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EDUCATION

- 1997 Habilitation
 University of Giessen, Germany
- 1991 Ph.D. (Dr. rer. nat.)
 Technical University of Braunschweig, Germany
- 1986 Diploma in Psychology (Dipl.-Psych.)
 Free University of Berlin, Germany

CAREER HISTORY

- 2010 to present Full Professor of Work and Organizational Psychology,
 Department of Psychology, University of Mannheim, Germany
- 2004-2010 Full Professor of Work and Organizational Psychology,
 Department of Psychology, University of Konstanz, Germany
- 2009-2010 Vice-Rector Research, University of Konstanz, Germany
- 2007-2009 Visiting Professor, Faculty of Social Sciences, Radboud
 University Nijmegen, The Netherlands
- 2006 Visiting Professor, Department of Psychology, Michigan State
 University, USA
- 2001-2004 Full Professor of Work and Organizational Psychology,
 Department of Psychology, Technical University of
 Braunschweig, Germany
- 1999-2001 Associate Professor of Work and Organizational Psychology,
 Department of Psychology, University of Konstanz, Germany
- 1998-1999 Deputy Professor, Department of Psychology, University of
 Giessen, Germany
- 1995-1999 Assistant Professor (Universitair Docent), Department of
 Psychology, University of Amsterdam, The Netherlands;
 tenured 1996
- 1994-1995 Assistant Professor at the Department of Psychology, University
 of Giessen
- 1992-1994 Habilitation Scholarship from the German Research Foundation

	(DFG)
1991-1992	Research Assistant at the Department of Psychology, University of Giessen
1987-1991	Research and Teaching Assistant at the Institute of Psychology, Technical University of Braunschweig
1984-1987	Student Assistant at the Institute for Psychology, Free University of Berlin

RESEARCH GRANTS

2019-2022	Ministry for Science, Research, and Art Baden-Württemberg: "digilog@bw" (PI within the consortium "Autonomy")
2018-2022	German Research Foundation (DFG): "Not detaching from work during leisure time, affect, and well-being: Testing the underlying processes" (PI)
2016-2023	German Research Foundation (DFG): "Intentional forgetting of everyday work behaviour: Assessment, formalization, and integration into interactive systems" (PI, together with Benjamin Weyers, University Trier)
2015-2022	German Ministry for Education and Research (Bundesministerium für Bildung und Forschung, BMBF) "SMARTACT: Individual and context-based real-time interventions promoting normal eating and physical activity through mobile technology" – Sub-project: SMARTJOB (PI)
2015-2018	Society for Human Resource Management (SHRM) Foundation: "Leaders' Role in Fostering Employees' Recovery" (PI, together with Ronit Kark, Bar-Ilan University, Israel)
2012-2016	Research Society for Applied Systems Safety and Occupational Medicine e.V. "Enhancing psychological and physical health of young workers" (PI)
2011-2014	German Ministry for Education and Research (Bundesministerium für Bildung und Forschung, BMBF) "EATMOTIVE: Why we eat what we eat" (PI, together with Friedrich Breyer, Britta Renner, Harald Schupp, and Alexander Woll, University of Konstanz)
2010-2012	German Research Foundation (DFG) "Mood and proactive behavior in the work context" (PI)
2008-2011	University of Konstanz (Gender Issues Grant "Exzellenz Initiative") "Dual-Career Couples" (PI, together with Cornelia Niessen and Thomas Hinz)
2008-2010	University of Konstanz (Research Center Grant "Exzellenz Initiative") "Health behavior" (PI, together with Friedrich Breyer, Britta Renner, Harald Schupp, and Alexander Woll)
2007-2010	Volkswagen Foundation

	"The chronica of an idea: The hidden journey of innovations – from ideas to products" (PI, together with Miriam Erez, Technion, and Jacob Guldenberg, Hebrew University Jerusalem, Israel)
2007	Lion Foundation "The role of empathy in the crossover process" (PI, together with Giora Keinan and Mina Westman, Tel Aviv University, Israel)
2005-2006	German-Israeli Foundation (GIF) "The impact of respite on psychological health and performance in Israel and Germany" (PI, together with Mina Westman, Tel Aviv University, Israel)
2005-2008	German Ministry for Education and Research (Bundesministerium für Bildung und Forschung, BMBF) "Flexibilization of production and organizational processes in the production life cycle"
2005	University of Konstanz Research Fund (AFF) "Daily experiences of work and non-work" (PI)
2004-2007	German Research Foundation (DFG) "Recovery from work stress and psychological health: Attributes of recovery processes" (PI)
2004-2006	Volkswagen-Stiftung "Feedback sign and high performance" (PI, together with A. N. Kluger, Hebrew University of Jerusalem, Israel)
2002-2006	German Research Foundation (DFG) "High performance and task-related communication" (PI)
1999-2000	University of Konstanz Research Fund (AFF) "Recovery in the Context of Work" (PI)
1994-1995	German Research Foundation (DFG) "Methods for Studying Intellectual Work Activities" (PI)
1992-1994	German Research Foundation (DFG) "Very Good Software Professionals" (PI)

