Curriculum Vitae

Name: Dr. Veronika Brandstätter-Morawietz

Office Address: Department of Psychology, University of Zurich
Binzmühlestrasse 14/6, CH-8050 Zürich
Phone: +41/44/635 75 10 or +41/44/635 75 11 (Administration)
E-mail: v.brandstaetter@psychologie.uzh.ch

Professional Positions and Working Experience

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

Assistant Professor (C 2, not tenured), University of Munich, Dept. of Psychology, Social Psychology Unit (Chair: Prof. Dr. D. Frey), (11/2001-01/2003).

Assistant Professor (C 1, not tenured), 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) Motivational Processes in the Transition to Retirement
(3) Approach vs. Avoidance Motivation as Basic Motivational Tendencies
(4) Consequences of Motive (In)Congruence
(5) Motivational Processes in Dyadic Interactions
(6) 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 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

Working Group on the Evaluation of Early Career Researcher Support, Department of Psychology, University of Zurich (since 02/2026)

Working Group on Organizational Climate and the Prevention of Academic Bullying, Department of Psychology, University of Zurich (since 05/2026)

Chairperson of the Personnel Committee of the University of Zurich (since 08/2025)

Vice Dean of the Graduate School of the Faculty of Arts and Social Sciences, University of Zurich (since 08/2025)

Head of the Department of Psychology, University of Zurich (8/2016-7/2024)

Director of the Degree Program BSc and MSc in Psychology (8/2016-7/2022)

Member of the Steering Committee of the Graduate School of the Faculty of Arts and Social Sciences (1/2019-1/2023)

Chairperson of the UZH task force “Campus Oerlikon” (since 11/2019)

Member and chairperson of the award committee for the “Distinguished

Contribution to Motivation Science Award" of the Society for the Science of Motivation (SSM) (since 2024 and 2025)

Person in charge of the library of the Department of Psychology, University of Zurich (3/2003-12/2021)

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 (2014-2024)

Member of the Strategy Committee of the Department of Psychology, University of Zurich (2016-2024)

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

Julia Schäfer: *Motivational processes in intimate relationships across time* (working title).

Louise von Stockar: *Values, goals, and motives* (working title)

Miriam Pfister: *Approach and avoidance goal states in daily life: Antecedents and consequences of intraindividual variation and variability* (working title)

Charlotte Kukowski: *A self-control perspective on individual behavior in two collective action problems: COVID-19 and climate change mitigation self-regulation in sustainable behaviour*. Dissertation defended in 2022, University of Zurich.

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

Henrik Jöhnk: *Mental contrasting and problem solving in romantic relationships*. Dissertation defended in 2025, University of Hamburg, Germany

Aiste Guobyte: Combining long-term and hedonic goals: Experience, evaluation, and choice. Dissertation defended in 2025, University of Zurich.

Fabienne Wehrli: *From "Me" to "We": A Dyadic Perspective on Sexual. Self-Esteem and Associations with Sexual Health and Sexual Dysfunction in Romantic Relationships*. Dissertation defended in 2025, University of Zurich.

Patrick Höhener: *Investigating the Intricate Association Between Social Exchange Processes and Health Behaviour*. Dissertation defended in 2025, University of Zurich.

Farina Rühs: *Prozesse der Zielanpassung – Konzeptuelle und empirische Beiträge zur Erklärung von Entwicklungsregulation*. Dissertation defended in 2023, University of Hildesheim, Germany.

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, 2003-2022

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

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
October 2025

Peer-Reviewed Journal Articles

Baumann, N., Brandstätter, V., & Kuhl, J. (in press). The legacy of Julius Kuhl – Building bridges and crossing boundaries between topics, theories, and times. *Motivation Science*.

Naumann, M. Pfister, V. Brandstätter, & Hennecke, M. (2025). Romantic relationships on a daily scale: 14 state scales for romantic relationship constructs. *European Journal of Psychological Assessment*. doi: 10.1027/1015-5759/a000919.

Pfister, M., Naumann, M., Hennecke, M., & Brandstätter, V. (2025). State scales in academic achievement: Validating measures of affect, learning experiences, and study-related appraisals. *Learning and Individual Differences*, 122, 102749.

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

Wenzel, M., Bürgler, S., Brandstätter, V., Kreibich, A., & Hennecke, M. (2023). Self-regulatory strategy use, efficacy, and strategy-situation-fit in self-control conflicts of initiation, persistence, and inhibition. *European Journal of Personality*. https://doi.org/10.1177/08902070221150478

Brandstätter, V. (2022). Persistence and disengagement in failing goals: Commentary on Boddez, Van Dessel, & De Houwer. *Cognition and Emotion*. https://doi.org/10.1080/02699931.2022.2109601

Kukowski, C. A., Bernecker, K., von der Heyde, L., Boos, M., & Brandstätter, V. (2022). Climate policy as a tool to align others' environmental behavior? *PLOS ONE*. https://doi.org/10.1371/journal.pone.0269030

Kreibich, A., Wolf, B. M., Bettschart, M., Ghassemi, M., Herrmann, M., & Brandstätter, V. (2022). How self-awareness is connected to less experience of action crises in personal goal pursuit. *Motivation and Emotion*, *46*, 825-836. https://doi.org/10.1007/s11031-022-09942-5

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

Czikmantori, 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., Czikmantori, 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

Hennecke, M., Czikmantori, T., & Brandstätter, V. (2019). Doing despite disliking: Self-Regulatory strategies in everyday aversive activities. *European Journal of Personality*, *33*,104-128. https://doi.org/10.1002/per.2182

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

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

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