

DESPOINA XANTHOPOULOU*Associated Professor of Organizational Psychology***1. PERSONAL DETAILS**

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2. EDUCATION

2007 **Ph.D.** in Work and Organizational Psychology, Dept. of Social and Organizational Psychology, Utrecht University, The Netherlands. Date of PhD defence: March 30, 2007.
2001 **Degree in Psychology**, School of Psychology, Faculty of Philosophy, Aristotle University of Thessaloniki (Grade: 7.87/10, Very Good).

2.1. OTHER TRAINING

2007 Course on '**Structural Equation Modeling with Mplus**', Dept. of Methodology, Utrecht University, NL.
2007 **Post-Graduate Certificate**, Research Institute for Psychology and Health, NL.
2004 Course on '**Multilevel Analysis using MlwiN**', Dept. of Methodology, Utrecht University, NL.
2003 Workshop entitled: '**Work-Home Interference and Health**', Research Institute for Psychology & Health, Utrecht University, NL.
2003 Workshop entitled: '**Introduction to Psychology & Health**', Research Institute for Psychology & Health, Utrecht University, NL.

3. PROFESSIONAL EXPERIENCE

2024-present **Full Professor of Organizational Psychology**, School of Psychology, Aristotle University of Thessaloniki.
2020-2023 **Associate Professor of Organizational Psychology**, School of Psychology, Aristotle University of Thessaloniki.
2015-2020 **Assistant Professor of Organizational Psychology**, School of Psychology, Aristotle University of Thessaloniki.
2014-2019 **Visiting Fellow**, Newcastle University Business School, Newcastle-Upon-Tyne, UK.
2013-2015 **Lecturer in Social Organizational Psychology**, School of Psychology, Aristotle University of Thessaloniki.

2011-2013	Lecturer in Organizational Psychology , Dept. of Psychology, University of Crete.
2010-2011	Part-time Lecturer in Organizational Psychology , Dept. of Psychology, University of Crete.
2006-2009	Post-Doc Researcher and Teaching Assistant , Department of Work & Organizational Psychology, Institute of Psychology, Erasmus University Rotterdam.
2002	Licenced Psychologist.

4. PUBLICATIONS

4.1. Ph.D. THESIS

Xanthopoulou, D. (2007). *A work psychological model that works: Expanding the job demands-resources model*. Unpublished doctorate dissertation, Utrecht University, The Netherlands (ISBN: 978-90-393-44682). <http://dspace.library.uu.nl/handle/1874/20845>

4.2. PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Tsounis, A., **Xanthopoulou, D.**, Kafetsios, K., Demerouti, E., & Tsaousis, I. (2024, in press). Workplace and individual social capital as moderators on the work-life interface processes: Testing a multilevel model. *Group and Organizational Management*. <https://doi.org/10.1177/105960112413099>
2. Petrou, P., **Xanthopoulou, D.**, & Mäkikangas, A. (2024). Mindfulness and proactivity: Friends or enemies? Latent profiles and relationships with task performance and creativity. *Current Psychology*, 43, 27664–27679. <https://doi.org/10.1007/s12144-024-06336-3>
3. Huynh, J., **Xanthopoulou, D.**, & Windsor, T. (2024). A longitudinal investigation of job demands-resources theory in volunteer firefighters working for the nonprofit sector. *Nonprofit Management and Leadership*, 35(1), 35-59. <https://doi.org/10.1002/nml.21602>
4. Vakola, M., **Xanthopoulou, D.**, & Demerouti, E. (2023). Daily job crafting and adaptive performance during organizational change: The moderating role of managers' influence tactics. *Journal of Applied Behavioral Science*, 59(2), 232-261.
5. Tsounis, A., **Xanthopoulou, D.**, Demerouti, E., Kafetsios, K., & Tsaousis, I. (2023). Workplace social capital: Redefining and measuring the construct. *Social Indicators Research*, 165(2), 555-583.
6. Bakker, A.B., **Xanthopoulou, D.**, & Demerouti, E. (2023). How does chronic burnout affect dealing with weekly job demands? A test of central propositions in JD-R and COR-theories. *Applied Psychology: An International Review*, 72(1), 389-410.
7. Malisauskaite, G., Nizalova, O., & **Xanthopoulou, D.** (2022). Unemployment and well-being of Europeans across the life cycle: The role of countries' macroeconomic situation. *Social Indicators Research*, 162(3), 1387-1412.

