



The Psychology of Nostalgia

By: Aubrey Rowland
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Research of Nostalgia Logbook:

<http://learning-mind.com/psychology-of-nostalgia/>

This website was used to study the psychology of nostalgia and why we experience it.

Sci facts

Jan 8, 2026

[Patterns of brain activity associated with nostalgia: a social ...](#)

[Oxford Academic](#)

<https://academic.oup.com › scan › article>

[The Psychology of Nostalgia - DK Therapy](#)

Jan 15, 2026

[DK Therapy](#)

<https://chicagocounselingandtherapy.com › the-psychol...>

[What Nostalgia Is and What It Does - University of Southampton](#)

[University of Southampton](#)

<https://www.southampton.ac.uk › nostalgia › what-nostal...>

[The Psychology of Nostalgia - Medium](#)

[Medium](#)

<https://medium.com › the-storm-of-words-un-said › the...>

Jan 17, 2026

[“UF Health \(Nostalgia\).” University of Florida Health Department,](#)

[January 8, 2025 January 2025,](#)

<https://online.aging.ufl.edu/2025/01/08/the-psychology-of-nostalgia/>.

Accessed Website of UF Health Nostalgia research at University of Florida.

Jan 21, 2026

[\("Current Opinion in Psychology"\)](#)

<https://www.sciencedirect.com/science/article/pii/S2352250X22002664>

Found a blog on current opinion in Psychology

February 2, 2026

[\("Nostalgia and Well-Being in Daily Life: An Ecological Validity Perspective"\)](#)

A study done in 2019 and done by four people.

Feb 5, 2026

[\("Speaking of Psychology: Does nostalgia have a psychological purpose? With Krystine Batcho, PhD"\)](#)

She, Krystine Batcho included the familiar but we don't know for sure if it's accurate, " Good Ol' Days".

Feb 6, 2026

[\("Patterns of brain activity associated with nostalgia: a social-cognitive neuroscience perspective"\)](#)

A team that did a study of nostalgia, done on December 12, 2022.