0.94729906

00:51:16.489 --> 00:51:17.790 in the chat just to
NOTE Confidence: 0.94729906

00:51:17.849 --> 00:51:19.050 sign out from this activity,
NOTE Confidence: 0.94729906

00:51:19.050 --> 00:51:19.930 and we put the sign

NOTE Confidence: 0.94729906

00:51:19.930 --> 00:51:20.810 out codes at the back

NOTE Confidence: 0.94729906

00:51:20.810 --> 00:51:21.530 of the room here in

NOTE Confidence: 0.94729906

00:51:21.530 --> 00:51:22.730 the cone for anyone who's

NOTE Confidence: 0.94729906

00:51:22.730 --> 00:51:23.230 interested.

NOTE Confidence: 0.99839115

00:51:25.094 --> 00:51:25.594 Hello.

NOTE Confidence: 0.9697173

00:51:26.535 --> 00:51:27.975 I had two questions. So

NOTE Confidence: 0.9697173

00:51:27.975 --> 00:51:29.175 the first one was, can

NOTE Confidence: 0.9697173

00:51:29.175 --> 00:51:30.295 you speak a little bit

NOTE Confidence: 0.9697173

00:51:30.295 --> 00:51:32.555 more of to the demographics

NOTE Confidence: 0.9689293

00:51:32.935 --> 00:51:34.455 of the parents that were

NOTE Confidence: 0.9689293

00:51:34.455 --> 00:51:35.575 involved in this study? And

NOTE Confidence: 0.9689293

00:51:35.575 --> 00:51:36.960 then the second one was,

NOTE Confidence: 0.9689293

00:51:37.119 --> 00:51:39.140 with the emergence of literature

NOTE Confidence: 0.9689293

00:51:39.280 --> 00:51:41.380 on hyper intent hyperattentive

NOTE Confidence: 0.996119

00:51:41.760 --> 00:51:43.760 parenting and intensive parenting, have

NOTE Confidence: 0.996119

00:51:43.760 --> 00:51:45.300 you taken that into consideration

NOTE Confidence: 0.98783904

00:51:45.839 --> 00:51:46.880 in this literature, and how

NOTE Confidence: 0.98783904

00:51:46.880 --> 00:51:48.080 is that kind of playing

NOTE Confidence: 0.98783904

00:51:48.080 --> 00:51:49.335 out in what you're seeing?

NOTE Confidence: 0.98783904

00:51:49.734 --> 00:51:51.515 Yeah. Absolutely. So,

NOTE Confidence: 0.9554138

00:51:52.614 --> 00:51:54.474 the demographics of the studies

NOTE Confidence: 0.9957453

00:51:54.855 --> 00:51:55.355 vary,

NOTE Confidence: 0.9371368

00:51:55.895 --> 00:51:57.974 depending, you know, on each

NOTE Confidence: 0.9371368

00:51:57.974 --> 00:51:59.035 specific study.

NOTE Confidence: 0.939295

00:51:59.494 --> 00:52:01.015 And this is often why

NOTE Confidence: 0.939295

00:52:01.015 --> 00:52:02.214 you'll see, like, I use

NOTE Confidence: 0.939295

00:52:02.214 --> 00:52:03.594 the world value survey,

NOTE Confidence: 0.9874784

00:52:04.710 --> 00:52:06.070 the national survey of families

NOTE Confidence: 0.9874784

00:52:06.070 --> 00:52:06.810 and households,

NOTE Confidence: 0.99753207

00:52:07.670 --> 00:52:10.170 which draw from representative samples

NOTE Confidence: 0.99753207

00:52:10.310 --> 00:52:11.910 of the United States. And

NOTE Confidence: 0.99753207
00:52:11.910 --> 00:52:12.410 so,
NOTE Confidence: 0.99671537
00:52:12.710 --> 00:52:13.750 my hope is that we're
NOTE Confidence: 0.99671537
00:52:13.750 --> 00:52:14.250 capturing
NOTE Confidence: 0.9958037
00:52:14.790 --> 00:52:16.010 at least some representation,
NOTE Confidence: 0.9963663
00:52:16.310 --> 00:52:17.205 but this does
NOTE Confidence: 0.9702428
00:52:17.685 --> 00:52:18.885 still tend to lean towards
NOTE Confidence: 0.9702428
00:52:18.885 --> 00:52:19.705 more overrepresentation
NOTE Confidence: 0.9625182
00:52:21.205 --> 00:52:22.425 of white families.
NOTE Confidence: 0.99428576
00:52:23.045 --> 00:52:24.085 And so I think that
NOTE Confidence: 0.99428576
00:52:24.085 --> 00:52:24.965 there does need to be
NOTE Confidence: 0.99428576
00:52:24.965 --> 00:52:26.505 much more work done to,
NOTE Confidence: 0.98511255
00:52:26.965 --> 00:52:29.705 broaden the diversity and representation
NOTE Confidence: 0.98737603
00:52:30.325 --> 00:52:31.445 of our samples so that
NOTE Confidence: 0.98737603
00:52:31.445 --> 00:52:32.825 we can speak to more,
NOTE Confidence: 0.98973304
00:52:33.739 --> 00:52:34.640 you know, populations
NOTE Confidence: 0.9980919

00:52:35.180 --> 00:52:36.239 within our country.
NOTE Confidence: 0.98831505

00:52:37.020 --> 00:52:38.000 The other studies,
NOTE Confidence: 0.9913246

00:52:38.859 --> 00:52:40.640 also do tend to be,
NOTE Confidence: 0.96491104

00:52:41.180 --> 00:52:43.280 usually between sixty and seventy
NOTE Confidence: 0.96491104