AWARDS AND HONORS

2024	Clarivate: Highly Cited Researcher
2018	German Psychological Society (DGPs): Lifetime Achievement Award
2018	Fellow of the International Association of Applied Psychology (IAAP)
2017	Fellow of the Association for Psychological Science (APS)
2013	Member of the Society of Organizational Behavior
2012	Outstanding Paper Award, Emerald Literati Network Award (with Judith Volmer)

2011	Elected member of the German Academy of Sciences Leopoldina
2009	Best Paper Award, Center for Creative Leadership (with Jennifer L. Sparr)
2007	Fellow of the Society of Industrial and Organizational Psychology (SIOP)
2006	Finalist, Rosabeth Moss Kanter Award for Excellence in Work-Family Research
1992-1994	Habilitation scholarship of the German Research Foundation (DFG)

REFEREED JOURNAL PUBLICATIONS

Parker, S. K., Tims, M., & Sonnentag, S. (in press). Top-down and bottom-up work design: A multilevel perspective on how job crafting and work characteristics interrelate. *Journal of Business and Psychology*.

Sonnentag, S., Völker, J., & Wehrt, W. (2025). Good and bad days at work: A descriptive review of day-level and experience-sampling studies. *Journal of Organizational Behavior*, 46(2), 207-226.

Toebben, L., Casper, A., Wehrt, W., & Sonnentag, S. (2025). Reasons for interruptions at work: Illuminating the perspective of the interrupter. *Journal of Organizational Behavior*, 46(1), 25-42.

Toebben, L., Wehrt, W., Iser-Potempa, J., & Sonnentag, S. (2025). Daily synchronous work interruptions: a social-exchange perspective. *European Journal of Work and Organizational Psychology*, 34(1), 128-143.

Iser-Potempa, J., Nesher Shoshan, H., & Sonnentag, S. (2024). Investigating daily abusive supervision as antecedent of subordinates' low psychological detachment and relaxation during nonwork time: A diary study. *Journal of Occupational Health Psychology*, 29(4), 220-237.

Koch, T. J. S., Arnold, M., Völker, J., & Sonnentag, S. (2024). Eat healthy, feel better: Are differences in employees' longitudinal healthy-eating trajectories reflected in better psychological well-being? *Applied Psychology: Health and Well-Being*, 16(3), 1305-1325.

Koch, T. J. S., Nesher Shoshan, H., Völker, J., & Sonnentag (2024). Psychological detachment matters right after work: Engaging in physical exercise after stressful workdays. *International Journal of Stress Management*, 31(3), 266-278.

Koch, T. J. S., Völker, J., & Sonnentag (2024). Healthy and successful: Health-behavior goal striving in daily work life. *Stress and Health*, 40(2), e3295.

Sonnentag, S., Kark, R., & Venz, L. (2024). Leader support for recovery: A multi-level approach to employee psychological detachment from work. *Journal of Occupational and Organizational Psychology*, 94(4), 1762-1788.