8. Beltrán-Martín, I., M^a Rodríguez-Sánchez, A., & **Xanthopoulou, D.** (2022). How to re-enchant workplaces and organizations? An introduction to the special issue. *BRQ Business Research Quarterly*, 25(1), 2-7.
9. Monje-Amor, A., **Xanthopoulou, D.**, Calvo, N., & Abeal Vázquez, J.P. (2021). Structural empowerment, psychological empowerment, and work engagement: A cross-country study. *European Management Journal*, 39(6), 779-789.
10. Petrou, P., & **Xanthopoulou, D.** (2021). Interactive effects of approach and avoidant job crafting in explaining weekly variations in work performance and employability. *Applied Psychology: An International Review*, 70(3), 1245-1359.
11. Demerouti, E., Soyer, L.M.A., Vakola, M., & **Xanthopoulou, D.** (2021). The effects of a job crafting intervention on the success of an organizational change effort in a blue-collar work environment. *Journal of Occupational and Organizational Psychology*, 94(2), 374-399.
12. Lemonaki, R., **Xanthopoulou, D.**, Bardos, A.N., Karademas, E.C., & Simos, P.G. (2021). Burnout and job performance: A two-wave study on the mediating role of employee cognitive functioning. *European Journal of Work and Organizational Psychology*, 30(5), 692-704.
13. Täht, K., **Xanthopoulou, D.**, Figgou, L., Kostouli, M., & Unt, M. (2020). The role of unemployment and job insecurity for the well-being of young Europeans: Social inequality as a macro-level moderator. *Journal of Happiness Studies*, 21(7), 2355-2375.
14. Tomprou, M., **Xanthopoulou, D.**, & Vakola, M. (2020). Socio-emotional and monetary employee-organization resource exchanges: Measurement and effects on daily employee functioning. *Work & Stress*, 34(2), 189-214.
15. Mitropoulou, E.M., Tsaousis, I., **Xanthopoulou, D.**, & Petridis, K.V. (2020). Development and psychometric evaluation of the questionnaire of ethical Leadership (QueL). *European Journal of Psychological Assessment*, 36(4), 635-645.
16. **Xanthopoulou, D.**, & Stamovlasis, D. (2020). Job crafting and work engagement: Can their relationship be explained by a catastrophe model? *Nonlinear Dynamics, Psychology, and Life Sciences*, 24(3), 305-326.
17. Gkorezis, P., Erdogan, B., **Xanthopoulou, D.**, & Bellou, V. (2019). Implications of perceived overqualification for employee's close social ties: The moderating role of external organizational prestige. *Journal of Vocational Behavior*, 115, 103335.
18. Papachristopoulos, K., & **Xanthopoulou, D.** (2019). Functional meaning of rewards and interpersonal deviance in the workplace: The moderating role of basic psychological needs satisfaction. *International Journal of Business Science and Applied Management*, 14(1), 1-16.
19. Palamida, E., Papagiannidis, S., & **Xanthopoulou, D.** (2018). Linking young individuals' capital to investment intentions: Comparing two cultural backgrounds. *European Management Journal*, 36, 392-407.
20. **Xanthopoulou, D.**, Bakker, A.B., Oerlemans, W.G. M., & Koszucka, M. (2018). Need for recovery after emotional labor: Differential effects of daily deep and surface acting. *Journal of Organizational Behavior*, 39, 481-494.

