



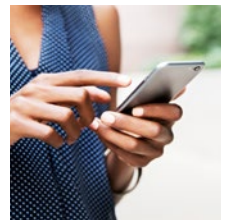
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Applied Psychology

Improving Lives with Science



Psychological science provides invaluable insights into the human aspects of many of today's most pressing problems and challenges. To create positive impact, we must apply this science to the real world. Fortunately, psychologists across the country are doing just that, improving our lives every day in surprising and meaningful ways.

The American Psychological Association is proud to elevate and facilitate this crucial work through collaborations with all subdisciplines of applied psychology, creating opportunities for the interdisciplinary application of psychological science. APA's efforts benefit APA members, the discipline of psychology and behavioral science, and society at large by advancing careers, elevating the reputation of the field, and contributing to solutions for local and global societal problems.

THE OFFICE OF APPLIED PSYCHOLOGY

The Office of Applied Psychology, part of APA's Science Directorate, engages and creates community among the diverse group of psychological and behavioral scientists who apply psychological research methods and findings. APA also works to elevate the public's understanding and regard for applied psychological science, collaborating with diverse partners to inform government leaders, policymakers, and private sector organizations about the value that applied psychology brings to addressing complex societal challenges.

Across all of APA's work, the goal is to achieve tangible, real-world impact by championing applied psychology through diverse channels. APA's commitment to applied psychology ensures that the powerful insights of psychological science are translated into meaningful, positive change for individuals, organizations, and society as a whole.

This document highlights APA's efforts to celebrate and recognize the practical applications of psychological and behavioral science, and the groundbreaking work of its members.

THE COMMITTEE FOR THE ADVANCEMENT OF GENERAL APPLIED PSYCHOLOGY

To further advance the application of psychological science, APA has established a Committee of diverse APA members, committed to advancing applied psychology in contexts beyond the laboratory and individual healthcare services.



TRANSFORMING THE WORKPLACE THROUGH PSYCHOLOGICAL SCIENCE

Psychological science is revolutionizing the workplace, enhancing both organizational effectiveness and employee well-being. APA's recent collaborations between members and staff have made significant strides in this area, such as:

- Supporting the U.S. Surgeon General's first-ever science-based framework for psychological well-being in the workplace through expert consultation.
- Generating original data using the Surgeon General's framework, resulting in extensive media coverage of APA's 2023 Work in America Survey.
- Elevating workplace psychology through interviews in major business news outlets and other influential media.
 - » The Wall Street Journal
 - » The New York Times
 - » People Magazine
 - » Forbes
 - » Fortune
 - » Fast Company
 - » TIME Magazine
 - » Mashable
 - » MSNBC
 - » The Hill
- Providing resources and advice to employers committed to prioritizing psychological well-being at work.
- Offering advice on workplace psychology through major media podcasts, on topics such as the digital office, psychological health at work, and team building.
- Leveraging APA's *Monitor on Psychology* to showcase psychologists applying psychological science to workplace meaning and stability, as well as create healthier workplaces and happier workers.
- Reaching specific workforce sectors through targeted publications and programs, including lawyers, accountants, government officials, and firefighters.
- Publishing accessible fact sheets on key topics in workplace psychology, such as burnout, psychological capital, and psychological safety.
- Establishing a Future of Work Advisory Group featuring leading experts from various disciplines.





ENHANCING LEARNING THROUGH APPLIED PSYCHOLOGICAL SCIENCE

APA members and staff are harnessing the power of psychological science to boost learning and educational outcomes. APA facilitates and elevates this work through various channels, including:

- Insightful articles in APA's *Monitor on Psychology* on topics such as solving math anxiety and best practices for team teaching.
- The impactful work of APA's Center for Psychology in Schools and Education, promoting the application of psychological science in K-12 education.
- Practical, science-based advice on boosting student motivation and understanding the impact of school start times.
- Informative podcast episodes and video series on careers in applied psychology.
- Comprehensive data on psychology education and careers gathered by APA's Center for Workforce Studies.
- Essential guidelines and standards for psychology education at the high school and undergraduate levels, including the Guidelines for the Undergraduate Psychology Major and the National Standards for High School Psychology Curricula.
- Valuable resources and opportunities for graduate students through the Graduate Student Spotlight e-newsletter.





