

Christopher Mlynski

B.Sc. M.Sc. Ph.D.

Researcher ID: <https://orcid.org/0000-0002-1875-7795>

E-Mail: christopher.mlynski@univie.ac.at/ Tel.: +49 178/9748489

Date of Birth: 01.11.1990/ Nationality: American

Website: <https://mot-psy.univie.ac.at/about-us/>

Academic Milestones and Relevant Positions Held

Education / Academic Degrees

- | | |
|-------------|--|
| <i>2019</i> | Ph.D., Experimental Psychology, University of North Texas, Denton, United States of America

Supervisor: Rex A. Wright

Dissertation: Fatigue and inhibitory control: A test of key implications of an emerging analysis of behavioral restraint intensity |
| <i>2017</i> | M.Sc., Experimental Psychology, University of North Texas, Denton, United States of America

Supervisor: Rex A. Wright

Thesis: Cardiovascular response to a behavioral restraint challenge: Urge magnitude influence in men and women |
| <i>2014</i> | B.Sc., Psychology, University of North Texas, Denton, United States of America |

Academic Career and Positions Held

- | | |
|-------------------|--|
| <i>Since 2021</i> | Post-Doctoral Fellow, Faculty of Psychology, University of Vienna, Vienna, Austria (advisor: Veronika Job) |
| <i>2019-2021</i> | Post-Doctoral Fellow, Faculty of Psychology, Technical University of Dresden, Dresden, Germany (advisor: Veronika Job) |
| <i>2014-2019</i> | Lab Manager, Motivation Sciences Lab, University of North Texas, Denton, United States of America |
| <i>2015-2018</i> | Teaching Assistant, University of North Texas, Denton, United States of America |
| <i>2015-2019</i> | Teaching Fellowship, University of North Texas, Denton, United States of America |

Established Areas of Research

Guiding research question: How do individual differences in effort perception shape major organizational and country level outcomes such as employee performance, employee burnout, and economic development?

Specific areas of application:

- Investigating how individuals' underlying beliefs about effort influence goal striving and goal setting process, burnout, and engagement.
- Examining regional variation in effort beliefs and their contribution to economic disparity between regions.
- Implementing effort-contingent reward structures to enhance intrinsic motivation and reduce effort avoidance.
- Applying real-time, effort-contingent rewards to improve individuals' goal striving and goal setting in everyday contexts.
- Investigating the optimal alignment of performance-contingent rewards with employees' workload levels to enhance overall performance outcomes.

Research Methods

Experimental, Behavioral: Development and Application

Data: Reaction times, error analyses, questionnaires, disengagement, ecological momentary assessment

Psychophysiological Measures: Development and Application

Impedance Cardiography, Electrocardiogram, Facial Electromyography, Blood Pressure, Accelerometer

Representative Publications and Research in Progress

***Shared First Authorship**

Below is a list of five publications I consider to be of greatest importance for the position at PolyU. Each represents a core element of my future research agenda and reflects the thematic direction I intend to pursue in the next 5-6 years.

1. **Mlynski, C.,** *Clay, G., Sik, K., Jankowski, J., & Job, V. (2025). Because it is fun! Individual differences in effort enjoyment belief relate to behavioral and physiological indicators of effort-seeking. *Journal of Personality and Social Psychology*.

Relevance: Under the first core pillar of my research agenda—employers' ability to influence employees' perceptions of effort—this line of work examines how individuals' underlying beliefs about effort, specifically whether they perceive effort as enjoyable or aversive, shape their effort-seeking behavior across physiological, behavioral, and performance-related outcomes. These findings support a central theme I intend to pursue at Hong Kong Polytechnic University: investigating how effort enjoyment beliefs can be leveraged as a selection criterion

and actively cultivated within existing workforces to strengthen intrinsic motivation and enhance overall labor output.

