

Curriculum Vitae

Dr. Christopher S. Mlynski B.Sc. M.Sc.

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Date of Birth: 01.11.1990/ Nationality: American

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

Academic Milestones and Relevant Positions Held

Education / Academic Degrees

- 2019* Ph.D., Experimental Psychology (summa cum laude), 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
- 2017* M.Sc., Experimental Psychology (summa cum laude), 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
- 2014* B.Sc., Psychology, University of North Texas, Denton, United States of America

Academic Career and Positions Held

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

Main Areas of Research

General: Effort, Cardiovascular Physiology, Self-control, Fatigue, Disengagement, Motivation

Specific: Determinants of effort mobilization and its cardiovascular correlates, restraint intensity and its influence on successful self-control, effort avoidance, mental fatigue, intrinsic motivation, disengagement as an effortful process

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

Ad Hoc Reviewer

International Journal of Psychophysiology, Psychophysiology, Motivation Sciences, Motivation and Emotions, General Psychology, Cognition & Emotion, Psychology of Sport & Exercise, Psychological Bulletin

Grants and Academic Awards

1. University of Vienna Research Proposal Support Grant, €1.00,00 (2023)
2. University of Vienna Early Career Research Travel Support Grant, €400,81 (2023)
3. Research grant funded by the FWF, *The impact of inhibitory strength on self-control*, € 152.499,50 (2022) PI **Christopher Mlynski**, Co-PI Veronika Job and Rex A. Wright
4. University of Vienna Early Career Research Travel Support Grant € 403,57 (2022)
5. Research collaborator for project A10 in the SFB940 funded by the DFG, *The intrinsic value of self-control* (2020)
6. Individual project funded through SFB940 by the DFG, *The Perceived Cost of Time Investment*, €2.468,00 (2020)
7. Konstanz International School of Motivation Science Support Grant (2019), € 1.550,00
8. University of North Texas Graduate Research Award, \$2.000,00 (2018-2019)

Scientific Publication in Career to Date; *Shared Authorship

Manuscripts submitted or in preparation

1. **Mlynski, C.**, *Roth, L. H. O, Wright, R. A., & Job, V. (2024). Mechanisms underlying lay beliefs about willpower. Manuscript in preparation.
2. Roth, L. H. O, Wright, R. A., Job, V., & **Mlynski, C.** (2024). Motivational fatigue theory: A new perspective on how fatigue influences self-control. Manuscript in preparation.
3. Clay, G., **Mlynski, C.**, Sik, K., Jankowski, J. M., & Job, V. (2024). Because it is fun! Individual differences in effort enjoyment relate to behavioural and physiological indicators of effort seeking. Manuscript in preparation.
4. Roth, L. H. O, Job, V., & **Mlynski, C.** (2024). Ability and motivation as predictors of task performance: An empirical comparison of competing theories. Manuscript in preparation.
5. Roth, L. H. O, Job, V., & **Mlynski, C.** (2024). Motivational fatigue theory: A new perspective on how fatigue influences self-control. Manuscript in preparation.
6. Jankowski, J. M., **Mlynski, C.**, & Job, V. (2024) Just a drop in the ocean? How lay beliefs about the world influence self-efficacy, perception and intention regarding pro-environmental behavior. Manuscript submitted for publication.
7. Caruso, I. D., **Mlynski, C.**, Clay, G., Goschke, T., Korb, F. M., & Job, V. (2024). The intrinsic value of honesty. Manuscript submitted for publication.
8. Jankowski, J. M., **Mlynski, C.**, Prinz, T., & Job, V. (2024) Saving the environment? That's beyond my (will)power! Manuscript submitted for publication.
9. **Mlynski, C.**, *Roth, L. H. O, Loschelder, D., Gieseler, K., Job, V., & Friese, M. (2024). Self-control following prior exertion: An empirical test of the motivational shift and compensatory effort hypotheses. Manuscript submitted for publication.

Manuscripts published in peer-reviewed journals

1. **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>
2. 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>
3. Wright, R. A., & **Mlynski, C.** (2021). Foundational assumption reasonable but uncertain. *Behavioral and Brain Sciences*, 44, e137. <https://doi.org/10.1017/S0140525X21000339>
4. **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>
5. Wright, R., & Mlynski, C. (2021). Foundational assumption reasonable but uncertain. *Behavioral and Brain Sciences*, 44, E137. <https://doi.org/10.1017/S0140525X21000339>
 6. **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>
 7. **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>
 8. 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>
 9. 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>
 10. 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>
 11. 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>
 12. **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>
 13. 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>
 14. 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>
 15. Wright, R. A., Agtarap, S. D., Hammad, R., **Mlynski, C.**, & Blackledge, S. (2016). Determinants and cardiovascular correlates of behavioral restraint. *International Journal of Psychophysiology*, 108, 33–34. <https://doi.org/10.1016/j.ijpsycho.2016.07.112>
 16. 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>

Manuscripts published in non-peer-reviewed outlets

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., **Mlynski, C.**, & King, R. L. (2024). Our behavioral restraint analysis of impulse control. Chapter to appear in E. R. Hirt (Ed.), *Handbook of motivation and social psychology*. Northampton, MA: Edward Elgar Publishing Lt.
3. **Mlynski, C.**, Wright, R. A., King, R., & Job, V. (2023). Fatigue and self-control: An emerging analysis of behavioral restraint intensity. *International Journal of Psychophysiology*, 188, 23–24. <https://doi.org/10.1016/j.ijpsycho.2023.05.058>
4. **Mlynski, C.** (2021). The impact of fatigue on impulse control: When, when not, and through what process? *International Journal of Psychophysiology*, 168, S41. <https://doi.org/10.1016/j.ijpsycho.2021.07.123>
5. Blackledge, S. M., Carbajal, I., **Mlynski, C.**, & Wright, R. A. (2016). Depressed/Dysphoric individuals show evidence of reduced reward responsiveness when avoiding negative social evaluation. *International Journal of Psychophysiology*, 108, 133–134. <https://doi.org/10.1016/j.ijpsycho.2016.07.392>

Symposia / Invited Lectures (Reduced to Ten)

2023: Expanding the Horizons of Motivational Intensity Theory: 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: Fatigue's Multifaceted Influence on Self-Control: An Emerging Analysis of Behavioral Restraint Intensity, Association for Psychological Science's Annual Convention, Washington D.C, USA, Symposium 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

2022: Fatigue And Self-Control: An Emerging Analysis of Behavioral Restraint Intensity,
Conference of Experimental Psychologists, Cologne, Germany, 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

Activities in 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
- Fachliteraturseminar/ Bachelorarbeit: Summer Semester 2022, Winter Semester 2022, Summer Semester 2023, Winter Semester 2023

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

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