00:52:43.339 --> 00:52:44.480 percent white,
NOTE Confidence: 0.9485235

00:52:45.625 --> 00:52:46.985 families. And so we are
NOTE Confidence: 0.9485235

00:52:46.985 --> 00:52:48.205 seeing kind of an overrepresentation
NOTE Confidence: 0.96840346

00:52:48.825 --> 00:52:49.485 of that,
NOTE Confidence: 0.9965472

00:52:50.105 --> 00:52:50.605 perspective.
NOTE Confidence: 0.98613393

00:52:51.305 --> 00:52:52.585 And then your second question
NOTE Confidence: 0.98613393

00:52:52.585 --> 00:52:54.125 about intensive parenting,
NOTE Confidence: 0.99214494

00:52:54.745 --> 00:52:56.045 I think that that is,
NOTE Confidence: 0.9575921

00:52:56.905 --> 00:52:58.585 a really great question. And
NOTE Confidence: 0.9575921

00:52:58.585 --> 00:52:59.485 I think that,
NOTE Confidence: 0.9820059

00:53:00.000 --> 00:53:00.500 there's,
NOTE Confidence: 0.964916

00:53:00.880 --> 00:53:02.160 not my own studies, but

NOTE Confidence: 0.964916
00:53:02.160 --> 00:53:03.760 work by others show that
NOTE Confidence: 0.964916
00:53:03.760 --> 00:53:04.260 compares
NOTE Confidence: 0.9738621
00:53:04.560 --> 00:53:06.160 the amount of time parents
NOTE Confidence: 0.9738621
00:53:06.160 --> 00:53:07.280 spent with their children in
NOTE Confidence: 0.9738621
00:53:07.280 --> 00:53:09.120 the nineteen eighties compared to
NOTE Confidence: 0.9738621
00:53:09.120 --> 00:53:10.480 the amount of time parents
NOTE Confidence: 0.9738621
00:53:10.480 --> 00:53:11.760 spend with their children now.
NOTE Confidence: 0.9738621
00:53:11.760 --> 00:53:13.460 And it has increased,
NOTE Confidence: 0.9012593
00:53:14.000 --> 00:53:14.500 significantly,
NOTE Confidence: 0.98497266
00:53:16.875 --> 00:53:18.155 Upwards of, I think at
NOTE Confidence: 0.98497266
00:53:18.155 --> 00:53:19.195 least I don't have the
NOTE Confidence: 0.98497266
00:53:19.195 --> 00:53:20.635 exact numbers in front of
NOTE Confidence: 0.98497266
00:53:20.635 --> 00:53:22.475 me, but like at least
NOTE Confidence: 0.98497266
00:53:22.475 --> 00:53:23.835 ten hours a week, more
NOTE Confidence: 0.98497266
00:53:23.835 --> 00:53:25.195 time with kids. And I
NOTE Confidence: 0.98497266

00:53:25.195 --> 00:53:26.335 think that that's characteristic
NOTE Confidence: 0.9978313

00:53:27.195 --> 00:53:28.609 of that intensive
NOTE Confidence: 0.95354027

00:53:28.989 --> 00:53:30.910 parenting. Another thing that brings
NOTE Confidence: 0.95354027

00:53:30.910 --> 00:53:32.269 to mind when I hear
NOTE Confidence: 0.95354027

00:53:32.269 --> 00:53:33.329 intensive parenting
NOTE Confidence: 0.9638817

00:53:33.950 --> 00:53:36.289 is to consider parents' attachment
NOTE Confidence: 0.97424

00:53:36.589 --> 00:53:37.089 orientations,
NOTE Confidence: 0.9977512

00:53:37.869 --> 00:53:39.329 because intensive parenting
NOTE Confidence: 0.96550417

00:53:39.869 --> 00:53:42.509 is common among parents with
NOTE Confidence: 0.96550417

00:53:42.509 --> 00:53:43.410 more anxious,
NOTE Confidence: 0.9524462

00:53:44.154 --> 00:53:45.454 patterns of attachment.
NOTE Confidence: 0.9994442

00:53:45.914 --> 00:53:47.375 And I do have data
NOTE Confidence: 0.97676885

00:53:47.835 --> 00:53:48.654 showing that,
NOTE Confidence: 0.99491286

00:53:49.914 --> 00:53:51.055 parents with,
NOTE Confidence: 0.9979901

00:53:51.755 --> 00:53:53.694 more anxious attachment styles
NOTE Confidence: 0.99817395

00:53:54.075 --> 00:53:54.894 are reporting

NOTE Confidence: 0.9984506
00:53:55.515 --> 00:53:57.515 fewer positive emotions and more
NOTE Confidence: 0.9984506
00:53:57.515 --> 00:53:59.430 negative emotions across the entire
NOTE Confidence: 0.9984506
00:53:59.510 --> 00:54:01.190 day. So not necessarily specific
NOTE Confidence: 0.9984506
00:54:01.190 --> 00:54:02.230 to when they're spending time
NOTE Confidence: 0.9984506
00:54:02.230 --> 00:54:03.130 with their kids,
NOTE Confidence: 0.9911609
00:54:03.430 --> 00:54:03.930 but,
NOTE Confidence: 0.99033266
00:54:04.550 --> 00:54:05.829 all the time they're feeling.
NOTE Confidence: 0.99033266
00:54:05.829 --> 00:54:06.790 And I think that that's
NOTE Confidence: 0.99033266
00:54:06.790 --> 00:54:09.190 demonstrative of that mental load
NOTE Confidence: 0.99033266
00:54:09.190 --> 00:54:10.390 and the worry that goes
NOTE Confidence: 0.99033266
00:54:10.390 --> 00:54:10.890 into
NOTE Confidence: 0.97959214
00:54:11.270 --> 00:54:12.790 caring for children, even when,
NOTE Confidence: 0.97959214
00:54:12.790 --> 00:54:14.089 when they're not with them.
NOTE Confidence: 0.9827864
00:54:15.385 --> 00:54:16.665 Great. And I think we
NOTE Confidence: 0.9827864
00:54:16.665 --> 00:54:17.785 have another question from the
NOTE Confidence: 0.9827864

