

Economia da Felicidade e do Bem-Estar

Professor

Pedro Fernando Nery

Carga Horária

40 horas

Datas dos Encontros

Encontros remotos
21/1/2025 (terça-feira)
11/2/2025 (terça-feira)

Encontros presenciais
30/1/2025 (quinta-feira)
31/1/2025 (sexta-feira)
20/2/2025 (quinta-feira)
21/2/2025 (sexta-feira)

Horário presencial:

Quinta: 13h00 - 20h30

Sexta: 13h00 – 16h30

Ementa do Curso

1. Relação entre dinheiro e felicidade. O paradoxo de Easterlin. Adaptação hedônica. Renda relativa. Experimentos naturais. 2. Pontos de saciedade. Bem-estar subjetivo, afetos positivos e afetos negativos. Impactos de diferentes usos de dinheiro. 3. Jogo da Felicidade: panorama sobre determinantes do bem-estar subjetivo. 4. Pobreza. Desemprego. 5. Mensuração. World Happiness Report. Diretrizes da Organização para a Cooperação e Desenvolvimento Econômico. Contas nacionais de bem-estar. Happy Planet Index. WELLBYs. Medidas usadas em RCTs. 6. Macroeconomia da saúde mental. Carga Global de Doenças (GBD). 7. Psicologia Positiva. O modelo PERMA. 8. Determinantes do bem-estar subjetivo: idade, gênero, filhos, casamento, trabalho, telas, redes sociais.

Objetivos do Curso

Ao final do curso, os alunos deverão estar familiarizados com métodos quantitativos usados na literatura moderna para identificar relações de causalidade, bem como com resultados atuais aplicados à análise do bem-estar dos indivíduos em áreas como microeconomia, economia do desenvolvimento, economia comportamental e psicologia. Espera-se que sejam capazes de aplicar este conhecimento na atuação profissional no setor público ou no mercado privado.

Metodologia de Ensino

Exposições dialogadas e debates baseados em leituras e análises sobre os temas previstos. As referências indicadas para cada aula servem de apoio à discussão. É desejável a leitura do material de apoio antes dos encontros.

Forma de avaliação

O curso é baseado na discussão da literatura constante do programa. Por isso, 50% da avaliação é referente à apresentação de um ou mais textos pelo discente. 40% serão referentes a ensaio entregue após o fim do curso com aplicação dos métodos ensinados ou sobre um tema relevante para o curso, e 10% da avaliação é baseada na participação nos debates.

Míni Currículo do Docente

Doutor em Economia do Meio Ambiente, Mestre em Economia e Bacharel em Ciências Econômicas pela Universidade de Brasília (UnB). Foi Diretor de Assuntos Econômicos da Vice-Presidência da República. É Consultor Legislativo do Senado Federal para Economia do Trabalho, Renda e Previdência. Autor do livro “Extremos – Um Mapa para Entender as Desigualdades no Brasil” (Companhias das Letras-Zahar, 2024) e “Reforma da Previdência – Por que o Brasil não pode Esperar?”, com Paulo Tafner (Elsevier, 2019). Foi colunista semanal do caderno Economia & Negócios do jornal O Estado de São Paulo (Estadão). Foi membro do conselho de administração do BRDE.

Tópico 1: Dinheiro traz felicidade? Parte 1

O paradoxo de Easterlin. Adaptação hedônica. Renda relativa. Estudos com loterias.

Leituras:

Shields-Zeeman, L. and Smit, F. (2022). The impact of income on mental health. *The Lancet Public Health*, 7(6), e486-e487. Comentário a Thomson et al. (2022)

Thomson RM, Igelström E, Purba AK, et al. How do income changes impact on mental health and wellbeing for working-age adults? A systematic review and meta-analysis. *Lancet Public Health* 2022; 7: e515–28.

Frank, R. (2012). The easterlin paradox revisited. *Emotion*, 12(6), 1188-1191.

Stevenson, B. and Wolfers, J. (2008). Economic growth and subjective well-being: reassessing the easterlin paradox. *SSRN Electronic Journal*.

