

# Curriculum Vitae

Doris Baumann

## PERSONAL INFORMATION

Email [d.baumann@psychologie.uzh.ch](mailto:d.baumann@psychologie.uzh.ch)  
Work University of Zurich  
Department of Psychology  
Binzmühlestrasse 14, Box 7  
8050 Zurich, Switzerland  
Google Scholar <https://scholar.google.ch/citations?hl=de&user=yw4n-i0AAAAJ>  
ORCID ID <https://orcid.org/0000-0003-1653-5950>

## RESEARCH INTERESTS

Fulfillment in life; psychological well-being; positive aging; character strengths; meaning in life; self-perceptions of aging

## EDUCATION

2017 – 2021 **PhD studies**  
Main supervisor: Prof. Dr. Willibald Ruch  
Second Supervisor: Prof. Dr. Gerben Westerhof  
University of Zurich, Department of Psychology  
2013 – 2015 **M.Sc. in Applied Positive Psychology**  
University of East London, School of Psychology  
1996 – 2000 **B.Sc. in Business Administration**  
Zürcher Fachhochschule, Hochschule für Technik, Wirtschaft  
und Verwaltung Zurich

## AWARDS

2022 *Outstanding Doctoral Dissertation Award*  
Swiss Positive Psychology Association  
2022 *Jury Award: Runner-up*  
Three Minute Thesis (3MT) Competition 2022, University of Zurich  
2021 *Best Paper Award for 2021*  
Frontiers in Psychology (Positive Psychology)  
2020 *3rd Poster Award in the category Doctorate (2020)*  
University of Zurich, Department of Psychology

## ACADEMIC & PROFESSIONAL EXPERIENCE

	<b>University of Zurich</b>
2023 –	Postdoctoral Researcher, Professorship: Individual Differences and Assessment
2017 –	Lecturer Certificate of Advanced Studies (CAS) in Positive Psychology
2016 – 2021	Research & Teaching Assistant, Professorship: Personality and Assessment
2015 –	Administrative Management, Professorship: Personality and Assessment
	<b>EVOLVING LAB</b>
2021 –	Founder & Managing Partner
	<b>Seven Capital Valor Ltd</b>
2017 –	Board Member
	<b>Almeda Management GmbH</b>
2006 – 2014	Co-Founder
	<b>Migros-Genossenschafts-Bund</b>
2004	Category Field Manager
2002 – 2004	Junior Product Manager
	<b>OM Schweiz (International NPO)</b>
2001	Project Work in Guatemala, Central America
1992 – 1998	Commercial activities in various fields

## MEMBERSHIPS

Swiss Positive Psychology Association (SWIPPA)  
Member of the commission lecture series

Positive Psychology European Network for Positive Psychology (ENPP)

International Positive Psychology Association (IPPA)

## TEACHING

### Post-graduate Level

	Lecturer for the <i>Certificate of Advanced Studies (CAS) in Positive Psychology</i>
2018 –	Positive Aging and Optimal Development in the Second Half of Life
2018 – 2021	Positive Organizational Scholarship: Strengths-based Strategy
2017	Positive Psychology, Public Policy, & Social Change

## Master Level

2017 – 2019

Online Learning and Teaching Assistant in the M.Sc. class  
*Psychological Assessment*

## Bachelor Level

2017 – 2019

Lecturer in the seminar *Positive Traits: Moral and Intellectual Excellence*

## SUPERVISED THESES

### Post-graduate Level: Certificate of Advanced Studies (CAS) in Positive Psychology

Turta, Y. (2022). *Positives Marketing: Entwicklung eines stärkenbasierten Marketing-Konzeptes für selbständige Berater im mittleren Erwachsenenalter* [Positive marketing: developing a strengths-based marketing approach for self-employed mid-adult counselors].

Steinemann, P. (2022). *Charakterstärken-basiertes Lebenscoaching in der Midlife Opportunity* [Character strengths based life coaching in midlife opportunity].

Waser, J. (2021). *Positive Futures in Unternehmen* [Positive futures in companies].

Bucher, A. (2021). *Charakterstärken und Langlebigkeit: Reihenfolge der Charakterstärken von Menschen im Alter 80+* [Character strengths and longevity: order of character strengths of people aged 80+].