00:54:17.785 --> 00:54:18.585 Zoom room. Catherine, do you
NOTE Confidence: 0.9827864

00:54:18.585 --> 00:54:19.545 want to unmute to ask
NOTE Confidence: 0.9827864

00:54:19.545 --> 00:54:20.205 your question?
NOTE Confidence: 0.7059901

00:54:20.505 --> 00:54:21.405 Catherine Bob?
NOTE Confidence: 0.9220214

00:54:30.910 --> 00:54:31.969 Oh, there I am.
NOTE Confidence: 0.99561566

00:54:32.350 --> 00:54:33.230 It was saying I couldn't
NOTE Confidence: 0.99561566

00:54:33.230 --> 00:54:34.350 unmute. So thank you for
NOTE Confidence: 0.99561566

00:54:34.350 --> 00:54:35.950 this presentation. I appreciate it.
NOTE Confidence: 0.98333293

00:54:36.590 --> 00:54:38.910 What I'm curious about is
NOTE Confidence: 0.98333293

00:54:38.910 --> 00:54:40.290 as much as you're saying
NOTE Confidence: 0.9932712

00:54:42.344 --> 00:54:44.025 a lot about parents and
NOTE Confidence: 0.9932712

00:54:44.025 --> 00:54:45.085 and, you know,
NOTE Confidence: 0.99439186

00:54:45.465 --> 00:54:47.225 what what their perspectives are
NOTE Confidence: 0.99439186

00:54:47.225 --> 00:54:48.265 and how they fall in
NOTE Confidence: 0.99439186

00:54:48.265 --> 00:54:48.925 in this
NOTE Confidence: 0.9887815

00:54:49.225 --> 00:54:50.905 research, you're saying quite a

NOTE Confidence: 0.9887815

00:54:50.905 --> 00:54:53.305 bit about people who are

NOTE Confidence: 0.9887815

00:54:53.305 --> 00:54:54.665 not parenting, and I can't

NOTE Confidence: 0.9887815

00:54:54.665 --> 00:54:56.425 remember the exact terminology that

NOTE Confidence: 0.9887815

00:54:56.425 --> 00:54:57.540 you use in terms of

NOTE Confidence: 0.9973556

00:54:58.580 --> 00:54:59.080 their

NOTE Confidence: 0.9870669

00:54:59.700 --> 00:55:01.140 identifier. But could you say

NOTE Confidence: 0.9870669

00:55:01.140 --> 00:55:02.020 a little bit more about

NOTE Confidence: 0.9870669

00:55:02.020 --> 00:55:03.140 the folks who are not

NOTE Confidence: 0.9870669

00:55:03.140 --> 00:55:03.640 parents

NOTE Confidence: 0.9662673

00:55:04.180 --> 00:55:05.800 and their sort of demographics?

NOTE Confidence: 0.99635875

00:55:07.380 --> 00:55:08.739 Did you did you gather

NOTE Confidence: 0.99635875

00:55:08.739 --> 00:55:10.580 any information about their connection

NOTE Confidence: 0.99635875

00:55:10.580 --> 00:55:12.920 to children, their connection in,

NOTE Confidence: 0.98734987

00:55:14.075 --> 00:55:15.434 you know, being in a

NOTE Confidence: 0.98734987

00:55:15.434 --> 00:55:16.955 partnership or, you know, like

NOTE Confidence: 0.98734987

00:55:17.275 --> 00:55:18.954 and any additional details about

NOTE Confidence: 0.98734987

00:55:18.954 --> 00:55:20.474 those folks who participated would

NOTE Confidence: 0.98734987

00:55:20.474 --> 00:55:22.335 be really insightful for me.

NOTE Confidence: 0.9966839

00:55:22.795 --> 00:55:24.575 Yeah. That's a great question.

NOTE Confidence: 0.99531096

00:55:25.355 --> 00:55:26.795 And I don't have as

NOTE Confidence: 0.99531096

00:55:26.795 --> 00:55:28.350 much, like, really, like, rich

NOTE Confidence: 0.99531096

00:55:28.590 --> 00:55:29.810 data about,

NOTE Confidence: 0.9920737

00:55:30.430 --> 00:55:31.790 the non parents in these

NOTE Confidence: 0.9920737

00:55:31.790 --> 00:55:32.290 studies.

NOTE Confidence: 0.9596866

00:55:33.230 --> 00:55:34.510 But I, I have thought

NOTE Confidence: 0.9596866

00:55:34.510 --> 00:55:35.890 about this a lot,

NOTE Confidence: 0.9673827

00:55:36.270 --> 00:55:37.630 because, and this part of

NOTE Confidence: 0.9673827

00:55:37.630 --> 00:55:39.310 the reason why I have

NOTE Confidence: 0.9673827

00:55:39.310 --> 00:55:40.910 actually moved away from these

NOTE Confidence: 0.9673827

00:55:40.910 --> 00:55:43.330 comparisons to non parents, because

NOTE Confidence: 0.9860446

00:55:43.630 --> 00:55:44.795 there's, you know,

NOTE Confidence: 0.9817693

00:55:45.415 --> 00:55:47.255 so many reasons why people

NOTE Confidence: 0.9817693

00:55:47.255 --> 00:55:48.474 might not have children.

