

Sophie H. Janicke-Bowles, Ph.D.

Assistant Professor, School of Communication, Chapman University

EDUCATION

Ph.D. in Mass Communication *December 2013*
Florida State University, Tallahassee, FL

Diploma in Media Psychology and Clinical Psychology *October 2009*
(Graduate Psychology Degree, Dipl.-Psych.)
Eberhard Karls University, Tuebingen, Germany

Undergraduate Psychology Degree *October 2005*
Friedrich Willhelms University, Bonn, Germany

Research and Teaching Interests: Positive Media Psychology, New Communication Technologies, Spirituality, Mindfulness, Happiness, Morality

PROFESSIONAL EXPERIENCES

CHAPMAN UNIVERSITY *August 2016 - present*
School of Communication
Assistant Professor

UNIVERSITY OF ARKANSAS *August 2014 – August 2016*
Department of Communication
Visiting Assistant Professor

HANOVER UNIVERSITY OF MUSIC, DRAMA, AND MEDIA *April 2014 – August 2014*
Department of Journalism and Communication Research
Visiting Assistant Professor

FLORIDA STATE UNIVERSITY, TALLAHASSEE, FLORIDA *January 2014 - March 2014*
School of Communication and Information
Post-doc Research Associate, Grant writing

UNIVERSITY OF MANNHEIM, GERMANY *March 2010 – July 2010*
Department of Media and Communication Studies
Research Associate (advisor Dr. P. Vorderer)

PEER REVIEWED PUBLICATIONS & UNDER REVIEW

Under Review:

Janicke-Bowles, S.H., Raney, A.A., Oliver, M.B., Dale, K.R., A., Zhao, D., Neumann, D., Clayton, R., Hendry, A. (Jan 2019). Content matters: Effects of inspiring Facebooks posts on subjective and eudaimonic well-being. *Under review at the Journal of New Media & Society*

De Leeuw, R.N.H., **Janicke-Bowles, S.H.**, Ji, Q. (Dec, 2019). How music awakens the heart: An experimental study on music, emotions, and connectedness. Under review at the *Journal of Mass Media & Society*.

Published or In Press:

Dale, K.R., **Janicke-Bowles, S.H.**, Raney, A.A., Oliver, M.B., Huse, L.K., *Lopez, J., Reed, A., Seibert, J.C., Zhao, D. (in press). Awe and stereotypes: Examining awe as an intervention against stereotypical media portrayals of African Americans. *Communication Studies*

Janicke-Bowles, S.H., Raney, A.A., Oliver, M.B., Dale, K.R., Jones, R.P., Cox, D. (2019). Exploring the Spirit in U.S. Audiences: The Role of the Virtue of Transcendence in Inspiring Media Consumption. *Journalism & Mass Communication Quarterly*. <https://doi.org/10.1177/1077699019894927>

Ji, Q., **Janicke-Bowles, S.H.**, De Leeuw, R.N.H., Oliver, M.B. (2019). The melody to inspiration: The effects of awe eliciting music on approach motivation and positive well-being. *Media Psychology*. DOI: 10.1080/15213269.2019.1693402

Clayton, R. B., Raney, A. A., Oliver, M. B., Neumann, D., **Janicke-Bowles, S.H.**, Dale, K.R. (2019). Feeling Transcendent?: Measuring Psychophysiological Responses to Self-Transcendent Media Content. *Media Psychology*. DOI: [10.1080/15213269.2019.1700135](https://doi.org/10.1080/15213269.2019.1700135)

Dale, K.R., Raney, A., Ji, Q., **Janicke-Bowles, S.H.**, Baldwin, J., Rowlett, J., Wang, C., & Oliver, M.B. (2019). Self-Transcendent Emotions and Social Media: Exploring the Content and Consumers of Inspirational Facebook Posts. *New Media & Society*, online first <https://doi.org/10.1177/1461444819865720>

