

# ELIZABETH K. NISBET

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## EDUCATION

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Ph.D., Psychology, Carleton University, 2011

Dissertation Title: A Nature Relatedness Intervention to Promote Happiness and Environmental Concern (Supervisor: John M. Zelenski)

M.A., Psychology, Carleton University, 2005

B.A. Hons., Psychology (Highest Honours), Carleton University, 2003

## ACADEMIC POSITIONS

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Associate Professor, Department of Psychology, Trent University, 2017 - present

Assistant Professor, Department of Psychology, Trent University, 2012 - 2017

Adjunct Professor, Department of Psychology, Carleton University, 2012 - 2017

Contract Instructor, Department of Psychology, Carleton University, 2008 - 2012

## RESEARCH INTERESTS

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Individual differences in subjective connectedness to nature and well-being (happiness); affective forecasting in built and natural environments; message framing; environmental and human health; citizen science; perceptions of wildlife; sustainable behaviour

## PEER-REVIEWED JOURNAL ARTICLES

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Morris, S. L., Newhouse, I., Larocque, T., Gillis, K.-J., Smith, L., & Nisbet, E. K. (2021). Becoming one with nature: A nature intervention for individuals living with cancer participating in a ten-week group exercise and wellness program. *International Journal of Exercise Science*, 14(3), 498-519.

Nisbet, E., Shaw, D. M., & Lachance, D. G. (2020). Connectedness with nearby nature and well-being. *Frontiers in Sustainable Cities - Reciprocal Impacts: Human Behavior and Urban Resilience*, 1-18. doi:10.3389/frsc.2020.00018

Nisbet, E., Zelenski, J. M., & Grandpierre, Z. (2019). Mindfulness in nature enhances connectedness and mood. *Ecopsychology*, 11(2), 1-11. doi:10.1089/eco.2018.0061

Lemieux, C. J., Doherty, S. T., Eagles, P. F. J., Gould, J., Hvenegaard, G. T., Groulx, M. W., & Nisbet, E. (2016). The human health and well-being benefits of Alberta's parks and protected areas: Policy and management insights related to visitor motives, benefits, and nature connectedness. *Journal of Park and Recreation Administration*, 34(1), 24-52. doi:10.18666/JPra-2016-V34-I1-6800

**PEER-REVIEWED JOURNAL ARTICLES CONT'D.**

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- Capaldi, C. A., Passmore, H.-A., Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2015). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, 5(4), 1-16. doi:10.5502/ijw.v5i4.1
- Dopko, R. L., Zelenski, J. M., & Nisbet, E. K. (2014). Nature salience increases judgments of environmental satisfaction. *Ecopsychology*, 6(4): 207-217. doi:10.1089/eco.2014.0042
- Zelenski, J. M., & Nisbet, E. K. (2014). Happiness and feeling connected: The distinct role of nature relatedness. *Environment and Behavior*, 46(1), 3-23. doi:10.1177/0013916512451901
- Nisbet, E. K., & Zelenski, J. M. (2013). The NR-6: A new brief measure of nature relatedness. *Frontiers in Psychology: Personality Science and Individual Differences*, 4, 1-11. doi:10.3389/fpsyg.2013.00813
- Nisbet, E. (2013). Prospect Point: The happier path to sustainability? *Pathways-The Ontario Journal of Outdoor Education*, 25(3), 35-36.
- Nisbet, E. K., & Zelenski, J. M. (2011). Underestimating nearby nature: Affective forecasting errors obscure the happy path to sustainability. *Psychological Science*, 22(9), 1101-1106. doi:10.1177/0956797611418527
- Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2011). Happiness is in our nature: Exploring nature relatedness as a contributor to subjective well-being. *Journal of Happiness Studies*, 12, 303-322. doi:10.1007/s10902-010-9197-7
- Nisbet, E. K. L., Zelenski, J. M., & Murphy, S. A. (2009). The Nature Relatedness Scale: Linking individuals' connection with nature to environmental concern and behavior. *Environment and Behavior*, 41, 715-740. doi:10.1177/0013916508318748
- Nisbet, E. K., & Gick, M. L. (2008). Can health psychology help the planet? Applying theory and models of health behaviour to environmental actions. *Canadian Psychology*, 49, 296-303.