Cesarini D, Lindqvist E, Ostling R, Wallace B. Wealth, health, and child development: evidence from administrative data on Swedish lottery players. *Q J Econ* 2016; 131: 687–738

Lindqvist, E., Östling, R., & Cesarini, D. (2020). Long-Run Effects of Lottery Wealth on Psychological Well-Being. *The Review of Economic Studies*, 87(6), 2703-2726.

Apouey B, Clark AE. Winning big but feeling no better? The effect of lottery prizes on physical and mental health. *Health Econ* 2015; 24: 516–38

Raschke C. Unexpected windfalls, education, and mental health: evidence from lottery winners in Germany. *Appl Econ* 2019; 51: 207–18.

Kuhn P, Kooreman P, Soetevent A, Kapteyn A. The effects of lottery prizes on winners and their neighbors: evidence from the Dutch postcode lottery. *Am Econ Rev* 2011; 101: 2226–47

Clark AE, D'Ambrosio C, Ghislandi S. Adaptation to poverty in long-run panel data. *Rev Econ Stat* 2016; 98: 591–600.

Dang H-AH, Lokshin MM, Abanokova K. Did the poor adapt to their circumstances? Evidence from long-run Russian panel data. *Econ Bull* 2019; 39: 2258–74.

Latif E. Happiness adaptation to income: evidence from Canada. *Econ Bull* 2015; 35: 1477–87

Caporale, G., Georgellis, Y., Tsitsianis, N., & Yin, Y. (2009). Income and happiness across europe: do reference values matter?. *Journal of Economic Psychology*, 30(1), 42-51.

Lee, S. and Ohtake, F. (2021). How conscious are you of others? further evidence on relative income and happiness. *Journal of Happiness Studies*, 22(8), 3321-3356.

Stutzer, A. (2004). The role of income aspirations in individual happiness. *Journal of Economic Behavior & Organization*, 54(1), 89-109.

Oishi, S., Cha, Y., Komiya, A., & Ono, H. (2022). Money and happiness: the income–happiness correlation is higher when income inequality is higher. *PNAS Nexus*, 1, 1-12.

Mohanty MS. What determines happiness? Income or attitude: evidence from the U.S. longitudinal data. *J Neuroscience Psychology Econ* 2014; 7: 80–102

Proto E, Rustichini A. Life satisfaction, income and personality. *J Econ Psychol* 2015; 48: 17–32

Cai S, Park A. Permanent income and subjective well-being. *J Econ Behav Organ* 2016; 130: 298–319.

Tópico 2: Dinheiro traz felicidade? Parte 2

Outros experimentos naturais. Pontos de saciedade: quando dinheiro é demais? Bem-estar subjetivo, afetos positivos e afetos negativos. Impactos de diferentes usos de dinheiro.

Leituras:

Reeves A, McKee M, Mackenbach J, Whitehead M, Stuckler D. Introduction of a national minimum wage reduced depressive symptoms in low-wage workers: a quasi-natural experiment in the UK. *Health Econ* 2017; 26: 639–55.

Collin DF, Shields-Zeeman LS, Batra A, White JS, Tong M, Hamad R. The effects of state earned income tax credits on mental health and health behaviors: a quasi-experimental study. *Soc Sci Med* 2021.

Jachimowicz, J., Mo, R., Greenberg, A., Jeronimus, B., & Whillans, A. (2020). Income more reliably predicts frequent than intense happiness. *Social Psychological and Personality Science*, 12(7), 1294-1306.

Kahneman, D. and Deaton, A. (2010). High income improves evaluation of life but not emotional well-being. *Proceedings of the National Academy of Sciences*, 107(38), 16489-16493.

Aknin, L. B., Dunn, E. W., Proulx, J., Lok, I., & Norton, M. I. (2020). Does spending money on others promote happiness?: A registered replication report. *Journal of Personality and Social Psychology*, 119(2), e15–e26.

