

Andrew A. Abeyta
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[Google Scholar page](#)

Academic Appointments

Rutgers University Camden 2017-Present
Assistant Professor
Department of Psychology

Education

North Dakota State University 2012-2017
Doctor of Philosophy: Social/Health Psychology
Dissertation: Awakening the Social Self: Nostalgia Regulates Loneliness by Energizing Approach-Related Social Motivation

The University of Colorado at Colorado Springs 2009- 2012
Masters of Arts: Experimental Psychology
Thesis: The Impact of Existential Threat on the Existentially Indifferent

The Colorado College 2005- 2009
Bachelors of Arts: Psychology
Thesis: Extending Stereotype Threat to Low Income Parents: Impact on Parenting Styles

Publications

*Undergraduate author **Graduate student under my supervision

- 1) **Abeyta, A. A.**, & Juhl, J.T. (in press). Nostalgia mitigates the association between loneliness and meaning in life deficits. *Emotion*.
- 2) Nelson, T. A., **Abeyta, A. A.**, & Routledge, C. (2021). Religion, paranormal beliefs, and meaning in life. *Religion, Brain, and Behavior*, 11, 139-149.
<https://doi.org/10.1080/2153599X.2020.1824938>
- 3) Routledge, C., FioRito, T. A., Bitzan, J. D., & **Abeyta, A. A.** (2021). Does existential well-being promote positive attitudes about entrepreneurs? *Journal of Consumer Satisfaction, Dissatisfaction and Complaining Behavior*, 34, 1-5

- 4) **Abeyta, A. A.**, Routledge, C., & **Kaslon, S.** (2020). Combatting loneliness with nostalgia: Nostalgic feelings attenuate negative thoughts and motivations associated with loneliness. *Frontiers in Psychology, 11*, Article 1219. <https://doi.org/10.3389/fpsyg.2020.01219>
- 5) **Abeyta, A. A.**, & **Blake, E.** (2020). The Existential implications of individual differences in religious defensive and growth orientations: Fundamentalism, quest religiosity, and intrinsic/extrinsic. In C. Routledge & K. Vail (Eds.), *The science of religion, spirituality, and existentialism*. New York, NY: Elsevier.
- 6) Fetterman, A. K., Juhl, J. T., Meier, B. P., **Abeyta, A. A.**, Routledge, C., & Robinson, M. D. (2020). The path to God is through the heart: Metaphoric self-location as a robust predictor of religiosity. *Self and Identity, 19*, 650-672. <https://doi.org/10.1080/15298868.2019.1651389>
- 7) **Abeyta, A. A.**, Nelson, T. A., & Routledge, C. (2019). The pushes and pulls of the past: The effects of attachment-related avoidance on approach-oriented social goals. *Personality and Individual Differences, 149*, 200-208. doi: 10.1016/j.paid.2019.06.008
- 8) Nelson, T. A., **Abeyta, A. A.**, & Routledge, C. (2019). What makes life meaningful for theists and atheists? *Psychology of Religion and Spirituality*. Advance online publication. <https://doi.org/10.1037/rel0000282>
- 9) **Abeyta, A. A.**, Nelson, T. A., & Routledge, C. (2019). Precious time: The role of time and temporal thought in managing death awareness. In C. Routledge, & M. Vess, (Eds). *The handbook of terror management theory* (pp. 209-221). New York, NY: Elsevier.
- 10) Nelson, T. A., **Abeyta, A. A.**, & Routledge, C. (2019). Does meaning motivate magical thinking among theists and atheists? *Social Psychological and Personality Science, 11*, 176-184. <https://doi.org/10.1177/1948550619829063>
- 11) **Abeyta, A. A.**, & Routledge, C. (2018). The need for meaning and religiosity: An individual differences approach to assessing existential needs. *Personality and Individual Differences, 123*, 6-13. <https://doi.org/10.1016/j.paid.2017.10.038>
- 12) Routledge, C., **Abeyta, A. A.**, Royslance, C. & (2018). Death and end times: The effects of religious fundamentalism and mortality salience on apocalyptic beliefs. *Religion, Brain & Behavior, 8*, 21-30. <https://doi.org/10.1080/2153599X.2016.1238840>
- 13) **Abeyta, A. A.**, Routledge, C., Kersten, M., & Cox, C. R. (2017). The existential cost of financial insecurity: Financial insecurity undermines perceptions of meaning in life. *The Journal of Social Psychology, 157*, 692-702. <https://doi.org/10.1080/00224545.2016.1270892>
- 14) **Abeyta, A. A.**, & Routledge, C. (2017). Nostalgia as a psychological resource for a meaningful life: Nostalgia affirms perceptions of meaning in life, fortifies meaning, and mobilizes meaningful pursuits. In M. Robinson & M. Eid (Eds.), *The happy mind: Cognitive contributions to well-being* (427-442). New York: Springer.

