

## Curriculum Vitae

**Name:** Dr. Veronika Brandstätter-Morawietz

**Office Address:** Department of Psychology, University of Zurich  
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### Professional Positions and Working Experience

Full Professor of Psychology, Department of Psychology, University of Zurich (since 2003).

Assistant Professor (C 2), University of Munich, Dept. of Psychology, Social Psychology Unit (Chair: Prof. Dr. D. Frey), (11/2001-01/2003).

Assistant Professor (C 1), University of Munich, Dept. of Psychology, Social Psychology Unit (Chair: Prof. Dr. D. Frey), 1993 until 10/2001 (part time 06/1996 - 05/1998 and 05/1999 until 10/2001).

Senior teaching and research associate (BAT IIa, tenured), University of Augsburg, Kontaktstudium Management (Leadership and Management Training Unit), 1992-1993.

Senior teaching and research associate (BAT IIa), Max-Planck-Institute for Psychological Research, Munich (Director: Prof. Dr. Dr. h. c. Heinz Heckhausen). Project: Intention and Action (Senior Researcher: PD Dr. Gollwitzer), 1991-1992.

Holder of a Dissertation Scholarship, Max-Planck-Institute for Psychological Research, Munich (Director: Prof. Dr. Dr. h. c. Heinz Heckhausen). Project: Intention and Action (Senior Researchers: Prof. Dr. Heckhausen; PD Dr. Gollwitzer), 1988-1991.

Research Assistant, Max-Planck-Institute for Psychological Research, Munich (Director: Prof. Dr. Dr. h.c. Heinz Heckhausen). Project: Motivation and Volition (Senior Researcher: Dr. P. M. Gollwitzer), 1985-1987.

### Education

Habilitation (Venia Legendi for Psychology, Privatdozentin), University of Munich, Faculty of Psychology and Education, 2000  
*Post-Doctoral Thesis (Habilitationsschrift)*  
A psychological cost-benefit analysis of persistence and disengagement from goals (Committee: Profs. D. Frey, K. A. Heller, L. von Rosenstiel, University of Munich; Prof. J. C. Brunstein, University of Potsdam)

Doctor of Philosophy (Dr. phil.). University of Munich, Faculty of Psychology and Education, 1991  
*Doctoral Thesis (Dissertationsschrift)*  
The effect of implementation intentions on the initiation of action: A contribution to the will psychology of intention realization (Supervisors: Prof. Dr. Dr. h.c. H. Heckhausen, PD Dr. P. M. Gollwitzer)

Diploma in Psychology (Dipl. Psych.), University of Munich, Dept. of Psychology, 1987

## Research Interests

- (1) Commitment to and Disengagement from Personal Goals
- (2) Consequences of Motive (In)Congruence
- (3) Motivational Processes in Dyadic Interactions
- (4) Determinants of Moral Courage (Zivilcourage)

## Research Grants

Project: "Approach and avoidance goal states in daily life: Antecedents and consequences of intraindividual variation and variability" (PI) CHF 339'000  
Lead Agency Program of the Swiss National Science Foundation and the German Science Foundation, together with Prof. Dr. Marie Hennecke, University of Siegen 2021-2024. Total Amount: Euro 608'250.

Project: "A closer look at the area of tension between motivation and volition – The cognitive and behavioral consequences of an action crisis and intervention strategies" (PI)  
Swiss National Science Foundation, 2015-2018. Total Amount: CHF 390.000

Project: "If goal pursuit is no fun – then what?" (Co-PI)  
Swiss National Science Foundation, 2015-2018. Total Amount: CHF 270.000

Project: "Impact of stress on relationship development of couples and children: A longitudinal approach on dyadic development across the lifespan" (Co-PI)  
Swiss National Science Foundation, 2011-2016. Total Amount: CHF 2'000.000

Project: "Should I stop or should I go? Determinants and consequences of an action crisis as a critical phase in goal striving" (PI)  
Swiss National Science Foundation, 2010-2012. Total Amount: CHF 200.000

Project: "Goals as conditions of flow experience: Which goal characteristics facilitate and which hinder flow?" (Co-PI)  
Swiss National Science Foundation, 2009-2011. Total Amount: CHF 160.000.