21. Demerouti, E., **Xanthopoulou, D.**, & Bakker, A.B. (2018). How do cynical employees serve their customers? A multi-method study. *European Journal of Work & Organizational Psychology*, 27, 16-27.
22. Demerouti, E., **Xanthopoulou, D.**, Petrou, P., & Karagkounis, C. (2017). Does job crafting assist dealing with organizational changes due to austerity measures? Two studies among Greek employees. *European Journal of Work & Organizational Psychology*, 26, 574-589.
23. Palamida, E., **Xanthopoulou, D.**, Papagiannidis, S., & Stamati, T. (2017). Exploring intentions towards human, social and financial capital investment in a turbulent economic environment. *International Journal of Entrepreneurship and Innovation*, 18, 79-90.
24. Petrou, P., Demerouti, E., & **Xanthopoulou, D.** (2017). Regular versus cutback-related change: The role of employee job crafting in organizational contexts of different nature. *International Journal of Stress Management*, 24, 62-85.
25. Kostouli, M., **Xanthopoulou, D.**, & Athanasiades, C. (2016). Economic strain and subjective well-being in married couples with children: A dyadic analysis. *The European Journal of Counseling Psychology*, 5, 43-61.
26. Gkorezis, P., Bellou, V., **Xanthopoulou, D.**, Bakker, A.B., & Tsiftsis, A. (2016). Linking football team performance to fans' work engagement and job performance: Test of a spillover model. *Journal of Occupational and Organizational Psychology*, 89, 791-812.
27. Polaki, M., Markoulaki, E., **Xanthopoulou, D.**, & Simos, P.G. (2015). Academic procrastination and its consequences for daily school preparation and anxiety: A diary study among elementary school students. *Scientific Annals of Aristotle University of Thessaloniki, School of Psychology*. [In Greek]. *Scientific Annals-School of Psychology, AUTH*, 11, 23-60.
28. Palamida, E., Papagiannidis, S., **Xanthopoulou, D.**, & Stamati, T. (2015). Capital, motives, and their link to investment intentions: The moderating role of the financial crisis in Greece. *Journal of Small Business Management*, 53(S1), 115-144.
29. Reis, D., **Xanthopoulou, D.**, & Tsaousis, I. (2015). Measuring job and academic burnout with the Oldenburg Burnout Inventory (OLBI): Factorial invariance across samples and countries. *Burnout Research*, 2, 8-18.
30. Mitropoulou, E., Tsaousis, I., **Xanthopoulou, D.**, & Petrides, K. (2014). In search of the characteristics of ethical leaders: An empirical study in the workplace. *PSYCHOLOGY: The Journal of the Hellenic Psychological Association*, 21, 161-182. [In Greek].
31. Huynh, J.Y., **Xanthopoulou, D.**, & Winefield, A.H. (2014). The job demands-resources model and emergency service volunteers: Examining the mediating roles of exhaustion, work engagement, and organizational connectedness. *Work & Stress*, 28, 305-322.
32. Demerouti, E., **Xanthopoulou, D.**, Tsaousis, I., & Bakker, A.B. (2014). Disentangling task and contextual performance: A multitrait-multimethod approach. *Journal of Personnel Psychology*, 13, 59-69.
33. **Xanthopoulou, D.**, Bakker, A.B., & Fischbach, A. (2013). Work engagement among employees facing emotional demands: The role of personal resources. *Journal of Personnel Psychology*, 12, 74-84.