Ji, Q., Raney, A. A., **Janicke-Bowles, S. H.**, Dale, K. R., Oliver, M. B., Reed, A., Seibert, J., & Raney II, A. A. (2019). Spreading the good news: Analyzing socially shared inspirational news content. *Journalism & Mass Communication Quarterly*, 96(3), 872-893. <https://doi.org/10.1177/1077699018813096>

Janicke-Bowles, S.H., Rieger, D., Connor III, W. (2019). Finding meaning at work: the role of inspiring and funny YouTube videos on work-related well-being. *Journal of Happiness Studies*, 20(2), 619-640. <https://doi.org/10.1007/s10902-018-9959-1>

Janicke, S.H., Narajan, A., Seng, A. (2018). Social media for good? A survey on millennials' inspirational social media use. *The Journal of Social Media in Society*, 7(2), 120-140. <http://thejsms.org/index.php/TSMRI/article/view/381>

Raney, A. A., **Janicke, S. H.**, Oliver, M. B., Dale, K. R., Jones, R. P., & Cox, D. (2018). Profiling the sources of and audiences for inspiring media content: A national survey. *Mass Communication & Society*, 21(3), 296-319. <https://doi.org/10.1080/15205436.2017.1413195>

Janicke, S.H. Rieger, D., Reinecke, L., & Connor III, W (2018). Watching online videos at work: The role of positive and meaningful affect for recovery experiences and well-being at the workplace. *Mass Communication & Society*, 21(3), 345-367. <https://doi.org/10.1080/15205436.2017.1381264>

Oliver, M.B., Raney, A.A., Slater, M., Hartmann, T., Bartsch, A., Appel, M., Schneider, F., **Janicke-Bowles, S.H.**, Kraemer, N., Das, E. (2018). Self-transcendent media experiences: Taking meaningful media to a higher level. *Journal of Communication*, 68, 380-389. <https://doi.org/10.1093/joc/jqx020>

Janicke, S. H., & Raney, A., A. (2018). Modeling the antihero narrative enjoyment process. *Psychology of Popular Media Culture*, 7(4). 533-546. <http://dx.doi.org/10.1037/ppm0000152>

- Ji, Q., & **Janicke, S.H.** (2018). Culture, Political Orientation, and Moral Foundations: A Comparison Between China and the U.S. *China Media Research*, 14(1), 62-75.
<https://go.gale.com/ps/anonymous?id=GALE%7CA526575433&sid=googleScholar&v=2.1&it=r&inkaccess=abs&issn=1556889X&p=AONE&sw=w>
- Dale, K.R., Raney, A.A., **Janicke, S.H.**, Sanders, M., Oliver, M.B. (2017). Youtube for good: A content analysis and examination of elicitors of self-transcendent media. *Journal of Communication*, 67(6), 897-919. <https://doi.org/10.1111/jcom.12333>
- Janicke, S. H.**, & Ramasubramanian, S. (2017). Spiritual media experiences, trait transcendence and enjoyment of popular films. *Journal of Media and Religion*, 16(2), 51-66.
<http://dx.doi.org/10.1080/15348423.2017.1311122>
- Janicke, S. H.** & Oliver, M. B. (2017). The relationship between elevation, connectedness and compassionate love in meaningful films. *Psychology of Popular Media Culture*, 6(3), 274-289.
<http://dx.doi.org/10.1037/ppm0000105>
- Shafer, D.M., **Janicke, S. H.** & Seibert, J. (2016). Judgment and choice: Moral complexity, enjoyment and meaningfulness in interactive and non-interactive narratives. *IOSR Journal of Humanities and Social Science* 21 (8), 97-106. doi: 10.9790/0837-2106010106
- Janicke, S. H.**, & Raney, A. A. (2015). Exploring the role of identification and moral disengagement in the enjoyment of an antihero television series. *Communications: The European Journal of Communication Research*, 40(4), 485-495. doi 10.1515/commun-2015-0022

