

## Curriculum Vitae

### Dr. Katharina Bernecker

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#### Research Interests

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- Cognitive, affective, and motivational processes involved in successful self-regulation
- Personal and contextual determinants of hedonic goal pursuit
- Motivational processes and conflict behavior in romantic relationships

#### Education and Training

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10/2011 – 02/2015	<b>Ph.D. in Psychology</b> (summa cum laude) University of Zurich, Department of Psychology, Switzerland Thesis: <i>Implicit Theories about Willpower and Their Consequences for Achievement, Health and Well-Being</i> , Committee: Prof. Dr. V. Brandstätter, Prof. Dr. Malte Friese
10/2009 – 09/2011	<b>M.Sc. in Psychology</b> University of Erfurt, Department of Psychology, Germany
10/2005 – 09/2008	<b>B.A. in Psychology &amp; Educational Sciences</b> University of Erfurt, Department of Psychology, Germany

#### Positions

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Since 05/2019	<b>Senior Teaching and Research Associate</b> University of Zurich, Department of Psychology Psychology of Motivation, Volition, and Emotion
03/2017 – 04/2019	<b>Postdoctoral Fellow</b> Leibniz-Institute for Knowledge Media, Tübingen, Germany Social Processes Lab
03/2015 – 02/2017	<b>Postdoctoral Fellow</b> University of Zurich, Department of Psychology Psychology of Motivation, Volition, and Emotion
03/2011 – 02/2015	<b>Junior Teaching and Research Associate</b> University of Zurich, Department of Psychology SNF-funded Ambizione-Project, PI: Prof. Dr. V. Job
01/2009 – 10/2009	<b>Visiting Researcher</b> Stanford University, Palo Alto, USA Host: Prof. Dr. C. Dweck (Developmental & Social Psychology)

#### Key Contributions

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- I co-authored a review of the self-regulation literature on persistence and goal disengagement published in Annual Review of Psychology ([Brandstätter & Bernecker, 2022](#))
- I showed that the successful pursuit of hedonic goals is relevant for well-being and mental health ([Bernecker & Becker, 2021](#)). The paper is cited 30 times and referenced by [media outlets in 43 countries](#).
- I received funding by the SNSF for a 3-year research project investigating determinants and processes underlying successful hedonic goal pursuit.
- I was main organizer (with one co-organizer) of the [40<sup>th</sup> Motivational Research Colloquium](#), a European conference on the science of motivation with over 70 attendees.

## Grants and Awards

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- 2021 **SNF-funded Research Project** (PI) – CHF 365'142  
 "How to Eat your Cake and Enjoy It, too – Examining Determinants of Successful Hedonic Goal Pursuit" (nr. 10001C\_197635)
- 2017 **Research Grant, Leibniz Competition** (Co-PI) – Volume: € 9'012  
 "No Pain, No Gain? Investigating Motivational Effects of Game Elements in Cognitive Tasks"
- 2013 **Research Grant, Biäsch-Foundation** (PI) – CHF 45'500  
 "How am I supposed to manage all of this? How lay theories about willpower affect subjective well-being and physical health"
- 2008 **Travel Grant, German National Academic Foundation** – € 49'300  
 Visiting Researcher at Stanford University
- 2007 – 2011 **Student Fellowship, German National Academic Foundation** – € 17'280  
 Fellowship awarded to top 1% of students from all fields in Germany
- 2021 **Open Science Award** – 250 CHF  
 Department of Psychology, University of Zurich  
 Category: Paper published by Postdocs (for Bernecker & Becker, 2021)