- Sonnentag, S., & Wiegelmann, M. (2024). Not detaching from work during leisure time: A control-theory perspective on job-related cognitions. *Journal of Organizational Behavior*, 45(7), 1003-1024.
- Völker, J., Koch, T. J. S., Wiegelmann, M., & Sonnentag, S. (2024). Mind the misalignment: The moderating role of daily social sleep lag in employees' recovery processes. *Journal of Organizational Behavior*, 45(5), 684-701.
- Völker, J., Wiegelmann, M., Koch, T. J. S., & Sonnentag, S. (2024). It's Monday again: Weekend sleep differentially relates to the workweek via reattachment on Monday. *Journal of Organizational Behavior*, 45(6), 800-817.
- Wehrt, W. & Sonnentag, S. (2024). When is taking charge depleting? Job control and self-control demands as moderators in daily depletion processes. *Scandinavian Journal of Work and Organizational Psychology*, 9(1), 3.
- Alessandri, G., Filosa, L., Sonnentag, S., Crea, G., Borgogni, L., Avanzi, L., Cinque, L., & Crocetti, E. (2023). Determinants of workers' well-being during the COVID-19 outbreak: An exploratory study. *Current Psychology*, 42, 8595-8614.
- Arnold, M., & Casper, A., & Sonnentag, S. (2023). Daily trajectories of evening recovery experiences and their role fore next-day mood. *Journal of Occupational Health Psychology*, 28(5), 291-309.
- Arnold, M., & Sonnentag, S. (2023). Time matters: The role of recovery for daily mood trajectories at work. *Journal of Occupational and Organizational Psychology*, 96(4), 754-785.
- Law, Y. C., Wehrt, W., Sonnentag, S., & Weyers, B. (2023). Obtaining semi-formal models from qualitative data: From interviews into BPMN into user-centered design processes. *International Journal of Human-Computer Interaction*, 39(3), 476-493.
- Mohr, M., Nesher Shoshan, H., & Sonnentag, S. (2023). Perfectionism and cognitive-behavioral processes in daily work: Implications for self-rated perceptions and emotions. *European Journal of Work and Organizational Psychology*, 32(6), 858-869.
- Mohr, M., & Sonnentag, S. (2023). To be or not to be a perfect parent? How striving for perfect parenting harms employed parents. *Journal of Vocational Behavior*, 147, 103941.
- Nesher Shoshan, H., Venz, L., & Sonnentag, S. (2023). Reciprocal relations between emotional exhaustion and episode-specific emotional labour: An experience-sampling study. *Work & Stress*, 37(4), 421-445.
- Sonnentag, S., Kottwitz, M. U., Koch, T. J. S., & Völker, J. (2023). Enrichment and conflict between work and health behaviors: New scales for assessing how work relates to physical exercise and healthy eating. *Occupational Health Science*, 7, 251-296.
- Sonnentag, S., Tay, L., & Nesher Shoshan, H. (2023). A review on health and well-being at work: More than stressors and strains. *Personnel Psychology*, 76(2), 473-510.

- Völker, J., Casper, A., Koch, T. J. S., & Sonnentag, S. (2023). It's a match: The relevance of matching chronotypes for dual-earner couples' daily recovery from work. *Journal of Occupational Health Psychology*, 28(3), 174-191.
- Wiegelmann, M., Völker, J., & Sonnentag, S. (2023). Sleep has many faces: The interplay of sleep and work in predicting employees' energetic state over the course of the day. *Journal of Occupational Health Psychology*, 28(1), 52-63.
- Bindl, U. K., Parker, S. K., Sonnentag, S., & Stride, C. B. (2022). Managing your feelings at work, for a reason: The role of individual motives in affect regulation for performance-related outcomes at work. *Journal of Organizational Behavior*, 43(7), 1251-1270.
- De Longis, E., Alessandri, G., Sonnentag, S., & Kuppens, P. (2022). Inertia of negative emotions at work: Correlates of inflexible emotion dynamics in the workplace. *Applied Psychology: An International Review*, 71(2), 380-406.
- Kubicek, B., Baumgartner, V., Prem, R., Sonnentag, S., & Korunka, C. (2022). Less detachment but more cognitive flexibility? A diary study on outcomes of cognitive demands of flexible work. *International Journal of Stress Management*, 29(1), 75-87.
- Mohr, M., Venz, L., & Sonnentag, S. (2022). A dynamic view on work-related perfectionism: Antecedents at work and implications for employee well-being. *Journal of Occupational and Organizational Psychology*, 95(4), 846-866.
- Nesher Shoshan, H., Venz, L., & Sonnentag, S. (2022). Being recovered as antecedent of emotional labor. *Journal of Personnel Psychology*, 21(4), 197-207.
- Schoellbauer, J., Sonnentag, S., Prem, R., & Korunka, C. (2022). I'd rather know what to expect – Work unpredictability as contemporary work stressor with detrimental implications for employee well-being. *Work and Stress*, 36(3), 274-291.
- Sonnentag, S., Wehrt, W., Weyers, B., & Law, Y. C. (2022). Conquering unwanted habits at the workplace: Day-level processes and longer term change in habit strength. *Journal of Applied Psychology*, 107(5), 831-853.
- Sonnentag, S., Cheng, B. H., Parker, S. L. (2022). Recovery from work: Advancing the field toward the future. *Annual Review of Organizational Psychology and Organizational Behavior*, 9, 33-60.
- Wehrt, W., Casper, A., & Sonnentag, S. (2022). More than a muscle: How self-control motivation, depletion, and self-regulation strategies impact task performance. *Journal of Organizational Behavior*, 43(8), 1358-1376.
- Parker, S. L., Dawson, N., Van den Broeck, A., Sonnentag, S., & Neal, A. (2021). Employee motivation profiles, energy levels, and approaches to sustaining energy: A two-wave latent profile analysis. *Journal of Vocational Behavior*, 131, 103659.
- Sonnentag, S., Tian, A. W., Cao, J., & Grushina, S. V. (2021). Positive work reflection during the evening and next-day work engagement: Testing mediating mechanisms and cyclical processes. *Journal of Occupational and Organizational Psychology*, 94(4), 836-865.
- Rudolph, C.W., Allan, B., Clark, M., Hertel, G., Hirschi, A., Kunze, F., Shockley, K., Shoss, M., Sonnentag, S., & Zacher, H. (2021). Pandemics: Implications for

research and practice in industrial and organizational psychology. *Industrial and Organizational Psychology: Perspectives on Science and Practice*, 14, 1-35.