Abstract: Effort is commonly characterized as a negative, unpleasant experience. This research explores the extent to which individuals vary in whether they believe effort to be enjoyable or aversive and how this relates to a range of behavioral and physiological indicators of effort exertion. In five studies ($N = 2,338$), participants either completed an Effort Enjoyment Belief Scale or were experimentally led to believe that effort is enjoyable or aversive. Across our studies, descriptive analyses of the Effort Enjoyment Belief Scale revealed no general tendency among participants to perceive effort as aversive; instead, some participants tended to endorse a belief that effort is enjoyable. Both measured and manipulated effort enjoyment belief predicted difficulty selection on an arithmetic task. Further, the belief predicted effort exertion as assessed via cardiovascular measurements (β -adrenergic sympathetic activity) and was associated with high school grades and subjective evaluation of academic success at university. These results imply that the subjective cost or value of effort may be affected by (social) learning experiences, shaping individuals' effort enjoyment belief and, in turn, their tendency to approach or avoid demanding tasks and the exertion of effort. Thus, when modeling behavior as the result of a cost-benefit analysis, effort may not contribute exclusively to the costs but also add value to a course of action, depending on individuals' effort enjoyment belief.

2. **Mlynski, C.,** *Roth, L. H. O, Bauer, C., Savani, K., & Job, V. (2025). The self-fulfilling implications of “hard-work-is-draining” narratives for burnout. *Unpublished manuscript*.

Relevance: Also falling under the first core pillar of my research agenda—employers' ability to influence employees' perceptions of effort—this work investigates how individuals' lay beliefs about willpower—whether it is viewed as a limited resource or as a nonlimited, energizable capacity—can serve as a protective factor against burnout development, at all levels of job demands. These findings form a second core theme I intend to pursue at Hong Kong Polytechnic University: exploring how the way employers communicate about work-related demands can shape employees' perceptions of effort, potentially exacerbating burnout development and undermining intrinsic motivation.

Abstract: To combat employee burnout, organizations and self-help guides often advise people to find ways to counteract the draining effects of work. These narratives communicate the belief that work demands are generally draining employees' energy. We theorize that these work-is-draining beliefs, which assume that willpower is a limited resource, may ironically increase burnout by becoming self-fulfilling prophecies. Studies with six samples of employees ($N = 1,770$) across different countries using both cross-sectional and longitudinal designs found that individuals who endorsed a work-is-draining belief (i.e., the idea that strenuous activity depletes their willpower) experienced more burnout ($r = .34$). Moreover, this belief moderated the relationship between burnout and job demands, such that high job demands led to burnout particularly among those who believed that work is draining. Finally, we identified a potential reciprocal cycle between the work-is-draining belief and increased burnout over time. The findings suggest that socio-cultural narratives about the draining effects of work might lead

people to endorse beliefs that counterintuitively increase burnout.

3. Roth, L. H. O, *Mlynski, C., Job, V., & Savani, K., (2025). Ability and motivation as predictors of performance: An empirical comparison of competing theories. *Unpublished manuscript*.

Relevance: Grounded in the second core pillar of my research agenda—optimizing incentive-based interventions to increase job productivity—this work challenges the dominant linear interaction model of ability and motivation commonly used in employee performance prediction. Instead, it supports an alternative framework, *motivation intensity theory*, which proposes a non-linear interaction between ability and motivation as a more accurate predictor of performance. By applying this model, employers can identify when performance-contingent incentives are most likely to yield optimal improvements in employee outcomes. These findings inform a third core theme I intend to pursue at Hong Kong Polytechnic University: investigating how tailoring performance-contingent incentives to employees' workload levels can maximize return on investment and boost organizational productivity.