Project: "Evaluation of a training fostering civil courage" (PI)  
Hans and Suzanne Biäsch Foundation, 2009. Total Amount: CHF 10.000

Project: "Activity and outcome related incentives of persistence in sport: An analysis of incentive constellations" (Co-PI)  
Swiss Federal Institute of Sport, Magglingen, 2004-2007. Total Amount: CHF 80.000

Project: "Persistence in goal striving"(PI)  
German Science Foundation (Member of the DFG Research Group "Knowledge and Action", University of Munich), 1995-2001. Total amount: Euro 250.000

## Memberships

Association for Psychological Science, Deutsche Gesellschaft für Psychologie (German Society of Psychology), European Association of Social Psychology

Society for Personality and Social Psychology, Society for the Science of Motivation, Swiss Society of Psychology

## **Reviewing**

Associate editor: Motivation and Emotion (2010 - 2012); Member of the Editorial Board of Motivation and Emotion (2010 - dato); Member of the Editorial Board of Motivation Science (2016 - dato)

Applied Psychology: An International Review; European Journal of Social Psychology; European Psychologist; Journal of Adolescence; Journal of Applied Social Psychology; Journal of Economic Psychology; Journal of Experimental Social Psychology; Journal of Personality and Social Psychology; Journal of Research in Personality; Learning and Individual Differences; Motivation and Emotion; Motivation Science; Personality and Social Psychology Bulletin; Personality and Social Psychology Review, Psychological Science; Psychologie in Erziehung und Unterricht; Psychologische Rundschau; Social Cognition; Swiss Journal of Psychology; Social Psychology; Zeitschrift für Personalpsychologie, Personality and Social Psychology Review

Deutsche Gesellschaft für Psychologie (DGPs), Schweizerischer Nationalfonds (SNF), Österreichischer Austauschdienst, Österreichischer Fonds zur Förderung der wissenschaftlichen Forschung (FWF), Österreichischer Austauschdienst; Wissenschaftliche Kommission Niedersachsen, Social Sciences and Humanities Research Council of Canada, Netherlands Organisation for Scientific Research (NWO)

## **Service**

### ***University Service***

Head of the Department of Psychology, University of Zurich (since 8/2016)

Director of the Degree Program BSc and MSc in Psychology (since 8/2016)

Member of the Steering Committee of the Graduate School of the Faculty of Arts and Social Sciences (since 1/2019)

Chairperson of the UZH task force "Campus Oerlikon" (since 2019)

Person in charge of the library of the Department of Psychology, University of Zurich (since 2003)

Chairperson of the Steady Committee to the Psychological Counselling Service for Students of the University of Zurich and the Federal Institute of Technology, Zurich (2009-2017)

Member of the Steady Committee of Personnel and Finances of the Department of Psychology, University of Zurich (since 2014)

Member of the Strategy Committee of the Department of Psychology, University of Zurich (since 2016)

Chairperson and member of at least 25 recruiting and academic advancement committees

## **Service to Public**

Member of the advisory board to the Dr.-Margrit-Egnér Foundation, Zurich (since 2012)

Mentor to students of the Swiss Study Foundation, Zurich (since 2014)

## **Ph.D. Committees**

*As Supervisor*

Charlotte Kukowski: *Self-regulation in sustainable behavior* [Working title]

Antonia Kreibich: *A process-centered analysis of self-awareness in self-regulation*. Dissertation defended in 2020, University of Zurich.

Martin Bettschart: *Personal goals: The adaptive potential of goal engagement and disengagement*. Dissertation defended in 2019, University of Zurich.

Benjamin Wolf: *Indecision in personal goal pursuit: Emergence and consequences of action crises*. Dissertation defended in 2019, University of Zurich.