Casper, A., & Sonnentag, S. (2020). Feeling exhausted or vigorous in anticipation of high workload? The role of worry and planning during the evening. *Journal of Occupational and Organizational Psychology*, 93, 215-242.

Nesher Shoshan, H., & Sonnentag, S. (2020). The effects of employee burnout on customers: An experimental approach. *Work & Stress*, 34, 127-147.

Parker, S. L., Sonnentag, S., Jimmieson, N. L., & Newton, C. J. (2020). Relaxation during the evening and next-morning energy: The role of hassles, uplifts, and heart rate variability during work. *Journal of Occupational Health Psychology*, 25, 83-98.

Sonnentag, S., Eck, K., Fritz, C., & Kühnel, J. (2020). Morning reattachment to work and work engagement during the day: A look at day-level mediators. *Journal of Management*, 46, 1408-1435.

Sonnentag, S., & Niessen, C. (2020). To detach or not to detach? Two experimental studies on the affective consequences of detaching from work during non-work time. *Frontiers in Psychology*, 11, 560156.

Wehrt, W., Casper, A., & Sonnentag, S. (2020). Beyond depletion: Daily self-control motivation as an explanation of self-control failure at work. *Journal of Organizational Behavior*, 41, 931-947.

Bosch, C., & Sonnentag, S. (2019). Should I take a break? A daily reconstruction study on predicting micro-breaks at work. *International Journal of Stress Management*, 26, 378-388

Casper, A., Tremmel, S., & Sonnentag, S. (2019). Patterns of positive and negative work reflection during leisure time: A latent profile analysis. *Journal of Occupational Health Psychology*, 24, 527-542

Casper, A., Tremmel, S., & Sonnentag, S. (2019). The power of affect: A three-wave panel study on reciprocal relationships between work events and affect at work. *Journal of Occupational and Organizational Psychology*, 92, 436-460.

Gabriel, A. S., Podsakoff, N. P., Beal, D. J., Scott, B. A., Sonnentag, S., Trougakos, J. P., & Butts, M. M. (2019). Experience sampling methods: A discussion of critical trends and considerations for scholarly advancement. *Organizational Research Methods*, 22, 969-1006.

Sonnentag, S., & Schiffner, C. (2019). Psychological detachment from work during non-work time and employee well-being: The role of leader's detachment. *The Spanish Journal of Psychology*, 22, e3, 1-9.

Starzyk, A., & Sonnentag, S. (2019). When do low-initiative employees feel responsible for change and speak up to managers? *Journal of Vocational Behavior*, 115, 103342.

Tremmel, S., Sonnentag, S., & Casper, A. (2019). How was work today? Interpersonal work experiences, work-related conversations during after-work hours, and daily affect. *Work & Stress*, 33, 247-267.