Steiner, N. (2020). *Konzeption eines Workshops für Mitarbeitende – Mit stärkenbasierten Interventionen arbeitsbedingten Stress reduzieren und Wohlbefinden erhöhen* [Designing a workshop for employees - Reducing work-related stress and increasing well-being with strength-based interventions].

Kölliker, R. (2020). *Positive Psychologie in der Mediation und dem mediativen Handeln in der deutschsprachigen Schweiz* [Positive psychology in mediation and mediative action in German-speaking Switzerland].

Scammacca Alibisser, M. (2019). *Positiv-psychologische Interventionen in Bezug zu partizipativ erarbeiteten Impulsen für die psychische Gesundheit von Jugendlichen* [Positive psychological interventions related to participatory mental health impulses for adolescents].

Gasser, N. (2019). *Entwicklung von Handlungsempfehlungen für das positive Altern basierend auf dem PERMA Modell* [Development of recommended actions for positive aging based on the PERMA model].

Bartholet, C. (2018). *Midlife Career Designing: Berufliche Neuorientierung und Newplacement für Menschen in der Lebensmitte* [Midlife Career Designing: Career Reorientation and new placement for People in Midlife].

Widl Studer, R. (2018). *Positive Psychologie: Für einen geglückten Übertritt in die Pensionierung* [Positive psychology: For a successful transition to retirement].

Cerf, F. (2017). *«10 Impulse für psychische Gesundheit» als positive-psychologische Intervention* [«10 Impulses for Mental Health» as a positive-psychological intervention].

Maargelisch, K. (2017). *Charakterstärken, ihre Bewertung und ihr Zusammenhang mit Wohlbefinden im mittleren und höheren Lebensalter* [Character strengths, their valuing and their association with wellbeing in middle and older age].

Trümpy, E. (2016). *Positive Psychologie und Geragogik in der betrieblichen Weiterbildung* [Positive psychology and geragogics in in-service training].

## **Bachelor Level: Bachelor of Science in Psychology**

Girupagaran, A. (2021). *Was können wir aus der Forschung zu Reue für die gelingende Lebensgestaltung lernen?* [What can we learn from research on regret for successful living?].

Schuler, S. (2021). *Die Relevanz von «Mattering», das menschliche Gefühl von Bedeutung zu sein, für das gelingende Leben* [The relevance of "mattering," the human sense of being significant, to living a successful life].

Bigler, G. S. (2020). *Dankbarkeit als persönliche und zwischenmenschliche Ressource* [Gratitude as a personal and interpersonal resource].

Mian, T. (2019). *Wie Freiwilligenarbeit zu höherem Wohlbefinden führt* [How volunteering leads to greater well-being].

Rajkovic, D. (2018). *Die eigene Berufung leben als Weg zu einem erfüllten Leben* [Living one's vocation as the path to a fulfilled life].

Guenay, U. (2017). *Der Einfluss von Altersselbstbildern auf das Wohlbefinden und optimale Funktionieren im höheren Lebensalter* [The influence of aging self-images on well-being and optimal functioning in older age].

Bachmann, L. (2017). *Selbstmitgefühl (self-compassion) als psychologische Ressource* [Self-compassion as a psychological resource].

Steiner, C. (2016). *10 Aktivitäten zur Förderung der psychischen Gesundheit* [10 Activities to promote mental health].

Stoop, D. (2016). *Positive Aging: Die Rolle von Generativität und Integrität für das optimale Funktionieren im späteren Erwachsenenalter* [Positive Aging: The role of generativity and integrity in optimal functioning in later adulthood].

