

Julia Boehm is an Associate Professor of Psychology at Chapman University. She received her Ph.D. from the University of California, Riverside and was a postdoctoral fellow at Harvard T. H. Chan School of Public Health. Dr. Boehm's research centers broadly on well-being and investigates how people can thrive both psychologically and physically. Specifically, her research examines whether psychosocial assets such as optimism and positive emotions are associated with improved health outcomes. Using data from epidemiological cohorts across the lifespan, she has prospectively examined chronic conditions such as coronary heart disease, hypertension, and diabetes. She has also investigated the behavioral and biological pathways that underlie the association between psychosocial assets and health outcomes, as well as social structural factors that moderate associations. Dr. Boehm has received grants from the National Institute on Aging and the American Heart Association to investigate these topics.