**ENCYCLOPEDIA ENTRIES AND BOOK CHAPTERS**

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- Kals, E., & Nisbet, E. K. (in press). Affective connection to nature. In F. Maggino (Ed.), *Encyclopedia of Quality of Life and Well-being Research* (pp. 1-8). Berlin: Springer.
- Nisbet, E. K., & Zelenski, J. M. (2014). Nature relatedness and subjective wellbeing. In A. C. Michalos (Ed.), *Encyclopedia of Quality of Life and Well-being Research* (pp. 4269-4276). Berlin: Springer.
- Nisbet, E. K. L., Zelenski, J. M., & Murphy, S. A. (2007). The human nature connection: Sustainable development policy implications. In G. B. Doern (Ed.), *Innovation, science, environment: Canadian policies and performance, 2007-2008* (pp. 200-218). Montreal: McGill-Queen's University Press.

## REFEREED CONFERENCE PRESENTATIONS

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- Nisbet, E. (2018, June). *Do you feel what I feel? Individual differences in nature relatedness, the negative emotional impact of exposure to wildlife images and information, and the implications for environmental concern and behaviour*. Paper presented at the 29<sup>th</sup> International Congress of Applied Psychology and 79<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Nisbet, E., & Kingston, S. (2018, June). *Healthy parks and healthy people: The environmental and human health benefits of challenging citizens to spend time outdoors, connecting with nature*. Paper presented at the 29<sup>th</sup> International Congress of Applied Psychology and the 79<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Lachance, L., & Nisbet, E. (2018, June). *Nature and self-regulation: Exploring the influence of nature contact on impulse control in a student sample*. Poster presented at the 29<sup>th</sup> International Congress of Applied Psychology and the 79<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Scheltens, T., & Nisbet, E. (2018, June). *Watching wolves: Nature relatedness, mood, and human perceptions of wildlife*. Poster presented at the 29<sup>th</sup> International Congress of Applied Psychology and the 79<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Tejpar, L., & Nisbet, E. (2018, June). *Gratitude is in our nature: investigating the relationship between nature-connectedness, gratitude, and mood*. Poster presented at the 29<sup>th</sup> International Congress of Applied Psychology and the 79<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Shaw, D., & Nisbet, E. (2017, June). *Neighbourhood trees: Associations with lower psychological distress and connectedness*. Paper presented at the 78<sup>th</sup> Annual Convention of the Canadian Psychological Association, Toronto, Ontario.
- Nisbet, E., & Caldwell, D. (2017, June). *Watching our wild neighbours: Viewing mages of animals depicted in polluted environments increases biospheric environmental concern*. Paper presented at the 78<sup>th</sup> Annual Convention of the Canadian Psychological Association, Toronto, Ontario.
- Lavallee, L., Zhao, J., Veitch, J. & Nisbet, E. (2016, June). *Linking environmental psychology to the real world: A discussion about the role of psychologists and about current gaps in research and application*. Roundtable Conversation Session at the 77<sup>th</sup> Annual Convention of the Canadian Psychological Association, Victoria, British Columbia.
- Nisbet, E. K. (2015, September). *Connecting with nature through citizen science: The wildlife CSI (compost scene identification) project*. Workshop presentation at the Annual Conference of the Council of Outdoor Educators of Ontario, Minden, Ontario.
- Nisbet, E. K. (2015, August). *How nature contact and connectedness can increase happiness and sustainable behavior*. Paper presented at the 123<sup>rd</sup> Annual Convention of the American Psychological Association, Toronto, Ontario.

