

LIST OF PUBLICATIONS

Manuscripts in Preparation

Kottwitz, M. U., Gerhardt, C., Augusto Coelho, D., Schmutz, D., & Elfering, A. (2021). *Yesterday's work–privacy conflict and actigraphically recorded sleep-onset latency as predictors of today's cognitive failure* [Manuscript submitted for publication]. Institute of Psychology, University of Bern.

Refereed Journal Papers (in reversed chronological order)

- ¹Matick, E., **Kottwitz, M. U.**, Lemmer, G., & Otto, K. (2021). How to sleep well in times of high job demands: The supportive role of detachment and perceived social support. *Work & Stress*. Advance online publication. <https://doi.org/10.1080/02678373.2021.1889071>
- Elfering, A., **Kottwitz, M. U.**, & Semmer, N. K. (2021). Battery discharge from Monday to Friday: Background social stress at work is associated with more rapid accumulation of fatigue. *Sleep and Vigilance*, 5(1), 49–60. <https://doi.org/10.1007/s41782-021-00127-7>
- Gerhardt, C., Semmer, N. K., Sauter, S., Walker, A., de Wijn, N., Kälin, W., **Kottwitz, M. U.**, Kersten, B., Ulrich, B., & Elfering, A. (2021). How are social stressors at work related to well-being and health? A systematic review and meta-analysis. *BMC Public Health*, 21:890. <https://doi.org/10.1186/s12889-021-10894-7>
- ¹**Kottwitz, M. U.**, Otto, K., Elfering, A., Garrido Vásquez, M. E., Braun, S., & Kälin, W. (2021). Why do illegitimate tasks cause pain? Qualitative job insecurity as an underlying mechanism. *Scandinavian Journal of Work and Organizational Psychology*, 6(1):3. <https://doi.org/10.16993/sjwop.125>

2020

- Elfering, A., Gerhardt, C., Pereira, D., Schenker, A., & **Kottwitz, M. U.** (2020). The Monday effect revisited: A diary and sleep actigraphy study. *Sleep and Vigilance*, 4(2), 167-176. <https://doi.org/10.1007/s41782-020-00105-5>
- Gerhardt, C., **Kottwitz, M. U.**, Lüdin, T. J., Gabriel, D., & Elfering, A. (2020). Work and sleep quality in railway employees: An actigraphy study. *Ergonomics*, 63(1), 13–30. <https://doi.org/10.1080/00140139.2019.1677945>
2019 Impact factor: 2.19
- Otto, K., Baluku, M. M., Hünefeld, L., & **Kottwitz, M. U.** (2020). Caught between autonomy and insecurity: A work-psychological view on resources and strain of small business owners in Germany. *Frontiers in Psychology*, 11:525613. <https://doi.org/10.3389/fpsyg.2020.525613>
2019 Impact factor: 2.07

2019

- ¹Garrido Vásquez, M. E., Kälin, W., Otto, K., Sadlowski, J., & **Kottwitz, M. U.** (2019). Do co-worker conflicts enhance daily worries about job insecurity: A diary study. *Applied Psychology: An International Review*, 68(1), 26–52. <https://doi.org/10.1111/apps.12157>
2019 Impact factor: 2.81
- Holzer, E., Tschan, F., **Kottwitz, M. U.**, Beldi, G., Businger, A. P., & Semmer, N. K. (2019). The workday of hospital surgeons: What they do, what makes them satisfied, and the role of core tasks and administrative tasks; a diary study. *BMC Surgery*, 19(112). <https://doi.org/10.1186/s12893-019-0570-0>
2019 Impact Factor 1.95
- Kottwitz, M. U.**, Gerhardt, C., Schmied, S., & Elfering, A. (2019). Sleep, work stress and headache in printing business: An actigraphy study. *Sleep and Vigilance*, 3(1), 9–15. <https://doi.org/10.1007/s41782-019-0055-3>

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¹**Kottwitz, M. U.**, Pfister, I. B., Elfering, A., Schummer, S. E., Igic, I., & Otto K. (2019). SOS—Appreciation overboard! Illegitimacy and psychologists' job satisfaction. *Industrial Health*, 57(5), 637–652. <https://doi.org/10.2486/indhealth.2018-0008>
2019 Impact factor: 1.12

Schummer, S. E., Otto, K., Hünefeld, L., & **Kottwitz, M. U.** (2019). The role of need satisfaction for solo self-employed individuals' vs. employer entrepreneurs' affective commitment towards their own businesses. *Journal of Global Entrepreneurship Research*, 9:63. <https://doi.org/10.1186/s40497-019-0190-2>

2018

Elfering, A., **Kottwitz, M. U.**, Häfliger, E., Celik, Z., & Grebner, S. (2018). Interruptions, unreasonable tasks, and quality-threatening time pressure in home care: Linked to attention deficits and slips, trips, and falls. *Safety and Health at Work*, 9(4), 434–440. <https://doi.org/10.1016/j.shaw.2018.02.001>
Source Normalized Impact per Paper (SNIP, 2017): 1.179

Elfering, A., **Kottwitz, M. U.**, Tamcan, Ö., Müller, U., & Mannion, A. F. (2018). Impaired sleep predicts onset of low back pain and burnout symptoms: Evidence from a three-wave study. *Psychology, Health & Medicine*, 23(10), 1196–1210. <https://doi.org/10.1080/13548506.2018.1479038>
2017/18 Impact factor: 1.589

Elfering, A., Grebner, S., Ganster, D. C., Berset, M., **Kottwitz, M. U.**, & Semmer, N. K. (2018). Cortisol on Sunday as indicator of recovery from work: Prediction by observer ratings of job demands and control. *Work & Stress*, 32(2), 168–188. <https://doi.org/10.1080/02678373.2017.1417337>
2017/18 Impact factor: 3.14

Hünefeld, L., Otto, K., Schummer, S. E., & **Kottwitz, M. U.** (2018). Solo-Selbstständigkeit – selbstständige Gestalter/innen der eigenen Arbeits- und Gesundheitssituation?! *Sicher ist sicher*, 69, 420–423.