ADVANCING JUSTICE THROUGH PSYCHOLOGICAL SCIENCE

Psychological science is being applied to increase the fairness, accuracy, efficiency, and positive impact of legal procedures. APA's recent initiatives, completed through the cooperation of members and staff, include:

- Providing expert psychological science briefings to the U.S. Supreme Court, U.S. Courts of Appeals, and state supreme courts in pivotal cases.
 - » United States Supreme Court
 - * *U.S. Food and Drug Administration v. Alliance for Hippocratic Medicine, et al.* (filed 2024)
 - * *Students for Fair Admissions v. Harvard College* (filed 2022)
 - * *Haaland v. Brackeen* (filed 2022)
 - * *303 Creative LLC v. Elenis* (filed 2022)
 - » United States Courts of Appeals
 - * *Netchoice, LLC v. Rob Bonta* (filed 2023)
 - * *Tingley v. Ferguson* (filed 2022)
 - * *Wit v. United Behavioral Health* (filed 2022)
 - * *Wit v. United Behavioral Health II* (filed 2023)
 - * *Chiles v. Salazar, et al.* (filed 2023)
 - » State supreme courts
 - * *Ex Parte Melissa Elizabeth Lucio* (filed 2022)
 - * *Michigan v. Stewart* (filed 2022)
 - * *Michigan v. Warner* (filed 2023)
 - * *Michigan v. Tyson* (filed 2023)
 - * *People v. Samuels* (filed 2023)
- Highlighting APA members' work generating and applying psychological science to critical legal issues through APA's *Monitor on Psychology* on topics such as:
 - » The detrimental effects of solitary confinement on mental health and well-being,
 - » The impact of legal settlements on public perceptions of the justice system,
 - » Supreme Court rulings related to the consideration of race in college admissions,
 - » The influence of jury instructions on the deliberation process,
 - » Assessing competence to stand trial, and
 - » Cognitive biases that can affect expert testimony in legal proceedings.

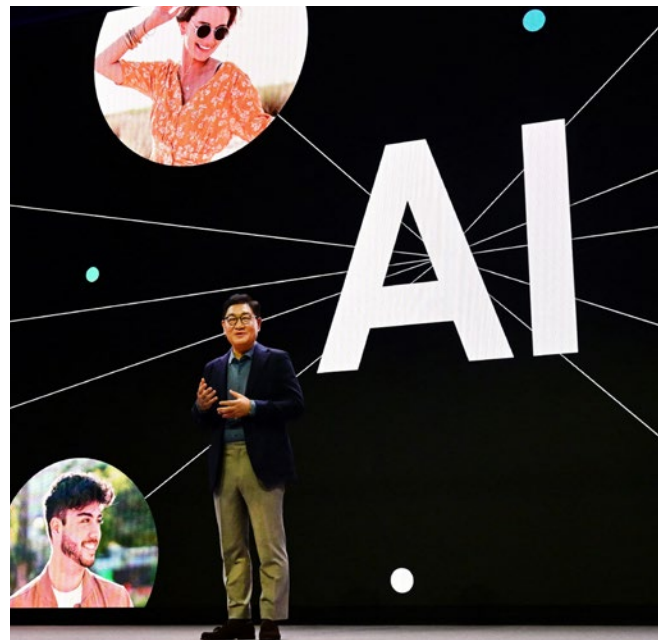




SHAPING THE FUTURE OF TECHNOLOGY WITH PSYCHOLOGICAL INSIGHTS

The application of psychological science is crucial in addressing the human aspects of artificial intelligence and other emerging technologies. APA members and staff are promoting psychological science directly to the tech industry through efforts such as:

- Presenting psychology programming focused on human-technology interaction at major industry events, such as a full day of sessions at the Consumer Electronics Show, one of the world's largest technology trade shows.
- Providing expert testimony on the psychological impact of AI to government entities, including briefing the U.S. Senate Artificial Intelligence Insight Forum on the benefits and risks of new technologies.
- Generating original data on the psychological impact of AI in the workplace, as demonstrated by the 2023 Work in America Survey.
- Informing employers about the psychological effects of electronic workplace surveillance and AI, with articles such as "Worries about artificial intelligence, surveillance at work may be connected to poor mental health" and "Worried about AI in the workplace? You're not alone."
- Publishing books on the impact of technology on human behavior, like "The psychology of technology: Social science research in the age of big data."
- Communicating psychology's contributions to AI development through initiatives such as the generative artificial intelligence webinar series.
- Monitoring how AI will transform the conduct and application of psychological science, as discussed in articles like "AI is changing every aspect of psychology. Here's what to watch for."
- Leveraging APA's *Monitor on Psychology* to promote the application of psychological science to analog technologies, with pieces on topics such as making driving safer, designing people-friendly technology, and improving brain health and aging.
- Establishing the Mental Health Technology Advisory Committee to support key initiatives, including health information exchanges, telehealth, and digital interventions.