## PUBLICATIONS

### Peer-reviewed Scientific Journals

- Baumann, D., & Ruch, W. (2022). What constitutes a fulfilled life? A mixed methods study on lay perspectives across the lifespan. *Frontiers in Psychology 13*: 982782. <https://doi.org/10.3389/fpsyg.2022.982782>
- Baumann, D., & Ruch, W. (2022). Measuring what counts in life: The development and initial validation of the Fulfilled Life Scale (FLS). *Frontiers in Psychology 12*: 795931. <https://doi.org/10.3389/fpsyg.2021.795931>
- Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2020). Character strengths and life satisfaction in later life: An analysis of different living conditions. *Applied Research in Quality of Life, 15*, 329–347. doi:10.1007/s11482-018-9689-x
- Baumann, D. & Eiroa-Orosa, F. (2016). Mental well-being in later Life: The role of strengths use, meaning in life, and self-perceptions of ageing. *International Journal of Applied Positive Psychology, 1*, 21-39. doi:10.1007/s41042-017-0004-0

### Other Publications (thesis, unpublished manuscript)

- Baumann, D. (2022). *The pursuit of a good life and the initiation of a new research line: Conceptual and methodological foundations and empirical evidence on the concept of fulfillment in life from a lifespan* [Doctoral dissertation]. University of Zurich.
- Baumann, D., & Ruch, W. (2017). *10 Schritte für psychische Gesundheit: Literaturübersicht zu den 10 Schritten und Evaluation einer Anwendung in Teilen einer kantonalen Verwaltung* [10 steps for mental health: Literature review on the 10 steps and evaluation of an intervention in parts of a cantonal administration] [Unpublished manuscript]. Department of Psychology, University of Zurich.

## TALKS AND CONFERENCE PRESENTATIONS

### Paper Presentations and Symposium Contributions (peer-reviewed)

- Baumann, D. (2022, November). *Predictors of a fulfilled life*. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2022, virtual, online.
- Baumann, D. (2021, November). *Die Berufung und ihre Bedeutung für das erfüllte Leben* [The calling and its importance for the fulfilled life]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2021, virtual, online.
- Baumann, D. (2021, July). Are character strengths related to a fulfilled life? Preliminary evidence across measures and the life course. In W. Ruch (Chair), *Recent*

*developments in character strengths research* [Symposium]. 7th World Congress on Positive Psychology, virtual, online.

Baumann, D. (2019, November). *Subjektive Erfahrung von Erfüllung im Leben über die Lebensspanne – ein Beitrag zur Erforschung des Guten Lebens* [Subjective experience of fulfillment across the life span – a contribution to research on the good life]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2019, Bern University of Applied Sciences, Bern, Switzerland.

Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2019). Character strengths and life satisfaction in the second half of life: Examining differential effects of sociodemographic characteristics. In S. Heintz (Chair), *Character strengths, life satisfaction, and work-related outcomes* [Symposium]. 6th World Congress on Positive Psychology, Melbourne, Australia.

Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2018, November). *Charakterstärken und Lebenszufriedenheit in der zweiten Lebenshälfte: Differentielle Effekte von soziodemografischen Merkmalen* [Character strengths and life satisfaction in the second half of life: Differential effects of sociodemographic characteristics]. Paper presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2018, Army Training Center, Lucerne, Switzerland.

Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2018, June). *The contribution of character strengths to the life satisfaction of older adults in various living conditions*. Paper presented at the 9th European Conference on Positive Psychology, Budapest, Hungary.

### **Conference Posters (peer-reviewed)**

Baumann, D. (2021, July). *Living a fulfilled life: The proposition of a conceptual model and the development of the fulfilled life scale (FLS)*. Gallery presentation held at the 7th World Congress on Positive Psychology, virtual, online.

Baumann, D., & Ruch, W. (2021, June). *Fulfillment in Life: All the way from conceptualization to the development of a measure*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2021 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D. (2020, November). *Wege zum erfüllten Leben – Weichenstellung für das gelingende Älterwerden* [Ways to a fulfilled life – Setting the course for successful aging]. Poster presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2020, University of Zurich, Zurich, Switzerland.

Baumann, D., & Ruch, W. (2020, May). *What is the nature of the fulfilled life? Investigating the factor structure of an initial item set*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2020 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D., & Ruch, W. (2019, May). *It might matter in the end – Introducing a theoretical model of a fulfilled life*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2019 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D., Ruch, W., Margelisch, K., Gander, F., & Wagner, L. (2018, May). *Character strengths and life satisfaction among older adults in various living conditions: An approach to positive ageing*. Poster presented at the Master and Doctorate Congress (MaDoKo) 2018 of the Department of Psychology, University of Zurich, Zurich, Switzerland.