Thomas Czikmantori: *The Trait Experience of Intrinsic Motivation. Conceptualizing intrinsic motivation as an individual difference construct and validating a newly designed scale for its measurement*. Dissertation defended in 2018, University of Zurich.

Ferdinand Denzinger: *The malleability of implicit motives: How basic motivational orientations are affected by time, situations, and people*. Dissertation defended in 2017, University of Zurich.

Mirjam Ghassemi Tabrizi: *The action crisis in the disengagement process from personal goals*. Dissertation defended in 2017, University of Zurich.

Katharina Bernecker: *Implicit theories about willpower and their consequences for achievement, health, and well-being*. Dissertation defended in 2015, University of Zurich.

Svenja Koletzko: *Goal ambivalence. Implications for self-regulation, health, and well-being*. Dissertation defended in 2015, University of Zurich.

Monika Kuster: *Approach-avoidance goals in intimate relationships: A dyadic analysis of different aspects of relationship quality in couples*. Dissertation defended in 2014, University of Zurich.

Daniela Oertig: *The dark and bright sides of avoidance goals with regard to self-regulatory processes*. Dissertation defended in 2013, University of Zurich.

Lukas Giesinger: *Self-access in goal selection*. Dissertation defended in 2013, University of Zurich.

Marcel Herrmann: *Action crisis. A critical phase in goal striving*. Dissertation defended in 2013, University of Zurich.

Mandy Forkmann: *Whose motive lead at work? The role of motives for leadership prototypes, leader-member exchange quality and work-related outcomes*. Dissertation defended in 2012, University of Zurich.

Jessica Schnelle: *Personal goals in work and private life domains: What are the predictors of approach versus avoidance goal orientation and what are its consequences?* Dissertation defended in 2008, University of Zurich.

Sibylle Brunner: *The role of incentives in initiation and maintenance of human behaviour on the example of exercising.* Dissertation defended in 2007, University of Zurich.

Veronika Job: *Antecedents and consequences of motive-goal congruence.* Dissertation defended in 2007, University of Zurich.

Elisabeth Frank: *Einfluss der Bewusstseinslagen des Abwägens und Planens auf Ziesetzung und Zielverfolgung* [Influence of deliberative and implemental mind-set on goal setting and goal pursuit]. Dissertation defended in 1998, Ludwig-Maximilians-University, Munich.

#### *As Member of the PhD-Committee and External Examiner*

Mirjam Compagnoni: *„Ich bin (werde) ich. Selbstkonzepte und behaviorale Selbstregulation im Kindergartenalter“.* Dissertation defended in 2021, University of Zurich.

Pierpaolo Primoceri: *„Toward a better understanding of the mechanisms and conditions of ego depletion: The case of ambivalence and task similarity“.* Dissertation defended 2021, University of Zurich.

Philipp Schwaninger: *„Supporting self-regulation – The role of social support processes for health behavior change in daily life“.* Dissertation defended 2021, University of Zurich.

Sabrina Claudia Wacker: *„Methoden-Evaluierung einer kontextunabhängigen systematischen Analyseheuristik für Texte und Bilder“.* Dissertation defended 2021, University of Zurich.

Nicole Witt: *„Moral Courage am Arbeitsplatz – Entwicklung eines Messinstruments und Untersuchung begünstigender Faktoren“.* Dissertation defended 2021, Zeppelin University, Friedrichshafen, Germany.

Reta Spiess: *„Der Ausstieg aus dem Schulleiteramt. Eine rekonstruktive Studie zu handlungsleitenden Orientierungen von Schulleitenden mit Ausstiegs-gedanken“.* Dissertation defended in 2021, University of Zurich.

Tobias Maldei: *Meaningful themes – The role of thematic processing in the intuitive detection of semantic coherence.* Dissertation defended in 2020, Vrije Universiteit Amsterdam, University of Trier.

Melanie Amrein: *How our beliefs affect our health behaviors: Trait and state compensatory health beliefs for unhealthy eating and smoking behavior.* Dissertation defended in 2020, University of Zurich.