- 15) **Abeyta, A. A.**, Routledge, C., & Sedikides, C. (2017). Material meaning: Narcissists gain greater existential benefits from extrinsic than intrinsic goals. *Social Psychological and Personality Science*, 8, 219-228. <https://doi.org/10.1177/1948550616667618>
- 16) Routledge, C., **Abeyta, A. A.**, & Roylance, C. (2017). We are not alone: meaning motive, religiosity, and belief in extraterrestrial intelligence. *Motivation and Emotion*, 41, 135-146. <https://doi.org/10.1007/s11031-017-9605-y>
- 17) Routledge, C., Roylance, C., & **Abeyta, A. A.** (2017). Miraculous meaning: Threatened meaning increases belief in miracles. *Journal of Religion and Health*, 56, 776-783. <https://doi.org/10.1007/s10943-015-0124-4>
- 18) Routledge, C., Roylance, C., & **Abeyta, A. A.** (2017). Further exploring the link between religion and existential health? The effects of religiosity and trait differences in mentalizing on indicators of meaning in life. *Journal of Religion and Health*, 56, 604-613. <https://doi.org/10.1007/s10943-016-0274-z>
- 19) **Abeyta, A. A.**, & Routledge, C. (2016). Fountain of youth: The impact of nostalgia on subjective age and implications for health. *Self and Identity*, 15, 356-369. <https://doi.org/10.1007/s10943-015-0124-4>
- 20) **Abeyta, A. A.**, & Routledge, C. (2016). Sentimentality. In V. Zeigler-Hill & T. K. Shackelford (Eds). *Encyclopaedia of Personality and Individual Differences*. New York: Springer.
- 21) Routledge, C., **Abeyta, A. A.**, Roylance, C. (2016). An existential function of evil: The effects of religiosity and compromised meaning on belief in magical forces. *Motivation and Emotion*, 40, 681-688. <https://doi.org/10.1007/s11031-016-9571-9>
- 22) Roylance, C., **Abeyta, A. A.**, & Routledge, C. (2016). I am not an animal, but I am a sexist: Beliefs in human distinctiveness predicts sexist attitudes toward women and perceptions of meaning in life. *Feminism and Psychology*, 26, 368-377. <https://doi.org/10.1177/0959353516636906>
- 23) Routledge, C., Roylance, C., & **Abeyta, A. A.** (2016). Nostalgia as an existential intervention: Using the past to secure meaning in the present and the future. In P. Russo-Netzer, S. E. Schulenberg, & A. Batthyany (Eds.), *To thrive, to cope, to understand – Meaning in positive and existential psychotherapy* (343-362). New York: Springer.
- 24) **Abeyta, A. A.**, Routledge, C., & Juhl, J. (2015). Looking back to move forward: Nostalgia as a psychological resource for promoting relationship aspirations and overcoming relationship challenges. *Journal of Personality and Social Psychology*, 109, 1029-1044. <https://doi.org/10.1037/pspi0000036>
- 25) **Abeyta, A. A.**, Routledge, C., Juhl, J., & Robinson, M. D. (2015). Finding meaning through emotional understanding: Emotional clarity predicts meaning in life and adjustment to

existential threat. *Motivation and Emotion*, 39, 973-983. <https://doi.org/10.1007/s11031-015-9500-3>