## Peer-Reviewed Publications

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33. **Bernecker, K.**, Becker, D. & Guobyte, A. (in press). If the party is good, you should stay longer—effects of trait hedonic capacity on hedonic quantity and performance. *Motivation and Emotion*. [Preprint](#) | [Data/Material](#)
32. Becker, D. & **Bernecker, K.** (in press). Don't throw the baby out with the bathwater: Indulging in harmless pleasures can support self-regulation and foster cooperation. *Behavioral and Brain Sciences*.
31. Becker, D.\*, & **Bernecker, K.\*** (in press). The role of hedonic goal pursuit in self-control and self-regulation: Is pleasure the problem - or part of the solution? *Affective Sciences*. **\*shared first authorship**
30. Kukowski, C. A. & **Bernecker, K.** (in press). Which factors shape public climate policy support? A social-motivational perspective. *Green Ways – Perspectives on Environmental Psychology Research*. German Federal Agency for Nature Conservation.
29. Kukowski, C. A., **Bernecker, K.**, Nielsen, K. S., Hofmann, W., & Brandstätter, V. (2023). Regulate me! Self-control dissatisfaction in meat reduction success relates to stronger support for behavior-regulating policy. *Journal of Environmental Psychology*, *85*, 101922. <https://doi.org/10.1016/j.jenvp.2022.101922> | [PDF](#) | [Data/Material](#)
28. Sassenberg, K., Roesel, I., Sudeck, G., **Bernecker, K.**, Durst, J., & Krauss, I. (2022). The relation of attitude toward technology and mastery experience after an app-guided physical exercise intervention: Randomized crossover trial. *JMIR Formative Research*, *6*(2), e28913. <https://doi.org/10.2196/28913> | [PDF](#) | [Material](#)
27. Kukowski, C. A., **Bernecker, K.**, Von der Heyde, L., Boos, M., & Brandstätter, V. (2022). Climate policy support as a tool to control others (but not own) environmental behavior? *Plos One*, *June*, 1–22. <https://doi.org/10.1371/journal.pone.0269030> | [PDF](#) | [Data/Material](#)
26. Brandstätter, V., & **Bernecker, K.** (2022). Persistence and disengagement in personal goal pursuit. *Annual Review of Psychology*, *73*, 271-299. <https://doi.org/10.1146/annurev-psych-020821-110710> | [PDF](#)
25. Greipl, S., **Bernecker, K.**, & Ninaus, M. (2021). Facial and bodily expressions of emotional engagement: How dynamic measures reflect the use of game elements and subjective experience of

- emotions and effort. *PACM in Human-Computer Interaction*, 5, 240.  
<https://dl.acm.org/doi/10.1145/3474667> | [PDF](#) | [Material](#)
24. Kukowski, C. A., **Bernecker, K.**, & Brandstätter, V. (2021). Self-control and beliefs surrounding others' cooperation predict own health-protective behaviors and support for COVID-19 government regulations: Evidence from two European countries. *Social Psychological Bulletin*, 16(1), 1-28.  
<https://doi.org/10.32872/spb.4391> | [PDF](#) | [Data/Material](#)
  23. **Bernecker, K.**, & Becker, D. (2021). Beyond self-control: Mechanisms of hedonic goal pursuit and its relevance for well-being. *Personality and Social Psychology Bulletin*, 47(4), 627-642.  
<https://doi.org/10.1177/0146167220941998> | [PDF](#) | [Data/Material](#)
  22. **Bernecker, K.**, & Ninaus, M. (2021). No pain, no gain? No pain, no gain? Investigating motivational mechanisms of game elements in cognitive tasks. *Computers in Human Behavior*, 114, 106542.  
<https://doi.org/10.1016/j.chb.2020.106542> | [PDF](#) | [Data/Material](#)
  21. **Bernecker, K.**, & Job, V. (2020). Too exhausted to go to bed: Implicit theories about willpower and stress predict bedtime procrastination. *British Journal of Psychology*, 111, 126-147.  
<https://doi.org/10.1111/bjop.12382> | [PDF](#) | [Material](#)
  20. **Bernecker, K.**, & Kramer, J. (2020). Implicit theories about willpower are associated with exercise levels during the academic examination period. *Sport, Exercise, and Performance Psychology*, 9(2), 216–231. <http://dx.doi.org/10.1037/spy0000182> | [PDF](#)
  19. Ghassemi, M. G., **Bernecker, K.**, & Brandstätter, V. (2020). "Take care, honey!": People are more anxious about their significant others' risk behavior than about their own. *Journal of Experimental Social Psychology*, 86, 103879. <https://doi.org/10.1016/j.jesp.2019.103879> | [PDF](#) | [Material](#)
  18. **Bernecker, K.**, Ghassemi, M., & Brandstätter, V. (2019). Approach and avoidance relationship goals and couples' nonverbal communication during conflict. *European Journal of Social Psychology*, 49(3), 622-636. <https://dx.doi.org/10.1002/ejsp.2379> | [PDF](#)
  17. **Bernecker, K.**, Wenzler, M., & Sassenberg, K. (2019). Tweeted anger predicts county-level results of the 2016 United States presidential election. *International Review of Social Psychology*, 32(1), 6, 1–14. DOI: <https://doi.org/10.5334/irsp.256> | [PDF](#) | [Data/Material](#)
  16. Sieber, V., Flückiger, L., Mata, J., **Bernecker, K.**, & Job, V. (2019). Autonomous goal striving promotes a nonlimited theory about willpower. *Personality and Social Psychology Bulletin*, 45(8), 1295-1307. <https://doi.org/10.1177/0146167218820921> | [PDF](#)
  15. **Bernecker, K.**, Job, V., & Hofmann, W. (2018). Experience, resistance, and enactment of desires: Differential relationships with trait measures predicting self-control. *Journal of Research in Personality*, 76, 92-101. <https://dx.doi.org/10.1016/j.jrp.2018.07.007> | [PDF](#) | [Data](#)
  14. Leuchtmann, L., Milek, A., **Bernecker, K.**, Nussbeck, F. W., Backes, S., Martin, M., ... Bodenmann, G. (2018). Temporal dynamics of couples' communication behaviors in conflict discussions: A longitudinal analysis. *Journal of Social and Personal Relationships*.  
<https://doi.org/10.1177/0265407518806582> | [PDF](#)
  13. **Bernecker, K.**, & Job V. (2017). Implicit theories about willpower in resisting temptations and emotion control. *Journal of Psychology*, 225, 157-166.  
<https://dx.doi.org/10.1027/2151-2604/a000292> | [PDF](#)
  12. Ghassemi, M., **Bernecker, K.**, Herrmann, M., & Brandstätter, V. (2017). The process of disengagement from personal goals: Reciprocal influences between the experience of action crisis and appraisals of goal desirability and attainability. *Personality and Social Psychology Bulletin*, 43(4), 524 – 537. <https://doi.org/10.1177/0146167216689052> | [PDF](#)