Mirjam Loewe: *Der Risikoorientierte Sanktionenvollzug (ROS). Ergebnisse und Erkenntnisse einer Evaluation.* Dissertation defended in 2016, University of Zurich.

Mirjam Kessler: *The importance of commitment in intimate relationships and how to strengthen it*. Dissertation defended in 2015, University of Zurich.

Jonathan E. Ramsey: *Refining the picture story exercise: Towards a better understanding of hope, fear, and the achievement motive*. Dissertation defended in 2014, Nanyang Technical University, Singapore.

Monisha Chatterjee: *Relatedness as a resource in state orientation*. Dissertation defended in 2014, Vrije Universiteit Amsterdam, University of Trier.

Marie Crouzevialle: *On the relationship between performance-approach and task performance: Where the desire to outperform others becomes interfering*. Dissertation defended in 2014, University of Lausanne.

Simone Schoch: *Why don't you like me? The role of social approach and avoidance motives and attributions in the experience of social acceptance and rejection*. Dissertation defended in 2013, University of Zurich.

Pamela Rackow: *A social psychological perspective on health behaviour: Social support, need satisfaction and their impacts on physical exercise and self-regulation*. Dissertation defended in 2013, University of Zurich.

Snejzana Kovanic: *Transformational leadership effectiveness through the lens of self-determination theory: The role of employees' needs satisfaction*. Dissertation defended in 2012, University of Zurich.

Theda Radtke: *Smoking in Adolescence: Social images of smokers and non-smokers and compensatory health beliefs*. Dissertation defended in 2011, University of Zurich.

Kaspar Schattke: *Flow experience as consequence and self-determination as antecedent of congruence between implicit and explicit motives*. Dissertation defended in 2011, TUM, Munich.

Julia Weber: *Turning Duty into Joy! Optimierung der Selbstregulation durch Mottoziele* [Optimizing self-regulation through motto goals]. Dissertation defended in 2011, Osnabrück University, Germany.

Jan Pfetsch: *Zivilcourage in der Schule. Konzeption und Evaluation eines Zivilcourage-Trainings zur Prävention aggressiven Verhaltens unter Schülern* [Moral courage at school. Design and evaluation of a moral courage training for the prevention of aggressive behaviour among pupils]. Dissertation defended in 2010, University of Luxembourg.

Ursula Beermann: *Wise, Human, and Humble: Psychological perspectives on humor as virtue*. Dissertation defended in 2009, University of Zurich.

Karin Hammerfald: *Long-term psychobiological evaluation of cognitive-behavioral stress management*. Dissertation defended in 2005, University of Zurich.

Daniela Niesta: *Pro-Soziale Motivation und Hilfeverhalten* [Pro-social motivation and helping behaviour]. Dissertation defended in 2005, LMU, Munich.

Claudia Peus: *Impact of different leadership styles on followers' innovativeness, performance-related attitudes, and organizational performance*. Dissertation defended in 2005, LMU, Munich.

Mirjam Ebersbach: *Über den Einfluss der Zeit auf Urteile und Entscheidungen* [On the influence of time on judgement and decision making]. Dissertation defended in 2004, University of Zurich.

### **University Level Teaching Courses and Seminars (Bachelor Level, Master Level)**

Introduction to motivation psychology (Motivation psychology)  
Introduction to emotion psychology (Emotion psychology)  
Introduction to social psychology (Social psychology)  
Theories of self-regulation (Social psychology, Motivation psychology)  
Prosocial motivation (Social psychology, Motivation psychology)  
Social perception (Social psychology)  
Incentive systems in companies (Organizational psychology, Motivation psychology)  
Social psychological aspects of coaching (Organizational psychology, Social psychology)  
Work motivation (Organizational psychology)  
Entrapment: Social and motivation psychological explanations for the clinging to unrealistic goals (Social psychology, Motivation psychology, Organizational psychology)  
Goal setting and goal realization in social systems (Social psychology, Motivation psychology, Organizational psychology)  
The social psychology of power (Social psychology)  
Determinants of persistence in goal striving (Motivation psychology)  
Approach and avoidance: Two basic motivational tendencies (Motivation psychology)  
Experimentation tutorial in social psychology (Methodology)  
Introduction to SPSS (Methodology)  
Workshop: Training of social competence (Social psychology)  
Workshop: Training of moral courage (Social psychology)