NOTE Confidence: 0.9721217

00:55:48.855 --> 00:55:50.135 They might vary in their,

NOTE Confidence: 0.9721217

00:55:50.135 --> 00:55:52.395 you know, maybe they are.

NOTE Confidence: 0.98293877

00:55:53.094 --> 00:55:54.295 Have like lots of nieces

NOTE Confidence: 0.98293877

00:55:54.295 --> 00:55:55.035 and nephews

NOTE Confidence: 0.9831104

00:55:55.335 --> 00:55:56.855 or, you know, other, you

NOTE Confidence: 0.9831104

00:55:56.855 --> 00:55:58.614 know, children that they're in

NOTE Confidence: 0.9831104

00:55:58.614 --> 00:55:59.910 contact with, or you know,

NOTE Confidence: 0.9831104

00:55:59.910 --> 00:56:00.989 a variety of things. They

NOTE Confidence: 0.9831104

00:56:00.989 --> 00:56:02.270 might also have children in

NOTE Confidence: 0.9831104

00:56:02.270 --> 00:56:03.390 the future if they are

NOTE Confidence: 0.9831104

00:56:03.390 --> 00:56:04.530 relatively young.

NOTE Confidence: 0.99627686

00:56:05.790 --> 00:56:07.330 And what I can say,

NOTE Confidence: 0.9916426

00:56:07.950 --> 00:56:09.710 is that other studies that

NOTE Confidence: 0.9916426

00:56:09.710 --> 00:56:11.570 have, you know, broken apart
NOTE Confidence: 0.9675454

00:56:12.190 --> 00:56:14.844 the, the data based on,
NOTE Confidence: 0.9912953

00:56:15.385 --> 00:56:17.145 comparing, you know, people with
NOTE Confidence: 0.9912953

00:56:17.145 --> 00:56:18.204 children to
NOTE Confidence: 0.9601418

00:56:18.585 --> 00:56:20.265 people who don't have children
NOTE Confidence: 0.9601418

00:56:20.265 --> 00:56:21.724 but want to have children,
NOTE Confidence: 0.9742017

00:56:22.665 --> 00:56:24.185 or people who don't have
NOTE Confidence: 0.9742017

00:56:24.185 --> 00:56:25.464 children but don't want to
NOTE Confidence: 0.9742017

00:56:25.464 --> 00:56:26.125 have children,
NOTE Confidence: 0.995734

00:56:27.359 --> 00:56:28.099 it matters.
NOTE Confidence: 0.9911424

00:56:28.559 --> 00:56:29.059 And,
NOTE Confidence: 0.99490374

00:56:29.839 --> 00:56:31.119 what we see is that
NOTE Confidence: 0.99490374

00:56:31.119 --> 00:56:33.700 the the, you know, comparisons
NOTE Confidence: 0.99490374

00:56:33.839 --> 00:56:35.619 of parents to people,
NOTE Confidence: 0.9832702

00:56:36.319 --> 00:56:37.680 who don't have children but
NOTE Confidence: 0.9832702

00:56:37.680 --> 00:56:38.819 want to have children,

NOTE Confidence: 0.9455647
00:56:39.119 --> 00:56:40.880 that well-being difference is much
NOTE Confidence: 0.9455647
00:56:40.880 --> 00:56:41.380 larger,
NOTE Confidence: 0.9917624
00:56:41.805 --> 00:56:42.545 not surprising.
NOTE Confidence: 0.9961703
00:56:43.244 --> 00:56:44.704 Whereas the difference between
NOTE Confidence: 0.98871154
00:56:45.005 --> 00:56:46.464 people who don't have children,
NOTE Confidence: 0.999302
00:56:47.645 --> 00:56:48.145 and
NOTE Confidence: 0.99896336
00:56:48.925 --> 00:56:49.744 have no
NOTE Confidence: 0.99987745
00:56:50.125 --> 00:56:50.625 intention
NOTE Confidence: 0.99225664
00:56:51.085 --> 00:56:52.785 or desire to have children,
NOTE Confidence: 0.9992684
00:56:53.244 --> 00:56:54.704 the difference is much smaller.
NOTE Confidence: 0.8717622
00:57:02.739 --> 00:57:03.640 Doctor Reyes.
NOTE Confidence: 0.99190336
00:57:05.620 --> 00:57:06.580 Hi. So thank you so
NOTE Confidence: 0.99190336
00:57:06.580 --> 00:57:08.120 much for sharing your research.
NOTE Confidence: 0.99190336
00:57:08.340 --> 00:57:09.219 Mhmm. And I think just
NOTE Confidence: 0.99190336
00:57:09.219 --> 00:57:10.420 building off of what has
NOTE Confidence: 0.99190336

00:57:10.420 --> 00:57:11.140 been said,
NOTE Confidence: 0.9792851

00:57:11.780 --> 00:57:13.114 so far because I was,
NOTE Confidence: 0.9792851

00:57:13.114 --> 00:57:15.214 like, looking at the coefficients,
NOTE Confidence: 0.96044827

00:57:15.515 --> 00:57:16.875 and I was wondering if,
NOTE Confidence: 0.96044827

00:57:16.875 --> 00:57:18.395 like, how big are the
NOTE Confidence: 0.96044827

00:57:18.395 --> 00:57:19.675 effect sizes really? Because they
NOTE Confidence: 0.96044827

00:57:19.675 --> 00:57:20.954 seem like, you know, like
NOTE Confidence: 0.96044827

00:57:20.954 --> 00:57:22.315 seven point five versus seven
NOTE Confidence: 0.96044827

00:57:22.315 --> 00:57:23.355 point three, for instance. Like,
NOTE Confidence: 0.96044827