Abstract: Since the 1990s, the Theory of Job Performance (Campbell et al., 1993) has been a dominant framework in employee performance prediction modeling, proposing that performance is best predicted by a linear interaction of an employee's ability on the task and their motivation to successfully complete it. However, the actual utility of the model has been called into question by recent a meta-analysis, which found that the additional explanatory power of the multiplicative model is very minor beyond the main effects of ability and motivation. In this research, we test hypotheses derived from an alternate theory of motivation, the motivation intensity theory (MIT), which predicts a non-linear interaction between ability and motivation. Specifically, in contrast to the reigning theory of job performance, MIT predicts that motivation matters most at moderate levels of ability; among those with low ability or high ability, motivation has little influence as they would perform at a low or high level, respectively, irrespective of motivation. In two experiments, we manipulated task ability and task motivation and measured both persistence and performance. In both experiments, a linear interaction model was suboptimal; instead, the non-linear interaction model predicted by MIT was better at predicting both persistence and performance. These findings provide support for the predictions of motivational intensity theory over those of the standard theory of job performance for persistence and performance.

4. Clay, G., *Mlynski, C., Korb, F. M., Goschke, T., & Job, V. (2022). Rewarding cognitive effort increases the intrinsic value of mental labor. *Proceedings of the National Academy of Sciences*, 119(5), e2111785119.

Relevance: Further supporting the second core pillar of my research agenda—optimizing incentive-based interventions to increase job productivity—this work examines how effort-contingent rewards, as opposed to performance-contingent incentives, can promote an intrinsic appreciation of effort itself. These findings form a fourth core theme I intend to pursue at Hong Kong Polytechnic University: investigating how companies can implement effort-contingent

reward structures to enhance employees' intrinsic motivation for exertion, ultimately driving greater organizational output.

Abstract: Current models of mental effort in psychology, behavioral economics, and cognitive neuroscience typically suggest that exerting cognitive effort is aversive, and people avoid it whenever possible. The aim of this research was to challenge this view and show that people can learn to value and seek effort intrinsically. Our experiments tested the hypothesis that effort-contingent reward in a working-memory task will induce a preference for more demanding math tasks in a transfer phase, even though participants were aware that they would no longer receive any reward for task performance. In laboratory Experiment 1 ($n = 121$), we made reward directly contingent on mobilized cognitive effort as assessed via cardiovascular measures (β -adrenergic sympathetic activity) during the training task. Experiments 2a to 2e ($n = 1,457$) were conducted online to examine whether the effects of effort-contingent reward on subsequent demand seeking replicate and generalize to community samples. Taken together, the studies yielded reliable evidence that effort-contingent reward increased participants' demand seeking and preference for the exertion of cognitive effort on the transfer task. Our findings provide evidence that people can learn to assign positive value to mental effort. The results challenge currently dominant theories of mental effort and provide evidence and an explanation for the positive effects of environments appreciating effort and individual growth on people's evaluation of effort and their willingness to mobilize effort and approach challenging tasks.

5. **Mlynski, C., Job, V., & Savani, K. (2025).** State-Level willpower beliefs predict economic disparities across U.S. states. *Unpublished manuscript*.

Relevance: This study serves as the foundation for the third core pillar of my research agenda—understanding how regional variations in effort beliefs contribute to regional economic disparities. Specifically, this work investigates how state-level lay beliefs about willpower predict economic inequality across U.S. states. Building on these findings, we are currently extending the analysis globally, examining patterns across 52 countries. This line of research not only reinforces the importance of psychological constructs in explaining macroeconomic outcomes but also sets the stage for a fifth theme I intend to pursue at Hong Kong Polytechnic University: exploring how community-level interventions can shape collective effort beliefs, and in turn, influence economic development at the regional level.

Abstract: Previous research has shown that individuals who believe willpower is a limited resource are more prone to self-control failures, procrastination, and require more rest following demanding tasks. Building on this insight, the present study investigates whether regional differences in willpower beliefs are associated with broader economic outcomes. Using survey data from 5,149 U.S. residents, we examined how state-level endorsement of the limited-willpower belief relates to economic indicators. Results show that states where residents more strongly endorse the belief that willpower is limited exhibit higher rates of unemployment and poverty, along with lower median earnings, per capita personal income, and gross domestic product per capita. These findings suggest that collective lay beliefs about willpower are

meaningfully associated with regional economic disparities, pointing to a novel and potentially powerful lever for economic policy: shifting community-level beliefs about willpower.

