

Curriculum Vitae

William Tov

Office Address

School of Social Sciences
Singapore Management University
90 Stamford Road, Level 4
Singapore 178903
Tel: +65 6828 1904
Fax: +65 6828 0423
Email: williamtov@smu.edu.sg

Employment

2016 - present Associate Professor of Psychology, Singapore Management University
2008 - 2016 Assistant Professor of Psychology, Singapore Management University

Education

2008 Ph.D, Psychology, University of Illinois, Urbana-Champaign
2006 MA, Psychology, University of Illinois, Urbana-Champaign
2002 BA, Psychology, University of California, Berkeley
2002 BA, Anthropology, University of California, Berkeley

Research Interests

Well-being, mindfulness, and personality in everyday life
Social implications of personality traits
Social media and expressions of personality and emotion
Cultural and societal influences on well-being and personality constructs
Policy implications of well-being measures

Website

Faculty (<http://www.mysmu.edu/faculty/williamtov/>)
Subjective Well-Being Research (<http://swbresearch.netfirms.com>)

Awards, Grants

2019-2022 Workforce Development Applied Research Fund (Co-PI). *Work, Well-being, and Resilience: Understanding Singapore's Mature Workforce.*
2019-2020 Lee Kong Chian Fellow (in recognition for excellent research achievement)
2017-2018 MOE AcRF Tier 1 Grant (PI). *Unpacking Meaning in Everyday Life.*
2015-2016 Social Services Institute (Co-PI). *Mindfulness Training for Social Workers.*
2015-2016 MOE AcRF Tier 1 Grant (PI). *Personality in Real-Time Real-World Behaviour.*
2013-2014 MOE AcRF Tier 1 Grant (PI). *Emotional Reactions to Daily Events.*
2012-2013 MOE AcRF Tier 1 Grant (PI). *Cognitive Representation of Daily Experiences.*

- 2010-2011 MOE AcRF Tier 1 Grant (PI). *Personality, Relationship Quality, & Well-Being*.
 2009-2010 MOE AcRF Tier 1 Grant (PI). *Memory for Events and Types of Well-Being*
 2008-2009 MOE AcRF Tier 1 Grant (PI). *Daily Experiences, Well-Being, and Personality Differences*.
 2007 UIUC Psychology Department Travel Grant
 2004-2007 National Science Foundation Fellowship
 2004 International Positive Psychology Summit Fellow

Journal Articles

(†) Undergraduate/post-baccalaureate mentee; (‡) Graduate student mentee.

Hartanto, A., Yong, J. C., Toh, W. X., Lee, S. T. H., Tng, G. Y. Q., & Tov, W. (*in press*). Cognitive, social, emotional, and subjective health benefits of computer use in adults: A 9-Year longitudinal study from the Midlife in the United States (MIDUS). *Computers and Human Behavior*.

Tov, W., Ng, W., & Kang, S.-H. (*in press*). The facets of meaningful experiences: An examination of purpose and coherence in meaningful and meaningless events. *Journal of Positive Psychology*.

Liu, P., Chan, D., Qiu, L., Tov, W., & Tong, V. J. C. (2018). Effects of cultural tightness-looseness and social network density on expression of positive and negative emotions: A large-scale study of impression management by Facebook users. *Personality and Social Psychology Bulletin*, *44*, 1567-1581.

Wood, D., Qiu, L., Lu, J., Lin, H., & Tov, W. (2018). Adjusting bilingual ratings by retest reliability improves estimation of translation quality. *Journal of Cross-Cultural Psychology*, *49*, 1325-1339.

Costello, C., Wood, D., & Tov, W. (2018). Revealed traits: A novel method for estimating cross-cultural similarities and differences in personality. *Journal of Cross-Cultural Psychology*, *49*, 554-586.

Tov, W., & Lee, H. W. (‡) (2016). A closer look at the hedonics of everyday meaning and satisfaction. *Journal of Personality and Social Psychology*, *111*, 585-609.

Tov, W., Nai, Z. L.(†), & Lee, H. W.(‡) (2016). Extraversion and agreeableness: Divergent routes to daily satisfaction with social relationships. *Journal of Personality*, *84*, 121-134.

Liu, P., Tov, W., Kosinski, M., Stillwell, D. J., & Qiu, L. (2015). Do Facebook status updates reflect subjective well-being? *Cyberpsychology, Behavior, and Social Networking*, *18*, 373-379.