Kottwitz, M. U., Gerhardt, C., Pereira, D., Iseli, L., & Elfering, A. (2018). Teacher's sleep quality: Linked to social job characteristics? *Industrial Health*, 56(1), 53–61. <https://doi.org/10.2486/indhealth.2017-0073>
2016/17 Impact factor: 1.168

Kottwitz, M. U., Schade, V., Burger, C., Radlinger, L., & Elfering, A. (2018). Time pressure, time autonomy, and sickness absenteeism in hospital employees: A longitudinal study on organizational absenteeism records. *Safety and Health at Work*, 9, 109–114. <https://doi.org/10.1016/j.shaw.2017.06.013>
Source Normalized Impact per Paper (SNIP, 2017): 1.179

2017

¹**Kottwitz, M. U.**, Hünefeld, L., Frank, B. P., & Otto, K. (2017). The more, the better?! Multiple vs. single jobholders' job satisfaction as a matter of lacked information. *Frontiers in Psychology*, 8:1274. <https://doi.org/10.3389/fpsyg.2017.01274>
2017/18 Impact factor: 2.089

Kottwitz, M. U., Rolli Salathé, C., Buser, C. & Elfering, A. (2017). Emotion work and musculoskeletal pain in supermarket cashiers: A test of a sleep-mediation model. *Scandinavian Journal of Work and Organizational Psychology*, 2(1):6. <https://doi.org/10.16993/sjwop.25>

¹**Kottwitz, M. U.**, Schnyder, R., Berset, M., & Elfering, A. (2017). Thirst at work implies more than just inadequate facilities for breaks. *Applied Psychophysiology and Biofeedback*, 42(3), 223–234. <https://doi.org/10.1007/s10484-017-9369-x>
2017/18 Impact factor: 1.347

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2016

Faupel, S., Otto, K., Krug, H., & **Kottwitz, M. U.** (2016). Stress at school? A qualitative study on illegitimate tasks during teacher training. *Frontiers in Psychology*, 7:1410.

<https://doi.org/10.3389/fpsyg.2016.01410>

2016 Impact factor: 2.323

Otto, K., Mohr, G., **Kottwitz, M. U.**, & Korek, S. (2016). The joint impact of microeconomic parameters and job insecurity perceptions on commitment towards one's job, occupation and career: A multilevel approach. *Economic and Industrial Democracy*, 37(1), 43–71. <https://doi.org/10.1177/0143831X14535822>

2016 Impact factor: 1.156

2014

²**Kottwitz, M. U.**, Grebner, S., Semmer, N. K., Tschan, F., & Elfering, A. (2014). Social stress at work and change in women's body weight. *Industrial Health*, 52(2), 163–171.

<https://doi.org/10.2486/indhealth.2013-0155>

2016 Impact factor: 1.12

Kottwitz, M. U., Lachapelle, M., & Elfering, A. (2014). Time pressure, social work stressors and blood pressure in a team of seven IT-workers during one week of intense work. *International Journal of Psychology: A Biopsychosocial Approach*, 14, 51–69.

<https://doi.org/10.7220/2345-024X.14.3>

2013

^{1,2}**Kottwitz, M. U.**, Meier, L. L., Jacobshagen, N., Kälin, W., Elfering, A., Hennig, J., & Semmer, N. K. (2013). Illegitimate tasks associated with higher cortisol levels among male employees when subjective health is relatively low: An intra-individual analysis. *Scandinavian Journal of Work, Environment & Health*, 39(3), 310–318.

<https://doi.org/10.5271/sjweh.3334>

2014 Impact factor: 3.45

²Wirtz, P. H., Ehlert, U., **Kottwitz, M. U.**, LaMarca, R., & Semmer, N. K. (2013). Occupational role stress is associated with higher cortisol reactivity to acute stress. *Journal of Occupational Health Psychology*, 18(2), 121–131. <https://doi.org/10.1037/a0031802>

2014 Impact factor: 2.458

¹ key publications, ² part of the dissertation

International Chapters and Publications without Peer Review

Kottwitz, M. U., Otto, K., & Hünefeld, L. (2019). *Belastungsfaktoren, Ressourcen und Beanspruchungen bei Soloselbstständigen und Mehrfachbeschäftigten*.

Forschungsbericht der Bundesanstalt für Arbeitsschutz und Arbeitsmedizin.

<https://www.baua.de/DE/Angebote/Publikationen/Berichte/F2371.pdf?blob=publicationFile&v=8>

Pereira, D., Gerhardt, C., **Kottwitz, M. U.**, & Elfering, A. (2016). Occupational sleep medicine: Role of social stressors. In S. R. Pandi-Perumal, M. Narasimhan, & M. Kramer (Eds.), *Sleep and psychosomatic medicine* (2nd ed., pp. 57–84). CRC.

<https://doi.org/10.1201/b20221-5>

Semmer, N. K., & **Kottwitz, M. U.** (2011, August). *Auswirkungen von Freizeit auf Gesundheit und Produktivität*. Gutachten zuhanden des Bundesamts für Justiz, Schweiz.

<https://www.bj.admin.ch/dam/bj/de/data/wirtschaft/gesetzgebung/archiv/ferieninitiative/gutachten-semmer-d.pdf>