



FINAL INTERNATIONAL CONFERENCE OF THE WISER PROJECT

Reconciling
competitiveness,
happiness
and sustainability.



Funded by
the European Union



SIENA, Italy
9-11 September 2026
University of Siena - Piazza San Francesco, 7

The WISER Project has received funding from the European Union's Horizon Europe research and innovation programme under grant agreement No 101094546

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WISER Project and ISQOLS WISER Summer School 19-20

WEDNESDAY		SEPTEMBER 9
09:00–09:30	Registration	
09:30–10:00	Keynote speech ROOM CRIPTA - Martijn Burger	
10:00–11:00	Keynote speech ROOM CRIPTA - Francesco Sarracino	
11:00 - 11.30	Coffee break	
11:30 - 12:50 PARALLEL SESSION	Session A1 - ROOM 9 Beyond GDP: indices and well-being efficiency	Session B1 - ROOM CRIPTA Measuring, conceptualizing, and narrating well-being
12:50–14:20	Lunch	
14:20–15:40 PARALLEL SESSION	Session A2 - ROOM 9 Social capital, culture, and resilience	Session B2 - ROOM CRIPTA Education, youth, and digital livelihoods
15:40–16:10	Coffee break	
16:10 - 17:30 PARALLEL SESSION	Session A3 - ROOM CRIPTA Work and organizational well-being	ISQOLS WISER Summer School - Session I ROOM 9 Student presentations I

THURSDAY		SEPTEMBER 10
09:30–10:25	Keynote speech CRIPTA - Simone D'Alessandro	
10:25–11:20	Keynote speech CRIPTA - Stefano Bartolini	
11:20–11:40	Coffee break	
11:40–13:10	Round table “What’s next?” - ROOM CRIPTA Robert Costanza, Mario Biggeri, Rutger Hoekstra and Stefano Bartolini	
13:10–14:30	Lunch	
14:30–15:50 PARALLEL SESSIONS	Session A4 - ROOM CRIPTA Policy, growth, trade, and decoupling	Session B3 - ROOM 9 Religion, prosociality, health and social sustainability
15:50–16:20	Coffee break	
16:20–17:40 PARALLEL SESSION	Session A5 - ROOM CRIPTA Circular economy and energy transitions	ISQOLS WISER Summer School Session 2 - ROOM 9 Student presentations II
20:00	Social dinner	

FRIDAY		SEPTEMBER 11
09:30–10:30		Keynote speech ROOM CRIPTA - Javier Martinez and Shaharin Annisa
10:30–11:00		Coffee break
11:00–12:20 PARALLEL SESSIONS	WP4 Special Session 1 - ROOM 9 Space, neighborhoods and well-being	Session B4 - ROOM CRIPTA Climate, conflicts and environmental costs
12:20–13:50	Lunch	
13:50–15:10	WP4 Special Session 2 - ROOM CRIPTA Space, neighborhoods and well-being	
15:10–15:40	Coffee break	
15:40–17:00	WP4 Special Session 3 - ROOM CRIPTA Space, neighborhoods and well-being	
18:30	Farewell party	

WISER INTERNATIONAL FINAL CONFERENCE
RECONCILING COMPETITIVENESS, HAPPINESS AND SUSTAINABILITY
UNIVERSITY OF SIENA 9-11 SEPTEMBER 2026

CONFERENCE PROGRAM

Wednesday 9 September

09:00–09:30 Registration

09:30–10:00 Keynote speech - Martijn Burger | Three years WISER: An overview

10:00–11:00 Keynote speech - Francesco Sarracino | Our common future: social capital and the well-being benefits of economic growth

11:00–11:30 Coffee break

11:30–12:50 PARALLEL SESSIONS

Session A1

Beyond GDP: indices and well-being efficiency

Arkaitz Usubiaga-Liaño

Strong Environmental Sustainability Index: A 'Beyond GDP' index of environmental sustainability

Nikolaos Rigas

Analyzing countries' ability to transform their resources into well-being using World Happiness Report data

Svetlana Nesterova (online)

Nature-Aligned Psychology: Human–Nature Relationship as a Psychological Foundation for Well-Being and Sustainability

Session B1

Measuring, conceptualizing, and narrating well-being

Francis Munier

Narrative Economics and the WISER Agenda: How the Stories Shape Happiness and Sustainability.