Weidman, A. C. & Dunn, E. W. (2016). The unsung benefits of material things: Material purchases provide more frequent momentary happiness than experiential purchases. *Social Psychological and Personality Science*, 7, 390-399.

Smeets, P., Whillans, A., Bekkers, R., & Norton, M. I. (2020). Time Use and Happiness of Millionaires: Evidence From the Netherlands. *Social Psychological and Personality Science*, 11(3), 295-307.

Donnelly, G. E., Zheng, T., Haisley, E., & Norton, M. I. (2018). The Amount and Source of Millionaires' Wealth (Moderately) Predict Their Happiness. *Personality and Social*

Psychology Bulletin, 44(5), 684–699.

Jebb, A. T., Tay, L., Diener, E., & Oishi, S. (2018). Happiness, income satiation and turning points around the world. *Nature Human Behaviour*, 2(1), 33-38.

Killingsworth, M. A., Kahneman, D., & Mellers, B. (2023). Income and emotional well-being: A conflict resolved. *Proceedings of the National Academy of Sciences*, 120(10), e2208661120

Li, C., Ning, G., Wang, L., & Chen, F. (2022). More income, less depression? revisiting the nonlinear and heterogeneous relationship between income and mental health. *Frontiers in Psychology*, 13.

Deaton, A. (2024). Rethinking My Economics. *Finance & Development, International Monetary Fund*, March 2024.

Killingsworth, M. A., Kahneman, D., & Mellers, B. (2024). Income and Emotional Well-Being: A Conflict Resolved. *Proceedings of the National Academy of Sciences (PNAS)*. <https://doi.org/10.1073/pnas.2104906118>

Jaroszewicz, A., Jachimowicz, J., Hauser, O., & Jamison, J. (2024). How Effective Is (More) Money? Randomizing Unconditional Cash Transfer Amounts in the US. *SSRN Working Paper Series*. <https://doi.org/10.2139/ssrn.3884567>

Hedgcock, W. M., Luangrath, A. W., & Webster, R. (2021). Counterfactual Thinking and Facial Expressions Among Olympic Medalists: A Conceptual Replication of Medvec, Madey, and Gilovich's (1995) Findings. *Journal of Experimental Psychology: General*, 150(6), e13–e21. <https://doi.org/10.1037/xge0000966>

Tópico 3: Jogo da Felicidade

Panorama sobre determinantes do bem-estar subjetivo.

Leituras:

Esta é uma aula baseada em dinâmica de grupo. Não haverá exposição de papers.

Tópico 4: Pobreza e desemprego

Leituras:

Haushofer J, Shapiro J. The short-term impact of unconditional cash transfers to the poor: experimental evidence from Kenya. *Q J Econ* 2016; 131: 1973–2042.

Ridley M, Rao G, Schilbach F, Patel V. Poverty, depression, and anxiety: causal evidence and mechanisms. *Science* 2020;

Christian, Cornelius, Lukas Hensel, and Christopher Roth, "Income Shocks and Suicides: Causal Evidence From Indonesia," *The Review of Economics and Statistics*. The MIT Press, December 2019, 101 (5), 905–920. Oxford, Briq.

Jaroszewicz, Ania and Jachimowicz, Jon and Hauser, Oliver and Jamison, Julian, How Effective Is (More) Money? Randomizing Unconditional Cash Transfer Amounts in the US (July 20, 2024). Available at SSRN: <https://ssrn.com/abstract=4154000> or <http://dx.doi.org/10.2139/ssrn.4154000>

Hussam, R. N., Kelley, E. M., Lane, G. V., & Zahra, F. T. (2021). The psychosocial value of employment (Working Paper No. 28924). National Bureau of Economic Research.

Bhanot, Syon P., Jiyoung Han, and Channing Jang. 2018. "Workfare, Wellbeing and Consumption: Evidence from a Field Experiment with Kenya's Urban Poor." *Journal of Economic Behavior & Organization* 149:372–388.