11. **Bernecker, K.**, Herrmann, M., Brandstätter, V., & Job, V. (2017). Implicit theories about willpower predict subjective well-being. *Journal of Personality*, *85*(2), 136–150. <https://doi.org/10.1111/jopy.12225> | [PDF](#)
10. Neysari, M., Bodenmann, G., Mehl, M.R., **Bernecker, K.**, Nussbeck, F.W., Backes, S., Zemp, M., Martin, M., & Horn, A. (2016). Monitoring pronouns in conflicts: Temporal dynamics of verbal communication in couples across the lifespan. *The Journal of Gerontopsychology and Geriatric Psychiatry*, *29*, 201–213. <https://doi.org/10.1024/1662-9647/a000158> | [PDF](#)
9. Job, V., Friese, M., & **Bernecker, K.** (2015). Effects of practicing self-control on academic performance. *Motivation Science*, *1*(4), 219–232. <http://doi.org/10.1037/mot0000024> | [PDF](#)
8. **Bernecker, K.**, & Job, V. (2015). Beliefs about willpower are related to therapy adherence and psychological adjustment in patients with type 2 diabetes. *Basic and Applied Social Psychology*, *37*(3), 188–195. <http://doi.org/10.1080/01973533.2015.1049348> | [PDF](#)
7. **Bernecker, K.**, & Job, V. (2015). Beliefs about willpower moderate the effect of previous day demands on next day's expectations and effective goal striving. *Frontiers in Psychology*, *6*(1496), 1–10. <http://doi.org/10.3389/fpsyg.2015.01496> | [PDF](#)
6. Job, V., Walton, G. M., **Bernecker, K.**, & Dweck, C. S. (2015). Implicit theories about willpower predict self-regulation and grades in everyday life. *Journal of Personality and Social Psychology*, *108*(4), 637–647. <http://doi.org/http://dx.doi.org/10.1037/pspp0000014> | [PDF](#)
5. Job, V., **Bernecker, K.**, Miketta, S., & Friese, M. (2015). Implicit theories about willpower predict the activation of a rest goal following self-control exertion. *Journal of Personality and Social Psychology*, *109*, 694–706. <http://doi.org/10.1037/pspp0000042> | [PDF](#)
4. Kuster, M., **Bernecker, K.**, Backes, S., Brandstätter, V., Bradbury, T. N., Martin, M., Sutter-Stickel, D., & Bodenmann, G. (2015). Avoidance orientation and the escalation of negative communication in intimate relationships. *Journal of Personality and Social Psychology*, *109*(2), 262–275. <http://doi.org/10.1037/PSPI0000025> | [PDF](#)
3. Job, V., Walton, G. M., **Bernecker, K.**, & Dweck, C. S. (2013). Beliefs about willpower determine the impact of glucose on self-control. *Proceedings of the National Academy of Sciences of the United States of America*, *110*(37), 14837–42. <http://doi.org/10.1073/pnas.1313475110> | [PDF](#)
2. Job, V., **Bernecker, K.**, & Dweck, C.S. (2012). Are implicit motives the need to feel certain affect? Motive–affect congruence predicts relationship satisfaction. *Personality and Social Psychology Bulletin*, *38*(12), 1552–1565. <http://doi.org/10.1177/0146167212454920> | [PDF](#)
1. **Bernecker, K.**, & Job, V. (2011). Assessing implicit motives with an online version of the picture story exercise. *Motivation and Emotion*, *35*(3), 251–266. <http://doi.org/10.1007/s11031-010-9175-8> | [PDF](#)

#### Under Review

**Bernecker, K.**, Becker, D., Weitkamp, K., & Wehrli, F. (under review). Sexual pleasure as self-regulatory problem – trait hedonic capacity predicts sexual pleasure and sexualized substance use. *Current Psychology*.

