WHAT EVERYONE SHOULD KNOW ABOUT HUMOR & LAUGHTER

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Here are Top 10 lists of the effects of humor and laughter based on the research to date. The first Top 10 list presents WHAT WE KNOW according to the research. The second Top 10 lists WHAT WE DON'T KNOW YET, which expresses common beliefs in need of a firm scientific foundation in order to be promoted to the WHAT WE KNOW list. These lists will be updated periodically as new research findings are published.

WHAT WE KNOW

Humor
1. Reduces stress, anxiety, and tension
2. Promotes psychological well being
3. Raises self-esteem
4. Improves mood
5. Improves interpersonal interactions and relationships

Laughter
6. Improves pain tolerance
7. Improves cardiovascular function
8. Improves immune function
9. Elevates mood
10. Exercises the internal organs

WHAT WE DON’T KNOW YET

Humor
1. Reduces respiratory infections
2. Treats asthma
3. Leads to significant weight loss
4. Enhances positive lifestyle choices
5. Improves diabetes

Laughter
6. Lowers blood pressure
7. Raises endorphins
8. Treats cancer
9. Fights off infections
10. Exercise benefits equal to jogging
11. Whether children laugh more frequently than adults.

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