Knabe, Andreas, Ronnie Schöb, and Joachim Weimann. 2017. "The Subjective Well-Being of Workfare Participants: Insights from a Day Reconstruction Survey." *Applied Economics* 49 (13):1311– 1325.

Boarini, R. et al. (2012), "What Makes for a Better Life?: The Determinants of Subjective Well-Being in OECD Countries – Evidence from the Gallup World Poll", OECD Statistics Working Papers, 2012/03, OECD Publishing.

Noordt, M., IJzelenberg, H., Droomers, M., & Proper, K. (2014). Health effects of employment: a systematic review of prospective studies. *Occupational and Environmental Medicine*, 71(10), 730-736.

Drake, R. and Wallach, M. (2020). Employment is a critical mental health intervention. *Epidemiology and Psychiatric Sciences*, 29.

Strandh, M., Hammarström, A., Nilsson, K., Nordenmark, M., & Russel, H. (2012). Unemployment, gender and mental health: the role of the gender regime. *Sociology of Health & Illness*, 35(5), 649-665.

Lawes, M., Hetschko, C., Schöb, R., Stephan, G., & Eid, M. (2023). The impact of unemployment on cognitive, affective, and eudaimonic well-being facets: Investigating immediate effects and short-term adaptation. *Journal of personality and social psychology*, 124(3), 659.

Kassenboehmer, S. C., & Haisken-DeNew, J. P. (2009). You're fired! The causal negative effect of entry unemployment on life satisfaction. *The Economic Journal*, 119(536), 448-462.

Nikolova, M., & Ayhan, S. H. (2019). Your spouse is fired! How much do you care?. *Journal of Population Economics*, 32(3), 799-844.

Pokutta, S., & Kroll, C. (2012). Just a perfect day? On the temporal and spatial dimensions of subjective well-being. *Journal of Economic Psychology*, 33(4), 846-860. <https://doi.org/10.1016/j.joep.2012.02.004>

Kahneman, D., & Krueger, A. B. (2006). Developments in the measurement of subjective well-being. *Journal of Economic Perspectives*, 20(1), 3-24.

<https://doi.org/10.1257/089533006776526030>

Kahneman, D., Krueger, A. B., Schkade, D., Schwarz, N., & Stone, A. A. (2006). Measuring the Subjective Well-Being of Nations: National Accounts of Time Use and Well-Being. <https://www.nber.org/system/files/chapters/c5053/c5053.pdf>

Dodds, P. S., Harris, K. D., Kloumann, I. M., Bliss, C. A., & Danforth, C. M. (2011). Temporal patterns of happiness and information in a global social network: Hedonometrics and Twitter. PLOS ONE, 6(12), e26752.

Layard, R. (2003). Has Social Science a Clue? What is Happiness? Are We Getting Happier? Lionel Robbins Memorial Lecture Series, London, UK. <http://eprints.lse.ac.uk/47425/>

Dolan, P. and White, M. P. (2007). How can measures of subjective well-being be used to inform public policy? Perspectives on Psychological Science, 2(1), 71-85. <https://doi.org/10.1111/j.1745-6916.2007.00030.x>

Holzer, H. J., Hubbard, R. G., & Strain, M. R. (2021). Did Pandemic Unemployment Benefits Reduce Employment? Evidence from Early State-Level Expirations in June 2021. NBER Working Paper No. 29575. National Bureau of Economic Research. <https://www.nber.org/papers/w29575>

Marinescu, I., Skandalis, D., & Zhao, D. (2021). The Impact of the Federal Pandemic Unemployment Compensation on Job Search and Vacancy Creation. NBER Working Paper No. 28567. National Bureau of Economic Research. <https://www.nber.org/papers/w28567>

Brooks, A. C. (2021). The Secret to Happiness at Work. The Atlantic. <https://www.theatlantic.com/family/archive/2021/09/dream-job-values-happiness/619951/>

Mogilner, C., Whillans, A. V., & Norton, M. I. (2018). Time, Money, and Subjective Well-Being. In E. Diener, S. Oishi, & L. Tay (Eds.), Handbook of Well-Being. DEF Publishers. <https://www.cassiemholmes.com/s/Mogilner-Whillans-Norton-Handbook-of-wellbeing-2018-Time-Money-and-Subjective-WellBeing.pdf>

Lee, J. W., Heo, S., & Lee, S. M. (2018). Impact of Physical Activity on Suicidal Ideation. Journal of Psychosomatic Research, 110, 105-110. <https://pubmed.ncbi.nlm.nih.gov/30031356/>

Tópico 5: Como medir resultados?

