Curriculum Vitae

Dr. Sebastian Bürgler

University of Zurich
Department of Psychology
Psychology of Motivation, Volition, and Emotion
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Research Interests

Self-regulation, self-control, habits, sustainability, metacognition

Professional Positions and Research Experience

Jan. 2022 – ongoing	Postdoctoral researcher. Department of Psychology, Psychology of Motivation, Volition, and Emotion, University of Zurich
March 2019 – Dec. 2021	PhD student in the SNF-funded project "The complexity of self-regulation in daily life: Investigating three types of self-control conflicts and the self-regulatory strategies people use to deal with them", Department of Psychology, General and Educational Psychology, University of Siegen
Nov. 2018 - Feb. 2019	PhD student in the SNF-funded project "The complexity of self-regulation in daily life: Investigating three types of self-control conflicts and the self-regulatory strategies people use to deal with them", Department of Psychology, Psychology of Motivation, Volition, and Emotion, University of Zurich
April 2018 - Oct. 2018	Student research assistant at the University of Zurich: Geriatric Psychology
2016 - 2017	Research internship at the University of Zurich: Clinical Psychology and Psychotherapy
Dec. 2015 - March 2016	Research internship at the University of Zurich: Neurology

Education

2018 - 2021	**PhD in Psychology** University of Siegen, Germany (Advisor: Prof. Dr. Marie Hennecke) *summa cum laude*
2016 - 2018	**Master of Science in Psychology** University of Zurich, Switzerland
2009 - 2016	**Bachelor of Science in Psychology** University of Zurich, Switzerland

Funding

2025	Travel Grant from the University of Zurich, Faculty of Arts and Social Sciences, for attending and presenting the talk "What Makes a Habit: Influences on the Habit Formation Process" at the MPK 2025, Vienna, Austria.	CHF 680
2023/2024	Research grant for the project "Intervention for self-controlled studying", awarded by Graduate Campus (GRC) Grants.	CHF 5000
2024	Travel Grant from the University of Zurich, Faculty of Arts and Social Sciences, for attending and presenting the talk "The Context-Sensitive Use of Task Enrichment to Promote Self-Control: The Role of Metacognition and Trait Self-Control" at the DGPs 2024, Vienna, Austria.	CHF 1400

Articles in Peer-Reviewed Journals

Bürgler, S., & Frey, R. (2025). Cognition about cognition: Do scales from different fields assess metacognition alike? *Personality and Individual Differences, 236*, 113013. https://doi.org/10.1016/j.paid.2024.113013

Bürgler, S., & Hennecke, M. (2023). Metacognition and polyregulation in daily self-control conflicts. *Scandinavian Journal of Psychology 65*(2), https://doi.org/10.1111/sjop.12964

Bürgler, S., Hoyle, R. H., & Hennecke, M. (2021). Flexibility in using self-regulatory strategies to manage self-control conflicts: The role of metacognitive knowledge, strategy repertoire, and feedback monitoring. *European Journal of Personality*, *35*(6), 861–880. https://doi.org/10.1177/0890207021992907

Bürgler, S., Kleinke, K., & Hennecke, M. (2022). The Metacognition in Self-Control Scale (MISCS). *Personality and Individual Differences 199.* https://doi.org/10.1016/j.paid.2022.111841

Bürgler, S., Troll, E. S., & Hennecke, M. (2024). The context-sensitive use of task enrichment to promote self-control: The role of metacognition and trait self-control. *Motivation Science.* https://doi.org/10.1037/mot0000320

Friese, M., **Bürgler, S.,** Hofmann, W., Hennecke, M. (2024). Self-regulatory flexibility. *Current Opinion in Psychology, 60,* 101878. https://doi.org/10.1016/j.copsyc.2024.101878

Hennecke, M., & **Bürgler, S.** (2020). Many roads lead to Rome: Self-regulatory strategies and their effects on self-control. *Social and Personality Psychology Compass, 14*(6), e12530. https://doi.org/10.1111/spc3.12530