34. Bakker, A.B., & **Xanthopoulou, D.** (2013). Creativity and charisma among female leaders: The role of resources and work engagement. *The International Journal of Human Resource Management*, 24 (14), 2760-2779.
35. Volman, F.E., Bakker, A.B., & **Xanthopoulou, D.** (2013). Recovery at home and performance at work: A diary study on self-family facilitation. *European Journal of Work & Organizational Psychology*, 22, 218-234.
36. Huynh, J.Y, **Xanthopoulou, D.**, & Winefield, A.H. (2013). Social support moderates the impact of demands on burnout and organizational connectedness: A two-wave study of volunteer firefighters. *Journal of Occupational Health Psychology*, 18, 9-15.
37. **Xanthopoulou, D.**, Bakker, A.B., Kantas, A., & Demerouti, E. (2012). Measuring burnout and work engagement: Factor structure, invariance, and latent mean differences across Greece and the Netherlands. *International Journal of Business Science & Applied Management*, 7, 40-52.
38. Huynh, J.Y, Winefield, A. H., & **Xanthopoulou, D.**, & Metzger, J.C. (2012). Burnout and connectedness in the job demands-resources model: Studying palliative care volunteers and their families. *American Journal of Hospice & Palliative Medicine*, 29, 462-475.
39. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2012). A diary study on the happy worker: How job resources relate to positive emotions and personal resources. *European Journal of Work & Organizational Psychology*, 21, 489-517.
40. **Xanthopoulou, D.**, Bakker, A.B., & Ilies, R. (2012). Everyday working life: Explaining within-person fluctuations in employee well-being. *Human Relations*, 65 (9), 1051-1069.
41. **Xanthopoulou, D.**, & Papagiannidis, S. (2012). Play online, work better? Examining the spillover of active learning and transformational leadership. *Technological Forecasting and Social Change*, 79, 1328-1339.
42. Bakker, A.B., Demerouti, E., & **Xanthopoulou, D.** (2012). How do engaged employees stay engaged? *Ciencia & Trabajo*, 14, 15-21.
43. Bakker, A.B., Demerouti, E., & **Xanthopoulou, D.** (2011). ¿Cómo los Empleados Mantienen su Engagement en el Trabajo? [How do engaged employees stay engaged?]. *Ciencia & Trabajo*, 13, 135-142 [In Spanish].
44. Tims, M., Bakker, A.B., & **Xanthopoulou, D.** (2011). Do transformational leaders enhance their followers' daily work engagement? *The Leadership Quarterly*, 22, 121-131.
45. Bakker, A.B., Van Veldhoven, M., & **Xanthopoulou, D.** (2010). Beyond the Demand-Control model: Thriving on high job demands and resources. *Journal of Personnel Psychology*, 9, 3-16.
46. Bakker, A.B., & **Xanthopoulou, D.** (2009). The crossover of daily work engagement: Test of an actor-partner interdependence model. *Journal of Applied Psychology*, 94, 1562-1571.
47. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2009). Reciprocal relationships between job resources, personal resources, and work engagement. *Journal of Vocational Behavior*, 74, 235-244.
48. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2009). Work engagement and financial returns: A diary study on the role of job and personal resources. *Journal of Occupational & Organizational Psychology*, 82, 183-200.

49. **Xanthopoulou, D.**, Bakker, A.B., Heuven, E., Demerouti, E., & Schaufeli, W.B. (2008). Working in the sky: A diary study on work engagement among flight attendants. *Journal of Occupational Health Psychology*, 13, 345-356.
50. Lewig, K.A., **Xanthopoulou, D.**, Bakker, A.B., Dollard, M.F., & Metzger, J.C. (2007). Burnout and connectedness among Australian volunteers: A test of the job demands-resources model. *Journal of Vocational Behavior*, 71, 429-445.
51. **Xanthopoulou, D.**, Bakker, A.B., Dollard, M.F., Demerouti, E., Schaufeli, W.B., Taris, T.W., & Schreurs, P.J.G. (2007). When do job demands particularly predict burnout? The moderating role of job resources. *Journal of Managerial Psychology*, 22, 766-786.
52. Bakker, A.B., Hakanen, J.J., Demerouti, E., & **Xanthopoulou, D.** (2007). Job resources boost work engagement, particularly when job demands are high. *Journal of Educational Psychology*, 99, 274-284.
53. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2007). The role of personal resources in the job demands-resources model. *International Journal of Stress Management*, 14, 121-141.
54. **Xanthopoulou, D.**, & Kordoutis, P. (2007). Interpersonal influence in heterosexual relationships: 'Can I persuade my partner to take protection?' *Scientific Annals of Aristotle University of Thessaloniki, School of Psychology*, Vol. 7, 165-195 [In Greek].

