Lucía Macchia

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City St George's, University of London
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ACADEMIC POSITIONS

2022-	**Lecturer** School of Health and Medical Sciences City St George's, University of London
2026-	**Visiting Professor** Business School Universidad Torcuato Di Tella
2026-	**Visiting Lecturer** Department of Management The London School of Economics and Political Science
2020-2022	**Postdoctoral Research Fellow** Women and Public Policy Program Harvard Kennedy School | Harvard University
2019-2020	**Research Fellow** Wellbeing Research Centre University of Oxford
2017-2018	**Research Associate** Wellbeing Programme, Centre for Economic Performance The London School of Economics and Political Science

ADDITIONAL ACADEMIC AFFILIATIONS

2023-	**Fellow** Higher Education Academy (FHAE), United Kingdom
2020-	**Research Affiliate** Wellbeing Research Centre University of Oxford
2022-2025	**Visiting Fellow** Department of Psychological and Behavioural Science The London School of Economics and Political Science

EDUCATION

2016-2020	**PhD in Psychology** City, University of London

2019	**Visiting scholar** Harvard Business School
2014-2015	**MSc in Behavioural Economics** City, University of London
2006-2010	**BSc in Business Administration** School of Economics, Universidad Nacional de La Plata, Argentina

RESEARCH INTERESTS

Human wellbeing, pain, behaviour.

PROFESSIONAL EXPERIENCE

2022-	BeHive – Academic Advisor Budapest, Hungary
2016-2017	IPSOS Mori – Behavioural Science Consultant London, United Kingdom
2012-2014	Petrobras Argentina S.A. – Strategic Planning Analyst City of Buenos Aires, Buenos Aires, Argentina
2011-2012	Deloitte Touche Tohmatsu – Enterprise Risk Services Consultant City of Buenos Aires, Buenos Aires, Argentina

SELECTED PEER-REVIEWED PUBLICATIONS

1. **Macchia, L.,** Daly, M., & Delaney, L. (2025). The prospective association between life satisfaction and physical pain: Evidence from longitudinal and cohort data. *Personality and Social Psychology Bulletin,0*(0).
2. Ruggeri, K., Stock, F., Haslam, S.A., … **Macchia, L.,** … Van Bavel, J. J., & Willer, R. (2024). A synthesis of evidence for policy from behavioural science during COVID-19. *Nature*, *625,* 134–147.
3. **Macchia, L.** (2024). Having less than others is painful: Income rank and pain around the world. *Social Psychological and Personality Science, 15*(2), 215-224.
4. **Macchia, L.** (2023). Governments should measure pain when assessing societal wellbeing. *Nature Human Behaviour, 7,* 303–305.
5. Daly, M., & **Macchia, L.** (2023). Global trends in emotional distress, 2009-2021. *Proceeding of the National Academy of Sciences, 120*(14), e2216207120.
6. Ruggeri, K., … **Macchia, L.,** …, & Garcia-Garzon, E. (2022). The globalizability of temporal discounting. *Nature Human Behaviour, 6*(10)*,* 1386-1397.
7. Gonzalez, A., **Macchia, L.,** & Whillans, A.V. (2022). The developmental origins and behavioural consequences of attributions for inequality. *Journal of Experimental Social Psychology, 101,* 104329.
8. **Macchia, L.**, & Oswald, A. (2021). Physical pain, gender, and the estate of the economy in 146 nations. *Social Science & Medicine, 287,* 114332.

9. **Macchia, L**., Plagnol, A.C., & Powdthavee, N. (2020). Buying happiness in an unequal world: Rank of income more strongly predicts wellbeing in unequal countries. *Personality and Social Psychology Bulletin, 46*(5)*,* 769-780.
10. Whillans, A.V., **Macchia, L**., & Dunn, E. (2019). Valuing time over money predicts happiness after a major life transition: A pre-registered longitudinal study of graduating students. *Science Advances, 5(*9), eaax2615.