Hennecke, M.*, & **Bürgler, S.*** (2022). Metacognition and self-control: An integrative framework. *Psychological Review.* https://doi.org/10.1037/rev0000406 **(*shared first-authorship)**

Wenzel, M., **Bürgler, S.,** Brandstätter, V., Kreibich, A., & Hennecke, M. (2024). Self-Regulatory Strategy Use, Efficacy, and Strategy-Situation-Fit in Self-Control Conflicts of Initiation, Persistence, and Inhibition. *European Journal of Personality, 38*(2), 189-208. https://doi.org/10.1177/08902070221150478

Wenzel, M., **Bürgler, S.,** Rowland, Z., & Hennecke, M. (2023). Self-control dynamics in daily life: The importance of variability between self-regulatory strategies and strategy differentiation. *European Journal of Personality, 37*(1), 33-56. https://doi.org/10.1177/08902070211043023

Wenzel, M., Rowland, Z., **Bürgler, S.,** Friese, M., Hofmann, W., & Hennecke, M. (2022). Person × domain interactions in resisting desires in daily life. *European Journal of Personality*. https://doi.org/10.1177/08902070221098912

Wenzel, M., Rowland, Z., **Bürgler, S.,** Hennecke, M. (2024). Emotion regulation and self-control: Same same but different… and even incompatible? *Journal of Personality*. https://doi.org/10.1111/jopy.12965

Book Chapters

Hennecke, M., **Bürgler, S.,** Hofmann, W., & Friese, M. (2025). How regulatory flexibility in strategy use helps self-control: Theoretical models, empirical evidence, and empirical challenges. In E. Hirt (Ed.), *Handbook of Motivation and Social Psychology*. Edward Elgar Publishing. Preprint available at: https://doi.org/10.31234/osf.io/qt98u_v1

Friese, M., **Bürgler, S.,** Hofmann, W., Reis, D., & Hennecke, M. (in press). Personality and momentary self-regulation. In M. D. Robinson, T. Pringle, & B. M. Wilkowski (Eds.), *Handbook of personality processes: Momentary, daily, developmental, and generational perspectives*. Edward Elgar Publishing.

Teaching

Fall 2025	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Spring 2025	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Fall 2024	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Spring 2024	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Fall 2023	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Spring 2023	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Fall 2022	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Spring 2022	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Fall 2021	Seminar "*self-control and self-regulation"*, University of Zurich, Switzerland
Summer 2021	Seminar "*self-control and self-regulation"*, University of Siegen, Germany
06/06/2020	Seminar section "*self-regulation and self-control*", University of Siegen, Germany

Student Supervision

2025	*Self-construal and self-control in sustainable behavior.* M.Sc. thesis advisor to Kathinka Rofka, University of Zurich, Switzerland
	Strategies for self-control: Timing, effectiveness, and success in achieving exercise goals. M.Sc. thesis advisor to Jeanine Eberle, University of Zurich, Switzerland
	Limitations and challenges of self-report measures in habit research. B.Sc. thesis advisor to Valerie Schneemann, University of Zurich,