Becker, D., & **Bernecker, K.** (under review). “Happy Hour”: The relationship between hedonic capacity and motivation to drink alcohol. *Drug and Alcohol Dependence*.

**Bernecker, K.**, Becker, D., & Guobyte, A. (under review). Work first, pleasure later? Effects of trait self-control and trait hedonic capacity on how people choose to spend their time. *Journal of Personality and Social Psychology*. Registered Report.

## Book Chapters and Articles for Public Interest

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**Bernecker, K.**, & Job, V. (in press). Mindset Theorie [Mindset theory]. In K. Sassenberg & Vliek, M.L.W. (Eds.). *Social Psychology in Action – Deutsche Fassung*. Basel: Springer International Publishing.

**Bernecker, K.** (2022). Zwischen Spass und Verzicht [Between pleasure and restriction], *Spektrum der Wissenschaft - Gehirn&Geist*, 13, 12-16. <https://www.spektrum.de/magazin/editorial-gehirn-und-geist-1-2022/1952779> | [PDF](#)

Becker, D., & **Bernecker, K.** (2020). Wenn das Glas Wein am Abend der einzige Weg zu Entspannung ist. [If the glass of wine in the evening is the only way to relax], *SuchtMagazin*(6), 19-23. ISSN 1422-2221. <https://repository.ubn.ru.nl/handle/2066/227703> | [PDF](#)

**Bernecker, K.**, & Job, V. (2019). Mindset theory. In K. Sassenberg & Vliek, M.L.W. (Eds.). *Social Psychology in Action: Evidence-Based Interventions from Theory to Practice*. Basel: Springer International Publishing. <https://doi.org/10.1007/978-3-030-13788-5> | [PDF](#)

**Bernecker, K.**, & Job, V. (2017). Implicit theories about willpower and their implications for health and well-being. In D. T. D. De Ridder, M.A. Adriaanse, & K. Fujita (Eds.). *Routledge International Handbook of Self-Control in Health and Well-Being*. London: Routledge. <http://doi.org/10.4324/9781315648576> | [PDF](#)

## Conferences

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*Organized (Pre-)Conferences*

### [Pre-Conference on «Motivation Science»](#)

Main organizer (with two co-organizers), SPSP Annual Meeting Atlanta, USA, 23 February 2023

### [40<sup>th</sup> Motivational Research Colloquium](#)

Main organizer (with one co-organizer) for European conference on motivation science with over 70 attendees, University of Zurich, 28-30 October 2021

*Organized Symposia*

### [Beyond Self-Control: On the Mechanisms and Consequences of People's Hedonic Experiences](#)

Symposium accepted for the 19th General Meeting of the European Association of Social Psychology, 30 June – 4 July 2023, Krakow

### [For the Fun of It: New Insights Into the Conceptualization, Measurement, Prediction, and Improvement of People's Sexual Experiences](#)

Symposium organized for the 17th Annual Meeting Swiss Psychological Society 2022, 04-06 September, Zurich

[Recent Advances in Motivation Science II: Individual Differences](#), Symposium co-organized for the 17th Annual Meeting Swiss Psychological Society 2022, 04-06 September, Zurich

*Oral Presentations*

Guobyte, A.\*, Becker, D., & **Bernecker, K.** (2023, March). Blending goals: Hedonic outcomes of multifinal means. ICPS Congress, Brussels, Belgium.

**Bernecker, K.\***, & Becker, D. (2023, February). Is pleasure the problem or part of the solution. Moderation of panel discussion, Motivation Science Pre-conference, SPSP Convention, Atlanta, USA.

**Bernecker, K.\***, Becker, D., Weitkamp, K. & Wehrli, F. (2022, September). Who Experiences Pleasure? Relationships Between Trait Hedonic Capacity, Sexual Pleasure, and Distracting Thoughts. 17<sup>th</sup> Annual Meeting Swiss Psychological Society 2022, Zurich.