**REFEREED CONFERENCE PRESENTATIONS CONT'D.**

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- Smedley S., Evancha, N., Marinchak K., & Nisbet L. (2015, February). *Viewing wildlife images through citizen science: Impact on the anxiety levels of military veterans with varying levels of PTSD*. Paper presented at the 2015 Citizen Science Conference, San Jose, California.
- Nisbet, E. K., & Kamble, S. (2015, February). *The human and ecological well-being benefits of nature contact: Recent nature relatedness findings from Canada and India*. Paper presented at the Sustainability Psychology Preconference, 16<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California.
- Nisbet, E. K. (2015, February). *30 days of nature contact improves happiness and strengthens nature relatedness*. Poster presented at the 16<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California.
- Nisbet, E. K. (2014, June). *Repeated nature contact enhances well-being and promotes nature relatedness*. Paper presented at the 75<sup>th</sup> Annual Convention of the Canadian Psychological Association, Vancouver, British Columbia.
- Nisbet, E. K., & Zelenski, J. M. (2013, June). *Underestimating the mood benefits of virtual nature: Affective forecasting errors and the effect of nature photographs on positive emotions*. Poster presented at the 74<sup>th</sup> Annual Convention of the Canadian Psychological Association, Quebec, Quebec.
- Nisbet, E. K., & Treinish, G. (2013, January). *Connecting citizen scientists with nature promotes nature relatedness and well-being*. Poster presented at the Sustainability Psychology Preconference, 14<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.
- Nisbet, E. K., Pineau, S., & Gick, M. L. (2012, June). *Think locally, connect globally: Framing water protection as a local issue fosters connectedness with nature and the planet*. Paper presented at the 73<sup>rd</sup> Annual Convention of the Canadian Psychological Association, Halifax, Nova Scotia.
- Nisbet, E. K. (2012, June). *Linking individual differences in nature relatedness with subjective well-being and environmental sustainability*. Invited talk at the Social and Personality Preconference of the 73<sup>rd</sup> Annual Convention of the Canadian Psychological Association, Halifax, Nova Scotia.
- Aitken, N. M., Pelletier, L. G., & Nisbet, E. K. (2012, June). *Connections help to motivate pro-environmental action*. Paper presented at the 73<sup>rd</sup> Annual Convention of the Canadian Psychological Association, Halifax, Nova Scotia.
- Nisbet, E. K., & Zelenski, J. M. (2012, January). *Happiness and feeling connected: The unique role of nature relatedness*. Poster presented at the 13<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.
- Nisbet, E. K., Nealis, L. J., & Zelenski, J. M. (2011, September). *Nature related people benefit most from nature contact: Trait connectedness moderates the happiness benefits of time in nature*. Paper presented at the 9<sup>th</sup> Biennial Conference on Environmental Psychology, Eindhoven, The Netherlands.
- Nisbet, E. K., & Zelenski, J. M. (2011, June). *Nature relatedness: Human-nature connections and the happy path to sustainable behavior*. Paper presented at the Annual Meeting of the Association for Environmental Studies and Sciences, Burlington, Vermont.