APPLYING PSYCHOLOGICAL SCIENCE TO PROMOTE SUSTAINABILITY

The challenges of climate change mitigation, adaptation, and justice greatly benefit from the application of psychological science. APA and its members are at the forefront of these efforts through activities such as:

- Briefing congress on the mental health impacts of climate change on young Americans.
- Providing a comprehensive report that collects and summarizes the latest psychological science applicable to climate change and youth mental health.
- Advising the United Nations on how to apply psychological science to protect children during climate change.
- Forming a Climate Change Psychology Advisory Group and Community of Scholars and Practitioners to facilitate the application of psychological and behavioral science to climate change.
- Organizing a full day of climate change-focused Science Summit presentations and panels at the APA 2023 convention.
- Issuing a comprehensive report to guide psychologists in addressing climate change.
- Publishing an open-access book on climate change in collaboration with the Global Psychology Alliance.
- Co-sponsoring a United Nations Geneva, SDG Lab event to discuss the links between emotions and sustainability.
- Publishing articles that draw attention to the application of psychology to climate issues and inspire the next generation of sustainability-focused psychologists, such as:
 - » Extreme heat and poor air quality are threatening children's mental health. How can psychologists help?
 - » How does climate change affect mental health?
 - » Teaching psychology for sustainability





COMBATING MISINFORMATION WITH PSYCHOLOGICAL SCIENCE

APA members and staff are applying psychological science to fight the growing problem of mis- and disinformation while protecting freedom of expression and the healthy exchange of ideas. APA is promoting the application of psychological science in this area through:

- Releasing a [consensus statement](#) on applying psychological science to understand and fight health misinformation.
- Featuring leading experts on misinformation in APA's Speaking of Psychology podcast.
- [Stopping the spread of misinformation](#), with Sander van der Linden, PhD
- [How to recognize and combat 'fake news,'](#) with Dolores Albarracin, PhD
- Dedicating an issue of APA's *Monitor on Psychology* to the application of psychological science in combating misinformation, featuring articles including:
 - » [Psychologists are taking aim at misinformation with these powerful strategies](#)
 - » [The anatomy of a misinformation attack](#)
 - » [Fighting fake news in the classroom](#)
 - » [Controlling the spread of misinformation](#)
- Providing [practical advice to journalists](#) working on the front lines of this issue.





PROMOTING POPULATION HEALTH AND WELL-BEING THROUGH PSYCHOLOGICAL SCIENCE

APA's membership and staff are prioritizing a population health perspective in the application of psychological science and continuing the long tradition of applying psychological science to sports and fitness. This commitment takes many forms, including:

- Convening a Population Health Science Summit at which an interdisciplinary cohort of attendees came together to discuss an expanded approach to better ensure the psychological well-being of all.
- Issuing a [Health Advisory on Social Media Use in Adolescence](#), which provides recommendations for how youth can interact with social media in healthy and safe ways, and a [follow up report](#) calling on social media companies to take responsibility to protect youth.
- Providing information on the connections between diet, exercise, and psychological well-being, including with articles like:
 - » [Want to boost your mental health? Take a walk](#)
 - » [Diet and exercise for kids: Tips for acting boldly to create change](#)
 - » [How parents can confront childhood obesity](#)
- Helping children develop psychological well-being and a sense of belonging through an exciting partnership with Sesame Workshop that addresses children's [emotional well-being](#) and how to talk to kids about [race and racial justice](#).
- Celebrating psychologists who help athletes achieve optimal performance at all levels, with articles such as:
 - » [Sport psychologists help professional and amateur athletes](#)
 - » [Why are people drawn to extreme sports?, with Eric Brymer](#)
 - » [Scott Goldman supports mental health in elite sports](#)





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