	Switzerland
	The role of situational factors in shaping sustainable behavior. B.Sc. thesis advisor to Larissa Mogicato, University of Zurich, Switzerland
2024	*Habits, self-control, and sustainable behavior.* M.Sc. thesis advisor to Amelia Hubmann, University of Zurich, Switzerland
	Investigating the discriminant validity of common self-report measures of habit strength. M.Sc. thesis advisor to Anne-Marie Eigenmann, University of Zurich, Switzerland
	Behavioral change techniques and their influence on behavioral automaticity in a sports context. M.Sc. thesis advisor to Anita Selmanaj, University of Zurich, Switzerland
	Sustainable behavior and self-control. B.Sc. thesis advisor to Hannah Kuhn, University of Zurich, Switzerland
	Sustainable behavior and habits. B.Sc. thesis advisor to Valerie Baltensperger, University of Zurich, Switzerland
2023	*Is there a general factor in self-report scales on metacognition? A bifactorial analysis.* M.Sc. thesis advisor to Eva-Janine Feldmann, University of Zurich, Switzerland
	Actor-, behavior-, and cue-related factors in habit formation. M.Sc. thesis advisor to Vanessa Cacho, University of Zurich, Switzerland
	Self-identity and habits. B.Sc. thesis advisor to Sereina Alina Hofer, University of Zurich, Switzerland
	Task enrichment as a self-control strategy: Mechanisms. B.Sc. thesis advisor to Jessica Notz, University of Zurich, Switzerland
	Task enrichment as a self-control strategy: Moderators. B.Sc. thesis advisor to Alice Kühni, University of Zurich, Switzerland
	Habits and self-identity. B.Sc. thesis advisor to Sereina Hofer, University of Zurich, Switzerland
2022	*Measurement methods in self-control research*. B.Sc. thesis advisor to Amelia Hubmann, University of Zurich, Switzerland
	How to get rid of bad habits. B.Sc. thesis advisor to Tanja Bumann, University of Zurich, Switzerland
	How to pick up good habits. B.Sc. thesis advisor to Melos Adrianos Dakidis, University of Zurich, Switzerland
2021-2022	*Situation selection and modification strategies and habit strength.* M.Sc. thesis advisor to Alexandra McCallum, University of Zurich, Switzerland
2021	*Self-control and habits.* B.Sc. thesis advisor to Xenia Sticher, University of Zurich, Switzerland
2020-2021	*Situation selection and modification in habitual learning*. B.Sc. thesis advisor to Natascha Wack, University of Siegen, Germany
2019-2021	Advisor to the student research assistants Alina Jung, Janine Riekeberg, and Maja Schepers, University of Siegen, Germany

Conference Poster Presentations

Bürgler, S., Hennecke, M. (2021, February). *Metacognition in daily self-control conflicts*. Society

for Personality and Social Psychology (SPSP), Motivational Science Preconference. https://meeting.spsp.org/2021/preconferences/motivation-science

Bürgler, S., Hennecke, M. (2021, February). *Metacognition in daily self-control conflicts*. Society for Personality and Social Psychology (SPSP) Annual Convention. https://meeting.spsp.org/2021/

Bürgler, S., Hennecke, M. (2019, October). *Success in daily self-control conflicts: The importance of self-observation and self-knowledge*. Motivational Psychology Colloquium (MPK), Berlin, Germany. https://docplayer.org/177416145-Motivation-psychology-colloquium-mpk-2019-program.html

Conference Talks

Bürgler, S., Milyavskaya, M., McMillan, G., Burns, R. J., Lally, P., Gardner, B. What Makes a Habit? Influences on the Habit Formation Process. Motivational Psychology Colloquium (MPK), Vienna, Austria. https://osf.io/7pj4h/wiki/MPK%202025%20(Wien)/

Bürgler, S., Troll, E.S., Hennecke, M. (2024, September). *The Context-Sensitive Use of Task Enrichment to Promote Self-Control: The Role of Metacognition and Trait Self-Control.* 53rd conference of the German Psychological Society (DGPs), Vienna, Austria. https://dgps2024.univie.ac.at/home-news/

Bürgler, S., Kleinke, K., Holye, R.H., Hennecke, M. (2023, September). *Metacognition and polyregulation in daily self-control conflicts.* 18th conference of the Social Psychology Section (FGSP) of the German Psychological Society (DGPs), Graz, Austria. https://tagung-sozialpsychologie-2023.uni-graz.at/en/

Bürgler, S., Kleinke, K., Holye, R.H., Hennecke, M. (2023, June/July). *Metacognition and polyregulation in daily self-control conflicts.* Symposium: "Self-regulation and goal pursuit – how can we help people to (not) do what they (not) want?" 19th General Meeting of the European Association of Social Psychology (EASP), Krakow, Poland. https://easp2023krakow.com/

Bürgler, S., Kleinke, K., Hennecke, M. (2022, September). *The Metacognition in Self-Control Scale (MISCS): An Adaptation of the Metacognitive Awareness Inventory*. Swiss Psychological Society (SPS), Zurich, Switzerland. https://sps2022.psychologie.uzh.ch/

