

Prof. Mohsen Joshanloo

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Bio

Mohsen Joshanloo is a personality and cross-cultural psychologist. His research focuses on mental well-being, culture, personality traits, emotions, and successful aging. With a global research outlook, he incorporates data from countries spanning six continents. He advocates for the internationalization of psychological science by integrating insights from non-Western cultures. He is an Associate Professor in the Department of Psychology at *Keimyung University* and an Honorary Principal Fellow at the Centre for Wellbeing Science at the *University of Melbourne*.

Keynote address on:

**Cultural Foundations of Well-Being: A Framework for Internationalizing Well-Being
Science**

Abstract

Culture significantly influences how well-being is defined, pursued, and experienced. A systematic approach is essential for understanding these cultural differences. This presentation introduces a framework for categorizing cultural differences in mental well-being, comprising four key dimensions: (1) an emphasis on hedonic versus eudaimonic experiences, (2) self-enhancement versus self-transcendence, (3) autonomy versus harmony, and (4) personal control versus contextual influences. Furthermore, the presentation emphasizes the importance of acknowledging and addressing these cultural variations to advance a more culturally responsive and globally relevant well-being science.