ALL PEER-REVIEWED PUBLICATIONS

1. **Macchia, L.,** Cowden, R., Padgett, N., Johnson, B., & VanderWeele, T. (2026). Pain and 56 subsequent wellbeing and life outcomes: An outcome-wide longitudinal approach in the global flourishing study. *Communications Medicine*
2. Ruggeri, K., … **Macchia, L.,** …. (2026). Global mental health: A multidimensional analysis of social, financial, and emotional well-being in 92 countries. *Social Indicators Research.*
3. Cowden, R., Padgett, N., Felton, C., Wilkinson, R., **Macchia, L.**, Chen, Z.J., Weziak-Bialowolska, D., Koning, S.M., Gundersen, C., Johnson, B.R., & VanderWeele, T.J. (2026). Longitudinal associations of suffering with subsequent multidimensional well-being in the Global Flourishing Study. *Communications Medicine.*
4. **Macchia, L.,** Daly, M., & Delaney, L. (2025). The prospective association between life satisfaction and physical pain: Evidence from longitudinal and cohort data. *Personality and Social Psychology Bulletin,0*(0)*.*
5. **Macchia, L.,** & Oswald, A.J. (2025). National worry and the psychological value of social spending. *Review of Income and Wealth,* 71:e70039.
6. Tang, C.K., Powdthavee, N., & **Macchia, L**. Rising temperatures and physical pain: Evidence on over 2 million U.S. residents. (2025). *Ecological Economics, 241,* 108871. *Random author order.*
7. **Macchia, L.,** Daly, M., & Delaney, L. (2025). Pain predicts being out of work especially for those with low job control: Longitudinal analysis of adults in Australia. *Occupational and Environmental Medicine, 0,* 320-325.
8. **Macchia, L.,** Okafor, C., Breedlove, T., Piper, A., Shiba, K., Johnson, B., & VanderWeele, T. (2025). A cross-national analysis of childhood predictors of physical pain. *Communications Medicine, 5,* 337.
9. **Macchia, L.,** & Fett, A.K. (2025). The association between loneliness and pain, and the role of physical health and distress: An analysis in 139 countries. *Scientific Reports, 15*, 30554.
10. **Macchia, L.,** Kaats, M., Johnson, B. R., & VanderWeele, T. J. (2025). Physical pain as a component of subjective wellbeing. *Scientific Reports, 15,*14355.
11. **Macchia, L.,** Okafor, C., Breedlove, T., Piper, A., Shiba, K., Johnson, B., & VanderWeele, T. J. (2025). Demographic variation in pain across 22 countries. *Communications Medicine, 15*, 154.
12. VanderWeele, T. J., Johnson, B. R., … **Macchia, L.,** … (2025). The Global Flourishing Study: Study profile and initial results on flourishing. *Nature Mental Health, 3,* 636–653 .
13. Farmer, J., **Macchia, L**., Bu, F., Gong, j., Steptoe, A., Demakakos, P., & Kubzansky, L.D. (2025). Prosocial Intentions and Subsequent Cognitive Health: A Prospective Cohort Study. *The Journals of Gerontology: Series B,* gbaf004.