### **Practitioners and Executives Courses and Workshops**

University of Zurich, Switzerland, HR Management Training Unit, 2017-dato

Performance appraisal and goal setting  
Leadership Development Program Module 1: Motivation

European School of Management and Technology GmbH, Berlin, Germany, 2017-2019

Leadership and Motivation

University of Zurich, Switzerland, Continuing Education Course in Psychological Counselling, 2003-dato

Motivation

Training moral courage

University of Zurich, Switzerland, CAS in Positive Psychology, 2015-dato

Training moral courage

Bund-Länder-Kommission-Programm "Demokratie lernen und leben",  
Bundesrepublik Deutschland (Federal Program "Learning and living democracy",  
FRG), 2003-2006

Advanced professional training for teachers: A comprehensive training  
program in how to teach moral courage

University of St. Gallen, Switzerland, Department of Business Administration,  
2000

Motivating one's employees

Kontaktstudium Management at the University of Augsburg (Leadership and  
Management Training Unit), Germany, 1992-1993

Social judgments: The subjective view of the „objective“ world  
Work motivation

„Learned optimism“: To deal with success and failure in a productive manner



**Publications of Veronika Brandstätter**  
**May 11, 2022**

**Peer-Reviewed Journal Articles**

- Kukowski, C. A., Bernecker, K., von der Heyde, L., Boos, M., & Brandstätter, V. (accepted). Climate policy as a tool to align others' environmental behavior? *PLOS ONE*.
- Kreibich, A., Wolf, B. M., Bettschart, M., Ghassemi, M., Herrmann, M., & Brandstätter, V. (in press). How self-awareness is connected to less experience of action crises in personal goal pursuit. *Motivation and Emotion*.
- 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>
- Kreibich, A., Hennecke, M., & Brandstätter, V. (2022). The role of self-awareness and problem-solving orientation for the instrumentality of goal-related means. *Journal of Individual Differences*, 43(2), 57-69. <https://doi.org/10.1027/1614-0001/a000355>
- Bettschart, M., Herrmann, M., Wolf, B. M., & Brandstätter, V. (2021). Investigating the Unified Motive Scales: The predictive validity of the achievement motive subscale. *European Journal of Psychological Assessment*, 37(2), 118-122. <https://doi.org/10.1027/1015-5759/a000571>
- Bettschart, M., Wolf, B., Herrmann, M., & Brandstätter, V. (2021). Age-related development of self-regulation: Evidence on stability and change in action orientation. *Journal of Research in Personality*, 91, 10463. <https://doi.org/10.1016/j.jrp.2020.104063>
- Czikmanti, T., Hennecke, M., & Brandstätter, V. (2021). Task enjoyment as an individual difference construct. *Journal of Personality Assessment*, 103(6), 818-832, <https://doi.org/10.1080/00223891.2021.1882473>
- Freund, A. M., Hennecke, M., Brandstätter, V., Martin, M., Boker, S. M., Charles, S. T., Fishbach, A., Hess, T. M., Heckhausen, J., Gow, A. J., Isaacowitz, D. M., Klusmann, V., Lachman, M. E., Mayr, U., Oettingen, G., Robert, P., Röcke, C., Rothermund, K., Scholz, U., Tobler, P. N., Zacher, H., & Zadeh, R. S. (2021). Motivation and healthy aging: A heuristic model. *The Journals of Gerontology: Psychological Sciences*, 76, 97-104. <https://doi.org/10.1093/geronb/gbab128>
- Ghassemi, M., Wolf, B. M., Bettschart, M., Kreibich, A., Herrmann, M., & Brandstätter, V. (2021). The dynamics of doubt: Short-term fluctuations and predictors of doubts in personal goal pursuit. *Motivation Science*, 7(2), 153-164. <https://doi.org/10.1037/mot0000210>
- Heckhausen, J., Brandstätter, V., Fishbach, A., Freund, A. M., Lachman, M. E., & Robert, P. (2021). Goal changes and healthy aging. *The Journals of Gerontology: Psychological Sciences*, 76, 105-114. <https://doi.org/10.1093/geronb/gbab038>