## REFEREED CONFERENCE PRESENTATIONS CONT'D.

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- Nisbet, E. K., & Zelenski, J. M. (2011, June). *Bridging sustainability and well-being with the NR-6, a brief new measure of nature relatedness*. Paper presented at the 72<sup>nd</sup> Annual Convention of the Canadian Psychological Association, Toronto, Ontario.
- Zelenski, J. M. & Nisbet, E. K. (2011, June). *Bringing together environmental, personality, and social psychology approaches to sustainability*. Paper presented at the 72<sup>nd</sup> Annual Convention of Canadian Psychological Association, Toronto, Ontario.
- Nisbet, E. K., & Gick, M. L. (2011, June). *Effects of nature relatedness and environmental message framing on government satisfaction and environmental concern*. Paper presented at the 72<sup>nd</sup> Annual Convention of the Canadian Psychological Association, Toronto, Ontario.
- Aitken, N. M., Nisbet, E. K., Sowinski, C., & Gick, M. L. (2010, June). *Pro-environmental behaviours and connection to nature: Differences between easy and difficult behaviours*. Poster presented at the 71<sup>st</sup> Annual Convention of the Canadian Psychological Association, Winnipeg, Manitoba.
- Nisbet, E. K., & Zelenski, J. M. (2010, January). *The importance of nature in promoting personal and environmental well-being*. Poster presented at the 11<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, Nevada.
- Nisbet, E. K., & Zelenski, J. M. (2009, September). *Individual differences in nature relatedness, materialism, and affective forecasting*. Paper presented at the 8<sup>th</sup> Biennial Conference on Environmental Psychology, Zurich, Switzerland.
- Nisbet, E. K., & Zelenski, J. M. (2009, June). *The nature of affective forecasting: Individual differences in prediction accuracy for positive and negative emotions during outdoor experiences*. Paper presented at the 70<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Nisbet, E. K., & Zelenski, J. M. (2008, August). *Finding happiness in nearby nature*. Paper presented at the 116<sup>th</sup> Annual Convention of the American Psychological Association, Boston, Massachusetts.
- Nisbet, E. K., & Gick, M. L. (2008, June). *Can health psychology help the planet? The application of health behaviour research to environmental actions*. Paper presented at the 69<sup>th</sup> Annual Convention of the Canadian Psychological Association, Halifax, Nova Scotia.
- Zelenski, J. M., & Nisbet, E. (2007, October). *Happiness is in our nature*. Invited paper presented at the 2007 Global Well-Being Forum, Washington, DC.
- Nisbet, E. K., & Zelenski, J. M. (2007, June). *The effects of framing and nature relatedness on persuasive environmental messages*. Poster presented at the Canadian Psychological Association Social and Personality Psychology Preconference, Ottawa, Ontario.
- Zelenski, J. M., & Nisbet, E. K. (2006, June). *Using 'nature relatedness' to link individuals' connection with nature, environmental concern, behaviour, and well-being*. Invited paper presented at the Canadian Psychological Association Social and Personality Psychology Preconference, Calgary, Alberta.
- Nisbet, E. K. & Zelenski, J. M. (2005, September). *Nature relatedness: Restoring connectedness to the natural environment and increasing psychological well-being through environmental education*. Paper presented at the 6<sup>th</sup> Biennial Conference on Environmental Psychology, Bochum, Germany.

## REFEREED CONFERENCE PRESENTATIONS CONT'D.

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- Nisbet, E. K., Murphy, S. A., & Zelenski, J. M. (2005, June). *Time in nature is well spent: A cross-sectional and experience sampling approach to assessing nature relatedness, emotions, and psychological well-being*. Paper presented at the 66<sup>th</sup> Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Nisbet, E. K. & Zelenski, J. M. (2004, June). *Nature relatedness and subjective well-being: Are nature lovers happier people?* Paper presented at the 65<sup>th</sup> Annual Convention of the Canadian Psychological Association, St. John's, Newfoundland.
- Skomorovsky, A., Nisbet, E. K., Westmacott, R., Matheson, K., & Anisman, H. (2004, June). *Stress and depression: The role of personality, self-esteem and coping*. Poster presented at the 65<sup>th</sup> Annual Convention of the Canadian Psychological Association, St. John's, Newfoundland.
- Westmacott, R., Skomorovsky, A., Nisbet, E. K., Matheson, K. & Anisman, H. (2004, June). *Childhood parental bereavement and adult depressive symptomatology: Role of family functioning and bonding with the surviving parent*. Poster presented at the 65<sup>th</sup> Annual Convention of the Canadian Psychological Association, St. John's, Newfoundland.

## TECHNICAL REPORTS

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- Nisbet, E. (2020, May). *Citizen science experiences study*, Preliminary Report submitted to the Friends of Gatineau Park (French and English).
- Dueck, C. & Nisbet, E. (2019, August). *Pathway to Stewardship and Kinship pilot community survey report*. Community Report and Ontario Trillium Foundation Grant Reporting.
- Nisbet, E. K. (2019, February). *Bird Studies Canada – Citizen science experiences study*. Report of preliminary findings to Bird Studies Canada.
- Nisbet, E. K. (2018, March). *Results of the 2017 Ontario Parks Healthy Parks Healthy People 30x30 Nature Challenge*. Report to Ontario Parks, Ministry of Natural Resources, Government of Ontario.
- Nisbet, E. K. (2015, July). *Answering nature's call: Results of the 2015 David Suzuki Foundation's 30x30 Nature Challenge*. Report to the David Suzuki Foundation, Toronto, ON, doi: 10.13140/RG.2.1.4647.6640
- Africa, J., Logan, A., Mitchell, R., Korpela, K., Allen, D., Tyrväinen, L., Nisbet, E., Li, Q., Tsunetsugu, Y., Miyazaki, Y., Spengler, J. (2014, November). *The natural environments initiative: Illustrative review and workshop statement*; on behalf of the NEI Working Group. Center for Health and the Global Environment at the Harvard School of Public Health, Boston, MA.
- Lemieux, C. J., Doherty, S. T., Eagles, P. F. J., Gould, J, Hvenegaard, G. T., Nisbet, E, & Groulx, M. W. (2014, November). *Healthy outside-healthy inside: The human health & well-being benefits of Alberta's protected areas*. Report submitted to the Government of Alberta - Department of Environment and Sustainable Resource Development.
- Nisbet, E. K. (2014, July). *Canadians connect with nature and increase their well-being: Results of the 2014 30x30 Nature Challenge*. Report to the David Suzuki Foundation, Toronto, ON, doi: 10.13140/2.1.1127.7126

