

## **SABINE SONNENTAG**

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### **EDUCATION**

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- 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**

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- 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

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2018-2021	German Research Foundation (DFG): "Not detaching from work during leisure time, affect, and well-being: Testing the underlying processes" (PI)
2016-2019	German Research Foundation (DFG): "Intentional forgetting of everyday work behaviour: Assessment, formalization, and integration into interactive systems" (PI, together with Benjamin Weyers, RWTH Aachen)
2015-2021	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 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
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

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

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

Casper, A., Tremmel, S., & Sonnentag, S. (in press). 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*.

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

Nesher Shoshan, H., & Sonnentag, S. (in press). The effects of employee burnout on customers: An experimental approach. *Work & Stress*.

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

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

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

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., 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 recovery 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.
- Sonnentag, S. & Jelden, S. (2009). Job stressors and the pursuit of sport activities: A day-level perspective. *Journal of Occupational Health Psychology*, 14, 165-181.
- Sonnentag, S. & Volmer, J. (2009). Individual-level predictors of task-related teamwork processes: The role of expertise and self-efficacy in team meetings. *Group and Organization Management*, 34, 37-66.
- Sonnentag, S., Binnewies, C., & Mojza, E. J. (2008). "Did you have a nice evening?" A day-level study on recovery experiences, sleep, and affect. *Journal of Applied Psychology*, 93, 674-684.
- Sonnentag, S., Mojza, E. J., Binnewies, C., & Scholl, A. (2008). Being engaged at work and detached at home: A week-level study on work engagement, psychological detachment, and affect. *Work & Stress*, 22, 257-276.
- Sonnentag, S. & Niessen, C. (2008). Staying vigorous until work is over: The role of trait vigour, day-specific work experiences and recovery. *Journal of Occupational and Organizational Psychology*, 81, 435-458.
- Sparr, J. L. & Sonnentag, S. (2008). Fairness perceptions of supervisor feedback, LMX, and employee well-being at work. *European Journal of Work and Organizational Psychology*, 17, 198-225.
- Sparr, J. L., & Sonnentag, S. (2008). Feedback environment and well-being at work: The mediating role of personal control and feelings of helplessness. *European Journal of Work and Organizational Psychology*, 17, 388-412.
- Binnewies, C., Ohly, S., & Sonnentag, S. (2007). Taking personal initiative and communicating about ideas: What is important for the creative process and for idea creativity? *European Journal of Work and Organizational Psychology*, 16, 432-455.
- Sonnentag, S., & Fritz, C. (2007). The recovery experience questionnaire: Development and validation of a measure assessing recuperation and unwinding at work. *Journal of Occupational Health Psychology*, 12, 204-221.
- Fritz, C. & Sonnentag, S. (2006) Recovery, well-being, and performance-related outcomes: The role of work load and vacation experiences. *Journal of Applied Psychology*, 91, 936-945.

- Geurts, S. A. E., & Sonnentag, S. (2006). Recovery as an explanatory mechanism in the relation between acute stress reactions and chronic health impairment. *Scandinavian Journal of Work, Environment and Health, 32*, 482-492.
- Ohly, S., Sonnentag, S., & Pluntke, F. (2006). Routinization, work characteristics, and the relationship with creative and proactive behaviours. *Journal of Organizational Behavior, 27*, 257-279.
- Sonnentag, S. & Krueger, U. (2006). Psychological detachment from work during off-job time: The role of job stressors, job involvement, and recovery-related self-efficacy. *European Journal of Work and Organizational Psychology, 15*, 197-217.
- Sonnentag, S. & Zijlstra, F. R. H. (2006). Job characteristics and off-job time activities as predictors of need for recovery, well-being, and fatigue. *Journal of Applied Psychology, 91*, 330-350.
- Fritz, C. & Sonnentag, S. (2005). Recovery, health, and job performance: Effects of weekend experiences. *Journal of Occupational Health Psychology, 10*, 187-199.
- Sonnentag, S. & Bayer, U. (2005). Switching off mentally: Predictors and consequences of psychological detachment from work during off-job time. *Journal of Occupational Health Psychology, 10*, 393-414.
- Van Dyck, C., Frese, M., Baer, M., & Sonnentag, S. (2005). Organizational error management culture and its impact on performance: A two-study replication. *Journal of Applied Psychology, 90*, 1228-1240.
- Sonnentag, S. & Natter, E. (2004). Flight attendants' daily recovery from work: Is there no place like home? *International Journal of Stress Management, 11*, 366-391.
- Van der Linden, D., Frese, M., & Sonnentag, S. (2003). Fatigue and exploration in a complex computer program: Systematic versus unsystematic behavior. *Human Factors, 45*, 483-494.
- Heimbeck, D., Frese, M., & Sonnentag, S., & Keith, N. (2003). Integrating errors in the training process: The function of instructions to manage errors and the role of goal orientation. *Personnel Psychology, 56*, 333-361.
- Sonnentag, S. (2003). Recovery, work engagement, and proactive behaviour: A new look at the interface between work and non-work. *Journal of Applied Psychology, 88*, 518-528.
- Fay, D. & Sonnentag, S. (2002). Rethinking the effects of stressors: A longitudinal study on personal initiative. *Journal of Occupational Health Psychology, 7*, 221-234.
- Sonnentag, S., & Lange, I. (2002). The relationship between high performance and knowledge about how to master cooperation situations. *Applied Cognitive Psychology, 16*, 491-508.
- Sonnentag, S. (2001). High performance and meeting participation: An observational study in software design teams. *Group Dynamics: Theory, Research and Practice, 5*, 3-18.
- Sonnentag, S. (2001). Work, recovery activities, and individual well-being: A diary study. *Journal of Occupational Health Psychology, 6*, 196-210.
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## **SUPERVISION OF DOCTORAL DISSERTATIONS (FIRST ADVISOR)**

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**

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### **EDITORSHIPS**

2014 to present	Journal of Applied Psychology, Associate Editor
2013 to present	Journal of Organizational Behavior, Associate Editor
2013 to present	Journal of Business and 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
2000 to 2006	Journal of Occupational and Organizational Psychology, Associate Editor

### **EDITORIAL BOARD MEMBERSHIPS**

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 Applied Psychology, Editorial Board 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
2003 to 2006	Psychologische Rundschau, Associate Editor
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**

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

#### **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**

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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**

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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