00:57:23.355 --> 00:57:24.255 is that really,
NOTE Confidence: 0.9714241

00:57:24.630 --> 00:57:25.829 you know, meaningful? So I'm
NOTE Confidence: 0.9714241

00:57:25.829 --> 00:57:27.289 just worried about the implications.
NOTE Confidence: 0.9766089

00:57:28.150 --> 00:57:29.130 And, you know, the
NOTE Confidence: 0.9362105

00:57:29.589 --> 00:57:31.430 given our political climate, I'm
NOTE Confidence: 0.9362105

00:57:31.430 --> 00:57:33.269 hearing, like, childless cat ladies
NOTE Confidence: 0.9362105

00:57:33.269 --> 00:57:34.470 and, you know, things like

NOTE Confidence: 0.9362105

00:57:34.470 --> 00:57:34.970 that.

NOTE Confidence: 0.9655617

00:57:35.349 --> 00:57:36.789 So yeah. So that's one

NOTE Confidence: 0.9655617

00:57:36.789 --> 00:57:38.535 thing that I that first

NOTE Confidence: 0.9655617

00:57:38.615 --> 00:57:39.815 got my attention when I

NOTE Confidence: 0.9655617

00:57:39.815 --> 00:57:41.575 was looking at your slides.

NOTE Confidence: 0.9655617

00:57:41.575 --> 00:57:43.355 And then the second is,

NOTE Confidence: 0.99946755

00:57:44.775 --> 00:57:45.914 I was fascinated

NOTE Confidence: 0.98413277

00:57:46.214 --> 00:57:47.755 by this, the parenting

NOTE Confidence: 0.9378925

00:57:48.214 --> 00:57:49.815 paradox because we seem to

NOTE Confidence: 0.9378925

00:57:49.815 --> 00:57:50.315 be

NOTE Confidence: 0.94264436

00:57:51.099 --> 00:57:51.599 dichotomizing,

NOTE Confidence: 0.9820536

00:57:52.220 --> 00:57:54.300 like, feeling sad versus feeling

NOTE Confidence: 0.9820536

00:57:54.300 --> 00:57:55.579 happy when you can have

NOTE Confidence: 0.9820536

00:57:55.579 --> 00:57:56.079 both.

NOTE Confidence: 0.91364825

00:57:56.380 --> 00:57:57.339 For instance, and then I

NOTE Confidence: 0.91364825

00:57:57.339 --> 00:57:59.099 think, like, building again off
NOTE Confidence: 0.91364825

00:57:59.099 --> 00:58:00.300 of what others have said,
NOTE Confidence: 0.91364825

00:58:00.300 --> 00:58:01.680 like, if you're coming from
NOTE Confidence: 0.97937393

00:58:01.980 --> 00:58:02.480 systemically
NOTE Confidence: 0.9916215

00:58:02.780 --> 00:58:04.000 disinvested communities
NOTE Confidence: 0.9849557

00:58:04.619 --> 00:58:06.225 where stress and, you know,
NOTE Confidence: 0.9849557

00:58:06.225 --> 00:58:07.585 all you know, you're suffering
NOTE Confidence: 0.9849557

00:58:07.585 --> 00:58:08.085 from
NOTE Confidence: 0.9157598

00:58:08.945 --> 00:58:09.925 all these other,
NOTE Confidence: 0.9814719

00:58:11.025 --> 00:58:12.545 stuff happening in your neighborhood
NOTE Confidence: 0.9814719

00:58:12.545 --> 00:58:14.325 and things like that. Like,
NOTE Confidence: 0.99576354

00:58:14.785 --> 00:58:15.985 I just I just worry
NOTE Confidence: 0.99576354

00:58:15.985 --> 00:58:17.685 about, like, this
NOTE Confidence: 0.99560934

00:58:18.190 --> 00:58:18.690 dichotomy
NOTE Confidence: 0.96142757

00:58:18.990 --> 00:58:20.910 of moving towards everything is
NOTE Confidence: 0.96142757

00:58:20.910 --> 00:58:22.290 positive and happy

NOTE Confidence: 0.98773736

00:58:22.750 --> 00:58:24.510 versus really thinking about, like,

NOTE Confidence: 0.98773736

00:58:24.510 --> 00:58:25.810 how are we able to

NOTE Confidence: 0.98773736

00:58:25.870 --> 00:58:26.690 find harmony

NOTE Confidence: 0.98947257

00:58:27.230 --> 00:58:28.290 and really accept

NOTE Confidence: 0.990148

00:58:28.830 --> 00:58:30.110 the fact that, you know,

NOTE Confidence: 0.990148

00:58:30.110 --> 00:58:31.710 you can't really remove stress

NOTE Confidence: 0.990148

00:58:31.710 --> 00:58:33.490 from these communities, for instance.

NOTE Confidence: 0.9757911

00:58:34.215 --> 00:58:35.575 Yeah. Thank you for raising

NOTE Confidence: 0.9757911

00:58:35.575 --> 00:58:36.695 that. I wanna address the

NOTE Confidence: 0.9757911

00:58:36.695 --> 00:58:37.975 second point first, and then

NOTE Confidence: 0.9757911

00:58:37.975 --> 00:58:38.935 I'll come back to the

NOTE Confidence: 0.9757911

00:58:38.935 --> 00:58:39.435 first,

NOTE Confidence: 0.98228985

00:58:40.775 --> 00:58:42.695 which is that, like, I

NOTE Confidence: 0.98228985

00:58:42.695 --> 00:58:43.835 completely agree,

NOTE Confidence: 0.9778076

00:58:44.695 --> 00:58:45.895 with what you said. And

NOTE Confidence: 0.9778076

00:58:45.895 --> 00:58:47.175 it's often, like, something that
NOTE Confidence: 0.9778076