Complete list of Scientific Publications

***Shared First Authorship**

Manuscripts Published in Peer-Reviewed Journals

1. **Mlynski, C.**, Clay, G., Jankowski, J., & Job, V. (in press). Lay beliefs of willpower shape individual's propensity to self-select into or avoid effortful tasks. *Journal of Experimental Psychology: General*.
2. Roth, L. H. O, ***Mlynski, C.**, Job, V., & Savani, K. (in press). Ability and motivation as predictors of performance: An empirical comparison of competing theories. *Motivation Science*.
3. **Mlynski, C.**, Goschke, T., Korb, F. M., & Job, V. (2025). The motivational consequences of boredom. *Cognition and Emotion*, 1–10. <https://doi.org/10.1080/02699931.2025.2568554>
4. Job, V., **Mlynski, C.**, & Bauer, C. A. (2025). How rethinking difficulties can shape important life outcomes. *Trends in Cognitive Sciences*. <https://doi.org/10.1016/j.tics.2025.05.018>.
5. Kraus, J., **Mlynski, C.**, Hartmann, F., Clay, G., Goschke, T., Silani, G., & Job, V. (2025). The pleasure of effort: Cognitive challenges trigger hedonic physiological responses. *Annals of the New York Academy of Sciences*, 1546(1), 100–111. <https://doi.org/10.1111/nyas.15323>
6. **Mlynski, C.**, *Clay, G., Sik, K., Jankowski, J., & Job, V. (2025). Because it is fun! Individual differences in effort enjoyment belief relate to behavioral and physiological indicators of effort-seeking. *Journal of Personality and Social Psychology*. <https://doi.org/10.1037/pspa0000443>
7. **Mlynski, C.**, *Roth, L., Loschelder, D., Gieseler, K., Job, V., & Friese, M. (2025). Self-Control Following Prior Exertion: An Empirical Test of the Motivational Shift and Compensatory Effort Hypotheses. *Collabra: Psychology*, 11(1). <https://doi.org/10.1525/collabra.128616>
8. Jankowski, J. M., **Mlynski, C.**, & Job, V. (2024). Just a drop in the ocean? How lay beliefs about the world influence efficacy, perceptions, and intentions regarding pro-environmental behavior. *Journal of Environmental Psychology*, 100, 102445. <https://doi.org/10.1016/j.jenvp.2024.102445>
9. Jankowski, J. M., **Mlynski, C.**, Prinz, T., & Job, V. (2024). Saving the environment? That is beyond my (will)power! *Motivation Science*. <https://doi.org/10.1037/mot0000379>
10. Job, V., **Mlynski, C.**, & Nikitin, J. (2024). Challenging the law of least effort. *Current Opinion in Psychology*, 60, 101881. <https://doi.org/10.1016/j.copsyc.2024.101881>
11. **Mlynski, C.**, Mueller, S., Napolitano, C. M., & Job, V. (2023). A backup plan for life? Alternative life paths facilitate disengagement in an action crisis. *Motivation and Emotion*. <https://doi.org/10.1007/s11031-023-10052-z>