- Saucier, G., Kenner, J. S., Iurino, K., Bou Malham, P., Chen, Z., Thalmayer, A. G., Kimmelmeier, M., Tov, W., ... Altschul, C. (2015). Cross-cultural differences in a global 'Survey of World Views'. *Journal of Cross-Cultural Psychology, 46*, 53-70.
- Wood, D., Tov, W., & Costello, C. (2015). What a _____ thing to do! Formally characterizing actions by their expected effects. *Journal of Personality and Social Psychology, 108*, 953-976.
- Lin, H., Tov, W., & Qiu, L. (2014). Emotional disclosure on social networking sites: The role of network structure and psychological needs. *Computers in Human Behavior, 41*, 342-350.
- Tov, W., & Koh, K.(†) (2014). Extraverts categorize their daily experiences by specific social relationships. *Journal of Research in Personality, 52*, 13-19.
- Tov, W., Ng, K. L.(†), Lin, H., & Qiu, L. (2013). Detecting well-being via computerized content analysis of brief diary entries. *Psychological Assessment, 25*, 1069-1078.
- Li, N. P., Yong, J. C., Tov, W., Sng, O., Fletcher, G. J. O., Valentine, K. A., Jiang, Y. F., Balliet, D. (2013). Mate preferences do predict attraction and choices in the early stages of mate selection. *Journal of Personality and Social Psychology, 105*, 757-776.
- Tov, W. (2012). Daily experiences and well-being: Do memories of events matter? *Cognition and Emotion, 26*, 1371-1389.
- Qiu, L., Lin, H., Leung, A. K.-y., & Tov, W. (2012). Putting their best foot forward: Emotional disclosure on Facebook. *Cyberpsychology, Behavior, and Social Networking, 15*, 569-572.
- Li, N. P., Patel, L., Balliet, D., Tov, W., & Scollon, C. N. (2011). The incompatibility of materialism and wanting children: Psychological insights into the fertility discrepancy among modern countries. *Social Indicators Research, 101*, 391-404.
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research, 97*, 143-156.
- Portions of the analyses in this paper were re-published in: Diener, E., Wirtz, D., Biswas-Diener, R., Tov, W., Kim-Prieto, C., Choi, D., & Oishi, S. (2009). New measures of well-being. In E. Diener (Ed.), *Assessing well-being: The collected works of Ed Diener* (pp. 247-266). Dordrecht, Netherlands: Springer.
- Kim, Y. H., Chiu, C.-y., Peng, S., Cai, H., & Tov, W. (2010). Explaining East-West differences in the likelihood of making favorable self-evaluation: The role of evaluation apprehension and directness of expression. *Journal of Cross-Cultural Psychology, 41*, 62-75.
- Diener, E., & Tov, W. (2009). Well-being on Planet Earth. *Psychological Topics, 18*, 213-219.
- Diener, E., Ng, W., & Tov, W. (2008). Balance in life and declining marginal utility of diverse resources. *Applied Research in Quality of Life, 3*, 277-291.

Le, T.N., Tov, W., & Taylor, J. (2007). Religiousness and depressive symptoms in five ethnic adolescent groups. *International Journal for the Psychology of Religion*, *17*, 209-232.

Diener, E., & Tov, W. (2007). Subjective well-being and peace. *Journal of Social Issues*, *63*, 421-440.

Book Chapters

Tov, W. & Nai, Z. L. S. (†). (2018). Cultural differences in subjective well-being: How and why. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction* (pp. 50-73). New York, NY: Routledge.

Tov, W. (2018). Well-being concepts and components. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of subjective well-being*. Salt Lake City, UT: DEF Publishers.

Tov, W., & Diener, E. (2013). Subjective wellbeing. In K. D. Keith (Ed.), *Encyclopedia of cross-cultural psychology* (pp. 1239-1245). Hoboken, NJ: John Wiley & Sons.

Tov, W., & Au, E. W. M. (2013). Comparing well-being across nations: Conceptual and empirical issues. In I. Boniwell, S. David, & A. Conley (Eds.), *Oxford handbook of happiness* (pp. 448-464). Oxford, UK: Oxford University Press.