00:58:47.175 --> 00:58:48.455 I worry about a lot
NOTE Confidence: 0.9778076

00:58:48.455 --> 00:58:50.860 with studying positive emotions and
NOTE Confidence: 0.9778076

00:58:50.860 --> 00:58:52.080 happiness and well-being
NOTE Confidence: 0.9939704

00:58:52.620 --> 00:58:53.120 is,
NOTE Confidence: 0.9724734

00:58:53.900 --> 00:58:55.100 that I don't want it
NOTE Confidence: 0.9724734

00:58:55.100 --> 00:58:56.780 to be misconstrued that I'm
NOTE Confidence: 0.9724734

00:58:56.780 --> 00:58:57.820 just trying to walk around
NOTE Confidence: 0.9724734

00:58:57.820 --> 00:58:58.940 saying that people just need
NOTE Confidence: 0.9724734

00:58:58.940 --> 00:59:00.780 to be happy. Like they
NOTE Confidence: 0.9724734

00:59:00.780 --> 00:59:01.740 just need to be happy
NOTE Confidence: 0.9724734

00:59:01.740 --> 00:59:02.880 and that's all that matters.
NOTE Confidence: 0.996126

00:59:03.660 --> 00:59:04.160 Because
NOTE Confidence: 0.98470587

00:59:04.585 --> 00:59:05.545 there is a lot of,
NOTE Confidence: 0.98470587

00:59:05.545 --> 00:59:07.485 you know, hurt and sadness
NOTE Confidence: 0.98470587

00:59:07.545 --> 00:59:08.905 in the world. And I

NOTE Confidence: 0.98470587

00:59:08.905 --> 00:59:10.265 actually think that part of

NOTE Confidence: 0.98470587

00:59:10.265 --> 00:59:10.765 being

NOTE Confidence: 0.9885175

00:59:11.225 --> 00:59:11.725 well

NOTE Confidence: 0.98137885

00:59:12.185 --> 00:59:13.805 is being able to

NOTE Confidence: 0.97729594

00:59:14.185 --> 00:59:15.325 acknowledge that,

NOTE Confidence: 0.9989799

00:59:16.345 --> 00:59:17.485 and experience

NOTE Confidence: 0.9996426

00:59:18.270 --> 00:59:19.010 those emotions

NOTE Confidence: 0.9647112

00:59:19.870 --> 00:59:21.870 without ruminating on them or

NOTE Confidence: 0.9647112

00:59:21.870 --> 00:59:23.070 getting, you know, letting them

NOTE Confidence: 0.9647112

00:59:23.070 --> 00:59:24.510 to kind of carry you

NOTE Confidence: 0.9647112

00:59:24.510 --> 00:59:25.790 away. And so I think

NOTE Confidence: 0.9647112

00:59:25.790 --> 00:59:26.910 that there is maybe a

NOTE Confidence: 0.9647112

00:59:26.910 --> 00:59:29.090 sweet spot of allowing ourselves

NOTE Confidence: 0.9647112

00:59:29.150 --> 00:59:30.990 to experience those negative emotions

NOTE Confidence: 0.9647112

00:59:30.990 --> 00:59:31.810 on alongside,

NOTE Confidence: 0.9895213

00:59:33.105 --> 00:59:34.325 the positive emotions.
NOTE Confidence: 0.98277533

00:59:34.865 --> 00:59:35.365 And,
NOTE Confidence: 0.9762057

00:59:36.625 --> 00:59:37.665 that's why, like, in the
NOTE Confidence: 0.9762057

00:59:37.665 --> 00:59:39.105 definition, I could probably give,
NOTE Confidence: 0.9762057

00:59:39.105 --> 00:59:39.985 like, a whole hour long
NOTE Confidence: 0.9762057

00:59:39.985 --> 00:59:41.025 talk just on this, but
NOTE Confidence: 0.9762057

00:59:41.025 --> 00:59:41.825 I'll try to keep it
NOTE Confidence: 0.9762057

00:59:41.825 --> 00:59:42.325 brief.
NOTE Confidence: 0.9795309

00:59:42.785 --> 00:59:44.245 What we're seeing in the
NOTE Confidence: 0.9795309

00:59:44.305 --> 00:59:44.805 the
NOTE Confidence: 0.9992044

00:59:45.185 --> 00:59:46.725 field of positive psychology
NOTE Confidence: 0.95302564

00:59:47.410 --> 00:59:49.090 is kind of, an a
NOTE Confidence: 0.95302564

00:59:49.090 --> 00:59:49.590 transition
NOTE Confidence: 0.91953546

00:59:50.450 --> 00:59:51.750 away from, like,
NOTE Confidence: 0.98665106

00:59:52.530 --> 00:59:54.050 positive is good. Negative is
NOTE Confidence: 0.98665106