- 26) **Abeyta, A. A.**, Routledge, C., Roylance, C., Wildschut, T., & Sedikides, C. (2015). The relationship between attachment-related avoidance and the social and agentic content of nostalgia. *Journal of Personal and Social Relationships*, 32, 406-413. <https://doi.org/10.1177/0265407514533770>
- 27) Smith, A. J., **Abeyta, A. A.**, Hughes, M., & Jones, R. T. (2015). Persistent grief in the aftermath of mass violence: The predictive roles of posttraumatic stress symptoms, self-efficacy, and disrupted worldview. *Psychological Trauma: Theory, Research, Practice and Policy*, 7, 179-186. <https://doi.org/10.1037/tra0000002>
- 28) **Abeyta, A. A.**, Juhl, J., & Routledge, C. (2014). Exploring the effects of self-esteem and mortality salience on proximally and distally measured death-anxiety: A further test of the dual defense model of terror management. *Motivation and Emotion*, 38, 523-528. <https://doi.org/10.1007/s11031-014-9400-y>
- 29) Maxfield, M., Greenberg, J., Pyszczynski, T., Weise, D., Kosloff, S., Soenke, M., **Abeyta, A. A.**, & Blatter J. (2014). Increases in generative concern among older adults following reminders of mortality. *International Journal of Aging*, 79, 1-21. <https://doi.org/10.2190/AG.79.1.a>
- 30) Routledge, C., Juhl, J., **Abeyta, A. A.**, & Roylance, C. (2014). Using the past to promote a peaceful future: Nostalgia proneness mitigates existential threat induced nationalistic self-sacrifice. *Journal of Social Psychology*, 45, 339-346. <https://doi.org/10.1027/1864-9335/a000172>
- 31) Roylance, C., **Abeyta, A. A.**, Routledge, C., & Juhl, J. (2014). The existential consequences of an unjust world: The effects of individual differences in belief in a just world and just world threats on death-thought accessibility. *Basic and Applied Social Psychology*, 36, 452-460. <https://doi.org/10.1080/01973533.2014.944312>
- 32) **Abeyta, A. A.** & Pyszczynski, T. (2012). Maintaining a free and open society in the face of existential threat. In H. Gander, W. Perron, R. Poscher, G. Riescher, & T. Würtenberger (Eds.), *Resilienz in der offenen Gesellschaft* [Resilience in the open society] (pp. 211-227). Nomos-Verlag: Baden-Baden.

Papers Under Review/ In Preparation

*Undergraduate author **Graduate student under my supervision

Blake, E., & **Abeyta, A. A. (2022). *Nostalgic reflection eases fear of negative evaluation*. Manuscript under review.

***Trieu, E.**, & **Abeyta, A. A.** (2022). *Finding meaning in education bolsters academic self-efficacy*. Manuscript under review.

*Hasna, N., **Abeyta, A. A.**, & *Minuche, L. (2022). *The impact of nostalgia on college belonging and college optimism among first-generation college students*. Manuscript in preparation.

Abeyta, A. A., Routledge, C. (2022). *Existential agency: Measuring and testing the psychological implications of peoples' beliefs about their ability to maintain meaning in life*. Manuscript in preparation.

Blake E., & **Abeyta, A. A. (2022). *Individual differences in attachment orientation, social goal orientation, and meaning in life*. Manuscript in preparation.

Psetty, S., & **Abeyta, A. A. (2022). The role of meta-emotional competencies in the association between religion and meaning in life. *Manuscript in preparation*.

Grant Submissions

Increasing the retention and graduation of Bridging-the-Gap students in STEM by building a resilient purpose for learning (2021). submitted to the National Science Foundation, not funded but graded "Highly Competitive"

Paper Presentations (First Author or Supervisory role only)

Abeyta, A. A. (2022). *Existential agency and implications for psychological health and human progress*. Presented at the 2022 Eastern Psychological Association Meeting in New York, NY.

Abeyta, A. A., & Routledge, C. (2019). *Explaining religion's path to a meaningful life: The role of meta-emotional competencies*. Presented at annual American Psychological Association convention in Chicago, IL.

Abeyta, A. A., Routledge, C. (2018). *Narcissists gain existential benefit from extrinsic goals*. Presented at the annual meeting of the Midwestern Psychological Association in Chicago, IL.

Abeyta, A. A., & Routledge C. (2018). *The need for meaning and religiosity: An individual differences approach*. Presented at the Psychology of Religion and Spirituality Preconference to the Society for Personality and Social Psychology Conference in Atlanta, GA.

Abeyta, A. A., Routledge, C., & Sedikides, C. (2016). *Material meaning: Narcissists gain greater existential benefits from extrinsic than intrinsic goals*. Presented at the 28th annual Association for Psychological Science (APS) conference in Chicago, IL

Abeyta, A. A., & Routledge, C. (2015). *Fountain of youth: The impact of nostalgia on subjective age and implications for health*. Presented at the Subjective Time and Mental Time

Travel Preconference to the Society for Personality and Social Psychology Conference in Long Beach, CA.

Abeyta, A. A. & Chan, E. (2009). The impact of positive racial attitudes on campus climate. Presented at the 2009 Rocky Mountain Psychological Association Conference in Albuquerque, NM.