## TECHNICAL REPORTS CONT'D.

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- Nisbet, E. (2013, June). *Results of the David Suzuki Foundation 30x30 Nature Challenge Survey May 1-31, 2013*, English and French Survey Reports prepared for the David Suzuki Foundation.
- Nisbet, E. (2011, June). *Results of the stakeholder survey designed to inform the Drug Prevention Strategy for Canada's Youth*. (Report prepared for the Canadian Centre on Substance Abuse, Ottawa.)
- Beausoleil-Morrison, I., Boyce, D., Kane, E., Nisbet, E., Slaney Gose, E., & Van Geel, P. (2008, December). *Carleton University Sustainability Taskforce Final Report*. (Report to Vice-President, Research and International, and Vice-President, Finance and Administration, summarizing sustainability audit findings and providing policy recommendations.)

## OTHER PUBLICATIONS

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- Nisbet, L. (March, 2021). *Trees are not just for the birds*. Birds Canada blog.
- Nisbet, L. (September 17, 2015). *Life in a world full of noise: Spending time in nature serves as a reminder of how much noise surrounds us every day*. Peterborough Examiner.
- Nisbet, L. (July 23, 2015) *We love our healthy parks: There's a reason we seek out time in the natural world*. Peterborough Examiner.
- Nisbet, L. (June 11, 2015). *Cultivating our curiosity: Citizen science can change the way we see, and understand, the natural world around us*. Peterborough Examiner.
- Nisbet, E. (2015, April). Prescribing a dose of nature: Modern medicine is rediscovering the simple healing power of being outdoors. *Alternatives Journal*, 1-3.
- Nisbet, L. (April 16, 2015). *Watching our wild neighbours: What local urban wildlife tells us about the natural world around us*. Peterborough Examiner.
- Nisbet, L. (March 5, 2015). *Chase winter's blues away: Don't let a long winter and its cold weather keep you from enjoying the outdoors and staying healthy*. Peterborough Examiner.

## INVITED TALKS

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- Nisbet, E. K. (2019, March). *Get Out(doors)! The human and environmental health benefits of connecting with nature*. Invited Keynote address, St. Mary's University Annual Psychology Undergraduate Research Conference, Halifax, Nova Scotia.
- Nisbet, E. K. (2019, March). *Nature relatedness, well-being, environmental concern and conservation*. Trent Lands and Nature Areas Plan Speaker Series, Peterborough, Ontario.
- Nisbet, E. K. (2018, September). *The health, happiness, and environmental benefits of nature relatedness*. CASIOPA Our Nature, Our Health Conference, Markham, Ontario.
- Nisbet, E. K. (2018, April). *Happiness is in our nature: the physical and mental health benefits of connecting with the nature environment*. Invited talk, 2018 Symposium, British Columbia Recreation and Parks Association. Vancouver, British Columbia.
- Nisbet, E. K. (2018, February). *Nature matters: Connectedness with nature and the effects on human and environmental health*. Invited keynote address, 6<sup>th</sup> Annual Canadian Student Outdoor Education (Horwood) Conference. Kingston, Ontario.