Jessica Sherwood

From Income Growth to Alternative Flourishing: Characterizing Well-Being Across Life Domains as a Foundation for Sustainability Transformation

Andrea De Palma and Job van Exel
Profiles of Wellbeing: A Person-Centred Investigation across Four
Wellbeing Instruments

12:50–14:20 Lunch

14:20–15:40 PARALLEL SESSIONS

Session A2 - Social capital, culture, and resilience

Fengyu Wu
Social Capital as a Buffer Against Adverse Life Events: Evidence from
Australian Panel Data

Meinrad Lembuka
Repositioning the Capacity of Ubuntu Models in Supporting the Cultural
and Institutional Determinants of Sustainable Well-Being: Lessons from
the Ujamaa Intersections Model in Tanzania

Samira Rubayet (online)
Does Social Trust Buffer the Well-Being Cost of Climate Worry? A
Moderated Regression Analysis of WVS Bangladesh.

Session B2 - Education, youth, and digital livelihoods

Jackline Bwire
Early Childhood Care and Education as a Foundation for Sustainable Well-
Being: A Policy Analysis of Uganda's ECCE Policy

Stefano Bartolini
Structural Causes of the Youth Well-being Crisis: a Call for Radical Reforms

15:40–16:10 Coffee break

16:10–17:30 PARALLEL SESSIONS

Session A3 - Work and organizational well-being

Clara Viseu (online)
Emotions at Work: The Influence of Emotional Intelligence on Job
Satisfaction

Francesco Sarracino
Obesity, internet use and economic growth

Pauline Thuku (online)
Determinants of Wellbeing and Productivity in Education Institutions: A
Case of Karatina University, Kenya

ISQOLS WISER Summer School Session 1 — Student presentations I

Mohammed Mansouri
Measuring Meaningful Work Across Cultures: A Systematic Review of
Instrument Development, Validation, and Cross-Cultural Equivalence
(2000–2026)

Fabio Battaglia
Ideas of Growth: A Comparative Study of Political Parties' Views on
Economic and Sustainable Development

Ambroise Amouzoun
Beyond wellbeing adoption: The life satisfaction impact of Nordic and
European Wellbeing Policy Implementation

Thanawit Bunsit
Happiness and Subjective Wellbeing from Muay Thai Fighters' Perspective
in Thailand

Thursday 10 September

09:30–10:25 Keynote speech — Simone D'Alessandro | Prioritising Wellbeing in the Ecological Transition: Scenario Analysis with the WISER EUROGREEN Model

10:25–11:20 Keynote speech — Stefano Bartolini | Policies for happiness

11:20–11:40 Coffee break

11:40–13:10 Round table — Robert Costanza, Mario Biggeri, Rutger Hoekstra and Stefano Bartolini | “What’s Next?”

13:10–14:30 Lunch

14:30–15:50 PARALLEL SESSIONS

Session A4 — Policy, growth, trade, and decoupling

Kate Laffan

Designing, Implementing, and Evaluating Behavioural Public Policies for Sustainability Using Subjective Wellbeing Insights

Kelsey O'Connor

Trade is beneficial for well-being, but not in every country

Margherita Bellanca

Decoupling beyond GDP

Simone D'Alessandro, Angela Parenti

How Social and Structural Wellbeing Drivers Shape Household Demand: Evidence from Italy

Session B3 — Religion, prosociality, health and social sustainability

Talita Grayling

Social capital dimensions, life satisfaction and the Cantril ladder across the West and Global South

Madalena Abreu (online)

Giving and Happiness: Exploring the Relationship Between Prosocial Behavior and Subjective Well-Being

Sara Franco da Silva
Social Inequalities, Well-Being and Social Sustainability in Europe

Paul McNamee
Bringing Nature to Life: An Outdoor Walking Programme for People with Arthritis and Musculoskeletal Conditions Improves Life Satisfaction

15:50–16:20 Coffee break

16:20–17:40 PARALLEL SESSIONS

Session A5 — Circular economy and energy transitions

Martijn Burger
Can rising incomes support sustainable well-being? No evidence for a “double dividend” in the United Kingdom

Mario Biggeri
A political economy interpretation of the sustainability transition towards Sustainable Human Development

Tunde Soneye
The Integrated Waste Management and Sustainable Landfilling

Shanfei Zhang
Choosing Green Energy Over Time: Solar Adoption, Household Satisfaction, and Dynamic Energy Decisions