World Happiness Report. Diretrizes da Organização para a Cooperação e Desenvolvimento Econômico. Contas nacionais de bem-estar. Happy Planet Index. WELLBYs. Medidas usadas em RCTs: CES-D, PWB, GHQ-12, PSS, APAI-R, SF-MCS, Kessler, HSCL, SWB, CGI scale, Beck, CAPA, HDL.

Leituras:

OECD. (2022). OECD Guidelines on Measuring Subjective Well-being. Paris: OECD Publishing.

Helliwell, J. F., Layard, R., & Sachs, J. (Eds.). (2024). World Happiness Report 2024. New York: Sustainable Development Solutions Network.

Hot or Cool Institute. (2024). Happy Planet Index 2024.

Happiness Research Institute & Leaps by Bayer. (2021). WELLBYs: A new measure for well-being. Copenhagen: Happiness Research Institute.

Nordic Council of Ministers. (2021). Towards a Wellbeing Economy. Copenhagen: Nordic Council of Ministers.

Benjamin, D. J., Guzman, J. D., Fleurbaey, M., Heffetz, O., & Kimball, M. S. (2021). What do happiness data mean? Theory and survey evidence (Working Paper No. 28438). National Bureau of Economic Research.

Haushofer J, Shapiro J. The short-term impact of unconditional cash transfers to the poor: experimental evidence from Kenya. Q J Econ 2016; 131: 1973–2042.

Helliwell, J. F., Layard, R., & Sachs, J. (Eds.). (2024). World Happiness Report 2024. Sustainable Development Solutions Network. <https://worldhappiness.report/ed/2024/>

Gallup. (2023). Gallup Global Emotions Report 2023. Gallup, Inc. <https://www.gallup.com/analytics/403055/gallup-global-emotions-report.aspx>

Tópico 6: Macroeconomia da saúde mental. Carga Global de Doenças (GBD)

Leituras:

Abramson, B., Boerma, J., & Tsyvinski, A. (2024). Macroeconomics of Mental Health (NBER Working Paper No. 32354). National Bureau of Economic Research. doi:10.3386/w32354

Institute for Health Metrics and Evaluation. (2021). Global Burden of Disease. Seattle, WA: IHME.

Oswald, A. J., Proto, E., & Sgroi, D. (2015). Happiness and Productivity. Journal of Labor Economics, 33(4), 789-822. <https://doi.org/10.1086/681096>

Frijters, P., Clark, A. E., Krekel, C., & Layard, R. (2020). Happy Choice: Wellbeing as the Goal of Government. Behavioural Public Policy, 4(2), 126-165. <https://doi.org/10.1017/bpp.2021.14>

Plant, M., & Saxon, E. (2021). Happy Choice: Wellbeing as the Goal of Government. Behavioural Public Policy. <https://doi.org/10.1017/bpp.2021.14>

Seligman, M., & Adler, A. (2019). Positive Education. University of Pennsylvania, Positive Psychology Center. Retrieved from University of Pennsylvania website.

McGuire, J., & Plant, M. (2021). StrongMinds: Cost-Effectiveness Analysis. Happier Lives Institute. <https://www.happierlivesinstitute.org/strongminds-cost-effectiveness-analysis>

Kimball, M. S., & Willis, R. J. (2023). Utility and happiness (NBER Working Paper No. 31707). National Bureau of Economic Research.

Brasil. Projeto de Lei nº 2518/2024. Autor: Tabata Amaral - PSB/SP.