12. Roth, L. H. O., Jankowski, J. M., Meindl, D., Clay, G., **Mlynski, C.**, Freiman, O., Nordmann, A. L., Stenzel, L.-C., & Wagner, V. (2024). Registered Report: Self-Control Beyond Inhibition—German Translation and Quality Assessment of the Self-Control Strategy Scale (SCSS). *Collabra: Psychology*, 10(1). <https://doi.org/10.1525/collabra.125242>
13. Clay, G., ***Mlynski, C.**, Korb, F. M., Goschke, T., & Job, V. (2022). Rewarding cognitive effort increases the intrinsic value of mental labor. *Proceedings of the National Academy of Sciences*, 119(5), e2111785119. <https://doi.org/10.1073/pnas.2111785119>
14. Wright, R. A., & **Mlynski, C.** (2021). Foundational assumption reasonable but uncertain. *Behavioral and Brain Sciences*, 44, e137. <https://doi.org/10.1017/S0140525X21000339>
15. **Mlynski, C.**, Reza, A., Whitted, M., Cox, C., Garsea, A., & Wright, R. A. (2021). Fatigue influence on inhibitory control: Cardiovascular and performance findings elucidate the role of restraint intensity. *Psychophysiology*, 00e1–18. <https://doi.org/10.1111/psyp.13881>
16. **Mlynski, C.**, Reza, A., Whitted, M., & Wright, R. A. (2020). Mortality salience, effort, and cardiovascular response to a bar-press challenge: Remarkably nuanced effects of a death prime on heart performance. *Psychophysiology*, 57(11). <https://doi.org/10.1111/psyp.13649>
17. **Mlynski, C.**, Wright, R. A., & Kelly, K. (2020). Ability influence on effort and associated cardiovascular responses: Nocebo-Placebo evidence that perception is key. *Biological Psychology*, 152, 107867. <https://doi.org/10.1016/j.biopsycho.2020.107867>
18. Carbajal, I., **Mlynski, C.**, Willson, K., Gillis, K., & Wright, R. A. (2019). Circadian mismatch and cardiovascular response to a performance challenge: Larks in morning and evening work sessions. *International Journal of Psychophysiology*, 143, 96-104. <https://doi.org/10.1016/j.ijpsycho.2019.05.011>
19. Wright, R. A., **Mlynski, C.**, & Carbajal, I. (2019). Outsiders' thoughts on generating self-regulatory-depletion (fatigue) effects in limited-resource experiments. *Perspectives on Psychological Science*, 14(3), 469-480. <https://doi.org/10.1177/1745691618815654>
20. Wright, R. A., & **Mlynski, C.** (2019). Fatigue determination of inhibitory strength and control: A babe in a bath. *Motivation Science*, 5(1), 66-78. <https://doi.org/10.1037/mot0000114>
21. Wright, R. A., **Mlynski, C.**, & Carbajal, I. (2018). Fatigue and the intensity of behavioral restraint – considering significance for health and self-control. *Polish Psychological Bulletin*, 49, 86-94. <https://doi.org/10.24425/119475>
22. **Mlynski, C.**, Wright, R. A., Agtarap, S. D., & Rojas, J. (2017). Naturally-occurring fatigue and cardiovascular response to a simple memory challenge. *International Journal of Psychophysiology*, 119, 72-78. <http://dx.doi.org/10.1016/j.ijpsycho.2017.02.011>
23. Schuler, E. R., ***Mlynski, C.**, & Wright, R. A. (2017). Influence of mortality salience on effort-related cardiovascular response to an identity-relevant challenge. *Motivation Science*, 3(2), 164-171. <http://dx.doi.org/10.1037/mot0000052>

24. Agtarap, S. D., Wright, R. A., **Mlynski, C.**, Hammad, R. & Blackledge, S. (2016). Success importance and urge magnitude as determinants of cardiovascular response to a behavioral restraint challenge. *International Journal of Psychophysiology*, 102, 18-24. <https://doi.org/10.1016/j.ijpsycho.2016.03.004>
25. Wright, R. A., Agtarap, S. D., & **Mlynski, C.** (2015). Conversion of reactance motives into effortful goal pursuit. *Zeitschrift Für Psychologie*, 223(4), 267–276. <https://doi.org/10.1027/2151-2604/a000228>

Other Manuscripts

1. Wright, R. A., **Mlynski, C.**, & King, R. L. (2024). Inhibitory capacity and inhibitory control. Chapter to appear in A. Elliot (Ed.), *Advances in motivation science*. New York: Elsevier Press.
2. Wright, R. A., King, R. L., Scott, B. M., & **Mlynski, C.** (2024). Could Baumeister’s limited resource understanding of inhibitory control be sound but under elaborated? A BRAIC perspective. Chapter to appear in E. R. Hirt (Ed.), *Handbook of motivation and social psychology*. Northampton, MA: Edward Elgar Publishing Lt.