Baumann, D., Künzler, A., & Gander, F. (2017, November). *10 Schritte für psychische Gesundheit: Literaturübersicht und Evaluation einer Anwendung* [10 steps to mental health: Literature review and evaluation of an application]. Poster presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2017, University of Zurich, Zurich, Switzerland.

Baumann, D. & Eiroa-Orosa, F. (2016, June). *The role of strengths use in the mental well-being of older adults*. Poster presented at the 8th European Conference on Positive Psychology, Angers, France.

Baumann, D. & Eiroa-Orosa, F. (2015, November). *Strengths use predicts mental well-being in older adults*. Poster presented at the Swiss Positive Psychology Association (SWIPPA) Congress 2015, University of Zurich, Zurich, Switzerland.

## SCIENTIFIC ART PERFORMANCE

Baumann, D., Luo, S., & Obas, K. (2023, March). *The science of fulfillment in life*. Short film presented at the 5th Global Science Film Festival (category: scientists-as-filmmakers), Basel and Zurich, Switzerland.

## PODCAST

Baumann, D. (Guest). (2022, July 29). *Wie führe ich ein erfülltes Leben? [How do I lead a fulfilled life?]* [Audio podcast episode]. In *MITWISSER:IN. Volkshochschule Zürich*. <https://mitwisserin.podigee.io/220-erfulltes-leben>)

## PRESENTATIONS

### Invited Talks and Workshops

- Baumann, D. (2022, October). *Erfüllung im Leben* [Fulfillment in Life] presented at the Ringvorlesung of the Volkshochschule Zurich, Switzerland.
- Baumann, D. (2022, September). *Erfüllung im Leben* [Fulfillment in Life] presented at the Ringveranstaltung of the Swiss Positive Psychology Association, virtual, online.
- Baumann, D. (2020, September). *Charakterstärken und das erfüllte Leben* [Character strengths and the fulfilled life] presented at the 2. VIA Anwendertag of the Swiss Positive Psychology Association, Zurich, Switzerland.
- Baumann, D. (2020, February). *Die zweite Lebenshälfte erfüllend gestalten*. [Creating a fulfilling second half of life]. Invited workshop for publishing executives, Heilbronn, Germany.
- Baumann, D. (2019, September). *Flourishing in Life and Work*. Invited workshop for HR personnel of Viking Cruises, Zurich, Switzerland.
- Baumann, D. (2019, May). *Lebensgestaltung 50plus – Perspektiven aus der Positiven Psychologie* [Shaping one's life at 50plus – perspectives from positive psychology]. Invited workshop at the BAUER Verlag KG, Hamburg, Germany.
- Baumann, D. (2018, June). *Aufblühen in allen Phasen des Lebens* [Flourishing at all stages of life] presented at the general assembly of the Dargebotene Hand, Zurich, Switzerland.
- Baumann, D. (2017, November). *10 Schritte für psychische Gesundheit: Evaluation einer Pilotumsetzung* [10 steps to mental health: Evaluation of a pilot project] presented at the 10. Netzwerktagung der kantonalen Aktionsprogramme und 4. Treffen der kantonalen Verantwortlichen für psychische Gesundheit, Bern, Switzerland.

## MEDIA APPEARANCES

- «9 Global experts explore the benefits and challenges of a 2023 longevity strategy» Interview for *Forbes*, January 2023. <https://www.forbes.com/sites/sheilacallaham/2023/01/20/9-global-experts-explore-the-benefits-and-challenges-of-a-2023-longevity-strategy/?sh=2cf25e384cf7>
- «3 Keys to a fulfilling life». *Psychology Today* article reporting on Baumann and Ruch (2022), December 2022. <https://www.psychologytoday.com/gb/blog/finding-a-new-home/202212/3-keys-to-a-fulfilling-life>



«Was macht ein erfülltes Leben aus?» [What constitutes a fulfilled life?] Interview for *Salzburger Nachrichten*, July 2022. <https://www.sn.at/panorama/wissen/was-macht-ein-erfuelltes-leben-aus-eine-studie-liefert-neue-erkenntnisse-124570936>

«Editor's choice awards: Frontiers in Psychology (Positive Psychology)» *Frontiers Science News*, Best Paper Award for Baumann and Ruch (2022), March 2022. <https://blog.frontiersin.org/2022/03/09/editors-choice-awards-frontiers-in-psychology-positive-psychology/>

