

# JONAS DORA

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## DATE OF BIRTH

July 17, 1992

## CITIZENSHIP

German

## EDUCATION

### University of Washington, Seattle, United States

October 2020 - present

#### Postdoctoral research associate

Supervisor: Dr. Kevin King

Project topic: Do emotions shape people's alcohol use?

### University of Toronto, Toronto, Canada

August 2019 - November 2019

#### Visiting research fellow

Supervisor: Dr. Michael Inzlicht

Project topic: The effort paradox: Effort is both costly and valued

### Radboud University, Nijmegen, The Netherlands

October 2015 – March 2020

#### PhD candidate

Supervisors: Dr. Erik Bijleveld & Dr. Madelon van Hooff

Promotors: Dr. Sabine Geurts & Dr. Michiel Kompier

Project topic: Does the smartphone make us fatigued? An investigation into opportunity costs in mental labor/leisure tradeoffs

### Maastricht University, Maastricht, The Netherlands

August 2014 – August 2015

#### MSc, Work and Organizational Psychology (cum laude)

Advisor: Dr. Philippe Nelissen

Thesis topic: Multilevel analysis of organizational citizenship behavior in work teams

Thesis grade: 8.5 (GPA: 8.6)

Completed Honours program PREMIUM for high-performing Masters students

### University of Groningen, Groningen, The Netherlands

August 2011 – August 2014

#### BSc, Psychology

Advisor: Dr. Monica Blaga

Thesis topic: Achievement goals and task difficulty

Thesis grade: 8.5 (GPA: 8.1)

## PUBLICATIONS

Dora, J., van Hooff, M., Geurts, S., & Bijleveld, E. (2020). Labor/leisure decisions in their natural context: The case of the smartphone. *Psychonomic Bulletin & Review*, 1 – 10.

<https://link.springer.com/article/10.3758/s13423-020-01844-2>

<https://osf.io/s2wy5/>

Nieuwenhuys, A., Dora, J., Knufinke, M., Beckers, D., Rietjens, G., & Helmhout, P. (under review). "20 000 Leagues under the Sea": Sleep, Cognitive Performance, Mental Load and Recovery during a 67-Day Military Submarine Mission. *Applied Ergonomics*, 91, 103295.

Johannes, N.\*, Dora, J.\*, & Rusz, D.\* [\* shared first authors] (2019). Social Smartphone Apps Do Not Capture Attention Despite Their Perceived High Reward Value. *Collabra: Psychology*, 5, 14.

<https://doi.org/10.1525/collabra.207>

<https://osf.io/g8kbu/>

Dora, J., van Hooff, M., Geurts, S., Hooftman, W., & Kompier, M. (2019). Characterizing Work-Related Smartphone Use at Home and Private Smartphone Use at Work Using Latent Class Analysis. *Occupational Health Science*, 3, 187 – 203.

<https://doi.org/10.1007/s41542-019-00040-6>

Johannes, N., Veling, H., Dora, J., Meier, A., Reinecke, L., & Buijzen, M. (2018). Mind-Wandering and Mindfulness as Mediators of the Relationship Between Online Vigilance and Well-Being. *Cyberpsychology, Behavior, and Social Networking*, 21, 761 – 767.

<https://doi.org/10.1089/cyber.2018.0373>

<https://osf.io/ufyq4>

## MANUSCRIPTS UNDER REVIEW & IN PREPARATION

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Dora, J., van Hooff, M., Geurts, S., Kompier, M., & Bijleveld, E. (revise & resubmit). The effect of opportunity costs on mental fatigue in labor/leisure tradeoffs. Submitted to *Journal of Experimental Psychology: General*.

<https://psyarxiv.com/3765s/>

<https://osf.io/t4afr/>

Dora, J., van Hooff, M., Geurts, S., Kompier, M., & Bijleveld, E. (revise & resubmit). Fatigue, boredom, and objectively-measured smartphone use at work. Submitted to *Royal Society Open Science*.