Becker, D.\* & **Bernecker, K.** (2022, September). "Happy Hour": The relationship between hedonic capacity and motivation to drink alcohol. 17<sup>th</sup> Annual Meeting Swiss Psychological Society 2022, Zurich.

Guobyte, A., Becker, D., & **Bernecker, K.** (2022, September). Blending goals: Hedonic outcomes of multifinal means. 17<sup>th</sup> Annual Meeting Swiss Psychological Society 2022, Zurich.

**Bernecker, K.\***, Becker, D., & Guobyte, A. (2022, July). If the party is good, you should stay longer—effects of trait hedonic capacity on hedonic quantity and performance. European Congress of Personality, Madrid, Spain.

**Bernecker, K.\***, & Becker, D. (2021, October). Beyond self-control: The ability to pursue hedonic goals. Motivationspsychologisches Kolloquium (MPK). Zurich, Switzerland.

**Bernecker, K.\***, & Becker, D., (2019, September). The ability to pursue hedonic goals - A necessary counterbalance to the concept of trait self-control? General Meeting of the Swiss Psychological Association (SGP). Bern, Switzerland.

Becker, D.\*, **Bernecker, K.** (2018, December). The ability to pursue hedonic goals - A necessary counterbalance to the concept of trait self-control? *Associatie van Sociaal-Psychologische Onderzoekers (ASPO)*. Nijmegen, Netherlands.

Becker, D.\*, & **Bernecker, K.** (2018, September). The ability to pursue hedonic goals - A necessary counterbalance to the concept of trait self-control? *European Social Cognition Network (ESCON)*. Köln.

**Bernecker, K.\***, & Becker, D. (2018, June). The ability to pursue hedonic goals - A necessary counterbalance to the concept of trait self-control? *30th Annual Meeting of the Association for Psychological Science (APS)*. San Francisco, USA.

**Bernecker, K.\***, & Becker, D. (2018, September). The ability to pursue hedonic goals - A necessary counterbalance to the concept of (trait) self-control? *51. Kongress der Deutschen Gesellschaft für Psychologie (DGPs)*. Frankfurt am Main.

**Bernecker, K.\***, Job, V. (2017, July). Beliefs about willpower and sleep procrastination. Preconference "The self-regulation of health", 18<sup>th</sup> General Meeting of The European Association of Social Psychology, Granada, Spain.

Sieber, V.\*, Flueckiger, L., **Bernecker, K.**, Mata, J., & Job, V. (2017, July). Autonomous goal striving promotes a nonlimited belief about willpower. 18<sup>th</sup> General Meeting of The European Association of Social Psychology, Granada, Spain.

Brandstätter, V.\*, **Bernecker, K.**, & Ghassemi, M., (2016, September). Avoidance motivation, negative (non)verbal communication, and emotional experience in intimate relationships in younger and older age. 50<sup>th</sup> Congress of the German Psychological Association (DGPs), Leipzig, Germany.

**Bernecker, K.\***, Ghassemi, M., & Brandstätter, V. (2016, September). "Fahr vorsichtig, Schatz!" – Emotionale Auswirkungen von riskantem Verhalten in (Paar-)Beziehungen. 50<sup>th</sup> Congress of the German Psychological Association (DGPs), Leipzig, Germany.

Ghassemi, M.\*, **Bernecker, K.**, & Brandstätter, V. (2016, August). "Take care, honey!": People are more anxious about their partner's risk behavior than about their own. ESCON Transfer of Knowledge Conference, Lisbon, Portugal.

**Bernecker, K.**, Job V., & Hofmann, W. (2016, August). Trait Measures of Self-Control and their Relationship to Experience, Resistance, and Enactment of Desires in Everyday Life. ESCON Transfer of Knowledge Conference, Lisbon, Portugal.

Ghassemi, M., **Bernecker, K.**, Herrmann, M., & Brandstätter, V. (2016, May). The process of disengagement from personal goals. Paper presented at the 9th Annual Meeting of the Society for the Study of Motivation (SSM), Chicago, USA.

**Bernecker, K.\***, Job, V., & Friese, M. (2016, February). Effects of Practicing Self-Control on Academic Performance. Self-Regulation Pre-Conference 17<sup>th</sup> SPSP Annual Convention, San Diego, USA.

Job, V., **Bernecker, K.\***, Herrmann, M., & Brandstätter, V. (2015, September). Implicit theories about willpower predict subjective well-being. SSP/SGP Conference, Geneva, Switzerland.