- Venz, L., Bosch, C., Pinck, A. S., & Sonnentag, S. (2019). Make it your break! Benefits of person-break fit for post-break affect. *Occupational Health Science*, 3, 167-186.
- Bosch, C., Sonnentag, S., & Pinck, A. S. (2018). What makes for a good break? A diary study on recovery experiences during lunch break. *Journal of Occupational and Organizational Psychology*, 91, 134-157.
- Kühnel, J., Sonnentag, S., Bledow, R., & Melchers, K. G. (2018). The relevance of sleep and circadian misalignment for procrastination among shift workers. *Journal of Occupational and Organizational Psychology*, 91, 110-133.
- Pinck, A. S., & Sonnentag, S. (2018). Leader mindfulness and employee well-being: The mediating role of transformational leadership. *Mindfulness*, 9, 884-896.
- Sonnentag, S. (2018). The recovery paradox: Portraying the complex interplay between job stressors, lack of recovery, and poor well-being. *Research in Organizational Behavior*, 38, 169-185.
- Sonnentag, S., & Lischetzke, T. (2018). Illegitimate tasks reach into after-work hours: A multi-level study. *Journal of Occupational Health Psychology*, 23, 248-261.
- Sonnentag, S., Reinecke, L., Mata, J., & Vorderer, P. (2018). Feeling interrupted - being responsive: How online messages relate to affect at work. *Journal of Organizational Behavior*, 39, 369-383.
- Starzyk, A., Sonnentag, S., & Albrecht, A.-G. (2018). The affective relevance of suggestion-focused and problem-focused voice: A diary study on voice in meetings. *Journal of Occupational and Organizational Psychology*, 19, 340-361.
- Tremmel, S., & Sonnentag, S. (2018). A sorrow halved? A daily diary study on talking about experienced workplace incivility and next-morning negative affect. *Journal of Occupational Health Psychology*, 23, 568-583.
- Tuckey, M. R., Sonnentag, S., & Bryan, J. (2018). Are state mindfulness and state work engagement related during the workday? *Work & Stress*, 32, 33-48.
- Venz, L., Pundt, A., & Sonnentag, S. (2018). What matters for work engagement? A diary study on resources and the benefits of selective optimization with compensation for state work engagement. *Journal of Organizational Behavior*, 39, 26-38.
- Bliese, P. D., Edwards, J. R., & Sonnentag, S. (2017). Stress and well-being at work: A century of empirical trends reflecting theoretical and societal influences. *Journal of Applied Psychology*, 102, 389-402.
- Casper, A., Sonnentag, S., & Tremmel, S. (2017). Mindset matters: the role of employees' stress mindset for day-specific reactions to workload anticipation. *European Journal of Work and Organizational Psychology*, 26, 798-810.
- Sonnentag, S. (2017). A task-level perspective on work engagement: A new approach that helps to differentiate the concepts of engagement and burnout. *Burnout Research*, 5, 12-20.
- Sonnentag, S., Pundt, A., & Venz, L. (2017). Distal and proximal predictors of snacking at work: A daily-survey study. *Journal of Applied Psychology*, 102, 151-162.

- Sonnentag, S., Venz, L., & Casper, A. (2017). Advances in recovery research: What have we learned? What should be done next? *Journal of Occupational Health Psychology*, 22, 365-380.
- Unger, D., Sonnentag, S., Niessen, C., & Kuonath, A. (2017). Love won't tear us apart but work might: How job stressors related to constructive and destructive reactions to one's romantic partner's negative behavior. *International Journal of Stress Management*, 24, S74-S97.
- Daniel, S., & Sonnentag, S. (2016). Crossing the borders: The relationship between boundary management, work-family enrichment and job satisfaction. *The International Journal of Human Resource Management*, 27, 407-426.
- Sonnentag, S., & Kühnel, J. (2016). Coming back to work in the morning: Psychological detachment and reattachment as predictors of work engagement. *Journal of Occupational Health Psychology*, 21, 379-390.
- Sonnentag, S., & Pundt, A. (2016). Organizational health behavior climate: Organizations can encourage healthy eating and physical exercise *Applied Psychology: An International Review*, 65, 259-286.
- Henker, N., Sonnentag, S., & Unger, D. (2015). Transformational leadership and employee creativity. *Journal of Business and Psychology*, 30, 235-247.
- Nägel, I. J., Sonnentag, S., & Kühnel, D. (2015). Motives matter: A diary study on the relationship between job stressors and exercise after work. *International Journal of Stress Management*, 22, 346-371.
- Neff, A., Sonnentag, S., Niessen, C., & Unger, D. (2015). The crossover of self-esteem: A longitudinal perspective. *European Journal of Work and Organizational Psychology*, 24, 107-201.
- Sonnentag, S. (2015). Dynamics of well-being. *Annual Review of Organizational Psychology and Organizational Behavior*, 2, 261-293.
- Sonnentag, S., & Fritz, C. (2015). Recovery from job stress: The stressor-detachment model as an integrative framework. *Journal of Organizational Behavior*, 36, S72-S103.
- Sonnentag, S., & Starzyk, A. (2015). Perceived prosocial impact, perceived situational constraints, and proactive work behavior: Looking at two distinct affective pathways. *Journal of Organizational Behavior*, 36, 806-824.
- Unger, D., Sonnentag, S., Niessen, C., & Kuonath, A. (2015). The longer your work hours, the worse your relationship? The role of selective optimization with compensation in the association of working time with relationship satisfaction and self-disclosure in dual-career couples. *Human Relations*, 68, 1889-1912.
- Venz, L., & Sonnentag, S. (2015). Being engaged when resources are low: A multi-source study of selective optimization with compensation at work. *Journal of Vocational Behavior*, 91, 97-105.
- Daniel, S. & Sonnentag, S. (2014). Mediators in the work/non-work enrichment process: The role of positive affect and positive work reflection. *Work & Stress*, 28, 49-66.