- Hennecke, M., Brandstätter, V., & Oettingen, G. (2021). The self-regulation of healthy aging: Goal-related processes in three domains. *The Journals of Gerontology: Psychological Sciences*. Advance online publication. <https://doi.org/10.1093/geronb/gbab011>
- Kukowski, C., 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>
- Schönbrodt, F. D., Hagemeyer, B., Brandstätter, V., Czikmantor, T., Gröpel, P., Hennecke, M., Israel, L. S. F., Janson, K. T., Kemper, N., Köllner, M. G., Kopp, P. M., Mojzisch, A., Müller-Hotop, R., Prüfer, J., Quirin, M., Scheidemann, B., Schiestel, L., Schulz-Hardt, S., Sust, L. N. N., Zygar-Hoffmann, C. & Schultheiss, O. C. (2021). Measuring implicit motives with the Picture Story Exercise (PSE): Databases of expert-coded German stories, pictures, and updated picture norms. *Journal of Personality Assessment*, 103(3), 392-405. <https://doi.org/10.1080/00223891.2020.1726936>
- Brandstätter, V. (2020). Goals and action regulation: The legacy of Heinz Heckhausen. *Motivation Science*, 6(3), 195-196. <https://doi.org/10.1037/mot0000171>
- Ghassemi, M.\*, 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, 1-13. <https://doi.org/10.1016/j.jesp.2019.103879> (\*shared first authorship)
- Kreibich, A., Hennecke, M., & Brandstätter, V. (2020). The effect of self-awareness on the identification of goal-related obstacles. *European Journal of Personality*, 34, 215-233. <https://doi.org/10.1002/per.2234>
- 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://doi.org/10.1002/ejsp.2379>
- Bettschart, M., Herrmann, M., Wolf, B. M., & Brandstätter, V. (2019). The seed of goal-related doubts: A longitudinal investigation of the roles of failure and expectation of success among police trainee applicants. *Frontiers in Psychology*, 10, 2151. <https://doi.org/10.3389/fpsyg.2019.02151>
- Herrmann, M., Brandstätter, V., & Wrosch, C. (2019). Downgrading goal-relevant resources in action crises: The moderating role of goal reengagement capacities and effects on well-being. *Motivation and Emotion*, 43(4), 535-553. <https://doi.org/10.1007/s11031-019-09755-z>
- Leuchtmann, L., Milek, A., Bernecker, K., Nussbeck, F. W., Backes, S., Martin, M., Zemp, M., Brandstätter, V., & Bodenmann, G. (2019). Temporal dynamics of couples' communication behaviors in conflict discussions: A longitudinal

analysis. *Journal of Social and Personal Relationships*, 36(9), 2937-2960.  
<https://doi.org/10.1177/0265407518806582>

Wolf, B. M., Herrmann, M., Zubler, I., & Brandstätter, V. (2019). Action crises in personal goals compromise recovery during physical therapy. *Motivation Science*, 5(2), 179-184. <https://dx.doi.org/10.1037/mot0000106>

Brandstätter, V., Koletzko, S. H., & Bettschart, M. (2018). When goals loom darker: Goal ambivalence moderates the effect of goal proximity on goal-related motivation. *European Journal of Social Psychology*. 49(4), 778-793.  
<https://doi.org/10.1002/ejsp.2541>

Brandstätter, H., Brandstätter, V., & Pelka, R. B. (2018). Similarity and positivity of personality profiles consistently predict relationship satisfaction in dyads. *Frontiers in Psychology*, 9, 1009. <https://doi.org/10.3389/fpsyg.2018.01009>