00:59:54.050 --> 00:59:55.250 bad. We must avoid all

NOTE Confidence: 0.98665106
00:59:55.250 --> 00:59:56.690 negative emotions and only have
NOTE Confidence: 0.98665106
00:59:56.690 --> 00:59:58.610 positive emotions because that is
NOTE Confidence: 0.98665106
00:59:58.610 --> 00:59:59.830 too overly simplistic.
NOTE Confidence: 0.96835726
01:00:00.684 --> 01:00:01.964 But instead what we see
NOTE Confidence: 0.96835726
01:00:01.964 --> 01:00:03.345 is more of this idea
NOTE Confidence: 0.96835726
01:00:03.565 --> 01:00:04.385 of frequency.
NOTE Confidence: 0.9593327
01:00:04.924 --> 01:00:06.045 Right. And so we'll say
NOTE Confidence: 0.9593327
01:00:06.045 --> 01:00:07.645 like, you'll notice that I
NOTE Confidence: 0.9593327
01:00:07.645 --> 01:00:08.924 talked about the frequency of
NOTE Confidence: 0.9593327
01:00:08.924 --> 01:00:10.365 positive and negative emotions. I
NOTE Confidence: 0.9593327
01:00:10.365 --> 01:00:12.464 didn't say never experiencing,
NOTE Confidence: 0.99215376
01:00:13.484 --> 01:00:14.545 negative emotions,
NOTE Confidence: 0.9754292
01:00:15.450 --> 01:00:17.369 ever like, right. But instead
NOTE Confidence: 0.9754292
01:00:17.369 --> 01:00:19.050 it's about the balance of
NOTE Confidence: 0.9754292
01:00:19.050 --> 01:00:20.430 the two and the ability
NOTE Confidence: 0.9754292

01:00:20.650 --> 01:00:22.170 to cope with those negative
NOTE Confidence: 0.9754292

01:00:22.170 --> 01:00:22.670 experiences.
NOTE Confidence: 0.97837883

01:00:23.609 --> 01:00:24.490 And I like this idea
NOTE Confidence: 0.97837883

01:00:24.490 --> 01:00:25.690 of harmony that you raised.
NOTE Confidence: 0.97837883

01:00:25.690 --> 01:00:26.490 I think that's a really
NOTE Confidence: 0.97837883

01:00:26.490 --> 01:00:27.885 nice way of putting it.
NOTE Confidence: 0.97837883

01:00:27.965 --> 01:00:28.845 And then to come back
NOTE Confidence: 0.97837883

01:00:28.845 --> 01:00:29.885 to your first question, which
NOTE Confidence: 0.97837883

01:00:29.885 --> 01:00:31.085 is about effect sizes, I
NOTE Confidence: 0.97837883

01:00:31.085 --> 01:00:32.045 think that's a great point.
NOTE Confidence: 0.97837883

01:00:32.045 --> 01:00:33.405 So one, you'll see that
NOTE Confidence: 0.97837883

01:00:33.405 --> 01:00:35.105 the effect sizes for,
NOTE Confidence: 0.9778874

01:00:35.645 --> 01:00:37.005 the comparison of parents and
NOTE Confidence: 0.9778874

01:00:37.005 --> 01:00:38.225 non parents is minuscule.
NOTE Confidence: 0.9669515

01:00:39.565 --> 01:00:41.245 And that's again, another reason
NOTE Confidence: 0.9669515

01:00:41.245 --> 01:00:42.605 why I've moved away from

NOTE Confidence: 0.9669515

01:00:42.605 --> 01:00:44.320 some of those comparisons because

NOTE Confidence: 0.9669515

01:00:44.320 --> 01:00:45.540 I think it can get,

NOTE Confidence: 0.99902856

01:00:46.000 --> 01:00:47.859 the implications of that get

NOTE Confidence: 0.9972118

01:00:48.240 --> 01:00:48.740 distorted.

NOTE Confidence: 0.9834052

01:00:50.160 --> 01:00:52.320 And so instead, I I

NOTE Confidence: 0.9834052

01:00:52.320 --> 01:00:53.119 use that as a way

NOTE Confidence: 0.9834052

01:00:53.119 --> 01:00:54.339 of saying, like, parents

NOTE Confidence: 0.9753564

01:00:54.800 --> 01:00:56.595 are in fact not miserable.

NOTE Confidence: 0.95667255

01:00:56.975 --> 01:00:58.675 They're, like, you know, comparable

NOTE Confidence: 0.95667255

01:00:58.815 --> 01:01:00.335 to people without children because

NOTE Confidence: 0.95667255

01:01:00.335 --> 01:01:01.135 for a long time, the

NOTE Confidence: 0.95667255

01:01:01.135 --> 01:01:02.735 narrative was, like, parents are

NOTE Confidence: 0.95667255

01:01:02.735 --> 01:01:03.775 all miserable and they hate

NOTE Confidence: 0.95667255

01:01:03.775 --> 01:01:05.295 their children because having children

NOTE Confidence: 0.95667255

01:01:05.295 --> 01:01:06.035 is the worst,

NOTE Confidence: 0.9366557

01:01:06.495 --> 01:01:07.855 which is also an over
NOTE Confidence: 0.9366557

01:01:07.855 --> 01:01:09.215 exaggeration, like, where it's like
NOTE Confidence: 0.9366557

01:01:09.215 --> 01:01:10.230 a pendulum. Right?
NOTE Confidence: 0.9980068

01:01:10.630 --> 01:01:11.210 In terms
NOTE Confidence: 0.9858049

01:01:11.990 --> 01:01:13.050 of the effect sizes
NOTE Confidence: 0.9803225

01:01:13.350 --> 01:01:15.510 for the gratitude interventions and
NOTE Confidence: 0.9803225

01:01:15.510 --> 01:01:16.490 things like that,
NOTE Confidence: 0.9767011

01:01:16.950 --> 01:01:18.090 those effect sizes
NOTE Confidence: 0.9910958

01:01:18.630 --> 01:01:19.130 are,
NOTE Confidence: 0.9829669

01:01:20.150 --> 01:01:21.270 I would, you know, small
NOTE Confidence: 0.9829669

01:01:21.270 --> 01:01:23.530 to moderate, which is consistent
NOTE Confidence: 0.9829669

01:01:23.670 --> 01:01:25.805 with the literature on well-being
NOTE Confidence: 0.9829669

01:01:25.805 --> 01:01:26.925 more generally. And I think
NOTE Confidence: 0.9829669