Conference Posters (First Author or Supervisory role only)

*Undergraduate author **Graduate student under my supervision

*Hasna, N., & Abeyta, A. A. (2022). *The impact of nostalgia on college belonging and college optimism among first-generation college students*. Presented at the Special Celebration for Undergraduate Research and Creative Activity Conference for recipients of the Rutgers-Camden Summer Undergraduate Research Grant, Camden, NJ.

*Hasna, N., & Abeyta, A. A. (2022). *Belonging intervention among first-year students*. Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.

*Trieu, E., & Abeyta, A. A. (2022). *Effects of Academic Self-Efficacy with Meaningful Education*. Presented at the Special Celebration for Undergraduate Research and Creative Activity Conference for recipients of the Rutgers-Camden Summer Undergraduate Research Grant, Camden, NJ.

*Trieu, E., & Abeyta, A. A. (2022). *Existential agency's effect on rates of help seeking in the form of campus resources*. Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.

*Collier, K. & **Abeyta, A. A.** (2021). *The role of purpose for learning in achieving educational goals*. Presented at the 2021 Eastern Psychological Association Meeting.

*Collier, K. & **Abeyta, A. A.** (2021). *The role of purpose for learning in achieving educational goals*. Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.

*Ketcham, J., **Abeyta, A. A.**, & *Collier, K. (2021). *Religiosity, meaning in life, and meta-emotional competencies*. Presented at the annual Eastern Psychological Association Meeting.

*Ketcham, J., **Abeyta, A. A.**, & *Collier, K. (2021). *Religiosity, meaning in life, and meta-emotional competencies*. Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.

Abeyta, A. A., *Minuche, L., & **Blake, E. (2020). *Nostalgia promotes a sense of campus belonging Among First-Generation College Students*. Presented at the annual meeting of the Society for Personality and Social Psychology in New Orleans, LA.

- **Blake, E., & Abeyta, A. A. (2020).** *Nostalgia reduces the fear of negative evaluation.* Presented at the annual meeting of the Society for Personality and Social Psychology in New Orleans, LA.
- **Blake, E., & Abeyta, A. A. (2020).** *Attachment, Social Goals, and Meaning.* Presented at the 7th annual Happiness and Well-Being preconference of the annual meeting of the Society for Personality and Social Psychology in New Orleans, LA.
- *Forty, E., & Abeyta, A. A. (2020).** *College struggles: The reasons why college students don't seek academic support.* Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.
- *Ketcham, J., & Abeyta, A. A. (2020).** Exploring the relationship between emotional regulation and religiosity. Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.
- *Santos, J., & Abeyta, A. A. (2020).** *College success: How meaningful education can influence undergraduate students.* Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.
- Abeyta, A. A. (2019).** *The meaningful struggle: First-generation college students benefit from finding a sense of meaning and purpose in their academic efforts.* Presented at the annual meeting of the Society for Personality and Social Psychology in Portland, OR.
- **Kaslon, S., Abeyta, A. A., & Routledge, C. (2019).** *An existential function of doomsday: The effects of existential vulnerability and meaning threat on apocalyptic beliefs.* Presented at the annual meeting of the Society for Personality and Social Psychology in Portland, OR.
- *Minuche, L., & Abeyta, A. A. (2019).** *Nostalgia for struggling first-generation students.* Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.
- *Ozer, E., & Abeyta, A. A. (2019).** *Digital Compensation? Exploring the relations between the need for meaning in life, the need for social belonging, and problematic internet use.* Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.
- *Santos, J. K., & Abeyta, A. A. (2019).** *Nostalgic influence in undergraduate college students.* Presented at the annual Rutgers University Camden Celebration for Undergraduate Research and Creative Activity Conference, Camden, NJ.
- Abeyta, A. A., & Routledge, C. (2018).** *Nostalgia regulates loneliness by energizing approach-related social motivation.* Presented at the annual meeting of the Society for Personality and Social Psychology in Atlanta, GA.

Abeyta, A. A., & Routledge, C. (2017). *On religion and the need for existential meaning: Differences in the need for meaning in life predict religiosity.* Presented at the annual meeting of the Society for Personality and Social Psychology in San Antonio, TX.

Abeyta, A. A., & Routledge, C. (2015). *The past pushes you forward: Nostalgia inspires social goal pursuit.* Presented at the annual meeting of the Society for Personality and Social Psychology in Long Beach, CA.

Abeyta, A. A., Routledge, C., & Juhl, J. (2014). *The existential benefits of emotional understanding: Exploring the relationship between trait meta-mood and personal meaning in life.* Presented at the annual meeting of the Society for Personality and Social Psychology in Austin, TX.