ISQOLS - WISER Summer School Session 2 — Student presentations II

Stewart Martin
Why wellbeing frameworks stall: closing the implementation gap

Thanakorn Season
Returning to the Highlands: Well-being, Income Security, and Community Employment among Young Return Migrants under Climate Risk in Northern Thailand

Nayeli Aguirre
Analysis of organizational wellbeing and productivity through the BEAT model

Elvisa Drishti

Institutional distrust, evaluative well-being and migration aspirations in post-transition societies: Evidence from Albania and the Western Balkans

20:00 Social dinner

Friday 11 September

09:30–10:30 Keynote speech

Javier Martinez and Shaharin Annisa: Advancing People-Centered Well-Being: Cross-cutting Insights from Neighbourhood-Level Research

10:30–11:00 Coffee break**11:00–12:20 PARALLEL SESSIONS****WP4 Special Session 1 — Space, neighborhoods and well-being**

Sakari Kainulainen

How Well Do People's Experiences of Well-Being Reflect the Living Conditions of Their Neighborhood?

Pauline Thuku (online)

Assessment of Socio-Economic Predictors of Wellbeing among Marginalized Populations: A case of Persons Recovering from Substance Use Disorder in Kenya

Dennis Musyoka

Water and sanitation (in)security, and implications on perceived well-being and productivity growth in informal and formal settlements in Nairobi, Kenya

Winnie C. Muangi (online)

High Affect, Low Satisfaction: Social Capital's Role in Tanzanian Well-Being

Session B4**Climate, environmental costs and indicators**

Johann Frederick Kirsten, Talita Greyling

When Distant Conflicts Hurt: Geopolitical Risk and Well-Being

Giulia Slater

The Costs of Social and Environmental Degradation in Affluent Economies

Olimpia Lamberti and Giulia Greco

The Combined Economic Burden of Heat Exposure, Pregnancy and the Postnatal Period among Women in South Africa and Zimbabwe

Jhoner Perdomo

Sustainable Wellbeing Index – Latam: Alternative indicator of progress beyond GDP

12:20–13:50 Lunch

13:50–15:10

WP4 Special Session 2 — Space, neighborhoods and well-being

Sigrid Busch

Co-Production of Public Space as a Catalyst for Quality of Life:
Placemaking Strategies in VPUU Projects in Monwabisi Park, South Africa

Paula Janeka

Making Lived Neighbourhood Experiences Visible: A Mixed-Methods,
Community-Based Approach to Informing Inclusive Urban Planning for
Well-Being

Marija Bockarjova

Beyond GDP: Urban Nature, Well-Being Efficiency, and the Value of Local
Context

Liliana Miranda Sara

Lived experience, Wellbeing, and Climate justice in Chiclayo, Peru

15:10–15:40 Coffee break

15:40–17:00

WP4 Special Session 3 — Space, neighborhoods and well-being

Michael Ayertey Nanor

Social Capital as a Predictor of Well-Being among Urban Informal Female
Workers in Ghana

Paula Janeka

How City Spaces Promote and Hamper the Well-Being of Young People in Germany

Elli Papastergiou

A Novel Comprehensive Framework for Studying the Relationship between Urban Green Spaces and Subjective Well-Being: Empirical Evaluation in the Urban Agglomeration of Thessaloniki

USEFUL INFORMATIONS

SESSION HOUSEKEEPING

- Presenters should arrive 10 minutes before the session starts in order to load their presentations
- Please, bring your slideshow on a portable drive; you will not be able to connect your personal computer
- In sessions consisting of three presentations, each presentation will be 20 minutes long, plus 6 minutes for Q&A.
- In sessions consisting of four presentations, each presentation will be 15 minutes long, plus 5 minutes for Q&A.