INVITED BOOK CHAPTERS

- Janicke-Bowles, S.H.**, Schubert, T., Blomster, J.K. (in press). Feeling moved by mediated love: Kama muta as an eudaimonic entertainment experience. To be published in *The Oxford Handbook of Entertainment Theory* (Eds.) Peter Vorderer & Christoph Klimmt. To be published January 2020 by Oxford University Press.
- Janicke-Bowles, S.H.**, Bartsch, A., Raney, A.A., Oliver, M.B. (in press). Transcending eudaimonic entertainment: a review and expansion of meaningful entertainment. To be published in *The Oxford Handbook of Entertainment Theory* (Eds.) Peter Vorderer & Christoph Klimmt. To be published January 2020 by Oxford University Press.
- Zhao, D. & **Janicke-Bowles, S.H.** (in press). Media enjoyment as attitude. To be published in *The International Encyclopedia of Media Psychology* (Ed.) Jan Van den Bulck. To be published Wiley-Blackwell, 2020.
- Janicke, S. H.** & Raney, A. A. (2016). Spirituality and Media. In L. Reinecke and M.B. Oliver (Eds.), *The Routledge Handbook of Media Use and Well-Being*, pp 355-369. London: Routledge.
- Raney A. A., & **Janicke, S. H.** (2014). Morality and the selection, reception, and effects of entertainment media. In M.B. Oliver and A.A. Raney (Eds.), *Media and Social Life (pp. 29-46)*. New York: Routledge.
- Raney, A. A., & **Janicke, S. H.** (2013). How we enjoy and why we seek out morally complex characters in media entertainment. R. Tamborini (Ed.), *Media and The Moral Mind (pp.152-169)*. London: Routledge.

SELECTED PUBLIC-PRESS PUBLICATIONS, PRESENTATIONS, INTERVIEWS

What Makes Positive Content Go Viral? Published at Greater Good Science Center Magazine, April 26, 2018 https://greatergood.berkeley.edu/article/item/what_makes_positive_content_go_viral

How To Use Media At Work To Rewire Your Happiness. Published in Forbes, Women@Forbes, May 19, 2017. <https://www.forbes.com/sites/womensmedia/2017/05/19/how-to-use-media-at-work-to-rewire-your-happiness/2/#2a5837122640>

Who Is Attracted to Inspiring Media? Published at Greater Good Science Center Magazine, Sept 13, 2016 https://greatergood.berkeley.edu/article/item/who_is_attracted_to_inspiring_media

How Positive Media Can Make Us Better People. Published at Greater Good Science Center Magazine, April 27, 2016 and YES magazine
https://greatergood.berkeley.edu/article/item/how_positive_media_can_make_us_better_people
<http://www.yesmagazine.org/happiness/why-you-should-watch-an-uplifting-movie-tonight-20160506>

American Daily: Radio Interview on the Power of Positive Media, July, 2019. American Daily interview July 2019 <https://americadaily.com/the-power-of-positive-media/>

The Measure of Everyday Life: Radio Interview on Media Exposure and Happiness, April, 24, 2019.
<http://measureradio.libsyn.com/podcast/media-exposure-and-happiness>

Chapman University Masterclass: Social Media For Good. Most registered masterclass out of all offered during homecoming weekend, October 13, 2018.

Chapman Universities Grant Writing Workshop: Participated in Tom Piechota's grant writing bootcamp June 5-15, 2018, drafted a LOI for The John Templeton Foundation

Media2Inspire: A research symposium on self-transcendent media content and experiences: Florida State University, April 20-21, 2018. Organizer, presenter

SELECTED AWARDS, NOMINATIONS, GRANTS

- Faculty Appreciation Nomination for *Best Teaching Style* and *Most Inspiring*, Chapman University, 2018-2019
- Top paper award at the Mass Communication Association, NCA 2018
- Top paper at the Mass Communication Division, NCA, 2016
- Co-Principal Investigator. *Your Daily Dose of Inspiration: Exploring How People Use and are Impacted by Media Content that Elicits Self-Transcendent Emotions*. Funded from the Templeton Foundation. Total amount approved \$1.9 million. Funding period August 2015-2018 (Participating Universities: Florida State University, Penn-State University, University of Arkansas)