

# Lucía Macchia

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## ACADEMIC POSITIONS

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2022-	<b>Lecturer</b> School of Health and Medical Sciences City St George's, University of London
2020-2022	<b>Postdoctoral Research Fellow</b> Women and Public Policy Program Harvard Kennedy School   Harvard University
2019-2020	<b>Research Fellow</b> Wellbeing Research Centre University of Oxford
2017-2018	<b>Research Associate</b> Wellbeing Programme, Centre for Economic Performance The London School of Economics and Political Science

## ADDITIONAL ACADEMIC AFFILIATIONS

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

## EDUCATION

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2016-2020	<b>PhD in Psychology</b> City, University of London
2019	<b>Visiting scholar</b> Harvard Business School
2014-2015	<b>MSc in Behavioural Economics</b> City, University of London
2006-2010	<b>BSc in Business Administration</b> School of Economics, Universidad Nacional de La Plata, Argentina

## RESEARCH INTERESTS

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Human wellbeing, pain, behaviour.

## PROFESSIONAL EXPERIENCE

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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

## PEER-REVIEWED PUBLICATIONS

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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. **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.
3. **Macchia, L.**, Kaats, M., Johnson, B. R., & VanderWeele, T. J. Physical pain as a component of subjective wellbeing. *Scientific Reports*, 15, 14355.
4. **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.
5. 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 .
6. 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.
7. 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.
8. **Macchia, L.**, Delaney, L., & Daly, M. (2024). Global pain levels before and during the COVID-19 pandemic. *Economics & Human Biology*, 52, 101337.
9. **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.
10. **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.
11. **Macchia, L.** (2023). Governments should measure pain when assessing societal wellbeing. *Nature Human Behaviour*, 7, 303–305.

12. Daly, M., & **Macchia, L.** (2023). Global trends in emotional distress, 2009-2021. *Proceeding of the National Academy of Sciences*, 120(14), e2216207120.
13. **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.
14. **Macchia, L.** (2023). Understanding despair: The role of physical pain. *American Journal of Health Promotion*, 37(6), 763–765.
15. **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.
16. 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*.
17. 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.
18. Ruggeri, K., ... **Macchia, L.**, ..., & Garcia-Garzon, E. (2022). The globalizability of temporal discounting. *Nature Human Behaviour*, 6(10), 1386-1397.
19. 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.
20. **Macchia, L.** (2022). Pain trends and pain growth disparities, 2009-2021. *Economics & Human Biology*, 47, 101200.
21. **Macchia, L.**, & Oswald, A. (2021). Physical pain, gender, and the estate of the economy in 146 nations. *Social Science & Medicine*, 287, 114332.
22. **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.
23. **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.
24. **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.
25. 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.
26. **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*.
27. **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.
28. **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

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**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

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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

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**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

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- 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 Influentials** (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

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- 2025 - The Pain Management Centre - University College London Hospitals (**UCLH**)
- 2025 - International Society for Quality-of-Life Studies (**ISQOLS**) 23<sup>rd</sup> 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**) 21<sup>st</sup> Conference
- 2023 - 9<sup>th</sup> 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**) 19<sup>th</sup> 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**) 15<sup>th</sup> Conference

## **SCHOLARSHIPS AND AWARDS**

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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**

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### ***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).

### **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. BSc in Psychology (Term 2, 2023, 2024).

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).

## **STATISTICS SOFTWARE**

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R, Stata.