Outline of research plan/outline of thesis

1. Background
   1. Awe definition – what is awe?
      1. Multiple definitions
      2. Miriam Webster- an emotion variously combining dread, [veneration](https://www.merriam-webster.com/dictionary/veneration), and wonder that is inspired by authority or by the sacred or [sublime](https://www.merriam-webster.com/dictionary/sublime#h2)
   2. What is positive awe?
      1. Veneration, wonder
   3. What evokes awe?
2. Literature review
   1. Which parts of brain are activated when experiencing awe?
      1. Art
      2. Religion
      3. nature
   2. Are there neurotransmitters or endorphins related to feeling awe?
   3. Mental accommodation
      1. “Approaching awe, a moral, spiritual, and aesthetic emotion”
         1. perceived vastness
         2. mental accommodation
   4. decision making
      1. personality—Big 5
      2. resilience
      3. pro-social behavior
         1. people who experience awe are more willing to volunteer time to help other people (rudd, Vohs, and Aaker, 2012)
      4. sense of time/age
         1. “Awe Expands People’s Perception of Time, Alters Decision Making, and Enhances Well-Being”
         2. Carstenson article
   5. Does awe have bidirectional properties?
      1. Well-being
         1. “Veneration and inspiration or dread and inhibition”
         2. More strongly prefer experiences over material products and greater life satisfaction (Rudd, Vohs, Aaker, 2012)
      2. Health psychology
         1. Can awe be manipulated in a clinical setting?
         2. Is there an emotion with same valence as awe that could be a control variable?
         3. Self-concept- The nature of awe: Elicitors, appraisals, and effects on self-concept (Shiota, Keltner, and Mossman 2007)
      3. Humility
         1. “awe and humility”- Keltner
         2. “awe promotes greater humility”
3. Hypothesis
4. Methods
   1. Making people create artwork or look at great works of art that are already in existence
      1. Surrealism
      2. Abstract
   2. Amazon turk
      1. priming/survey
   3. Putting people into nature (Hard to get approved by IRB!)
      1. Sunrises
      2. Mountain top views
5. Results
6. Conclusions/implications
   1. Health psychology/therapy implications
   2. Conditions that would benefit from awe therapy
7. Recommendations for further research