

**Applicant**

Dr. Friedrich Goetz, University of British Columbia

Trainee: Sakshi Sahakari

**E-mail Address**

[Friedrich.goetz@ubc.ca](mailto:Friedrich.goetz@ubc.ca)

**Project Title**

Enhancing wellbeing: sociocultural and personality correlates of prosociality and wellbeing in the context of migration

**Project Summary**

Wellbeing promotes diverse positive outcomes, including longevity. Increasing it is a central scientific endeavour. One effective way of raising physical and mental wellbeing lies in prosocial behaviours (e.g., volunteering, informal helping), which benefit actors and recipients. However, less is known about the micro- and macro-level factors that affect prosociality, wellbeing and their linkage. A better understanding would benefit all and especially immigrants who seek both. To bridge the gap, we adopt a three-pronged approach to study the effects of personality and cultural nuances, specifically immigration, on the overall relations and both involved factors. We will study a) the role of average provincial personality on wellbeing and migration, b) regional personality's role in the prosociality-wellbeing linkage, and c) effects of prosociality on immigrant wellbeing. Together, these sub-studies will be critical to our understanding of enhancing wellbeing and immigrant experiences.

**Keywords**

Wellbeing, prosociality, personality, culture, migration