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CONFERENCE VENUE

Università di Siena

Cripta and Room 9 lecture halls

[Complesso Universitario di S. Francesco, piazza San Francesco, 7/8 - 53100 Siena](#)
[Virtual Tour](#)



CONTACTS

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<https://www.congressi.unisi.it/happiness2026/>

<https://www.wiserhorizons.eu/>

KEYNOTE SPEAKERS

SHAHARIN ANNISA

University of Stuttgart

Annisa is a senior researcher and lecturer at the Department of International Urbanism at the University of Stuttgart, as well as being the coordinator of the Integrated Urbanism and Sustainable Design (IUSD) master's program. Born in Bangladesh and raised in Oman, she studied Urban Planning and Architectural Design at GÜtech in Oman, subsequently working as an architect in Muscat. She completed her Master's degree within the IUSD program at the University of Stuttgart in 2018, focusing on the spatial effects of migration and the livelihoods of Bangladeshi low-skilled migrants in Oman. In 2024, she completed her PhD at the University of Stuttgart, researching on translocality, translocal spaces and migration in Sub-Saharan Africa, taking informal settlements in Lusaka, Zambia, as a case study. Dr. Annisa is a co-founder of MCTspaceLab, a platform that enhances public spaces and part of EZBET e.V. in Germany. Her research focuses on informality, migration, participatory planning and spatial appropriation.

STEFANO BARTOLINI

University of Siena

Stefano Bartolini is a professor at the University of Siena, where he teaches Political Economy and the only course in the Economics of Happiness at Italian universities. He is the author of numerous articles in prestigious international academic journals and popular science essays, including the best-selling Manifesto for Happiness, translated into five languages, and the more recent Ecology of Happiness, currently being translated into English and Japanese. He has collaborated with major international institutions such as the World Bank, the OECD, and the IPSP (International Panel on Social Progress) and has published articles in various newspapers. Bartolini's work explores how we can achieve economic wealth prosperity without sacrificing human relationships, well-being, and the environment. He has been collaborating for years with Waseda University and Rikkyo University, both in Tokyo, where he spends a few months every year.

MARTIJN BURGER

Erasmus Happiness Economics Research Organisation (EHERO), Erasmus University Rotterdam, Open University of the Netherlands

Martijn Burger is Academic Director at the Erasmus Happiness Economics Research Organisation (EHERO), Erasmus University Rotterdam, Professor of Happiness Economics in the Faculty of Management Studies at the Open University of the

Netherlands, and visiting professor at the School of Economics at the University of Johannesburg. He obtained his Ph.D. in Economics (cum laude) from the Erasmus University Rotterdam. Most of his current research focuses on happiness economics and urban and regional economics, including geography of happiness, worker well-being, and institutional and social conditions for economic development. In addition, he is past president (2023-2024) of the International Society for Quality of Life Studies and editor-in-chief of the Journal of Wellbeing Economics.

SIMONE D'ALESSANDRO

University of Pisa

Full Professor of Economics at the Department of Economics and Management of the University of Pisa, currently Director of the Ecohesion Collective Research Center of the University of Pisa, from 2021 to 2026 he was Coordinator of the Doctorate in Economics of the Tuscan Universities (Florence, Pisa and Siena). His research interests include inequality, behavioral economics, ecological economics, and degrowth. In recent years, his work has focused on the socio-economic effect.

JAVIER MARTINEZ

University of Twente

Javier Martínez is Associate Professor in the Planning, Land and Urban Systems Department at the Faculty of Geo-Information Science and Earth Observation (ITC), University of Twente, the Netherlands. He is the department's Education Portfolio Holder and currently chairs the ITC Examination Board. Trained as an architect at Rosario National University (Argentina), he completed an MSc in Geo-information for Urban Planning at the University of Twente and a PhD in Human Geography at Utrecht University.

His research, publications and teaching focus on applying GIS, mixed methods and indicators to inform policy on urban poverty, community well-being, quality of life and intra-urban inequalities. Early in his career (1999–2001), he designed Rosario's Urban Indicators System and contributed to UN-Habitat's Global Urban Indicators Database. He serves on the Executive Committee of the International Society for Quality-of-Life Studies (ISQOLS) and on the editorial boards of the International Journal of Community Well-Being and Applied Research in Quality of Life. His work has been published in journals such as Habitat International, Cities, Environment and Urbanization, Applied Research in Quality of Life, and the International Journal of Community Well-Being. He co-edited two books: the Handbook of Quality of Life and Sustainability (Springer, 2021) and GIS in Sustainable Urban Planning and Management: A Global Perspective (CRC Press, 2018). He is the University of Twente Principal Investigator for the Horizon Europe project WISER: Wellbeing in a Sustainable Economy Revisited. Since 2022, he has also been a Research Fellow at the University of Twente's DesignLab,

working on transdisciplinary citizen-science projects that explore the use of AI and VR in responsible-futuring workshops, co-design climate-adaptive blue-green urban spaces with vulnerable groups, and advance children's citizen geoscience.

