

## Publication List Valentina Vylobkova (11/2019)

### Journal articles (peer-reviewed)

**Vylobkova, V.,** Heintz, S., & Gander, F. (2019). Stärkenbasierte Interventionen in der Positiven Psychologie. [Strengths-based interventions in Positive Psychology.] *Report Psychologie*, 44(11), 14–21. Retrieved from <http://www.report-psychologie.de/nc/heft/archiv/>

### Other publications

**Vylobkova, V.** (2017). *Die Effekte von Charakterstärken und Achtsamkeit auf Wohlbefinden, Stress, Arbeitszufriedenheit und Arbeitsleistung: Eine Interventionsstudie* [The effects of character strengths and mindfulness on wellbeing, stress, work satisfaction and work performance: An intervention study]. Unpublished Master`s thesis in Psychology, University of Zurich, Zurich, Switzerland

**Vylobkova, V.** (2014). *Angst um den Job: welche Faktoren verstärken bzw. puffern die negativen Effekte von Arbeitsplatzunsicherheit* [Fear about one`s job: which factors increase or rather buffer the negative effects of job insecurity]. Unpublished Bachelor`s thesis in Psychology, University of Zurich, Zurich, Switzerland

### Congress contributions

#### Oral presentations

**Vylobkova, V.,** Heintz, S., & Ruch, W. (2019, November). *Wie ähnlich sind Persönlichkeit und Charakter? Vergleich von Selbst- und Fremdeinschätzungen.* [How similar are personality and character? A comparison of self- and peer-reports]. Presentation at the Swiss Positive Psychology Association (SWIPPA) Congress 2019, Bern, Switzerland, November 29, 2019

**Vylobkova, V.,** (2019, September). *How to balance work and life: Why character strengths and flexibility matter for work-related outcomes and the balance between life domains.* Presentation at the 16<sup>th</sup> conference of Swiss psychological society (SPS) 2019, Bern, Switzerland, September 9 – 11, 2019

**Vylobkova, V.,** Heintz, S., & Gander, F. (2019, September). *Strengths-based interventions in Positive Psychology: Open questions and new directions.* Presentation at the 16<sup>th</sup> conference of Swiss psychological society (SPS) 2019, Bern, Switzerland, September 9 – 11, 2019

**Vylobkova, V.,** Heintz, S., & Gander, F. (2019, July – August). *Strengths-based interventions: An overview and implications for interventions addressing character and other personality traits.* Presentation at the conference of international society for the study of individual differences (ISSID) 2019, Florence, Italy, July 29 – August 2, 2019

**Vylobkova, V.,** Heintz, S., & Gander, F. (2019, May – June). *Stärkenbasierte Interventionen und deren Anwendung im klinischen Kontext.* [Strength-based interventions

*and their application in clinical context*]. Presentation at the 11<sup>th</sup> workshop congress for clinical psychology and psychotherapy 2019, Erlangen, Germany, May 29 – June 1, 2019

**Vylobkova, V.**, Heintz, S., & Gander, F. (2018, November). *Stärkenbasierte Interventionen in der Positiven Psychologie. [Strength-based interventions in Positive Psychology]*. Presentation at the Swiss Positive Psychology Association (SWIPPA) Congress 2018, Luzern, Switzerland, November 30, 2018

### **Poster presentations**

**Vylobkova, V.**, Heintz, S., & Ruch, W. (2019, May). *Relationships between character strengths and (psychological) flexibility in the workplace and their relevance for adaptive performance and life-domain-balance*. Poster presented at Congress of Master and PhD Students of the Psychological Institute (MaDoKo), University of Zurich, Zurich, Switzerland, May 28, 2019

**Vylobkova, V.** & Pang, D. (2016, May). *Der Effekt von Charakterstärken auf Achtsamkeit im Arbeitskontext. Eine Interventionsstudie. [The Effect of Character Strengths on Mindfulness in a Workplace Context. An Intervention Study]* Poster presented at Congress of Master and PhD Students of the Psychological Institute (MaDoKo), University of Zurich, Zurich, Switzerland, May 25, 2016

Niethammer, L., **Vylobkova V.** & Golec, N. (2015, November). *Die Rolle von Achtsamkeit und Charakterstärken am Arbeitsplatz. Ein Literaturreview. [The role of Mindfulness and Character Strengths in a Workplace Context. A Literature Review]* Poster presented on the conference of Swiss Positive Psychology Association (SWIPPA), University of Zurich, Zurich, Switzerland, November 27, 2015