## INVITED TALKS CONT'D.

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- Nisbet, E. K. (2017, May). *Your brain on nature: The importance of being in the natural world to restore health*. Invited workshop at the 30th Annual Conference of the Medical Psychotherapy Association of Canada. Toronto, Ontario.
- Nisbet, E. K. (2016, November). *Health, happiness, and sustainability are in our nature*. Invited talk, Nature Scene public symposium, Canadian Museum of Nature, Ottawa, Ontario.
- Nisbet, E. K. (2016, July). *The nature effect: How connecting with the environment promotes well-being*. Invited workshop at the 2nd Annual Self-Reg Summer Symposium. Peterborough, Ontario.
- Nisbet, E. K. (2015, December). *Connectedness and conservation: How environmental psychology can help people and the planet*. Natural Resources Conservation Branch Education Day, Ontario Ministry of Natural Resources, Peterborough, Ontario.
- Nisbet, E. K. (2015, October). *How health psychology can help people and the planet*. 1st Annual Workshop and Organizational Meeting, International Institute for Environmental Studies, Peterborough, Ontario.
- Nisbet, E. K. (2015, May). *Nature relatedness and well-being: How connecting with the natural world is good for health, happiness, and sustainability*. Ontario Parks Natural Heritage Education Spring Conference, Orillia, Ontario.
- Nisbet, E. K. (2015, May). *The nature connection and psychological well-being*. CASIOPA Healthy Parks Healthy People Conference, Waterloo, Ontario.
- Nisbet, E. K. (2015, March). *Connecting with nature in the Kawarthas: How nature improves our health, happiness, and environmental sustainability*. Kawartha Land Trust (KLT) and Trent University's speaker series, A Sense of Place: Perspectives on Relationship to Land and Water in the Kawarthas, Peterborough, Ontario.
- Nisbet, E. K. (January 2015). *How nature contributes to our health, happiness, and sustainability*. Conference Board of Canada webinar, Ottawa, Ontario.
- Nisbet, E. K., & Monkman, D. (2014, October). *Connecting to nature through cycling*. Invited session for Peterborough and Kawarthas Cycling Summit, Peterborough, Ontario.
- Nisbet, E. K. (2014, September). *Naturally happy places: Current findings on the role of nature in promoting well-being*. Invited keynote address at the Annual Conference of the Council of Outdoor Educators of Ontario, Haliburton, Ontario.
- Nisbet, E. K. (2014, August). *Nature heals - Outside Southlake windows*. Invited keynote address to Interprofessional Rounds Physicians, Southlake Regional Health Centre, Newmarket, Ontario.
- Nisbet, E. K. (2014, August). *Environmental psychology and the science of nature relatedness*. Invited talk (Webinar), Mood Walks group facilitators meeting.
- Nisbet, E. K. (2014, May). *To promote happiness, health, and sustainability-Trust nature*. Invited talk at the Oak Ridges Moraine Annual General Meeting, Richmond Hill, Ontario.
- Nisbet, E. K. (2014, April). *Healthy by nature: The science behind nature relatedness, happiness, and sustainability*. Invited keynote address at Sunnybrook Hospital "Earth Matters Showcase", Toronto, Ontario.