14. Ruggeri, K., Stock, F., Haslam, S.A., … **Macchia, L.,** … Van Bavel, J. J., & Willer, R. (2024). A synthesis of evidence for policy from behavioural science during COVID-19. *Nature*, *625,* 134–147.
15. **Macchia, L.,** Delaney, L., & Daly, M. (2024). Global pain levels before and during the COVID-19 pandemic. *Economics & Human Biology, 52,* 101337.
16. **Macchia, L.,** Plagnol, A., & Easterlin, R. (2024). Trends and fluctuations in financial satisfaction and macroeconomic indicators in times of economic changes - The case of Latin America. *International Journal of Happiness and Development, 8*(3)*,* 295-312.
17. **Macchia, L.** (2024). Having less than others is painful: Income rank and pain around the world. *Social Psychological and Personality Science, 15*(2), 215-224.
18. **Macchia, L.** (2023). Governments should measure pain when assessing societal wellbeing. *Nature Human Behaviour, 7,* 303–305.
19. Daly, M., & **Macchia, L.** (2023). Global trends in emotional distress, 2009-2021. *Proceeding of the National Academy of Sciences, 120*(14), e2216207120.
20. **Macchia, L.,** Daly, M., & Delaney, L. (2023). The effect of adverse employment circumstances on physical pain: Evidence from Australian panel data. *Preventive Medicine, 173,* 107574.
21. **Macchia, L.** (2023). Understanding despair: The role of physical pain. *American Journal of Health Promotion, 37*(6), 763–765.
22. **Macchia, L.,** Farmer, J., & Kubzansky, L.D. (2023). Prosocial behaviour helps to ease physical pain: Longitudinal evidence from Britain. *Journal of Psychosomatic Research, 169,* 111325.
23. Tang, C.K**., Macchia, L**., & Powdthavee, N. (2023). Income is more protective against pain in more equal countries. *Social Science & Medicine,* 116181. *Random author order.*
24. Proulx, J., **Macchia, L**., & Aknin, L. (2023). Can repeated and reflective prosocial experiences in sport increase generosity in adolescent athletes? *Journal of Positive Psychology,* 1-29.
25. Ruggeri, K., … **Macchia, L.,** …, & Garcia-Garzon, E. (2022). The globalizability of temporal discounting. *Nature Human Behaviour, 6*(10)*,* 1386-1397.
26. Gonzalez, A., **Macchia, L.**, & Whillans, A.V. (2022). The developmental origins and behavioural consequences of attributions for inequality. *Journal of Experimental Social Psychology, 101,* 104329.
27. **Macchia, L.** (2022). Pain trends and pain growth disparities, 2009-2021. *Economics & Human Biology, 47,* 101200.
28. **Macchia, L.**, & Oswald, A. (2021). Physical pain, gender, and the estate of the economy in 146 nations. *Social Science & Medicine, 287,* 114332.
29. **Macchia, L.**, & Whillans, A.V. (2021). The link between income, income inequality, and prosocial behaviour around the world: A multiverse approach. *Social Psychology, 52*(6)*,* 375–386.
30. **Macchia, L.**, & Ariely, D. (2021). Eliciting preferences for redistribution across domains: A study on wealth, education, and health. *Analyses of Social Issues and Public Policy, 21,* 1141-1166.

31. **Macchia, L**., Plagnol, A.C., & Powdthavee, N. (2020). Buying happiness in an unequal world: Rank of income more strongly predicts wellbeing in unequal countries. *Personality and Social Psychology Bulletin, 46*(5)*,* 769-780.
32. Whillans, A.V., **Macchia, L**., & Dunn, E. (2019). Valuing time over money predicts happiness after a major life transition: A pre-registered longitudinal study of graduating students. *Science Advances, 5(*9), eaax2615.
33. **Macchia, L.**, & Whillans, A.V. (2019). Leisure beliefs and the subjective well-being of nations. *Journal of Positive Psychology, 16*(2)*,* 198-206*. Shared first authorship.*
34. **Macchia, L**., & Plagnol, A.C. (2019). Life satisfaction and confidence in national institutions: Evidence from South America. *Applied Research in Quality of Life, 14*(3)*,* 721-736.
35. **Macchia, L**., Plagnol, A.C., & Reimers, S. (2018). Does experience with high inflation affect intertemporal decision making? Sensitivity to inflation rates in Argentine and British delay discounting choices. *Journal of Behavioral and Experimental Economics, 75*, 76–83.

BOOK CHAPTERS AND OTHER WORK

Macchia, L. (2026). Review for The Happiness Revolution in Europe by: Richard A. Easterlin and Kelsey J. O'Connor Published 2025 by Cambridge University Press, Cambridge, UK. *International Journal of Happiness and Development, 10*(1).

Macchia, L. (2024). Physical pain and wellbeing: Past, present, and future. Chapter in: Brockmann, H. & Fernandez-Urbano, R. (Eds.). *Encyclopedia of Happiness, Quality of Life and Subjective Wellbeing*. Edward Elgar Publishing.

Macchia, L., & Plagnol, A.C. (2019). The subjective well-being political paradox: Evidence from Latin America. Chapter in: Mariano Rojas (ed.). *The Economics of Happiness: How the Easterlin Paradox Transformed our Understanding of Wellbeing and Progress.* Springer.