Ghassemi, M.\*, Herrmann, M., **Bernecker, K.**, & Brandstätter, V. (2015, September). Should I stop or should I go? Recent findings on the action crisis as a motivational conflict between goal pursuit and goal disengagement. Paper presented at the 14th Biannual Congress of the Swiss Psychological Society (SSP/SGP), Geneva, Switzerland.

**Bernecker, K.\***, Job, V., Dweck, C.S. & Walton, G.M. (2013, September). Veränderung von Impliziten Theorien über Willenskraft verbessert Selbstkontrolle unter Stress [Changing lay theories about willpower improves self-regulation under stress]. Fachgruppentagung Sozialpsychologie, Hagen, Germany.

Job, V.\*, **Bernecker, K.**, & Friese, M. (2013, September). "That was exhausting, I need a break!": A limited theory of willpower predicts rest-goal-activation following self-control exertion. 13th Congress of the Swiss Psychological Society, Basel, Switzerland.

**Bernecker, K.\*** & Job, V. (2013, August). Implicit theories about willpower predict preference for sugar after self-control exertion. Meeting of the European Social Cognition Network (ESCON), Vilnius, Lithuania.

Job, V.\*, Walton, G. M., **Bernecker, K.**, & Dweck, C. S. (2013, August). Beliefs about willpower determine the impact of glucose on self-control. European Social Cognition Network Meeting (ESCON), Vilnius, Lithuania.

Job, V.\*, **Bernecker, K.**, & Dweck, C. S. (2013, May). Are implicit motives the need to feel certain affect? Motive-affect congruence predicts relationship satisfaction. 6th Annual Meeting of the Society for the Study of Motivation (SSM), Washington, USA.

Job, V.\*, **Bernecker, K.**, & Friese, M. (2013, May). "That was exhausting, I need a break!": A limited theory of willpower predicts rest-goal-activation following self-control exertion. 25th Annual convention of the Association for Psychological Science (APS), Washington, USA.

Job, V.\*, Walton, G. M., **Bernecker, K.**, & Dweck, C. S. (2012, October). Does glucose really boost willpower? Implicit theories vs. glucose as determinants of self-control. Annual Meeting of the Society of Experimental Social Psychology (SESP), Austin, USA.

**Bernecker, K.\*** & Job, V. (2012, September). Exploring the mechanism of implicit theories of willpower. Meeting of the European Social Cognition Network (ESCON), Estoril, Portugal.

**Bernecker, K.\***, Job, V., Dweck, C.S., & Walton, G.M. (2012, September). Veränderung von Impliziten Theorien der Willenskraft verbessert Selbstregulation unter Stress. [Change in willpower theories predicts better self-regulation under stress.] 48th Annual meeting of the Deutsche Gesellschaft für Psychologie, e.V. (DGPs), Bielefeld, Germany.

Job, V.\*, Walton, G. M., **Bernecker, K.**, & Dweck, C. S. (2012, September). Implizite Theorien vs. Glucose als Determinanten von Selbstkontrolle [Implicit theories vs. glucose as determinants of self-control]. 48th Annual meeting of the Deutsche Gesellschaft für Psychologie, e.V. (DGPs), Bielefeld, Germany.

**Bernecker, K.\***, Job, V., Walton, G.M., & Dweck, C.S. (2012, January). Changing lay theories about willpower improves self-regulation under stress. 13th Annual Meeting of the Society for Personality and Social Psychology (SPSP), San Diego, USA.

## Invited Talks and Keynotes

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| 09/2023 | <b>Hedonic Goal Pursuit and Its Relevance in Everyday Life</b> , keynote at CAS Positive Psychology, University of Zurich                          |
| 11/2021 | <b>The Human Factor: Insights into Motivational Psychology</b> , invited talk at Swisscom Security Conference 2021, Zurich, Switzerland            |
| 10/2020 | <b>How Can We Get People To Do Things They Don't Enjoy Doing?</b> , invited talk at the Swiss Security Awareness Day 2020, Zurich, Switzerland     |
| 09/2020 | <b>Beyond Self-Control – The Relevance of Hedonic Goal Pursuit</b> , invited talk at University of Geneva, Switzerland, Host: Prof. Guido Gendolla |
| 09/2020 | <b>Trait Hedonic Capacity – Examining Mechanisms and Consequences</b> , University of Reading, Host: Prof. Julia Vogt                              |
| 05/2019 | <b>How to Motivate Trainees</b> , invited talk at Young Talents Zurich, <i>Credit Suisse AG</i>  |

## Collaborators (in alphabetical order)

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Ass.-Prof. Dr. Daniela Becker, Radboud University, Netherlands