Manuscripts Submitted or in Preparation

1. **Mlynski, C.**, *Roth, L. H. O, Bauer, C., Savani, K., & Job, V. (2025). The self-fulfilling implications of “hard-work-is-draining” narratives for burnout. Manuscript submitted for publication.
2. Caruso, I. D., **Mlynski, C.**, Clay, G., Goschke, T., Korb, F. M., & Job, V. (2025). The intrinsic value of honesty. Manuscript submitted for publication.
3. **Mlynski, C.**, Job, V., & Savani, K. (2025). State-Level willpower beliefs predict economic disparities across U.S. states. Manuscript in preparation.
4. **Mlynski, C.**, Job, V., & Savani, K. (2025). Residents’ beliefs about willpower explain regional variation in chronic disease symptomology and well-being through physical inactivity and excess sugar consumption. Manuscript in preparation.
5. **Mlynski, C.**, *Bernecker, K., Roth, L. H. O, & Job, V. (2025). Effort is not aversive; difficulty is. Manuscript in preparation.
6. **Mlynski, C.**, *Roth, L. H. O, Wright, R. A., & Job, V. (2025). The ability for difficulty beliefs to result in hyperactivity and hypoactivity of the cardiovascular system. Manuscript in preparation.
7. Roth, L. H. O, ***Mlynski, C.**, & Job, V (2025). Minimal effects, maximum engagement: Revaluating the actual impact of ego depletion and effort aversion on effort-based decision making. Manuscript in preparation.
8. **Mlynski, C.**, *Tempfli, M., Job, V., & Randerath, J. (2025). Post-COVID syndrome and blunted cardiovascular reactivity to laboratory stressors. Manuscript in preparation.

Research Financing and Innovation

Grants and Academic Awards Funded

1. Stand Alone project grant funded by the Austrian Science Fund (FWF), *The impact of inhibitory strength on self-control*, €152.499,50 (2022) PI **Christopher Mlynski**, Co-PI Veronika Job and Rex A. Wright
2. Research collaborator for project funded by the Deutsche Forschungsgemeinschaft (DFG) within the SFB 940/3 Volition and Cognitive control, *The intrinsic value of self-control*, €459.300,00 (2020).

Grant Applications Submitted or in Preparation

1. Grant submitted to the Austrian Science Fund (FWF), *The illusion of effort aversion: Opposing base-rates across contexts shape effort-enjoyment contingency beliefs*, €449.955,00 (2025). PI Veronika Job, Co-PI **Christopher Mlynski** and Arnd Florack
2. Grant submitted to the Austrian Science Fund (FWF), *The Heart of the COVID-19 Pandemic– The Influence of Post-COVID Syndrome on Cardiovascular Disease Development.*, €449.860,00 (2025). PI **Christopher Mlynski**, Co-PI Jennifer Randerath, Leopold Roth and Veronika Job
3. Grant submitted to the Austrian Science Fund (FWF), *A Belief that Effort is Enjoyable*, €370.579,00 (2024). PI **Christopher Mlynski**, Co-PI Veronika Job
4. Grant in preparation for the Austrian Science Fund (FWF), *The influence of employees' sleep beliefs on work engagement*, €449.500,00 (2025). PI **Christopher Mlynski**, Co-PI Veronika Job and Jana Kühnel

Teaching

University of Vienna

Bachelor-level courses

- Psychologische Forschung erleben und reflektieren: Winter Semester 2021, Summer Semester 2022, Winter Semester 2022, Summer Semester 2023, Winter Semester 2023, Summer Semester 2024, Winter Semester 2024, Summer Semester 2025
- Fachliteratureseminar/ Bachelorarbeit: Summer Semester 2022, Winter Semester 2022, Summer Semester 2023, Winter Semester 2023, Summer Semester 2024, Winter Semester 2024, Summer Semester 2025