4.3. BOOK CHAPTERS IN EDITED BOOKS (PEER-REVIEWED)

55. Tsounis, A., **Xanthopoulou, D.**, Kafetsios, K., & Demerouti E. (2024- in press). How workplace social capital moderates the effects of job insecurity: Greece as a case study. In L. C. Roll, H. De Witte, & S. Rothmann (Eds.), *Job insecurity in higher education* (pp. xxx-xxx). Springer.
56. **Xanthopoulou, D.**, & Mäkikangas, A. (2024). Personal resources. In M. Peeters, J. de Jonge, & T.W. Taris (Eds.), *An introduction to contemporary work psychology* (2nd Edition, pp. 255-276). Wiley.
57. **Xanthopoulou, D.**, & Bakker, A.B. (2021). Antecedents and consequences of work engagement: A multilevel nomological net. In J.P. Meyer & B. Schneider (Eds.), *A research agenda for employee engagement in a changing world of work* (pp. 37-51). Edward Elgar Publishing.
58. Demerouti, E., Bakker, A.B., & **Xanthopoulou, D.** (2019). Job demands-resource theory and the role of individual cognitive and behavioral strategies. In T. Taris, M. Peeters, & H. De Witte (Eds.), *The fun and frustration of modern working life: Contributions from an occupational health psychology perspective* (pp. 94-104). Pelckmans Pro.
59. Nizalova, O., Malisauskaite, G., **Xanthopoulou, D.**, Gousia, K., & Athanasiades, C. (2021). Effects of unemployment and insecure jobs on youth well-being in Europe: Economic development and business cycle fluctuations. In M. Unt, M. Gebel, S. Bertolini, V. Deliyanni-Kouimtzi, & D. Hofäcker (Eds.), *Social exclusion of youth in Europe: The multifaceted consequences of labour market insecurity* (pp. 31-57). Bristol University Press.
60. **Xanthopoulou, D.**, Daniels, K., Sanz-Vergel, A.I. (2020). The temporal perspective on well-being at work: Lessons learned and future trends. In Y. Griep, & S. Hansen (Eds.), *Handbook on the temporal dynamics of organizational behavior* (pp. 290-303). Edward Elgar Publishing.

61. Bellou, V., **Xanthopoulou, D.**, Gkorezis, P. (2018). Organizational change and employee functioning: Investigating boundary conditions. In M. Vakola, & P. Petrou (Eds.), *Organizational change: Psychological effects and strategies for coping* (pp. 15-26). Routledge.
62. Demerouti, E., Van den Heuvel, M., **Xanthopoulou, D.**, Dubbelt, L., & Gordon, H. (2017). Job resources as contributors to well-being. In C.C. Cooper, & M.P. Leiter (Eds.), *The Routledge companion to wellbeing at work* (pp. 269-283). Taylor & Francis.
63. **Xanthopoulou, D.** (2017). Capturing within-person changes in flow at work: Theoretical importance and research methodologies. In C. Fullagar, & A. Delle Fave (Eds.), *Flow at work: Measurement and Implications* (pp. 50-65). Psychology Press.
64. **Xanthopoulou, D.**, & Meier, L.L. (2014). Daily burnout experiences: Critical events and measurement challenges. In M.P. Leiter, A.B. Bakker, & C. Maslach (Eds.), *Burnout at work: A psychological perspective* (pp. 80-101). Psychology Press.
65. **Xanthopoulou, D.**, Sanz-Vergel, A.I., & Demerouti, E. (2014). Reconsidering the daily recovery process: New insights and related methodological challenges. In S. Leka, & R.R. Sinclair (Eds.), *Contemporary occupational health psychology: Global perspectives on research and practice* (Vol. 3, pp. 51-67). Wiley-Blackwell.
66. Van der Heijden, B., Van Dam, K., **Xanthopoulou, D.**, & De Lange, A. (2014). Individual characteristics and work-related outcomes. In M. Peeters, J. de Jonge, & T.W. Taris (Eds.), *An introduction to contemporary work psychology* (pp. 243-266). Chichester, West Sussex: Wiley.
67. **Xanthopoulou, D.**, & Bakker, A.B. (2013). State work engagement: The significance of within-person fluctuations. In A.B. Bakker, & K. Daniels (Eds.), *A day in the life of a happy worker* (pp. 25-40). Psychology Press.
68. **Xanthopoulou, D.**, & Papagiannidis, S. (2013). Games-work interaction: The beneficial effects of computer games on work behaviors. In D. Derks & A.B. Bakker (Eds.), *The psychology of digital media at work* (pp. 102-122). Psychology Press.
69. Salanova, M.S., Schaufeli, W.B., **Xanthopoulou, D.**, & Bakker, A.B. (2010). The gain spiral of resources and work engagement: Sustaining a positive worklife. In A.B. Bakker, & M. Leiter (Eds.), *Work engagement: A handbook of essential theory and research* (pp. 118-131). Taylor & Francis.