- Debus, M. E., Sonnentag, S., Deutsch, W., & Nussbeck, F. W. (2014). Making flow happen: The effects of being recovered on work-related flow between and within days. *Journal of Applied Psychology*, 99, 713-722.
- Feuerhahn, N., Sonnentag, S., & Woll, A. (2014). Exercise after work, psychological mediators, and affect: A day-level study. *European Journal of Work and Organizational Psychology*, 23, 62-79.
- Sonnentag, S., Arbeus, H., Mahn, C., & Fritz, C. (2014). Exhaustion and lack of psychological detachment from work during off-job time: Moderator effects of time pressure and leisure experiences. *Journal of Occupational Health Psychology*, 19, 206-216.
- Unger, D., Niessen, C., Sonnentag, S., & Neff, A. (2014). A question of time: Daily time allocation between work and private life. *Journal of Occupational and Organisational Psychology*, 87, 158-176.
- Bakker, A. B., Demerouti, E., Oerlemans, W., & Sonnentag, S. (2013). Workaholism and daily recovery: A day reconstruction study of leisure activities. *Journal of Organizational Behavior*, 34, 87-107.
- Feldt, T., Huhtala, M., Kinnunen, U., Hyvönen, K., Mäkkikangas, A., & Sonnentag, S. (2013). Long-term patterns of effort-reward imbalance and over-commitment: Investigating occupational well-being and recovery experiences as outcomes. *Work & Stress*, 27, 64-87.
- Nägel, I. J., & Sonnentag, S. (2013). Exercise and sleep predict personal resources in employees' daily lives. *Applied Psychology: Health and Well-Being*, 5, 348-368.
- Neff, A., Niessen, C., Sonnentag, S., & Unger, D. (2013). Expanding crossover research: The crossover of job-related self-efficacy within couples. *Human Relations*, 66, 803-827.
- Potocnik, K., & Sonnentag, S. (2013). A longitudinal study of well-being in older workers and retirees: The role of engaging in different types of activities. *Journal of Occupational and Organisational Psychology*, 86, 497-521.
- Sonnentag, S. & Binnewies, C. (2013). Daily affect spillover from work to home: Detachment from work and sleep as moderators. *Journal of Vocational Behavior*, 83, 198-208.
- Sonnentag, S., Unger, D., & Nägel, I. J. (2013). Workplace conflict and employee well-being: The moderating role of detachment from work during off-job time. *International Journal of Conflict Management*, 24, 166-183.
- De Jonge, J., Spoor, E., Sonnentag, S., Dormann, C., & van den Toren, M. (2012). "Take a break?!" Off-job recovery, job demands and job resources as predictors of health, active learning, and creativity. *European Journal of Work and Organizational Psychology*, 21, 321-348.
- Demerouti, E., Bakker, A. B., Sonnentag, S., & Fullagar, C. (2012). Work-related flow and energy at work and at home: A study on the role of daily recovery. *Journal of Organizational Behavior*, 33, 276-295.

- Fay, D., & Sonnentag, S. (2012). Within-person fluctuations of proactive behavior: How affect and experienced competence regulate work behavior. *Human Performance*, 25, 72-93.
- Kühnel, J., Sonnentag, S., & Bledow, R. (2012). Resources and time pressure as day-level antecedents of work engagement. *Journal of Occupational and Organizational Psychology*, 85, 181-198.
- Niessen, C., Sonnentag, S., & Sach, F. (2012). Thriving at work: A diary study. *Journal of Organizational Behavior*, 33, 468-487.
- Neff, A., Sonnentag, S., Niessen, C., & Unger, D. (2012). What's mine is yours: The crossover of day-specific self-esteem. *Journal of Vocational Behavior*, 81, 385-394.
- Shimazu, A., Sonnentag, S., Kubota, K., & Kawakami, N. (2012). Validation of the Japanese version of the Recovery Experience Questionnaire. *Journal of Occupational Health*, 54, 196-205.
- Sonnentag, S. (2012). Psychological detachment from work during leisure time: The benefits of mentally disengaging from work. *Current Directions in Psychological Science*, 21, 114-118.
- Sonnentag, S., & Grant, A. M. (2012). Doing good at work feels good at home, but not right away: When and why perceived prosocial impact predicts positive affect. *Personnel Psychology*, 65, 495-530.
- Sonnentag, S., Mojza, E. J., Demerouti, E., & Bakker, A. B. (2012). Reciprocal relations between recovery and work engagement: The moderating role of job stressors. *Journal of Applied Psychology*, 97, 842-853.
- Sonnentag, S., & Spychara, A. (2012). Job control and job stressors as predictors of proactive work behavior: Is role breadth self-efficacy the link? *Human Performance*, 25, 412-431.
- Volmer, J., Binnewies, C., Sonnentag, S., & Niessen, C. (2012). Do social conflicts with customers at work encroach upon our private lives? A diary study. *Journal of Occupational Health Psychology*, 17, 304-315.
- De Bloom, J., Geurts, S. A. E., Sonnentag, S., Taris, T., de Weerth, C., & Kompier, M. A. J. (2011). How does a vacation from work affect employee health and well-being? *Psychology & Health*, 26, 1606-1622.
- Hahn, V. C., Binnewies, C., Sonnentag, S., & Mojza, E. J. (2011). Learning how to recover from job stress: Effects of a recovery training program on recovery, recovery-related self-efficacy and well-being. *Journal of Occupational Health Psychology*, 16, 202-216.
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- Sonnentag, S. (1990). Psychisch Kranke in Werkstätten für Behinderte. In S. Höfling & W. Butollo (Eds.), Psychologie für Menschenwürde und Lebensqualität. Aktuelle Herausforderungen und Chancen für die Zukunft (pp. 211-218). Bonn: Deutscher Psychologen Verlag.
- Schultz, F. & Sonnentag, S. (1989). Menschengerechte Gestaltungsansätze in der Fertigbetonlogistik - Arbeitsanalytische Untersuchungen zur aufgabenorientierten Gestaltung computergestützter Arbeit. In S. Maaß & H. Oberquelle (Eds.),