Abeyta, A. A. & Pyszczynski, T. (2013). *Finding comfort in meaninglessness? The impact of existential threat on the existentially indifferent.* Presented at the annual meeting of the Society for Personality and Social Psychology in New Orleans, LA.

Abeyta, A. A., Pyszczynski, T., & Chan, E. (2012). *Clarifying the role of uncertainty in terror management processes: The impact of the uncertain aspects of death on ingroup bias.* Presented at the annual meeting of the Society for Personality and Social Psychology in San Diego, CA.

Abeyta, A. A., Chan, E., & Bennet, J., (2009). *Extending stereotype threat to low-income parents: Impact on parenting styles.* Presented at the annual meeting of the Society for Personality and Social in Tampa, FL.

Teaching Experience

<u>Rutgers University Camden</u>	2017-present
Psych 135 Introduction to Social Psychology (taught in-person & online)	
Psych 256/255 Research Methods in Psych (taught in-person & online)	
Psych 365 Cultural Psychology (taught in-person)	
Psych 457 Existential Social Psychology (taught online)	
Psych 633 Graduate Cultural Psychology (taught in-person)	
Psych 674 Graduate Existential Social Psych (taught in-person)	
<u>North Dakota State University</u>	2015-2016
Psych 350 Stats and Research Methods I (taught in-person)	
Psych 470 Experimental Social Psychology (taught in-person)	
<u>The University of Colorado at Colorado Springs</u>	2009-2012
Psych 2110 Research Methods- Laboratory Instructor (taught in-person)	
<u>Colorado College</u>	<u>Summer 2019</u>
PSY 202 Psychology Research Methods and Statistics (co-taught in-person)	

Mentorship

M.A. Students

Simran Psetty, Rutgers University Camden, Psychology – M.A. expected 2024

Elizabeth Blake, Rutgers University Camden, Psychology – Graduated M.A. 2020

Thesis: *Individual differences in attachment orientation, social goal orientation, and meaning in life* (awarded departmental distinction)

Samuel Kaslon, Rutgers University Camden, Psychology – Graduated M.A. 2019

Thesis: *Existential function of doomsday: The effects of existential vulnerability and apocalyptic beliefs on meaning in life*

Competitive Funding Research Mentorship

Type: Summer Undergraduate Research Grant

Funding Mechanism: Camden College of Arts and Sciences, Rutgers University Camden

Student: Nafisa Hasna (undergraduate student)

Project Title: *The impact of nostalgia on college belonging and college optimism among first-generation college students*

Term: Summer 2021

Type: Summer Undergraduate Research Grant

Funding Mechanism: Camden College of Arts and Sciences, Rutgers University Camden

Student: Ethan Trieu (undergraduate)

Project Title: *Effects of Academic Self-Efficacy with Meaningful Education*

Term: Summer 2021

Type: Undergraduate Research Fellowship

Funding Mechanism: Camden College of Arts and Sciences, Rutgers University Camden

Student: Leah Minuche (undergraduate)

Project Title: *Nostalgia for struggling first-generation students*

Term: Fall 2018-Spring 2019

Academic and Professional Service

Service to the Field

Editorial Board: *Social Psychology and Personality Science* 2020-present

Reviewer: Society for Personality and Social Psychology Grad Research Award 2012

Reviewer: Society for Personality and Social Psychology Student Poster Award 2011

Ad-hoc Reviewer: *Journal of Personality and Social Psychology, Personality and Social Psychology Bulletin, Journal of Personality, Journal of Research in Personality, Health Psychology, British Journal of Psychology, Personality and Individual Differences, Self and Identity, Basic and Applied Social Psychology, Death Studies, Motivation and Emotion, SAGE Open, Religion Brain & Behavior, Religions, Journal of Creative Behavior, Journal of Social and Personal Relationships, Current Psychology, Frontiers in Psychology, Analyses of Social Issues and Public Policy*

Service to Institution and Department

Rutgers University-Camden (RUC) General Education committee	2022-present
RUC Psychology Department Diversity Committee Chair	2022-present
RUC Psi-chi and Psychology Club Faculty Adviser	2019-present
RUC Psychology Department Undergraduate Committee	2019-present
RUC Diversity Equity and Inclusion Faculty Committee	2022-present
RUC Psychology Department Assistant Professor Search Committee	2022-2023
RUC Dean of Arts and Sciences Search Committee	2021-2022
RUC Psychology Department Diversity committee	2018-2022
RUC Faculty Arts and Sciences Senator	2017-2022
RUC Committee on Diversity Equity and Inclusion	2020-2021
RUC Driving Change Committee	2020-2021
RUC Psychology Department graduate committee	2017-2019
RUC Psychology Department Assistant Professor Search Committee	2017-2018

