

Psychology and EA

A list of resources on the intersection of **psychology** and **Effective Altruism**.



Overviews (start here):

- [Cause profile: Mental Health – Planting Happiness](#)
- [Mental Health Report Summary - Founders Pledge](#)
- [How Effective Altruism Can Help Psychologists Maximize Their Impact](#)
- [Effective Theses List of Relevant Research Areas](#)

EA forum posts:

- [Mental health - EA Forum](#)
- [Identifying the most cost-effective programmes to improve mental health](#)
- [Health and happiness research topics—Part 1: Background on QALYs and DALYs](#)
- [Health and happiness research topics—Part 2: The HALY+: Improving preference-based health metrics](#)
- [HLI's Mental Health Programme Evaluation Project - Update on the First Round of Evaluation](#)
- [Cost-Effectiveness of Mindfulness-Based Stress Reduction](#)
- [Founders Pledge Report: Psychedelic-Assisted Mental Health Treatments](#)

Organizations:

- [Happier Lives Institute](#)
- [Mental Health Innovation Network](#)
- [StrongMinds - Treating Depression in Sub-Saharan Africa](#)
- [Lab for Scalable Mental Health](#)
- [Spark Wave - Scalable Mental Health Apps](#)
- [Friendship Bench | Zimbabwe](#)

- [Multidisciplinary Association for Psychedelic Studies - MAPS](#)
- [International Positive Education Network | IPEN \(ipen-network.com\)](#)
- [Mental Health Research UK | England](#)
- [Upgradable](#)

Other resources:

- [The Moral Urgency of Mental Health](#)
- [A taxonomy of happiness interventions – Planting Happiness](#)
- [What are the best ways to improve world happiness? | Michael Plant | EA Global: London 2017 - YouTube](#)