Software-Ergonomie '89. Aufgabenorientierte Systemgestaltung und Funktionalität (pp. 100-109). Stuttgart: Teubner.

OTHER PUBLICATIONS (EDITORIALS, COMMENTARIES, ...)

Sonnentag, S., & Meier, L. L. (2024). Gain and loss cycles revisited: What to consider when testing key assumptions of conservation of resources theory. *Journal of Management Scientific Reports*, 2(2), 154-167.

Sonnentag, S. (2023). Temporal aspects of career proactivity: How to dig deeper. *Applied Psychology: An International Review*, 72(1), 185-190.

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Sonnentag, S., ... Wille, B. (2021). The baby and the bathwater: On the need for substantive-methodological synergy in organizational research. *Industrial and Organizational Psychology: Perspectives on Science and Practice*, 14(4), 497-504.

Sonnentag, S. (2012). Time in organizational research. Catching up on a long neglected topic in order to improve theory. *Organizational Psychology Review*, 2, 361-368.

Sonnentag, S. (2011). Research on work engagement is well and alive: Commentary on "Key questions regarding work engagement". *European Journal of Work and Organizational Psychology*, 20, 29-38.

Sonnentag, S., & Ilies, R. (2011). Intra-individual processes linking work and employee well-being: Introduction into the special issue. *Journal of Organizational Behavior*, 32, 521-525.

Dormann, C., Sonnentag, S., & van Dick, R. (2008). Zur Notwendigkeit des internationalen Publizierens angewandter psychologischer Forschung. *Psychologische Rundschau*, 59, 169-174.

Sonnentag, S. (2006). Burnout and HPA-axis functioning: There are no simple answers. *Scandinavian Journal of Work, Environment, and Health*, 32, 333-338.

Sonnentag, S. (2005). Burnout research: Adding an off-work and day-level perspective. *Work and Stress*, 19, 271-275.

Sonnentag, S. (2000). Working in a network context – What are we talking about? Comment on Symon. *Journal of Occupational and Organizational Psychology*, 73, 415-418.

Sonnentag, S. & Schmidt-Braße, U. (1998). Expertise at work: Research perspectives and practical interventions for ensuring excellent performance at the work-place. Editorial for the Special Issue on 'Expertise at work" of the *European Journal of Work and Organizational Psychology*, 7, 449-454.

SUPERVISION OF DOCTORAL DISSERTATIONS (FIRST ADVISOR)

- Julia Iser-Potempa, University of Mannheim, 2024
Leon Többen, University of Mannheim, 2024
Maike Arnold, University of Mannheim, 2024
Theresa J. S. Koch, University of Mannheim, 2023
Jette Völker, University of Mannheim, 2023
Monika Wiegelmann, University of Mannheim, 2023
Monique Mohr, University of Mannheim, 2022
Wilken Wehrt, University of Mannheim, 2021
Hadar Nesher Shoshan, University of Mannheim, 2019
Ines Lützen, University of Mannheim, 2018
Anne Casper, University of Mannheim, 2018
Anita Starzyk, University of Mannheim, 2018
Christine Bosch, University of Mannheim, 2018
Anna Sophia Pinck, University of Mannheim, 2018
Stephanie Tremmel, University of Mannheim, 2017
Laura Venz, University of Mannheim, 2015
Inga Nägel, University of Konstanz, 2013
Dana Unger, University of Konstanz, 2013
Nils Henker, University of Konstanz, 2013
Stefanie Daniel, University of Konstanz, 2013
Angela Neff, University of Konstanz, 2012
Anne Spychala, University of Konstanz, 2010
Jana Kühnel, University of Konstanz, 2009
Eva J. Mojza, University of Konstanz, 2008
Jennifer L. Sparr, University of Konstanz, 2008
Carmen Binnewies, University of Konstanz, 2008
Judith Volmer, Technical University Braunschweig, 2006
Saskia-Maria Weh, Technical University Braunschweig, 2006
Sandra Ohly, Technical University Braunschweig, 2005
Charlotte Fritz, Technical University Braunschweig, 2005