Denzinger, F., Backes, S., & Brandstätter, V. (2018). Same same but different: Similarity of goals and implicit motives in intimate relationships. *Motivation Science*, 4(1), 60-77. <https://doi.org/10.1037/mot0000064>

Hennecke, M., Czikmanti, T., & Brandstätter, V. (2018). Doing despite disliking: Self-Regulatory strategies in everyday aversive activities. *European Journal of Personality*, 33, 104-128. <https://doi.org/10.1002/per.2182>

Leuchtmann, L., Zemp, M., Milek, A., Nussbeck, F. W., Brandstätter, V., & Bodenmann, G. (2018). Role of clarity of other's feelings for dyadic coping. *Personal Relationships*, 25(1), 38-49. <https://doi.org/10.1111/pere.12226>

Wolf, B. M., Herrmann, M., & Brandstätter, V. (2018). Self-efficacy vs. action orientation: Comparing and contrasting two determinants of goal setting and goal striving. *Journal of Research in Personality*, 73, 35-45.  
<https://doi.org/10.1016/j.jrp.2017.11.001>

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>

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>

Kuster, M., Backes, S., Brandstätter, V., Nussbeck, F. W., Bradbury, T. N., Sutter-Stickel, D., & Bodenmann, G. (2017). Approach-avoidance goals and relationship problems, communication of stress, and dyadic coping in couples. *Motivation and Emotion*, 41(5), 576-590.  
<https://doi.org/10.1007/s11031-017-9629-3>

Zemp, M., Backes, S., & Brandstätter, V. (2017). The power motive and parenting style - Is incongruence related to inconsistency? *Motivation Science*, 3(4), 383. <https://doi.org/10.1037/mot0000057>

- Backes, S., Brandstätter, V., Kuster, M., Nussbeck, F. W., Bradbury, T. N., Bodenmann, G., & Sutter-Stickel, D. (2016). Who suffers from stress?: Action-state orientation moderates the effect of external stress on relationship satisfaction. *Journal of Social and Personal Relationships, 34*(6), 894-914. <https://doi.org/10.1177/0265407516661045>
- Brandstätter, V., Job, V., & Schulze, B. (2016). Motivational incongruence and well-being at the workplace: Person-job fit, job burnout, and physical symptoms. *Frontiers in Psychology, 7*, 1153. <https://doi.org/10.3389/fpsyg.2016.01153>
- Brandstätter, V., Jonas, K. J., Koletzko, S. H., & Fischer, P. (2016). Self-regulatory processes in the appraisal of moral courage situations. *Social Psychology, 47*, 201-213. <https://doi.org/10.1027/1864-9335/a000274>
- Denzinger, F., Backes, S., Job, V., & Brandstätter, V. (2016). Age and gender differences in implicit motives. *Journal of Research in Personality, 65*, 52-61. <https://doi.org/10.1016/j.jrp.2016.09.003>
- Brandstätter, V., & Herrmann, M. (2015). Goal disengagement in emerging adulthood: The adaptive potential of action crises. *International Journal of Behavioral Development, 40*, 117-125. <https://doi.org/10.1177/0165025415597550>
- Brandstätter, V., Giesinger, L., Job, V., & Frank, E. (2015). The role of deliberative versus implemental mindsets in time prediction and task accomplishment. *Social Psychology, 46*(2), 104. <https://doi.org/10.1027/1864-9335/a000231>
- Herrmann, M., & Brandstätter, V. (2015). Action crises and goal disengagement: Longitudinal evidence on the predictive validity of a motivational phase in goal striving. *Motivation Science, 1*(2), 121-136. <https://doi.org/10.1037/mot0000016>
- Koletzko, S. H., Herrmann, M., & Brandstätter, V. (2015). Unconflicted goal striving: Goal ambivalence as a mediator between goal self-concordance and well-being. *Personality and Social Psychology Bulletin, 41*(1), 140-156. <https://doi.org/10.1177/0146167214559711>
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