



ASSOCIATION for APPLIED and THERAPEUTIC HUMOR

## **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.