Scollon, C. N., & Tov, W. (2012). Cultural similarities and differences in the conceptualization of emotion. In P. A. Wilson (Ed.), *Łódź Studies in Language: Vol. 27. Dynamicity in emotion concepts* (pp. 235-252). Frankfurt, Germany: Peter Lang.

Diener, E., & Tov, W. (2012). National accounts of well-being. In K. C. Land, A. C. Michalos, & M. J. Sirgy (Eds.), *Handbook of social indicators and quality of life research* (pp. 137-156). New York, NY: Springer.

Tov, W., & Scollon, C. N. (2012). Cross-cultural research. In M. R. Mehl & T. S. Conner (Eds.), *Handbook of research methods for studying daily life* (pp.539-552). New York, NY: Guilford.

Kim, Y. H., & Tov, W. (2011). Cultural processes underlying subjective well-being. In A. K-y. Leung, C-y. Chiu, & Y-y. Hong (Eds.), *Cultural processes: A social psychological perspective* (pp. 154-171). New York, NY: Cambridge University Press.

Diener, E., Kahneman, D., Tov, W., & Arora, R. (2010). Income's association with judgments of life versus feelings. In E. Diener, D. Kahneman, & J. F., Helliwell (Eds.), *International differences in well-being* (pp. 3-15). Oxford, UK: Oxford University Press.

- A preliminary version of this article was published as: Diener, E., Kahneman, D., Arora, R., Harter, J., & Tov, W. (2009). Income's differential influence on judgments of life versus affective well-being. In E. Diener (Ed.), *Assessing well-being: The collected works of Ed Diener* (pp. 233-245). Dordrecht, Netherlands: Springer.

Diener, E., Kesebir, P., & Tov, W. (2009). Happiness. In M. R. Leary & R. H. Hoyle (Eds.), *Handbook of individual differences in social behavior* (pp. 147-160). New York, NY: Guilford.

Tov, W., Diener, E., Ng, W., Kesebir, P., & Harter, J. (2009). The social and economic context of peace and happiness. In R. S. Wyer, C-y. Chiu, & Y-y. Hong (Eds.), *Understanding culture: Theory, research, and application* (pp. 239-258). New York, NY: Psychology Press.

Tov, W., & Diener, E. (2008). The well-being of nations: Linking together trust, cooperation, and democracy. In B. A. Sullivan, M. Snyder, & J. L. Sullivan (Eds.), *Cooperation: The political psychology of effective human interaction* (pp. 323-342). Malden, M.A.: Blackwell.

Tov, W., & Diener, E. (2007). Culture and subjective well-being. In S. Kitayama & D. Cohen (Eds.), *Handbook of cultural psychology* (pp. 691-713). New York, NY: Guilford.

Current Research Projects

Tov, W., & Balan, R. K. Effects of personality trait on real-world, real-time social behavior.

Tov, W. Mindfulness and everyday emotion regulation.

Nai, Z. L., & Tov, W. Trait gratitude and satisfaction with friends: The role of relationship expectations and tolerance of relationship burdens.

Presentations

Tov, W. (2019). *Not all meaningful experiences are satisfying: Implications for the distinction between hedonic and eudaimonic well-being*. Invited talk at the Big Questions Conference on Happiness and Suffering, Singapore Management University (October 26) in Singapore.

Tov, W. (2019). *Culture and well-being: A Chinese tamale perspective*. Invited talk at the 6th World Congress on Positive Psychology (July 18-21) in Melbourne, Australia.

Tov, W. (2019). *Culture and well-being: Similarities and differences*. Invited talk at the Wee Kim Wee Soka International Seminar on Global Peace & Understanding, Singapore Management University (March 9) in Singapore.

Tov, W. (2019). *Culture and well-being: Similarities and differences*. Invited talk at the Behavioral Sciences Institute, Singapore Management University (January 29) in Singapore.

Tov, W. (2018). *National accounts of well-being: Implications for societal trust*. Presented at the 2nd International Conference on Well-Being (November 1-2) in Singapore.

Tov, W. (2018). *The emotional contours of daily satisfaction and meaning within and between persons*. Invited talk presented at the 2018 Annual Convention of the Society for Personality and

Social Psychology Happiness & Well-Being Preconference (March 1-3) in Atlanta, Georgia, USA.

Tov, W., & Indra Alam Syah, A. (2017). *The affective architecture of daily meaning and satisfaction: Does the temporal sequence of affective experience matter?* Presented at the 5th World Congress on Positive Psychology (July 13-16) in Montréal, Canada.