Professional Affiliations

Eastern Psychological Association

Society for Personality and Social Psychology

Psi Chi the International Honor Society of Psychology

Association for Psychological Science

Honors and Awards

Early Career Faculty Fellow Rutgers Institute for the Study of Global Racial Justice	2022-2023
Graduate Student Council Research Symposium Poster Award North Dakota State University	2017
Graduate School Dissertation Fellowship North Dakota State University	2016-2017
Graduate Student Council Travel Award North Dakota State University	2016
Outstanding Research Award College of Math and Science North Dakota State University	2015
Graduate Student Poster Runner-up Award Society for Personality and Social Psychology Conference	2015
Predoctoral Fellowship- Honorable Mention Ford Foundation	2013
Academic Scholarship Cinco de Mayo Inc.	2010
Academic Scholarship Esperanza Education Foundation	2009
Undergraduate Diversity Award Society for Personality and Social Psychology Conference	2009

Selected Media Coverage

Longman, M. (2022, February 23). My journey to 2012: The grass is always greener 10 years ago. *Refinery 29*. <https://www.refinery29.com/en-us/2022/02/10878053/2012-music-nostalgia-pandemic>

Brabham, M. (2021, October 11). The healing power of reminiscing. *Shondaland*. <https://www.shondaland.com/live/body/a37913320/the-healing-power-of-reminiscing/>

Ome, M., & Paz, C. (2021, September). Why are people nostalgic for early-pandemic life? *The Atlantic*. <https://www.theatlantic.com/ideas/archive/2021/09/pandemic-nostalgia-tiktok/620230/>

- Zhang, E., Young, L. J., Peterschmidt, D. & Flatow, I. (2021, August). The healing power of nostalgia [Audio podcast episode, Radio broadcast]. In *Science Friday*. Science Friday Initiative. <https://www.sciencefriday.com/segments/nostalgia-science/>
- Broadway, C. (2021, April 15). Why are we nostalgic? [Television news broadcast]. *NBC LX news*. <https://www.lx.com/health/mental-health/why-are-we-nostalgic/35098/>
- Holmes, J. (2020, October, 9). We're living in a nostalgia boom. Here's how to harness its powers for good. *Fatherly*. <https://www.fatherly.com/love-money/how-to-harness-nostalgia-research>
- Cohut, M. (2021, January 1). Why do we need nostalgia? *Medical News Today*. <https://www.medicalnewstoday.com/articles/why-do-we-need-nostalgia>
- CBS News Philadelphia (2020, March 16). Coronavirus and mental health: How to combat loneliness, depression during social distancing. *CBS News Philadelphia*. <https://www.cbsnews.com/philadelphia/news/coronavirus-and-mental-health-how-to-combat-loneliness-depression-during-social-distancing/>
- Schweich Handler, C. (2019, August 23). Is the perfect selfie worth dying for? Not on your life. *Northjersey.com*. <https://www.northjersey.com/story/life/2019/08/23/perfect-selfie-worth-dying-for-not-your-life/1987488001/>
- Meyer, Z. (2018, October 23). Sure, you remember Sears fondly, but why aren't you shopping there? *USA Today*. <https://www.usatoday.com/story/money/2018/10/23/remembering-sears-fondly-while-shopping-amazon/1653415002/>
- Manning-Shaffel, V. (2017, November 2). Most of us live paycheck-to-paycheck. This is what it does to your health. *NBC news*. <https://www.nbcnews.com/better/health/most-us-live-paycheck-paycheck-what-it-does-your-health-ncna816411>

References

Clay Routledge, PhD
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Email: clay.routledge@ndsu.edu

Tom Pyszczynski, PhD
Distinguished Professor of Psychology
University of Colorado Colorado Springs
Phone: (719) 255-4149
Email: tpyszczy@uccs.edu

Constantine Sedikides, PhD
Professor of Social and Personality Psychology
University of Southampton
Email: C.Sedikides@soton.ac.uk

Emily Chan, PhD
Professor of Psychology & Dean of Faculty
Colorado College
Phone: (719) 389-6682
Email: echan@coloradocollege.edu