4.4. PUBLICATIONS IN CONFERENCE PROCEEDINGS (PEER-REVIEWED)

70. Ladakis, I., Kilintzis, V., **Xanthopoulou, D.**, & Chouvarda, I. (2021). Virtual reality and serious games for stress reduction with application in work environments. In *Proceedings of the 14th International Joint Conferences on Biomedical Engineering Systems and Technologies (BIOSTEC 2021)-Volume 5: HEALTHINF*, 541-548. SCITEPRESS.
71. Foti, K., **Xanthopoulou, D.**, Papagiannidis, S., & Kafetsios, K. (2019). The role of tweet-related emotion on the exhaustion-recovery from work relationships. In I.O. Pappas, P. Mikalef, Y.K. Dwivedi, L. Jaccheri, J. Krogstie, & M. Mäntymäki (Eds.), *Digital Transformation for a Sustainable Society: Proceedings of the 18th International Federation for Information Processing Conference on e-Business, e-Services, and e-Society* (pp. 380-391). Springer.

72. Palamida, E., Papagiannidis, S., **Xanthopoulou, D.**, & Stamati, T. (2012). Predicting entrepreneurial team formation intentionality: Applying the theory of planned behaviour. *Proceedings of the 5th Euromed Conference of the Euromed Academy of Business*, 1253-1264.

4.5. SPECIAL ISSUES-GUEST EDITOR

1. Beltrán-Martín, I., M^a Rodríguez-Sánchez, A., & **Xanthopoulou, D.** (2022). How to re-enchanted workplaces and organizations? The role of organizational, individual and work-related factors. *BRQ Business Research Quarterly*, 25(1).
2. Kosmidis, M.H., Aretouli, E., & **Xanthopoulou, D.** (2017). *Scientific Annals-School of Psychology AUTH, Volume 12*. [In Greek]
3. Kosmidis, M.H., **Xanthopoulou, D.**, Aretouli, E., & Gonida, E. (2015). *Scientific Annals-School of Psychology AUTH, Volume 11*. [In Greek]
4. **Xanthopoulou, D.**, Bakker, A.B., & Ilies, R. (2012). The life of a happy worker: Examining short-term fluctuations in employee happiness and well-being. *Human Relations*, 65, (9).