Nai, Z. L., & Tov, W. (2017). *Grateful people are more satisfied in their friendships by perceiving that their friends do more and ask less.* Poster presented at the 18th Annual Meeting of the Society for Personality and Social Psychology (January 19-21) in San Antonio, Texas, USA.

Tov, W., & Lee, H. W. (2017). *Meaning and satisfaction in everyday life.* Invited talk at the Behavioural Sciences Institute, Singapore Management University (January 17) in Singapore.

Tov, W., & Lee, H. W. (2016). *Meaning and satisfaction in everyday life.* Presented at International Conference on Well-Being (October 31 – November 1) in Singapore.

Tov, W., & Nai, Z. L. (2015) *The influence of gratitude on relationship satisfaction.* Poster presented at the Association for Psychological Science 27th Annual Convention (May 21-24) in New York City, New York, USA.

Tov, W. (2014). *Mindfulness Initiative @ SMU: Bridging research and practice.* Invited talk at the SMU Mindfulness Conversation (December 5) in Singapore.

Tov, W. (2014). *Self-reports of well-being: Are they valid even if we can't remember everything that happens to us?* Invited talk at the Singapore Management University Behavioral Sciences Institute (August 19) in Singapore.

Wood, D., Tov, W., & Costello, C. (2015). *Examining Eastern-Western personality differences using action scenarios.* Presented at the 22nd International Congress for Cross-Cultural Psychology (July 18) in Reims, France.

Lee, H. W., Tov, W., & Nai, Z. L. (2014). *Relationship satisfaction of extroverts and agreeable people: How do they get there?* Poster presented at the Association for Psychological Science 26st Annual Convention (May 22-May 25) in San Francisco, California, USA.

Tov, W. (2013). *Self-reports of well-being: Are they valid even if we can't remember everything that happens to us?* Invited talk at the Singapore Management University Capstone Seminar (September 10) in Singapore.

Tov, W. (2011). *Subjective well-being across cultures.* Invited talk at the Singapore Management University Capstone Seminar (September 3) in Singapore.

Tov, W. (2010). *Subjective well-being and societal trust.* Invited talk at the Singapore Management University Capstone Seminar (August 31) in Singapore.

Tov, W., & Diener, E. (2010). *Perceived control and well-being across cultures: Moderating effects of GDP, government regulation & social conservatism*. Poster presented at the 20th International Congress of Cross-Cultural Psychology (July 7-10) in Melbourne, Australia.

Tov, W. (2009). *Can money bring happiness?* Invited talk at the Singapore Management University Capstone Seminar (September 15) in Singapore.

Tov, W., & Diener, E. (2009). *Seeking help from happy people: The perceived well-being and morality of potential helpers*. Poster presented at the Association for Psychological Science 21st Annual Convention (May 22-May 25) in San Francisco, California, USA.

Tov, W. (2008). *Happiness techniques*. Invited talk at the Singapore Management University Capstone Seminar (October 15) in Singapore.

Tov, W., & Diener, E. (2007). *Subjective well-being and peace*. Presented at the University of Illinois-University of Michigan Culture Conference (April 14) in Champaign, Illinois, USA.

Tov, W., & Diener, E. (2007). *Happiness and peace: Individual well-being, peace-relevant attitudes, and societal conditions*. Poster presented at the 8th Annual Meeting of the Society for Personality and Social Psychology (January 26-28) in Memphis, Tennessee.

Tov, W. (2004). *Time perspective and SWB*. Poster presented at the 3rd International Positive Psychology Summit (September 30 – October 3) at The Gallup Organization, Washington, DC, USA.

Le, T. N., & Tov, W. (2004). *Religiousness, depression & psychosocial mediators in five adolescent ethnic groups*. Poster presented at the 2nd Annual Mid-Winter Research Conference on Religion and Spirituality (March 19-20) at Loyola College, Columbia, Maryland, USA.