Plagnol, A.C., & **Macchia, L**. (2018). Economics of subjective well-being: Evaluating the evidence for the Easterlin Paradox. Chapter in: Ayse K. Uskul and Shige Oishi (eds.). *Socioeconomic Environment and Human Psychology: Social, Ecological, and Cultural Perspectives.* Oxford University Press.

POPULAR OUTLETS

Macchia, L., Tang, C.K., & Powdthavee, N. (2026). Hot weather can make pain worse – here's why. **The Conversation.**

Macchia, L. (2026). Why measuring pain could reveal more about wellbeing than GDP. **The Conversation.**

Macchia, L. (2025). Pain around the world. **Springer Nature – Research communities.**

Macchia, L. (2023). Rising physical pain is linked to more 'Deaths of Despair.' **Scientific American.**

Macchia, L. (2023). It's not how much money you earn that affects physical pain. **SPSP Character & Context Blog.**

Macchia, L. (2022). The link between recessions and physical pain. **Harvard Business Review.**

Gómez, M., & Macchia, L. (2020). The importance of trust in government. *Contribution to* Dispatches from the Behavioral Scientists Fighting Coronavirus in the Global South. **Behavioral Scientist.**

Soto Mota, P. I., Macchia, L., & Gómez, M. (2020). Building trust to face the COVID-19 pandemic in developing countries. **Behavioral Scientist.**

Whillans, A., Giurge, L.M., Macchia, L., & Yemiscigil, A. (2020). Why a Covid-19 world feels both tiring and hopeful for college students. **Harvard Business Review.**

Macchia, L., Plagnol, A.C., & Powdthavee, N. (2019). Why do people tolerate income inequality? **Harvard Business Review.**

Macchia, L. (2019). Happiness after graduation. **Thrive Global.**

Macchia, L., & Plagnol, A.C. (2018). Life ratings and trust in institutions in South America. **Gallup.**

MEDIA COVERAGE

Infobae (2026). Lucía Macchia y la ciencia del bienestar: "Recordamos los eventos por cómo los sentimos y no por lo que realmente fueron."

The Independent (2026). Scientists share what heatwaves are doing to your body and brain.

Io Donna (2025). Solitudine e dolore fisico: lo studio che spiega come la mente ferisce il corpo.

Infobae (2025). Un estudio global vincula la soledad con mayor dolor físico y deterioro de la salud mental.

Descopera.ro (2025). Singurătatea dublează riscul de durere fizică, sugerează un studiu.

Medicina visiems (2025). Vienatvė padidėja fizinio skausmo rizika, tyrimas rodo - Medicina visiems.

PsyPost (2025). Shockingly strong link found between loneliness and physical pain.

The New York Times (2023). Why Americans feel more pain.

Les Echos (2023). La douleur, composante du bien-être.

El Español (2023). Por qué te va a doler más la espalda si ganas menos dinero que tu vecino.

The Times (2023). The Times view on the gloominess sweeping the world: cheer up.

The Times (2023). Why is the world getting sadder?

El País (2023). Emotional distress has increased worldwide over the past decade.

Business Insider (2023). Warum der Gehaltsvergleich mit anderen Arbeitskräften zu physischen Schmerzen führen kann.

Wire Service Canada (2023). What is emotional stress and why is it increasing around the world.

Open Access Government (2023). How income plays a part in your experience of physical pain.

Quotidiano Nazionale (2023). Una persona su tre soffre di qualche forma di dolore.

Medical Press (2023). Increase in emotional distress observed worldwide in 2020.

Gütsel Online (2023). Weniger Einkommen heißt mehr Schmerzen, Studie der City University of London hat Daten von 1,3 Millionen Personen aus 146 Ländern analysiert.

Merkur.de (2023). Gehaltsvergleich mit Kollegen kann zu körperlichen Schmerzen führen.

Mondiaal Nieuws (2023). Armer zijn dan je omgeving doet écht pijn.

Big Think (2023). Emotional distress is rising worldwide. Why?

Mediarun Search (2023). Sadness and stress are growing in the world, and the pandemic may have exacerbated the situation.