5. SCIENTIFIC PRESENTATIONS

5.1. CONFERENCE PRESENTATIONS (PEER-REVIEWED, selected)

1. **Xanthopoulou, D.**, Gkamotsos, G., Gkorezis, P., Bellou, V., & Bakker, A.B. (2023, May). The spillover of football games to work: A test of the work-home resources model among employed football fans. *21st Congress of the European Association of Work and Organizational Psychology*, Katowice, Poland.
2. **Xanthopoulou, D.**, & Dimopoulou, N. (2022, July). Unfinished tasks, work-related rumination and recovery during the lunch break: Do beliefs about work and leisure matter? *15th Conference of the European Academy of Occupational Health Psychology*, Bordeaux, France.
3. **Xanthopoulou, D.**, Foti, K., & Papagiannidis, S. (2020, September). Work- and non-work-related social media use during work breaks: Effects on daily employee well-being and recovery. *14th Conference of the European Academy of Occupational Health Psychology*, Cyprus.
4. **Xanthopoulou, D.**, & Sanz-Vergel, A.I. (2019, May). Off-job activities and recovery experiences: Work-related and activity-related reflection as boundary conditions. *19th Congress of the European Association of Work and Organizational Psychology*, Torino, Italy.
5. **Xanthopoulou, D.**, & Stamovlasis, D. (2019, May). Job crafting and work engagement: Probing nonlinear effects with catastrophe theory models. *19th Congress of the European Association of Work and Organizational Psychology*, Torino, Italy.
6. **Xanthopoulou, D.**, & Perrigino, M.B. (2018, September). Abusive supervision: Why does it matter for the daily recovery process? *13th Congress of the European Academy of Occupational Health Psychology*, Lisbon, Portugal.
7. **Xanthopoulou, D.**, Pavlidou, E., & Kostouli, M. (2017, May). Does parents' work affect their children's well-being? The mediating role of parental support and social undermining. *18th European Conference of Work & Organizational Psychology*, Dublin, Ireland.

8. **Xanthopoulou, D.** (2016, November). Unemployment, job insecurity and well-being of youth in Europe: Some initial evidence from the EXCEPT program. *4th Conference of the Division of Organizational Psychology of the Hellenic Psychological Society*, Thessaloniki, Greece [In Greek].
9. **Xanthopoulou, D.,** Petrou, P., Demerouti, E., Kalogeropoulou, E.L., & Kostas, S. (2016, April). When daily crafting matters more for employee functioning? The moderating role of organizational changes. *12th Congress of the European Academy of Occupational Health Psychology*, Athens, Greece.
10. **Xanthopoulou, D.** (2015, September). Does organizational justice moderate the effect of organizational changes on employee functioning? A study of Greek organizations in times of financial recession. *EAWOP Small Group Meeting*, Norwich, U.K.
11. **Xanthopoulou, D.,** Lemonaki, R., Stamati, T., & Papagiannidis, S. (2015, May). The crossover of work engagement from leaders to their subordinates: The mediating role of the enriched work environment. *15th Panhellenic Conference of Psychological Research*, Nicosia, Cyprus [In Greek].
12. **Xanthopoulou, D.** (2015, May). Adapting to organizational changes due to austerity measures: Testing the effectiveness of a job crafting intervention. *17th European Conference of Work & Organizational Psychology*, Oslo, Norway.
13. **Xanthopoulou, D.** (2014, April). Job crafting and flow at work and after work: A diary study on the role of cognitive weariness. *11th Conference of the European Academy of Occupational Health Psychology*, London, UK.
14. **Xanthopoulou, D.** (2013, May). Daily work engagement in an emotionally demanding context: An episodic approach. *16th European Conference of Work & Organizational Psychology*, Münster, Germany.
15. **Xanthopoulou, D.,** Lemonaki, R., Stamati, T., & Papagiannidis, S. (2013, May). The crossover of task performance and work engagement: A study among leaders and their subordinates. *16th European Conference of Work & Organizational Psychology*, Münster, Germany.
16. **Xanthopoulou, D.,** Bakker, A.B., Kantas, A., & Demerouti, E. (2013, May). Measuring burnout and work engagement: Factorial invariance across Greek and Dutch employees. *14th Panhellenic Conference of Psychological Research*, Alexandroupolis, Greece [In Greek].
17. **Xanthopoulou, D.,** & Mpiliali, E. (2012, May). Emotional dissonance and work engagement during the interactions with clients: An episodic approach. *2nd Conference of the Division of Organizational Psychology of the Hellenic Psychological Society*, Athens, Greece [In Greek].
18. **Xanthopoulou, D.,** Bakker, A.B., Oerlemans, W., & Koszucka, M. (2012, April). Recovering from emotional labour: A daily diary study on the role of deep and surface acting. *10th Conference of the European Academy of Occupational Health Psychology*, Zurich, Switzerland.
19. **Xanthopoulou, D.,** & Papagiannidis, S. (2011, May). Play online, work better? Spillover of active learning and transformational leadership. *15th European Conference of Work & Organizational Psychology*, Maastricht, NL.
20. **Xanthopoulou, D.** (2011, May). Is the day enough to be happy? Relationship of time-management to daily flow and recovery. *15th European Conference of Work & Organizational Psychology*, Maastricht, NL.