Prof. Dr. Carol S. Dweck, Stanford University, USA

Prof. Dr. Nina Junker, University of Oslo, Norway

Dr. Manuel Ninaus, University of Graz, Austria

Prof. Dr. Veronika Job, University of Vienna, Austria

Prof. Dr. Inga Krauß, University of Tübingen, Germany

Prof. Dr. Ralf Rummer, University of Kassel, Germany

Prof. Dr. Kai Sassenberg, University of Tübingen, Germany

Prof. Dr. Disa Sauter, University of Amsterdam, Netherlands

Prof. Dr. Gorden Sudeck, University of Tübingen, Germany

Prof. Dr. Gregory M. Walton, Stanford University, USA

Dr. Saadet Yapan, Hasan Kalyoncu Üniversitesi, Turkey

## Interdisciplinary Research Collaborations

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08/2023 - present	Research collaboration to test a neurofeedback intervention to modulate hedonic capacity in individuals with a dependence disorder Collaborators: PD Dr. med. Marcus Herdener, Dr. Anna Trippel
02/2023 - present	Addiction and Rehabilitation Clinic Salus-Klinik GmbH & Co. Hürth KG on the role of pleasure in the therapy of addictive disorders; Collaborators: Ms. Nadia Bouraoui, Ms. Katrin Grümer
01/2021 - present	Addiction and rehabilitation clinic (Klinik im Wingert) for the evaluation of an enjoyment-oriented therapy approach, Collaborators: Dipl.-Psych. Axel Schmidt, Dipl. oec. troph. Annika Backes
03/2015 - 02/2021	Research collaboration on the development of an application for the treatment of osteoarthritis, Collaborators: Prof. Dr. Inga Krauß, Prof. Dr. Kai Sassenberg, Prof. Dr. Gorden Sudeck, University of Tübingen

## Academic Activities and Institutional Commitment

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01/2023 – present	<b>Post-Doc Network Events</b> initiation and organization of networking events for post-docs of the Department of Psychology, University of Zurich
01/2018 – 05/2019	<b>Postdoc Representative</b> Leibniz-Institute for Knowledge Media, Tübingen, Germany
05/2017 – 04/2018	<b>Organization International Workshop</b> on «Selective Information Processing during Digital Media Use», Leibniz-Institute for Knowledge Media, Tübingen, Germany, 8 <sup>th</sup> & 9 <sup>th</sup> April 2018

## Ad-Hoc Reviewing

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### *Scientific Journals*

Journal of Personality and Social Psychology, Social Psychological and Personality Science, European Journal of Personality, Motivation and Emotion, Journal Basic and Applied Social Psychology, Journal of Personality Assessment, Journal of Psychology, International Journal of Psychology, Appetite, Affective Sciences

### *Funding Agencies*

German Science Foundation [Deutsche Forschungsgemeinschaft, DFG]



## Teaching Experience

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### *Experimental and Research Methods*

Spring 2021, Spring 2022	<p><b>Experimental Research Methods</b> B.Sc. seminar, 3.0 hrs/week, Bachelor, co-teacher, University of Zurich Evaluations*: <math>M = 5.0-5.2</math>, <math>SDs = 0.8-1.2</math></p>
Fall 2018, Summer 2019	<p><b>Self-regulation: Theory and Practice</b> B.Sc. seminar, 2.0 hrs/week, co-teacher, University of Tübingen Evaluation**: <math>M = 1.1</math>, <math>SD = 0.3</math></p>
Fall 2018	<p><b>Multilevel Modeling for Intense Measurement Designs</b> 2-day workshop for PhD students (12 hrs) University of Dresden</p>
Fall 2014	<p><b>Experimental Research Methods</b> B.Sc. seminar, 3.0 hrs/week University of Zurich</p>
Spring 2017	<p><b>Multilevel Modeling for Intense Measurement Designs</b> 2-day workshop for PhD students (12 hrs) University of Zurich</p>
Fall 2012	<p><b>Research-, Diagnostic- &amp; Intervention Methods/Surveys</b> M.Sc. seminar, 2.0 hrs/week, co-teacher University of Zurich</p>