Physicians Weekly (2023). Increase in emotional distress observed worldwide in 2020.

Sciences et Avenir (2023). The feeling of distress is increasing all over the world, and it is not because of the Covid-19.

Medical Press (2023). Governments should consider people's pain a measure of a nation's wellbeing.

Vixio Regulation Intelligence (2022). Argentina's hyperinflation challenge.

Harvard Business School (2022). When parents tell kids to 'work hard,' do they send the wrong message?

BBC (2022). Why criticism lasts longer than praise.

Psychology Today (2021). The surprising connection between pain and your pocketbook.

Forbes (2021). Physical pain fluctuates with economic conditions, suggests a new study.

Forbes (2019). The 10 happiest countries in the world, and how they got there.

The Telegraph (2019). You don't need a lot of money to be happy, as long as you're richer than your friends, study finds.

Tech Round (2019). Earning more than your peers buys more happiness in countries with a larger rich-poor divide.

Financial advisor (2019). It's not how much you make, it's how you rank among peers.

Finanzwelt (2019). Einkommensungleichheit fördert Zufriedenheit.

ANSA Latina (2018). La desconfianza ciudadana reina en Sudamérica.

PODCASTS

La Fórmula (2026). La ciencia de la felicidad: por qué buscamos en el lugar equivocado.

Una buena vida (2026). Six episodes on the science of happiness.

Ecos (2026). Felicidad, dinero y relaciones: Lo que dice la ciencia sobre vivir bien.

Growth through movement (2025). The social side of pain.

The last show with David Cooper (2025). Reach out, old friend.

Ecos (2025). Cómo aliviar el dolor según la ciencia: Claves y estrategias accesibles.

Repeat that again please (2025). The pain we can't explain: How hidden stress affects the body (English).

Meet the Influectuals (2023). Physical pain and public policy (English).

Science Unscripted (2023). 'Ouch!' — Physical pain rises with envy (English).

Back to Being (2022). Insua, A. Episode 41: Wellbeing (Spanish).

Comportate! (2022). Beun, O. Behavioural Insights Argentina. Episode 10 (Spanish).

CONFERENCE AND SEMINAR PRESENTATIONS

2026 - Centro de Investigación en Inteligencia Artificial y Neurociencia Seminar Series (**CIAN**)

2026 - International Society for Quality-of-Life Studies (**ISQOLS**) Regional conference Buenos Aires.

2025 - Conference in honour of Richard Easterlin (**Paris School of Economics**).

2025 - The Pain Management Centre - University College London Hospitals (**UCLH**)

2025 - International Society for Quality-of-Life Studies (**ISQOLS**) 23rd Conference

2024 - Measuring Progress Workshop - National Institute of Statistics and Economic Studies of Luxembourg **(STATEC)**

2024 - New Frontiers in Subjective Well-being Measurement - Organisation for Economic Co-operation and Development **(OECD)**

2023 - CEP Wellbeing Seminar - The London School of Economics and Political Science **(LSE)**

2023 - Workshop on inequality, poverty, equal opportunities, and Subjective Well-Being - Universidad Autónoma de Barcelona **(UAB)**

2023 - International Society for Quality-of-Life Studies (**ISQOLS**) 21st Conference

2023 - 9th WBS Behavioural Science Summer School - Human Emotions & Decision Making- **Warwick Business School**

2023 - Measuring Progress Workshop - National Institute of Statistics and Economic Studies of Luxembourg (**STATEC**)

2022 - Measuring Progress Seminar Series - National Institute of Statistics and Economic Studies of Luxembourg (**STATEC**)

2022 - Unidad de Ciencias del Comportamiento Seminar Series - **Argentine Government**

2022 - Department of Psychological and Behavioural Science Guest lecture - The London School of Economics and Political Science **(LSE)**

2022 - MSc in Behavioural Economics Seminar Series - **City, University of London**

2022 - American Economic Association (**AEA**) Annual Meeting

2021 - Women and Public Policy Program Seminar Series - **Harvard Kennedy School**

