

SABINE SONNENTAG

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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

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| | (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

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| 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) |
| 2016-2022 | 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 |

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| | "The chronicle 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

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| 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 |

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| 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

Law, Y. C., Wehrt, W., Sonnentag, S., & Weyers, B. (in press). Obtaining semi-formal models from qualitative data: From interviews into BPMN into user-centered design processes. *International Journal of Human-Computer Interaction*.

Mohr, M. Venz, L., & Sonnentag, S. (in press). A dynamic view on work-related perfectionism: Antecedents at work and implications for employee well-being. *Journal of Occupational and Organizational Psychology*.

Nesher Shoshan, H., Venz, L., & Sonnentag, S. (in press). Being recovered as antecedent of emotional labor. *Journal of Personnel Psychology*.

Wehrt, W., Casper, A., & Sonnentag, S. (in press). More than a muscle: How self-control motivation, depletion, and self-regulation strategies impact task performance. *Journal of Organizational Behavior*.

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.

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.

- Alessandri, G., Filosa, L., Sonnentag, S., Crea, G., Borgogni, L., Avanzi, L., Cinque, L., & Crocetti, E. (2021). Determinants of workers' well-being during the COVID-19 outbreak: An exploratory study. *Current Psychology*.
- 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., Puntdt, 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., & Puntdt, 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., Mäkikangas, 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., & Spychala, 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.
- Kinnunen, U., Feldt, T., Siltaloppi, M., & Sonnentag, S. (2011). Job demands-resources model in the context of recovery: Testing recovery experiences as mediators. *European Journal of Work and Organizational Psychology, 20*, 805-832.
- Kühnel, J., & Sonnentag, S. (2011). How long do you benefit from vacation? A closer look at the fade-out of vacation effects. *Journal of Organizational Behavior, 32*, 125-143.
- Mojza, E. J., Sonnentag, S., & Bornemann, C. (2011). Volunteer work as a valuable leisure time activity: A day-level study on volunteer work, non-work experiences, and well-being at work. *Journal of Occupational and Organizational Psychology, 84*, 123-152.
- Spychala, A., & Sonnentag, S. (2011). The dark and the bright sides of proactive work behavior and situational constraints: Longitudinal relationships with task conflicts. *European Journal of Work and Organizational Psychology, 20*, 654-680.
- Volmer, J., & Sonnentag, S. (2011). The role of star performers in software design teams. *Journal of Managerial Psychology, 26*, 219-234.
- Westman, M., Bakker, A. B., Roziner, I., & Sonnentag, S. (2011). Crossover of job demands and emotional exhaustion within teams: A longitudinal multilevel study. *Anxiety, Stress, and Coping, 24*, 261-577.
- Binnewies, C., Sonnentag, S., & Mojza, E. J. (2010). Recovery during the weekend and fluctuations in weekly job performance: A four-week longitudinal study examining intra-individual relationships. *Journal of Occupational and Organizational Psychology, 83*, 419-441.
- De Bloom, J., Geurts, S. A. E., Taris, T. W., Sonnentag, S., De Weerth, C., & Kompier, M. A. J. (2010). Effects of vacation from work on health and well-being: Lots of fun, quickly gone. *Work & Stress, 24*, 196-216.
- Fay, D., & Sonnentag, S. (2010). A look back to move forward: New directions for research on proactive performance and other discretionary work behaviors. *Applied Psychology: An International Review, 59*, 1-20.
- Fritz, C., Sonnentag, S., Spector, P. E., & McInroe, J. (2010). The weekend matters: Relationships between stress recovery and affective experiences. *Journal of Organizational Behavior, 31*, 1137-1162.
- Grant, A. M., & Sonnentag, S. (2010). Doing good buffers against feeling bad: Prosocial impact compensate for negative task and self-evaluations. *Organizational Behavior and Human Decision Processes, 111*, 13-21.

- Mojza, E. J., Lorenz, C., Sonnentag, S., & Binnewies, C. (2010). Daily recovery experiences: The role of volunteer work during leisure time. *Journal of Occupational Health Psychology, 15*, 60-74.
- Mojza, E. J. & Sonnentag, S. (2010). Does volunteer work during leisure time buffer negative effects of job stressors? A diary study. *European Journal of Work and Organizational Psychology, 19*, 231-252.
- Ohly, S., Sonnentag, S., Niessen, C., & Zapf, D. (2010). Diary studies in organizational research: An introduction and some practical recommendations. *Journal of Personnel Psychology, 9*, 79-93.
- Sanz-Vergel, A. I., Sebastián, J., Rodríguez-Muñoz, A., Garrosa, E., Moreno-Jiménez, B., & Sonnentag, S. (2010). Adaptación del "Cuestionario de Experiencias de Recuperación" a una muestra española. *Psicothema, 22*, 990-996.
- Sonnentag, S., Binnewies, C., & Mojza, E. J. (2010). Staying well and engaged when demands are high: The role of psychological detachment. *Journal of Applied Psychology, 95*, 965-976.
- Sonnentag, S., Kuttler, I., & Fritz, C. (2010). Job stressors, emotional exhaustion, and need for recovery: A multi-source study on the benefits of psychological detachment. *Journal of Vocational Behavior, 76*, 355-365.
- Sonnentag, S., & Volmer, J. (2010). What you do for your team comes back to you: A cross-level investigation of individual goal specification, team-goal clarity, and individual performance. *Human Performance, 23*, 116-130.
- Binnewies, C., Sonnentag, S. & Mojza, E. J. (2009). Daily performance at work: Feeling recovered in the morning as a predictor of day-level job performance. *Journal of Organizational Behavior, 30*, 67-93.
- Binnewies, C., Sonnentag, S., & Mojza, E. J. (2009). Feeling recovered and thinking about the good sides of one's work: A longitudinal study on the benefits of non-work experiences for job performance. *Journal of Occupational Health Psychology, 14*, 243-256.
- De Bloom, J., Kompier, M., Geurts, S., de Weerth, C., Taris, T., & Sonnentag, S. (2009). Do we recover from vacation? Meta-analysis of vacation effects on health and well-being. *Journal of Occupational Health, 51*, 13-25.
- Fritz, C. & Sonnentag, S. (2009). Antecedents of day-level proactive behavior: A look at job stressors and positive affect during the workday. *Journal of Management, 35*, 95-111.
- Kühnel, J., Sonnentag, S., & Westman, M. (2009). Does work engagement increase after a short respite? The role of job involvement as a double-edged sword. *Journal of Occupational and Organizational Psychology, 82*, 575-594.
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SUPERVISION OF DOCTORAL DISSERTATIONS (FIRST ADVISOR)

Wilken Wehrt, University of Mannheim, 2021
Hadar Neshor 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 Spsychala, 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

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

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 FOR GRANT AGENCIES

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|--------------|--|
| 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