Teaching Experience

Awards

2018	Nominee, Excellent Teacher Award, Singapore Management University
2017	Finalist, Innovative Teacher Award, Singapore Management University
2016	Nominee, Innovative Teacher Award, Singapore Management University

Graduate Level

Psychology of Well-Being (Spring 2019)
 General Linear Model (Fall 2017)
 Multivariate Statistics (Spring 2011)
 Psychology of Emotion (Spring 2011, Fall 2012/2013)

Ph.D Students Supervised

Huey Woon Lee (2012 – 2016)
Zeling Nai (2014 – present)
Indra Alam Syah Bin Aziz (2016 – present)
Junsheng Keh (2017 – present)
Elizabeth Lim (2019 – present)

Master's Students Supervised

Yan Qiang Tan (2017 – 2019)
Wynn Tan (2019 – present)

Undergraduate Level

Social Science Capstone Seminar (Spring 2013/2014, Fall 2015/2016)
Research Methods II (Spring 2013-2019)
Psychometrics & Psychological Testing (Spring 2009-2012, Fall 2013-2015, Spring 2018)
Design, Measurement, & Analysis (Spring 2009/2010/2012)
Supervisor of undergraduate independent research (2005-2007, 2009-2015)
Introduction to Social Psychology (Fall 2007, Spring 2008)
Training and development of research assistants (2003-present)

Undergraduate Honors Theses Supervised

Shieh Yuan Ong (2010)
Euodia Chua (2011)

- Accepted to doctorate program in clinical psychology (University of South Dakota)

Lester Sim (2014)

- Winner of the Helen Chua Chin Xiang Best Senior Thesis in Psychology
- Accepted to doctorate program in social/personality psychology (University of Michigan)

Mrinal Daryani (2015)

- Presented at SOSS Tea Session (May 9, 2015) for prospective SMU students and their parents
- Presented at the International Conference of Undergraduate Research (September 29, 2015)

Teaching Interests

Introduction to Social Psychology
Introduction to Personality Psychology
Introduction to Psychology
Introduction to Statistics
Research Methods
Subjective Well-Being / Positive Psychology
Graduate-Level Statistics

- General Linear Model, Multivariate Statistics, Multilevel Modeling

Service

Chair for Post-Graduate Theses

Huey Woon Lee (Master's Thesis, 2014, Psychology)

Ze Ling Nai, Serene (Master's Thesis, 2016, Psychology)

Committee Member for Post-Graduate Theses

Sharon Koh (Master's Thesis, 2012, Psychology)

Kay Chai Tay, Peter (Master's Thesis, 2013, Psychology)

Huey Woon Lee (Doctoral Thesis, 2016, Psychology)

Chou Chuen Yu (Master's Thesis, 2015; Doctoral Thesis, 2017, Psychology)

Samantha Sim (Doctoral Thesis, 2016, Organizational Behavior)

Moses Koh (Master's Thesis, 2016, Organizational Behavior)

Nadhilla Melia (Master's Thesis, expected 2018, Psychology)

Brandon Koh (Doctoral Thesis, expected 2018, Psychology)

Second Reader for Senior Theses in Psychology

Sin Hui Chong (2011)

Jonathan Tan (2015)

Jing Han Sim (2015)

Joy Wang (2016)

Hui Yee Diong (2016)

External Examiner

Master's Thesis (National University of Singapore, 2015)

Media Interviews and Contributions

Asian Scientist. (May 4, 2017). Life is a rollercoaster—It's just how you ride it.

Channel News Asia. (July 24, 2017). Satisfaction, meaning, and the importance of positive experiences (Invited commentary).

Memberships and Professional Activities

Member

Association for Psychological Science

International Positive Psychology Association

Society for Personality and Social Psychology

Editorial Boards

Frontiers in Psychology, Review Editor, Personality and Social Psychology, 2017-2019

Ad Hoc Reviewer

Asian Journal of Social Psychology | Cross-Cultural Research | Emotion | European Journal of Personality Assessment | European Journal of Social Psychology | Frontiers in Psychology | International Journal for the Psychology of Religion | International Journal of Psychology | Journal of Applied Social Psychology | Journal of Cross-Cultural Psychology | Journal of Happiness Studies | Journal of Personality | Journal of Personality and Social Psychology | Journal of Socio-Economics | Leisure Sciences | Motivation & Emotion | Personality and Social Psychology Bulletin | Personality and Social Psychology Review | Perspectives in Psychological Science | Political Psychology | PsyCh Journal | Psychology and Aging | Psychological Bulletin | Psychological Science | Psychology of Well-Being

Grant Reviewer

ZonMw (Netherlands; organisation for health research and development)
United States-Israel Binational Science Foundation (Israel)
National Science Centre (Poland)