## INVITED TALKS CONT'D.

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- Nisbet, E. K. (2014, April). *Healthy by nature: The science behind nature relatedness, happiness, and sustainability*. Invited keynote address at Sunnybrook Hospital “Earth Matters Showcase”, Toronto, Ontario.
- Nisbet, E. K. (2014, January). *Nature relatedness research: How individual differences in connectedness are linked to happiness and sustainability*. Invited talk (Webinar), International Society for Nature and Forest Medicine, North American Chapter.
- Nisbet, E. K. (2013, September). *Nature relatedness – Individuals’ connectedness with nature and the role in motivating environmental concern and behaviour*. Invited talk at the 2013 Clean Water Summit, Chaska, Minnesota.
- Nisbet, E. K. (2013, May). *The psychological benefits of nature relatedness: Individual differences in subjective connection with nature and the consequences for human and environmental health*. Invited talk at the Forest and Human Health Symposium, Daejeon City, Korea.
- Nisbet, E. K. (2013, March). *Nature relatedness and the happy path to sustainability*. Invited talk at the Nature Heals Conference, Chaska, Minnesota.
- Nisbet, E. K. (2012, November). *A nature-related prescription for happiness*. Paper presented at the 19th A. D. Latornell Conservational Symposium, Alliston, Ontario.
- Nisbet, E. K. (2012, September). *The psychology of human nature relations, happiness, and environmental behaviour*. Workshop at the Annual Conference of the Outdoor Educators of Ontario, Torrance, Ontario.
- Nisbet, E. K. (2009, March). *Happiness is in our nature: Linking nature relatedness to environmental behaviour and psychological well-being*. Invited talk at the Carleton University Psychology Department Colloquia Series.
- Nisbet, E. K. (2008, September). *Nature relatedness research: Connectedness, well-being, and environmentalism*. Invited talk at the Annual Conference of the Council of Outdoor Educators of Ontario, Haliburton, Ontario.
- Nisbet, E., K., & Zelenski, J. M. (2008, May). *Happiness is in our nature*. Invited talk at Carleton University Human Environment Interface Day, Carleton University, Ottawa, Ontario.

## GRANT SUPPORT

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- Primary Investigator. “Citizen science is in our nature: The effects of citizen science activities on nature relatedness, well-being, and environmental concern”, Social Sciences and Humanities Research Council of Canada, 2017-2019, \$64,254.00.
- Primary Investigator. “Determinants of nature relatedness: Identifying the role of natural elements in fostering subjective connectedness with nature”, Trent University Research Grants Program (Social Sciences and Humanities Research Council of Canada), 2017-2018, \$5,000.00.
- Primary Investigator. “The effects of citizen science nature immersion on subjective well-being and environmental concern”, Trent University Research Grants Program (Social Sciences and Humanities Research Council of Canada), 2013-2014, \$5,000.00.
- Co-Investigator. “The effects of nature exposure and nature relatedness on environmentally sustainable decision making and behaviour”, Social Sciences and Humanities Research Council of Canada, 2014-2019, \$191,734 (J. Zelenski, Carleton University, Principal Investigator).

## **PROFESSIONAL SERVICE, ACTIVITIES, & AFFILIATIONS**

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### **Affiliations:**

Association for Psychological Science  
 Association for Research in Personality  
 Canadian Psychological Association (Environmental Section Chair 2014-2016)  
 Council of Outdoor Educators of Ontario  
 Society for Personality and Social Psychology  
 Connecting Environmental Professionals (CEP), National Capital Region

### **Editorial Boards:**

Encyclopedia of Quality of Life Research, Springer (Field Editor, 2011 - )  
 Frontiers in Environmental Psychology (Review Editor, 2016 - )  
 Frontiers in Personality and Social Psychology (Review Editor, 2016 - )  
 Journal of Environmental Psychology (2016 - )

### **Manuscript Reviewing:**

Basic and Applied Social Psychology  
 BioScience  
 Canadian Journal of Behavioural Science  
 Canadian Journal of Environmental Education  
 Canadian Psychology  
 Children, Youth, Environments  
 Climate Change  
 Environment and Behavior  
 Environmental Communication  
 Environment, Development and Sustainability  
 European Journal of Social Psychology  
 Human Ecology Review  
 International Journal of Communication  
 International Journal of Well-Being  
 Journal of the American Water Resources Association  
 Journal of Physiological Anthropology  
 Landscape Research  
 People and Nature  
 Social and Personality Psychology Compass  
 Springer Science Reviews  
 Sustainability

*Convention Program Reviewing:* Environmental Section and Social and Personality Sections of the  
 Canadian Psychological Association, Society for Personality and Social Psychology

External Reviewer, Insights Grants, Social Sciences and Humanities Research Council of Canada (SSHRC)

External Reviewer, Mitacs Accelerate Research program

Peterborough Regional Science Fair, Judge (2015, 2016, 2019, 2021)

## **PROFESSIONAL SERVICE, ACTIVITIES, & AFFILIATIONS CONT'D.**

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### **Organizing, Consulting, Community Service:**

Outward Bound Canada, Research Advisor Committee member (2020 - )

The Crag Collective, Citizen Science Researcher (2020 - )