Shankar, J., Liu, L., Nicholas, D., Warren, S., Lai, D., Tan, S., ... & Sears, A. (2014). Employers' perspectives on hiring and accommodating workers with mental illness. *Sage Open*, 4(3), 215824401454788. <https://doi.org/10.1177/2158244014547880>

Staiger, T., Waldmann, T., Rüschi, N., & Krumm, S. (2017). Barriers and facilitators of help-seeking among unemployed persons with mental health problems: a qualitative study. *BMC Health Services Research*, 17(1). <https://doi.org/10.1186/s12913-017-1997-6>

Tópico 7: Psicologia positiva

Introdução a psicologia positiva. O modelo PERMA.

Deci, E. L., & Ryan, R. M. (2000). The "What" and "Why" of Goal Pursuits: Human Needs and the Self-Determination of Behavior. *Psychological Inquiry*, 11(4), 227-268. https://doi.org/10.1207/S15327965PLI1104_01

Kasser, T., & Ryan, R. M. (1996). Further Examining the American Dream: Differential Correlates of Intrinsic and Extrinsic Goals. *Personality and Social Psychology Bulletin*, 22(3), 280-287. <https://doi.org/10.1177/0146167296223006>

Madeson, M. (2017). Seligman's PERMA+ Model Explained: A Theory of Wellbeing. Happiness & SWB, 24 February 2017. Scientifically reviewed by Maike Neuhaus, Ph.D. Retrieved from PositivePsychology.com.

Folk, D., & Dunn, E. (2023). A systematic review of the strength of evidence for the most commonly recommended happiness strategies in mainstream media. *Nature Human Behaviour*, 7(7), 1697–1707

Folk, D., & Dunn, E. (2024). How can people become happier?: A systematic review of pre-registered experiments. *Annual Review of Psychology*, 75(1), 467-493. <https://doi.org/10.1146/annurev-psych-022423-030818>

Hardoon, D., Hey, N., & Brunetti, S. (2020). Wellbeing evidence at the heart of policy. What Works Wellbeing.

Action for Happiness). 10 Keys to Happier Living. Action for Happiness. Retrieved from <https://actionforhappiness.org/10-keys/direction>

Hatano, A., Ogulmus, C., Shigemasa, H., & Murayama, K. (2022). Thinking about thinking:

People underestimate how enjoyable and engaging just waiting is. *Journal of Experimental Psychology: General*, 151(12), 3213-3229. REGRA 50 40 10

Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9(2), 111-131. <https://doi.org/10.1037/1089-2680.9.2.111>

Park, N., Peterson, C., & Seligman, M. E. P. (2004). Strengths of character and well-being. *Journal of Social and Clinical Psychology*, 23(5), 603-619. <https://doi.org/10.1521/jscp.23.5.603.50748>

Tópico 8: Determinantes do bem-estar subjetivo

Idade, gênero, filhos, casamento, trabalho, telas, redes sociais. Outros.

Amato, P., & Hohmann-Marriott, B. (2007). A comparison of high- and low-distress marriages that end in divorce. *Journal of Marriage and Family*, 69(3), 621-638. <https://doi.org/10.1111/j.1741-3737.2007.00396.x>

Kahneman, D., & Krueger, A. B. (2006). Developments in the measurement of subjective well-being. *The Journal of Economic Perspectives*, 20(1), 3-24. <https://doi.org/10.1257/089533006776526030>

Clark, A. E. (2018). Four decades of the economics of happiness: Where next? *Review of Income and Wealth*, 64(2), 245-269. <https://doi.org/10.1111/roiw.12391>

Frijters, P., & Beaton, T. (2012). The mystery of the u-shaped relationship between happiness and age. *Journal of Economic Behavior & Organization*, 82(2-3), 525-542. <https://doi.org/10.1016/j.jebo.2012.03.008>

Lindqvist, E., Östling, R., & Cesarini, D. (2020). Long-run effects of lottery wealth on psychological well-being. *The Review of Economic Studies*, 87(6), 2703-2726. <https://doi.org/10.1093/restud/rdaa006>

