

Accepted Manuscript

Workfare, Wellbeing and Consumption: Evidence from a Field Experiment with Kenya's Urban Poor

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PII: S0167-2681(18)30007-6
DOI: [10.1016/j.jebo.2018.01.007](https://doi.org/10.1016/j.jebo.2018.01.007)
Reference: JEBO 4248

To appear in: *Journal of Economic Behavior and Organization*

Received date: 30 March 2017
Revised date: 7 January 2018
Accepted date: 9 January 2018

Please cite this article as: Syon P. Bhanot, Jiyoung Han, Channing Jang, Workfare, Wellbeing and Consumption: Evidence from a Field Experiment with Kenya's Urban Poor, *Journal of Economic Behavior and Organization* (2018), doi: [10.1016/j.jebo.2018.01.007](https://doi.org/10.1016/j.jebo.2018.01.007)

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Highlights

- A 10-day lab-in-field randomized experiment with 432 low-income individuals in Nairobi, Kenya
- Tests impact of two forms of welfare program design: workfare and voucher restrictions
- Finds that working improved psychological wellbeing relative to waiting for payments
- Finds that vouchers partially restricted to staple foods crowded-in spending on these foods
- Results suggest that welfare program design is important, beyond just the financial aspect

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