Pathway to Stewardship and Kinship, Member of Leadership Roundtable (2018 - )

Lakefield College School, Outdoors Every Day Student Connectedness and Well-being Researcher (2018 - )

Organizing Committee - CASIOPA Healthy Parks Healthy People Conference, May 2015,  
Waterloo, Ontario (January 2014 - May 2015)

Ontario Parks Healthy Parks Healthy People 30x30 Nature Challenge Researcher (January 2015 - )

David Suzuki Foundation 30x30 Nature Challenge Researcher (2013 - 2015)

## **ACADEMIC RESPONSIBILITIES**

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### **Undergraduate Teaching:**

ERSC 3710 - Environmental Health (Trent School of the Environment)

PSYC 3770 - Environmental Psychology

PSYC 3750 - Introduction to Health Psychology

PSYC 2310 - Introduction to Personality

PSYC 1030 - Introduction to Psychology II

PSYC 3420 - Motivation and Emotion Psychology

### **Graduate Teaching:**

PSYC 5992H, Reading Course on Environmental Motivation, Winter 2021

PSYC 5991H, Reading Course on Emotions and Perceptions of Animals, Fall 2020

PSYC 5992H, Reading Course on Environmental Education, Connectedness, and Well-Being, Winter 2020

PSYC 5991H, Reading Course on Virtual Nature Immersion, Environmental Preference, and Restoration, Winter 2019

PSYC 5991H, Reading Course on Nature Relatedness and Linguistic Inquiry, Winter 2019

PSYC 5991H, Reading Course on Cross-Cultural Nature Connectedness, Fall 2018

PSYC 5993Y, Research Practicum on Applied Environmental Psychology- Random Acts of Green (RAoG) Summer 2017

PSYC 5991H-C, Reading Course on Environmental Psychology-Effects of Wildlife Viewing, Winter 2015

PSYC 5991H/MASS 5091H, Reading Course on Environmental Psychology, Fall 2013

## ACADEMIC RESPONSIBILITIES CONT'D.

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### Student Supervision:

#### *M.A./M.Sc.*

- Sommerfeld, J. (2020 - ). Influence of parents' connection to nature on children's nature experiences (tentative title).
- McCutcheon, R. (2020 - ). Investigating teachers' environmental leadership, nature relatedness and well-being (tentative title).
- Scheltens, T. (2019 - ). Nature relatedness and human perceptions of wildlife.
- Hooke-Wood, A. (2020). A comparison of nature activities: Citizen science, environmental education, and mere nature exposure.
- Lachance, D. (2020). What nature is best? Testing the effects of green and blue space on mood and environmental concern.
- Tejpar, L. (2018). Gratitude is in our nature: How mindful appreciation of nature affects well-being.
- Pasinetti, J. (2017). No sweat: Opinions and decision making surrounding ethical fashion.

#### *B.A./B.Sc. Honours*

- Bell, A. (2020 - ). Nature and stress: The influence of nature connectedness on well-being in a student sample (tentative title).
- Thibert, C (2020 - ). Exploring representations of diversity in nature-based media (tentative title).
- Craymer, C. (2020). The mood effects of viewing familiar and exotic wildlife images.
- Sheppard, H. (2020). Art in nature: Connecting humans and nature through creativity.
- Hooke-Wood, A. (2018). Types of nature and their effects on well-being.
- Scheltens, T. (2017). Nature relatedness and human perceptions of wildlife.
- Caldwell, D. (2016). The influence of wildlife perspective taking on environmental concern.
- Shaw, D. (2016). Relationships between neighbourhood trees and well-being.
- Lachance, D. (2014). Nature and self-regulation: Exploring the influence of nature contact on impulse control in a student sample.
- Paton, I. (2014). University outdoor and environmental education courses' effect on conservation values, nature connectedness and well-being.
- Sinclair, V. (2014). Students and nature: The link between time outdoors and wellbeing.
- Finney, L. (2013). The hidden value of viewing nature during exercise: Affective forecasting, green exercise, and well-being.
- Brown, G. (2013). The consequences of disconnection and connection to nature: The links between nature relatedness, materialism, and wellbeing.