### *Thematic Seminars*

Fall 2021	<p><b>Psychology of Pleasure: An Overview of Empirical Research From Different Fields of Psychology</b> M.Sc. seminar, 2.0 hrs/week, University of Zurich Evaluation*: <math>M = 5.6</math>, <math>SD = 0.5</math></p>
Fall 2020	<p><b>Psychology of Pleasure: An Overview of Empirical Research From Different Fields of Psychology</b> B.Sc. seminar, 2.0 hrs/week, University of Zurich Evaluation*: <math>M = 5.0</math>, <math>SD = 0.9</math></p>
Spring 2020	<p><b>The Science of Willpower: 7 Questions for Research on Self-Control</b> M.Sc. seminar, 2.0 hrs/week, University of Zurich Evaluation*: <math>M = 5.5</math>, <math>SD = 0.7</math></p>
Fall 2019	<p><b>Self-control: Theory and Application</b> M.Sc. seminar, 2.0 hrs/week, University of Zurich Evaluation*: <math>M = 5.2</math>, <math>SD = 0.8</math></p>
Fall 2016, Fall 2017, Fall 2018	<p><b>Facebook Psychology – Social-Psychological Research in Social Media</b> M.Sc. seminar, 2.0 hrs/week, University of Zurich Evaluation*: <math>Ms = 4.5 - 5.0</math>; <math>SDs = 0.9 - 1.9</math></p>
Spring 2017	<p><b>Work Motivation: From Basic Research to Application of Research</b> M.Sc. seminar, 2.0 hrs/week, University of Zurich Evaluation*: <math>M = 5.1</math>; <math>SD = 1.0</math></p>

\*Overall, how satisfied are you with the course? 1.00 = very dissatisfied to 6.00 = very satisfied

\*\* Please provide an overall grade for this course: 1.00 = very good to 5.00 = not good at all

## Supervision

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- PhD. Aiste Guobyte (2<sup>nd</sup> year, main supervisor), Julia Schäfer (1<sup>st</sup> year, co-supervision), Charlotte Kukowski (2022, co-supervision)
- M.Sc. Valery Wyss (2022), Julia Schäfer (2022), Annina Freihofer (2021, 1. poster prize MaDoKo 2020), Kyle Valey (2021, 3. poster prize MaDoKo 2021), Susanne Wehrli (2021), Jaqueline Nadler (2020, 1. poster prize MaDoKo 2020), Nina Maier (2019), Svenja Raschmann (2019, presented at DGPPN 2019), Isabella Geiger (2019), Pia Storz (2018), Laura Messerer (2018, presented at paEpsy 2019), Victoria Wiesniewski (2017), Enes Yilmaz (2017), Veronika Nölle (2017), Beatrice Hongler (2014), Sophie Stassen (2014), Thomas Antosiewicz (2013), Petra Meier (2013)
- B.Sc. Zoe Heinz (2022), Martina Duri (2022), Kathrin Diethelm (2021), Lisa Franz (2021), Valmire Shala (2020), Regina Anton (2019), Jule Kramer (2018, published in Bernecker & Kramer, 2020), Hendrik Meier (2018), Stephanie Natter (2017), Pia Berlin (2017), Myvienne Nguyen (2016), Merit Anschwanden (2016), Fabienne Bezemer (2014), Valentina Basciani (2013), Larissa Käppeli (2013), Rebekka Schneider (2011), Karin Zeder (2011)

## Media Coverage (selection)

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[„Wie aus guten Vorsätzen Routinen werden“](#) [How good intentions become routines], *Süddeutsche Zeitung*, 10 Jan 2023

[«You Need Both Self-Control And Self-Indulgence To Be Happy»](#), *Forbes*, 15 Sep 2020

[«You Read 'Ulysses,' I'll Eat Potato Chips! Science Defends Simple Pleasures»](#), *The Wall Street Journal*, 15 Sep, 2020

[«Enjoying short-term pleasures will make you happier in the long run»](#), *New York Post*, 28 July 2020

[«Hedonism is good for you: Giving in to temptation every now and again leads to a happier, more successful and more satisfying life, study shows»](#), *Daily Mail*, 28 Jul 2020

## Contact References

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### **[Prof. Dr. Veronika Brandstätter](#), Department of Psychology, University of Zurich**

Veronika is chair of the Motivation and Emotion Group and head of the Department of Psychology at the University of Zurich. I work as Senior Teaching and Research Assistant in her group since May 2019.

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### **[Prof. Dr. Kai Sassenberg](#), Department of Psychology, University of Tübingen**

Kai is leader of the Social Processes Group at the Leibniz-Institute for Knowledge Media and appointed professor at the University of Tübingen. I worked and collaborated with him and his lab for two years as Postdoctoral Fellow.

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### **[Prof. Dr. Veronika Job](#), Department of Psychology, University of Vienna**

Veronika is a colleague and collaborator since 2011 when we met in Carol Dweck's lab. She was my advisor during my Ph.D. as project leader of an Ambizione-Project on Willpower Beliefs.

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