<https://psyarxiv.com/uy8rs>

<https://osf.io/z9wm8/>

## SELECTED PRESENTATIONS

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(2019) Introducing the adoption of Open Science Practices in Work and Organizational Psychology: The Nijmegen workflow. Annual Conference of the Dutch Association for Work and Organizational Psychology (WAOP), Amsterdam, The Netherlands.

(2018) Why do we get fatigued – opportunity costs in mental labor/leisure tradeoffs. Annual Conference of the Dutch Association for Social Psychology (ASPO), Nijmegen, The Netherlands.

(2018) Task disengagement via the smartphone when fatigued. 30th Annual Conference of the Association for Psychological Science (APS), San Francisco, United States.

(2017) The bidirectional relationships between smartphone use and mental fatigue while at work. Annual Conference of the Dutch Association of Work and Organizational Psychology (WAOP), Nijmegen, The Netherlands.

(2016) A Psychological Perspective on Smartphone Use. The InnBetween Maastricht, Maastricht, The Netherlands.

(2016) (Non)-work-related smartphone use blurs the boundaries between work and private life. Annual Conference of the European Association of Work and Organizational Psychology (EAWOP), Dublin, Ireland.

## ORGANIZATION AND COMMITTEES

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PhD platform representative for Work, Health, and Performance Group 2016 - 2018

Radboud University

Organizer weekly research meeting Work, Health, and Performance Group 2016 - 2019

Radboud University

Organizing committee member WAOP conference 2017

Radboud University

Organizing committee member internal PhD conference 2017

Radboud University

Organizing committee member internal PhD conference 2018

Radboud University

Organizing committee member 'Best dissertation award' WAOP conference 2018

Radboud University

Young talent award 2019  
Emerging Scholar Research Grant 2017  
PhD Mobility Fund 2018 & 2019  
Internationalization Grant 2018 & 2019

Prins Bernhard Cultuurfonds  
MC Interest Group, ICA  
Radboud University  
Radboud University

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## PUBLIC ENGAGEMENT

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Blog: <https://www.psychologytoday.com/intl/blog/human-decision-making>

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## TEACHING EXPERIENCE

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### RESEARCH PROJECT 3 AND BACHELOR THESIS SUPERVISION

January 2016 – September 2019

*Behavioral Science Institute, Radboud University, Nijmegen, The Netherlands*  
Supervisor (supervised ~ 20 students)

### MASTER THESIS SUPERVISION

January 2016 – September 2019

*Behavioral Science Institute, Radboud University, Nijmegen, The Netherlands*  
Supervisor (supervised ~ 12 students)

### BEHAVIOR IN ORGANIZATIONS

October 2015 – December 2015

*Behavioral Science Institute, Radboud University, Nijmegen, The Netherlands*  
Workgroup instructor

### WORK, HEALTH, AND PERFORMANCE

October 2015 – December 2015

*Behavioral Science Institute, Radboud University, Nijmegen, The Netherlands*  
Workgroup instructor

### MENTAL LOAD AND STRESS

November 2017 – November 2018

*Behavioral Science Institute, Radboud University, Nijmegen, The Netherlands*  
Guest lecturer

### APPLIED RESEARCH METHODS

December 2017 – December 2018

*Behavioral Science Institute, Radboud University, Nijmegen, The Netherlands*  
Guest lecturer

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## SKILLS

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### **Statistical Skills**

Data wrangling & visualization using the tidyverse  
Frequentist & Bayesian mixed-effects modelling  
Power simulations for mixed-effects designs

### **Software**

R (proficient)  
Python/PsychoPy (proficient)  
Gorilla (proficient)  
Github (proficient)

Dr. Erik Bijleveld  
Behavioural Science Institute  
Radboud University  
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Dr. Kevin King  
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Dr. Sabine Geurts  
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