Boarini, R., Comola, M., Smith, C., Manchin, R., & De Keulenaer, F. (2012). What makes for a better life?: The determinants of subjective well-being in OECD countries – Evidence from the Gallup World Poll. *OECD Statistics Working Papers*, 2012/03. <https://doi.org/10.1787/5k9b9ltjm937-en>

Meier, A., Musick, K., Flood, S., & Dunifon, R. (2016). Mothering experiences: How single parenthood and employment structure the emotional valence of parenting. *Demography*, 53(3), 649-674. <https://doi.org/10.1007/s13524-016-0474-x>

Symoens, S., Van de Velde, S., Colman, E., & Bracke, P. (2013). Divorce and the multidimensionality of men and women's mental health: The role of social-relational and socio-economic conditions. *Applied Research in Quality of Life*, 9(2), 197-213.

<https://doi.org/10.1007/s11482-013-9239-5>

Symoens, S., Colman, E., & Bracke, P. (2014). Divorce, conflict, and mental health: How the quality of intimate relationships is linked to post-divorce well-being. *Journal of Applied Social Psychology*, 44(3), 220-233. <https://doi.org/10.1111/jasp.12215>

Bartram, D. (2022). Is happiness u-shaped in age everywhere? A methodological reconsideration for Europe. *National Institute Economic Review*, 1-15. <https://doi.org/10.1017/nie.2022.1>

Ferrante, F. (2009). Education, aspirations and life satisfaction. *Kyklos*, 62(4), 542-562. <https://doi.org/10.1111/j.1467-6435.2009.00450.x>

Droulers, O., Lacoste-Badie, S., & Malek, F. (2015). Age-related differences in emotion regulation within the context of sad and happy TV programs. *Psychology and Marketing*, 32(8), 795-807. <https://doi.org/10.1002/mar.20819>

Mwinnyaa, G., Porch, T., Bowie, J., & Thorpe, R. (2018). The association between happiness and self-rated physical health of African American men: A population-based cross-sectional study. *American Journal of Men's Health*, 12(5), 1615-1620. <https://doi.org/10.1177/1557988318780844>

Geng, J., & Calasanti, T. (2022). Gender and the subjective well-being of older widows and widowers. *The International Journal of Aging and Human Development*, 96(4), 399-419. <https://doi.org/10.1177/00914150221092990>

Gray, M., De Vaus, D., Qu, L., & Stanton, D. (2010). Divorce and the wellbeing of older Australians. *Ageing and Society*, 31(3), 475-498. <https://doi.org/10.1017/s0144686x10001017>

Ciprić, A., Hald, G., Strizzi, J., Lange, T., Austin, D., Sander, S., ... & Øverup, C. (2022). The future of divorce support: Is “digital” enough in presence of conflict?. *Journal of Marital and Family Therapy*, 48(4), 1128-1146. <https://doi.org/10.1111/jmft.12588>

Hald, G., Wimmelmann, C., Øverup, C., Ciprić, A., Sander, S., & Strizzi, J. (2022). Mental health trajectories after juridical divorce: Does personality matter? *Journal of Personality*, 91(2), 426-440. <https://doi.org/10.1111/jopy.12737>

Ferraro, A., & Lucier-Greer, M. (2022). The case for multidimensional co-parenting behaviors as sources of chronic stress: Understanding pathways to mental health symptomology among divorced and separating adults. *Journal of Family Nursing*, 28(4), 353-367. <https://doi.org/10.1177/10748407221124235>

Izzo, F., Baiocco, R., & Pistella, J. (2022). Children’s and adolescents’ happiness and family functioning: A systematic literature review. *International Journal of Environmental Research and Public Health*, 19(24), 16593. <https://doi.org/10.3390/ijerph192416593>

Jiarui, M., & Amat, M. (2023). The experiences of parental divorce on the psychological well-being among high school students. *Journal of Public Administration and Governance*, 12(45), 213. <https://doi.org/10.5296/jpag.v12i4s.20814>

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