Master-level courses

- Theorie und Empirie wissenschaftlichen Arbeitens (Arbeit, Wirtschaft und Gesellschaft) 1/2: Summer Semester 2021, Winter Semester 2021, Winter Semester 2022, Summer Semester 2023, Winter Semester 2023, Summer Semester 2024, Summer Semester 2025

Technical University of Dresden

Bachelor-level courses

- Sozialpsychologie PVL: Seminar: Winter Semester 2020

Master-level courses

- Sozialpsychologie PVL: Seminar: Summer Semester 2020

University of North Texas

Bachelor-level courses

- General Psychology 2: Spring Semester 2019
- History and Systems: Fall Semester 2018, Summer Semester 2019
- Health Psychology: Fall Semester 2017, Spring Semester 2018
- Experimental Methods Lab: Fall Semester 2015, Spring Semester 2016, Summer Semester 2017, Spring Semester 2018
- Social Psychology: Fall Semester 2015, Spring Semester 2017

Symposia / Invited Lectures (Selected)

2024: Because it is fun! Individual differences in effort enjoyment belief relate to behavioural and physiological indicators of effort-seeking, Motivationspsychologisches Kolloquium, Munich, Germany, Symposium Speaker

2024: Individual differences in effort enjoyment relate to behavioural and physiological indicators of effort seeking, European Conference on Personality, Berlin, Germany, Symposium Speaker

2023: Expanding the Horizons of Effort Perception: Exploring its Relevance to Phenomena of Interest, University of Zurich, Zurich, Switzerland, Department of Psychology, Invited Speaker

2023: The Influence of Mental Fatigue on Effort Mobilization and Task Engagement, San Raffaele University, Milan, Italy, Department of Psychology, Invited Speaker

2023: Understanding the Mechanisms Driving Lay Theories of Willpower Through Effort Mobilization, Psychiatric Hospital of the University of Basel, Basel, Switzerland, Centre for Chronobiology, Invited Speaker

2023: The Interactional Influence of Fatigue, Urge Magnitude, and Importance on Effort-Related Cardiovascular Response to a Self-Control Challenge, Society for Psychophysiological Research's Annual Meeting, New Orleans, Louisiana, USA, Symposium Speaker

2023: Fatigue's Multifaceted Influence on Self-control: An Emerging Analysis of Behavioral Restraint Intensity, 21st World Congress of Psychophysiology, Geneva, Switzerland, Symposium Speaker

2022: The Impact of Fatigue on Impulse Control: When, When Not, and Through What Process? The Society for the Study of Motivation's Annual Conference, Chicago, Illinois, USA, Symposium Speaker

2021: The Impact of Fatigue on Impulse Control: When, When Not, and Through What Process?
20th World Congress of Psychophysiology, Chengdu, China, Symposium Speaker

Membership of Research Councils

1. Member-at-large for the Society for the Science of Motivation, 2024
2. Secretary for the Society for the Science of Motivation, 2025-2027

Ad Hoc Reviewer

International Journal of Psychophysiology, Psychophysiology, Motivation Sciences, Motivation and Emotions, General Psychology, Cognition & Emotion, Psychology of Sport & Exercise, Psychological Bulletin, British Journal of Social Psychology, City and Built Environment

Academic References

Dr. Veronika Job, Professor for Motivational Psychology in the Faculty of Psychology at University of Vienna, veronika.job@univie.ac.at;

Dr. Krishna Savani, Professor of Management at the Hong Kong Polytechnic University, krishna.savani@polyu.edu.hk;

Dr. Rex Wright, Faculty member in the Department of Psychiatry and Behavioral Sciences at The University of Texas at Austin's Dell Medical school, rex.wright@austin.utexas.edu