2021 - International Society for Quality-of-Life Studies (**ISQOLS**) Webinar

2021 - International Society for Quality-of-Life Studies (**ISQOLS**) 19th Conference

2021 - Society for Personality and Social Psychology (**SPSP**) Annual Convention

2020 - Women and Public Policy Program Seminar Series - **Harvard Kennedy School**

2020 - Wellbeing Research Centre Seminar Series - **University of Oxford**

2020 - Behavioral Insights Group Doctoral Workshop - **Harvard Kennedy School**

2020 - MSc in Behavioural Economics Seminar Series - **City, University of London**

2019 - MSc in Behavioural Economics Seminar Series - **City, University of London**

2018 - Common Cents Lab - Centre for Advanced Hindsight, **Duke University**

2018 - USC Happiness Conference in honour of Richard A. Easterlin - University of Southern California **(USC)**

2017 - International Society for Quality-of-Life Studies (**ISQOLS**) 15th Conference

SCHOLARSHIPS, AWARDS, AND GRANTS

2026 - Sleep and pain around clock changes: A natural experiment of the Daylight Saving Time in the United Kingdom. The British Academy. £8,500.

2025 - ISQOLS Young Scholar Award

2022 - Emotional Well-Being and Physical Health Summer Short Course Tuition Fellowship. USD 2,500

2021 - ISQOLS 1st Prize for the Best Dissertation on Quality-of-Life, Well-being, and Happiness. USD 1,500

2018 - ESRC South East Network for Social Sciences (SeNSS) & Impact Acceleration Account (IAA) Business Boost Industry Engagement Fund. £5,000

2018 - Worshipful Company of Saddlers travel bursary. £1,000

2016 to 2019 - School of Arts and Social Sciences Doctoral Studentship/Teaching Fellowship. City, University of London. £48,000

2014 - School of Arts and Social Sciences International Excellence Scholarship for the MSc Behavioural Economics. City, University of London. £5,000

2014 - MSc Behavioural Economics bursary. City, University of London. £5,000

SELECTED TEACHING

Postgraduate

City, University of London

Module leader. Psychology for Health and Social Care, MSc Psychology of Health and Wellbeing (Term 1 - 2023).

Lecturer. Introduction to Clinical Interventions. MSc Psychology of Health and Wellbeing (Term 1 - 2023, 2024).

Module leader. Behavioural Research Methods: Design and Analysis. MSc in Behavioural Economics (Term 1 - 2022, 2023).

Lecturer. Applied Econometric and Psychological Research Methods. MSc in Behavioural Economics (Term 2 - 2022, 2023).

Module leader. Psychological Processes: Individual and Social. MSc in Behavioural Economics (Term 1 - 2022).

Lecturer. Cognitive and Economic Science of Rational Choice. MSc in Behavioural Economics (Term 1 - 2019).

Harvard University

Module leader. The Science of Rational Choice: Insights from Behavioral Science for Decision Making. Harvard Extension School (Term 1 - 2021).

Universidad Torcuato Di Tella

Module leader. The Science of Wellbeing: Individual and Workplace Implications. MBA (Summer - 2021, 2022, 2023, 2024, 2026).

Module leader. Behavioural Science: Practical Applications. MBA (Summer - 2026).

Universidad de San Andrés

Module leader. The Foundations of Behavioural Science. MSc (Term 2 - 2025).

Undergraduate

City, University of London

Module leader. Behavioural Insights for Wellbeing: Making Organisations Flourish. Final year BSc in Psychology (Term 2 - 2023, 2024, 2025, 2026).

Module leader. Professional Placement Year: Reflection and Career Development. (Term 1 - 2025).

Module leader. Professional and Academic Development. BSc in Psychology (Term 1- 2022).

London School of Economics and Political Science

Lecturer. Marketing Summer School (Summer - 2019).

Universidad Nacional de La Plata

Module leader. Decision Making: How we do it and how we can improve it. BSc in Business Administration (Summer - 2016, 2022, 2025).

Universidad Torcuato Di Tella

Module leader. Influence and Behaviour Change. BSc in Business Administration (2026).

STATISTICS SOFTWARE

R, Stata.