Across research and collaboration, Javier works through a mixed-methods, geographical lens—integrating GIS with qualitative approaches such as go-along interviews and participatory mapping—to connect spatial analysis with practice and support policies that reduce inequalities and improve everyday urban life.

FRANCESCO SARRACINO

STATEC, the National Institute of Statistics and Economic Studies of Luxembourg

Francesco Sarracino is senior economist in the Research Department at STATEC, the National Institute of Statistics and Economic Studies of Luxembourg. He leads the Research Unit on Well-being and Entrepreneurship, and serves as deputy director of the Research Department. He is also co-editor in chief of the Journal of Wellbeing Economics. His work focuses on identifying evidence-based policies to promote socially and environmentally sustainable development, and enhance people's well-being. Francesco holds a PhD in development economics from the University of Firenze (Italy). He is a member of the World Wellbeing Panel and of the International Society for Quality of Life Studies. He also contributes to expert groups on quality-of-life measurement for the United Nations, the OECD, the European Commission, as well as for local initiatives in Luxembourg.

ROUND TABLE SPEAKERS

MARIO BIGGERI

University of Florence

He is Full Professor of Applied Economics at the University of Florence. Since 2010, he is Fellow of the Human Development and Capability Association. Since 2008, he is Scientific Director of ARCO (Action Research for CO-development), as well as Director of the Scientific and Ethical Committee of Yunus Social Business Center, University of Florence (funded in April 2011). He is scientific coordinator of the SPES project - Sustainability Evidence, Performance and Scenarios - project funded by the European Union's Horizon Europe program. He is PI of THE The Tuscany Health ECOSYSTEM PROJECT (Spoke 10 M4). His research concentrates on sustainable human development, measurement of multidimensional development, international cooperation programs, social economy and social enterprises / social business, local sustainable human development, strategic plan for territorial development, labor informal market, collective action, the well-being of children, persons with disabilities and migrants, health care system, public engagement, multidimensional well-being and poverty measurement, impact evaluations, qualitative and quantitative research methods. He is the author and/or co-author of more than twenty books and has published numerous articles in prestigious international academic journals. He has been a consultant and advisor for UNICEF, UNDP, the World Bank, ILO, UN-Habitat, Y20, G20, and the European Commission, among others.

ROBERT COSTANZA

Institute for Global Prosperity (IGP) at University College London (UCL)

Robert Costanza is Professor of Ecological Economics at the Institute for Global Prosperity (IGP) at University College London (UCL). He is the 2024 winner of the Blue Planet Prize. He is also currently an Honorary Professor at the Australian National University, an Affiliate Fellow at the Gund Institute at the University of Vermont, and a deTao Master of Ecological Economics at the deTao Masters Academy in Shanghai, China. He is a Fellow in the Academy of Social Sciences in Australia (ASSA) and the Royal Society of Arts (RSA) in the UK, and is an Overseas Expert in the Chinese Academy of Sciences (CAS).

Professor Costanza's transdisciplinary research integrates the study of humans and the rest of nature to address research, policy and management issues at multiple time and space scales, from small watersheds to the global system. His specialties include: transdisciplinary integration, systems ecology, ecological economics, ecosystem services, landscape ecology, integrated socio-ecological modeling, ecological design,

energy analysis, environmental policy, social traps and addictions, incentive structures, and institutions.

He is co-founder and past-president of the International Society for Ecological Economics and was founding chief editor of the society's journal Ecological Economics. He currently serves on the editorial board of ten other international academic journals. He is also founding co-editor in chief of Solutions a unique hybrid academic/popular journal and editor in chief of the Anthropocene Review.

RUTGER HOEKSTRA

Institute of Environmental Sciences of Leiden University

Rutger Hoekstra has worked on well-being and sustainability from an academic, governmental and business perspective. He has worked with the United Nations, OECD, World Bank, European Commission, European Central Bank and other international organisations. He was the co-chair of the UNECE/OECD/Eurostat Task Force which developed the Conference of European Statisticians Recommendations on Measuring Sustainable Development. In 2019 Cambridge University Press published Replacing GDP by 2030. He has lectured at various universities and published numerous publications on sustainable development, globalisation, circular economy and big data applications. He was also Scientific Director of the True Value methodology at KPMG Sustainability. He leads the WISE Horizons project which works on metrics and models for sustainable and inclusive wellbeing (brede welvaart in Dutch). Rutger Hoekstra is now the owner of MetricsForTheFuture.com, which provides consultancy services to governments, international institutes and companies on Beyond-GDP and Beyond-Profit.