«3 factors that promote feelings of a life well lived» *Psychology Today* article reporting on Baumann and Ruch (2022), March 2022. <https://www.psychologytoday.com/za/blog/social-instincts/202203/3-factors-promote-feelings-life-well-lived>

«New research identifies 3 factors that promote feelings of a 'life well lived'» *Forbes* article reporting on Baumann and Ruch (2022), March 2022. <https://www.forbes.com/sites/traversmark/2022/03/04/new-research-identifies-3-factors-that-promote-feelings-of-a-life-well-lived/?sh=7694065472ed>

«Inspiring wisdom on how to live a fulfilling life» Interview for *Therapytips.org*, February 2022. <https://therapytips.org/interviews/inspiring-wisdom-on-how-to-live-a-fulfilling-life>

«Es lebe die Leidenschaft» [Long live passion] Interview for *Schweizer Familie*, February 2022.

«How can you live a healthy and fulfilled life? New study shares tips» *World Economic Forum* article reporting on Baumann and Ruch (2022), January 2022. <https://www.weforum.org/agenda/2022/01/fullfillment-mental-health-study-ageing/>

«Research into living a fulfilled life» Interview for *ABC Radio Melbourne*, January 2022.

«How fulfilled is your life? Researchers have a scale to check» *COSMOS magazine* article reporting on Baumann and Ruch (2022), January 2022. [https://cosmosmagazine.com/people/behaviour/life-fulfillment-psychology-measurement/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=life-fulfillment-psychology-measurement](https://cosmosmagazine.com/people/behaviour/life-fulfillment-psychology-measurement/?utm_source=rss&utm_medium=rss&utm_campaign=life-fulfillment-psychology-measurement)

«Facciamo una bella vita? Un test lo misura» [Do we live a good life? A test measures it] *La Repubblica* article on Baumann and Ruch (2022), January 2022. [https://www.repubblica.it/salute/2022/01/17/news/benessere\\_vita\\_misurare-333820321/?rss](https://www.repubblica.it/salute/2022/01/17/news/benessere_vita_misurare-333820321/?rss)

«Stai vivendo una vita appagante? Il test scientifico che risponde alla domanda» [Are you living a fulfilling life? The scientific test that answers the question] *Green Me* article reporting on Baumann and Ruch (2022), January 2022. <https://www.greenme.it/vivere/mente-emozioni/segreto-vita-appagante/>

«Ten test pozwoli ocenić nasze życie. Stworzyli go Szwajcarzy» [This test will evaluate our lives. It was created by the Swiss] *Wiadomości* article reporting on Baumann and Ruch (2022), January 2022. <https://tech.wp.pl/ten-test-pozwoli-ocenic-nasze-zycie-stworzyli-go-szwajcarzy,6725603647654880a>

«Ученые разработали тест для оценки полноценности прожитой жизни» [Scientists have developed a test to assess the fullness of life] *Popmech* article reporting on Baumann and Ruch (2022), January 2022. <https://www.popmech.ru/science/news-795743-uchenye-razrabotali-test-dlya-ocenki-polnocennosti-prozhitoy-zhizni/>

«Ученые создали первый тест, позволяющий оценить качество жизни» [Scientists created the first test to assess quality of life] *Vechernyaya Moskva* article reporting on Baumann and Ruch (2022), January 2022. <https://vm.ru/news/938594-uchenye-sozdali-pozvolyayushij-ocenit-kachestvo-zhizni-test>

«How do we define a well-lived life?: First scientific evidence helps us get closer to an answer» Guest Editorial in *Frontiers Science News*, Psychology, Top News, January 2022. <https://blog.frontiersin.org/2022/01/11/how-do-we-define-a-well-lived-life-first-scientific-evidence-helps-us-get-closer-to-an-answer/>

«Was heisst eigentlich Erfüllung?» [What does fulfilment actually mean?] Interview for *Coopzeitung*, July 2021.

«Was macht das Leben lebenswert» [What makes life worth living] Interview for *Stiftung Neustarter*, November 2020. <https://neustarter.com/magazine/was-macht-das-leben-lebenswert>