EDITORIAL RESPONSIBILITIES AND REVIEWING ACTIVITIES

EDITORSHIPS

2013 to 2021	Journal of Organizational Behavior, Associate Editor
2013 to 2021	Journal of Business and Psychology, Associate Editor
2014 to 2020	Journal of Applied Psychology, Associate Editor
2007 to 2011	Applied Psychology: An International Review, Editor in Chief; Co-Editor from 2006-2007; Associate Editor 2003-2006; Deputy Editor 1995-1997
2003 to 2006	Psychologische Rundschau, Associate Editor
2000 to 2006	Journal of Occupational and Organizational Psychology, Associate Editor

EDITORIAL BOARD MEMBERSHIPS

2024 to present	Journal of Management
2022 to present	Journal of Management Scientific Reports
2021 to present, 2008 to 2013	Journal of Applied Psychology
2014 to present	Academy of Management Journal
2012 to present	Journal of Occupational Health Psychology
2010 to present	Organizational Psychology Review
2007 to present	Personnel Psychology
2002 to present	Gedrag en Organisatie
2001 to present	European Journal of Work and Organizational Psychology
2001 to present	Zeitschrift für Arbeits- und Organisationspsychologie
2011 to 2017	Annual Review of Organizational Psychology and Organizational Behavior, Editorial Committee Member
2008 to 2013	Journal of Managerial Psychology
2008 to 2013	Journal of Business and Psychology
2007 to 2013	Scandinavian Journal of Work, Environment and Health
2008 to 2013	Group and Organizational Management
1998 to 2002	Applied Psychology: An International Review

AD-HOC REVIEWER

Academy of Management Journal
Academy of Management Review
Applied Psychology: An International Review
European Journal of Work and Organizational Psychology
Behaviour & Information Technology
Interacting with Computers
International Journal of Human-Computer Interaction
International Journal of Selection and Assessment
Journal of Applied Psychology
Journal of Management
Journal of Occupational and Organizational Psychology
Journal of Occupational Health Psychology
Organizational Behavior and Human Decision Processes
Personnel Psychology
Psychological Bulletin
Psychologische Rundschau
Scandinavian Journal of Work, Environment and Health
Zeitschrift für Arbeits- und Organisationspsychologie

COMMITTEE MEMBERSHIPS FOR GRANT AGENCIES

2014 to 2019	Member of Senate Committee on Research Training Groups of the German Research Foundation (DFG)
2004 to 2012	Elected member of Review Board "Psychology" of the German Research Foundation (DFG)

AD-HOC REVIEWER FOR GRANT AGENCIES

Academy of Finland
Austrian Wissenschaftsfond
German Research Foundation (DFG)
Dutch Science Organization (NWO)
Economic and Social Research Council (ESRC)
National Science Foundation (NSF)
Research Foundation Flanders (FWO)
Swiss National Science Foundation (SNF)
VolkswagenStiftung

PROFESSIONAL AFFILIATIONS

Academy of Management
American Psychological Association (International Affiliate)
Deutsche Gesellschaft für Psychologie
ENOP (European Network of Organizational Psychologists; invited member since 2011)
European Association of Work and Organizational Psychology (EAWOP)
German Academy of Sciences Leopoldina (elected member since 2011)
Society for Industrial and Organizational Psychology (SIOP; Fellow since 2007)
Society of Organizational Behavior (elected member since 2013)

TEACHING EXPERIENCE

Department of Psychology, University of Mannheim, since 2010
Department of Psychology, University of Konstanz, 1999 – 2001, 2004 - 2010
Institute for Psychology, Technical University of Braunschweig, 2001-2004
Department of Psychology, University of Amsterdam, 1995 - 1999
Department of Psychology, University of Giessen, 1992 - 1999
Institute for Psychology, Technical University of Braunschweig, 1987 – 1991
Institute for Psychology, Free University of Berlin, 1984 - 1987