Rutger's research interest include Beyond-GDP, wellbeing/sustainability policy, environmental economics using input-output techniques, environmental accounting, structural decomposition analysis, globalisation, circular economy.



Funded under the European Union's Horizon Europe programme WISER (Well-being in a sustainable economy revisited) is a research project that proposes a new framework for understanding economic and social progress, placing well-being at the centre of policy. It addresses the growing mismatch between GDP growth and quality of life, in a context marked by rising inequalities, environmental degradation, and declining subjective well-being.

The project develops a “win-win-win-win” strategy: policies that simultaneously improve well-being, support productivity, enhance environmental sustainability, and foster social inclusion. It asks how societies can generate more well-being both from and beyond economic growth, while building economies that are socially and environmentally sustainable.

WISER combines scientific evidence with practical tools to support decision-making and policy-oriented analyses aligned with the Sustainable Development Goals (SDGs). Its outputs provide policymakers with actionable insights to design evidence-based, locally informed policies that improve quality of life while reducing inequalities and environmental pressures. By integrating economic and non-economic drivers of well-beings WISER contributes to a new narrative of social progress, and supports the transition towards a high well-being, sustainable, and inclusive economy.

WISER aims to shape a policy agenda capable of creating a virtuous circle where well-being, environmental sustainability, social cohesion, and productivity reinforce one another.

Scientific impact: advancing research and providing data and tools for the global academic community

Policy impact: supporting policymakers in designing evidence-based strategies that improve well-being while reducing inequalities and environmental pressures

Societal impact: increasing public awareness of what constitutes a good life and promoting more sustainable lifestyles

Who We Are

WISER brings together an interdisciplinary network of researchers from leading universities and research institutions across Europe and beyond. The consortium combines expertise in economics, sociology, psychology, spatial planning, sustainability, health, and public policy.

Together, we work to rethink the foundations of economic success and to design pathways towards a more sustainable and inclusive high well-being economy.

ISQOLS - WISER SUMMER SCHOOL

The International Society for Quality-of-Life Studies (ISQOLS) and Wellbeing In Sustainable Economies Revised (WISER) invited applications for the First ISQOLS–WISER Summer School, to be held at the University of Siena, Italy, from Saturday 5 September to Tuesday 8 September 2026, immediately before the WISER Conference, held from 9 to 11 September 2026 in Siena.

The Summer School is designed for early-career researchers, especially PhD students, working on topics related to quality of life, subjective well-being, happiness, societal progress, sustainability, and the social foundations of human flourishing.

The ISQOLS–WISER Summer School offers a unique opportunity for advanced instruction, to develop a research project in dialogue with leading scholars, and to become part of an international community working on quality of life, well-being, and sustainability.

The Summer School covers key theoretical, methodological, and policy issues in quality-of-life and well-being research, focusing on the WISER project.

Planned lectures include:

- When economic growth improves well-being
- Measuring societal progress
- The labor market benefits of well-being
- Micro–macro simulation fundamentals for sustainable well-being
- Defensive growth
- The use of AI and big data in well-being science
- How to get published in the Journal of Happiness Studies
- Qualitative and place-based approaches in urban quality-of-life research & well-being - the role of green and blue spaces
- How to deal with measurement critiques of subjective well-being (e.g. Bond and Lang)

The International Society for Quality of Life Studies (ISQOLS) is a global interdisciplinary society dedicated to advancing research and knowledge on quality of life (QOL), wellbeing, and happiness studies. Founded in 1995, ISQOLS provides a platform for scholars, researchers, practitioners, and policymakers from various fields to collaborate, share insights, and promote the understanding of factors that contribute to individual and societal well-being.

ISQOLS fosters interdisciplinary dialogue and collaboration by bringing together experts from diverse fields such as psychology, sociology, economics, public health, environmental studies, and more. The society encourages the exchange of ideas, methodologies, and best practices related to measuring, assessing, and improving quality of life across different contexts and populations.