Bürgler, S., Hennecke, M. (2021, October). *Smart strategy use: Metacognition, strategy repertoire, and polyregulation in daily self-control conflicts*. Motivational Psychology Colloquium (MPK), Zurich, Switzerland. https://www.psychology.uzh.ch/en/areas/sob/motivation/MPK2021.html

Bürgler, S., Hennecke, M. (2021, September). *Smart strategy use: Metacognition, strategy repertoire, and polyregulation in daily self-control conflicts*. Symposium "emotion and self-regulation in daily life" at the Conference of the German Psychological Society - Personality Psychology and Psychological Diagnostics (DPPD), Ulm, Germany. https://dppd-2021.jimdosite.com/

Bürgler, S., Hennecke, M. (2021, June). *Metacognition in daily self-control conflicts: Results from two experience sampling studies*. Society for Ambulatory Assessment (SAA) Conference 2021, Zurich, Switzerland. https://saa.dynage.uzh.ch/

Bürgler, S., Hennecke, M. (2021, May). *Metacognition in daily self-control conflicts*. Symposium: "Beyond willpower: Self-regulatory strategies and metacognition for self-control in daily life". Society for the Science of Motivation (SSM) Conference. https://www.scienceofmotivation.org/events/

Bürgler, S., Hennecke, M. (2020, May). *The importance of strategy repertoire for success in daily self-control conflicts.* Symposium: “Building a strategy toolbox to enhance self-regulatory success” [conference canceled], Association for Psychological Science (APS) Annual Convention, Chicago, IL, United States. https://www.psychologicalscience.org/conventions/annual

Invited Guest Lectures, Talks, Discussions

Bürgler. S. (2024, October). *Metacognition, Strategy Repertoire, and Polyregulation in Self-Control*. Invited guest lecture in the seminar “Motivation, Affect, and Personality: Current Research” at the University of Geneva, Switzerland.

Bürgler, S. (2024, January). *Metacognition, polyregulation, and strategy repertoire in self-control.* Invited talk at the Self-Regulation, Emotion, and Attention lab. University of Reading, UK.

Bürgler S., Hennecke, M. (2023, July). Invited discussant at the SPSP's Summer Institute in Social and Personality Psychology (SISPP). Ohio State University, Ohio, USA.

Bürgler S. (2022, November). *Self-regulation and self-control*. Invited guest lecture at the Psychologische Hochschule Berlin, Berlin, Germany.

Bürgler S. (2022, January). *Introduction to Movisens*. Invited talk at the University of Zurich, Zurich, Switzerland.

Public Interest Articles and Interviews

Bürgler S. (2024, January). New year’s resolutions: This year I’m really going to lose weight! *Spektrum Gesundheit.* https://www.spektrum.de/news/neujahrsvorsaetze-warum-wollen-viele-zu-jahresbeginn-abnehmen/2201757

Bürgler S. (2023, December). New year’s resolutions: How can we break old habits and build new ones? *CH Media, St. Galler Tagblatt.* https://www.tagblatt.ch/leben/neujahrsvorsaetze-wie-wir-es-schaffen-schlechte-gewohnheiten-abzulegen-und-neue-zu-etablieren-ld.2548252?reduced=true

Bürgler S. (2023, June). *How to change your habits*. Interview for the Podcast "Aha! Zehn Minuten Alltags-Wissen".

Bürgler S. (2022, December). *Importance of habits*. Swiss Radio and Television (SRF) radio interview.

Bürgler S. (2022, December). *Five tips on how to better deal with change*. Swiss Radio and Television (SRF) blog article.

Ad-Hoc Reviewing for Journals

Applied Psychology: Health and Well-Being
Behavioral Sciences
Brain and Behavior
Current Psychology
Current Research in Behavioral Sciences
Journal of Personality
Motivation and Emotion
Motivation Science (joint review with Hennecke, M.)
Motivation Science
PCI Registered Reports
Performance Enhancement and Health

Personality and Individual Differences
Scandinavian Journal of Psychology
Social Psychological and Personality Science
Social Psychology of Education

Other Ad-Hoc Reviewing
Chief Scientist Office (CSO) of the Scottish Government