01:01:26.925 --> 01:01:28.205 it's important to keep it
NOTE Confidence: 0.9829669

01:01:28.205 --> 01:01:28.945 in context
NOTE Confidence: 0.957444

01:01:29.245 --> 01:01:30.865 and remember that this is

NOTE Confidence: 0.957444
01:01:31.085 --> 01:01:32.605 a five to ten minute
NOTE Confidence: 0.957444
01:01:32.605 --> 01:01:33.105 exercise.
NOTE Confidence: 0.98675835
01:01:34.365 --> 01:01:36.045 And we're seeing, you know,
NOTE Confidence: 0.98675835
01:01:36.045 --> 01:01:37.825 some, you know, small, moderate
NOTE Confidence: 0.8473456
01:01:38.340 --> 01:01:39.800 boosts and positive emotions.
NOTE Confidence: 0.9979969
01:01:40.340 --> 01:01:41.080 I would
NOTE Confidence: 0.9907199
01:01:41.380 --> 01:01:41.880 be
NOTE Confidence: 0.9928995
01:01:42.180 --> 01:01:43.320 very skeptical
NOTE Confidence: 0.9924456
01:01:43.620 --> 01:01:45.400 if I had an intervention
NOTE Confidence: 0.97433144
01:01:45.780 --> 01:01:47.480 of this type that was,
NOTE Confidence: 0.97433144
01:01:47.620 --> 01:01:48.980 you know, had this like
NOTE Confidence: 0.97433144
01:01:48.980 --> 01:01:49.480 massive,
NOTE Confidence: 0.96560264
01:01:50.420 --> 01:01:51.955 effect size given that we
NOTE Confidence: 0.96560264
01:01:51.955 --> 01:01:53.155 know there are lots of
NOTE Confidence: 0.96560264
01:01:53.155 --> 01:01:54.214 competing factors
NOTE Confidence: 0.9981878

01:01:54.755 --> 01:01:55.974 that influence
NOTE Confidence: 0.9899634

01:01:56.355 --> 01:01:56.855 well-being,
NOTE Confidence: 0.9707018

01:01:57.714 --> 01:01:59.795 at any given moment. And
NOTE Confidence: 0.9707018

01:01:59.795 --> 01:02:01.415 I see it these activities
NOTE Confidence: 0.9707018

01:02:01.555 --> 01:02:03.015 as, like, a little nudge.
NOTE Confidence: 0.9707018

01:02:03.250 --> 01:02:04.530 Right? Just like a little
NOTE Confidence: 0.9707018

01:02:04.530 --> 01:02:05.810 nudge throughout the day that
NOTE Confidence: 0.9707018

01:02:05.810 --> 01:02:07.570 people could engage in. And
NOTE Confidence: 0.9707018

01:02:07.570 --> 01:02:09.250 it's instead that experience of
NOTE Confidence: 0.9707018

01:02:09.250 --> 01:02:10.230 positive emotions
NOTE Confidence: 0.99532974

01:02:10.610 --> 01:02:11.430 that could
NOTE Confidence: 0.99820834

01:02:11.810 --> 01:02:12.310 shape,
NOTE Confidence: 0.9506676

01:02:12.850 --> 01:02:14.850 and change their experiences over
NOTE Confidence: 0.9506676

01:02:14.850 --> 01:02:16.210 the course of time. Because,
NOTE Confidence: 0.9506676

01:02:16.210 --> 01:02:17.675 you know, posit you know,
NOTE Confidence: 0.9506676

01:02:17.675 --> 01:02:19.035 there's lots of theory and

NOTE Confidence: 0.9506676
01:02:19.035 --> 01:02:20.175 evidence of
NOTE Confidence: 0.8540901
01:02:21.275 --> 01:02:22.795 the ways that positive emotion
NOTE Confidence: 0.8540901
01:02:22.795 --> 01:02:24.335 emotions can help people,
NOTE Confidence: 0.9667043
01:02:25.115 --> 01:02:26.795 broaden their mindsets and build
NOTE Confidence: 0.9667043
01:02:26.795 --> 01:02:28.555 resources and skills. And that's
NOTE Confidence: 0.9667043
01:02:28.555 --> 01:02:29.675 kind of the benefit that's
NOTE Confidence: 0.9667043
01:02:29.675 --> 01:02:30.494 gonna accrue
NOTE Confidence: 0.9877591
01:02:30.795 --> 01:02:32.395 over time, not necessarily the
NOTE Confidence: 0.9877591
01:02:32.395 --> 01:02:34.300 direct benefit of any one
NOTE Confidence: 0.9877591
01:02:34.300 --> 01:02:35.280 specific activity.
NOTE Confidence: 0.90274674
01:02:37.099 --> 01:02:37.980 All right. Great. Thank you.
NOTE Confidence: 0.90274674
01:02:37.980 --> 01:02:39.420 Sadly, we have to call
NOTE Confidence: 0.90274674
01:02:39.420 --> 01:02:40.300 it a day there, but
NOTE Confidence: 0.90274674
01:02:40.300 --> 01:02:41.260 just, I want to have
NOTE Confidence: 0.90274674
01:02:41.260 --> 01:02:42.940 everybody thank Doctor. Nelson Coffee
NOTE Confidence: 0.90274674

01:02:42.940 --> 01:02:44.540 once more. Really appreciate you

NOTE Confidence: 0.90274674

01:02:44.540 --> 01:02:45.280 being here.

NOTE Confidence: 0.9954204

01:02:47.392 --> 01:02:48.352 Thank you all so much

NOTE Confidence: 0.9954204

01:02:48.352 --> 01:02:49.332 for having me.