

Research Seminar:

Understanding Subjective Well-being: Examining the Effects of Personality, Health, and Sleep

 **Date: 20 Mar 2025 (Thu)**

 **Time: 1:00pm - 2:00pm**

 **Venue: D1-G/F-03
EdUHK Tai Po Campus**



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Abstract

Well-being and happiness are being researched more than ever, partly due to the effects of the ongoing pandemic and partly because of the increased societal focus on mental health issues. In this talk, I will discuss our research and ongoing efforts toward a greater understanding of the various factors that contribute to well-being, both at the individual and cultural levels. The main focus will be on the effects of sleep, subjective and objective health, physical activity, and social media use on well-being across different age and cultural groups, using both between- and within-individual approaches.

Biography

Anu Realo (PhD) is a personality and cross-cultural psychologist. She is a Professor at the University of Warwick and Tallinn University, as well as a Visiting Professor at the University of Tartu. She is a member of both the Academia Europaea and the Estonian Academy of Sciences. Her research focuses on cultural and individual variation in personality traits, subjective well-being, values, and social capital. She currently leads a large project on Sustainable Futures, funded by the European Commission. In 2016, she was awarded the Order of the White Star by the President of Estonia for her outstanding service and contributions to the Republic of Estonia.