21. **Xanthopoulou, D.** & Bakker, A.B. (2010, March). Relaxation or psychological detachment? A diary study on recovery among workaholics. *9th Conference of the European Academy of Occupational Health Psychology*, Rome, Italy.
22. **Xanthopoulou, D.** (2010, February). Daily recovery from work: Empirical findings from three diary studies. *1st Conference of the Division of Organizational Psychology of the Hellenic Psychological Society*, Athens, Greece [In Greek].
23. **Xanthopoulou, D.**, Bakker, A.B., & Fischbach, A. (2009, November). Emotional labor and work engagement: The role of personal resources. *8th Work, Stress & Health Conference of APA-NIOSH*, San Juan, Puerto Rico, US.
24. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2009, May). A diary study on the happy worker: How job resources generate positive emotions and build personal resources. *14th European Conference of Work & Organizational Psychology*, Santiago de Compostela, Spain.
25. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2008, March). Work engagement: A spiral of job and personal resources. *7th Work, Stress & Health Conference of APA-NIOSH*, Washington DC, US.
26. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2007, October). Job resources as initiators of the broaden-and-build process. *4th International Conference on the (Non-) Expression of Emotions*, Tilburg, NL.
27. **Xanthopoulou, D.**, Bakker, A.B., Heuven, E., Demerouti, E., & Schaufeli, W.B. (2007, May). A diary study on the effects of colleague support and self-efficacy on work engagement and performance. *13th European Conference of Work and Organizational Psychology*, Stockholm, Sweden.
28. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2006, July). Job and personal resources, work engagement and financial turnover: A diary study. *26th International Conference of Applied Psychology*, Athens, Greece.
29. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2006, May). Do job resources foster optimism, work engagement, and financial turnover? A diary study among Greek fast-food restaurant employees. *6th Psychology & Health International Conference*, Kerkrade, NL.
30. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2006, March). The role of personal resources in the job demands-resources model. *6th Work, Stress & Health Conference of APA-NIOSH*, Miami, Florida, US.
31. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2006, January). Job and personal resources, work engagement and financial turnover: A diary study. *4th Annual Psychology & Health Conference*, Utrecht, NL.
32. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Schaufeli, W.B. (2005, November). The role of personal resources in the job demands-resources model. *Annual Work, Labour & Organizational Psychology (WAOP) Conference*, Rotterdam, NL.
33. **Xanthopoulou, D.**, Bakker, A.B., Dollard, M.F., Demerouti, E., & Schaufeli, W.B. (2005, May). Interactions between job demands and job resources: A refinement of the job demands-resources model. *12th European Conference of Work and Organizational Psychology*, Istanbul, Turkey.

34. **Xanthopoulou, D.**, Bakker, A.B., Demerouti, E., & Kantas, A. (2004, July). The measurement of work engagement: A comparison of Greece and The Netherlands. *2nd European Conference on Positive Psychology*, Verbania Pallanza, Italy.

5.2. SYMPOSIA ORGANIZED

1. **Xanthopoulou, D.**, & Greiner, B. (2022, Ιούλιος). Education forum. *15th Conference of the European Academy of Occupational Health Psychology*, Bordeaux, France.
2. Sanz-Vergel, A.I., & **Xanthopoulou, D.** (2019, Μάιος). A cognitive approach to the study of recovery. *19th Congress of the European Association of Work and Organizational Psychology*, Torino, Italy.
3. Sanz-Vergel, A. I., & **Xanthopoulou, D.** (2018, September). Deconstructing recovery: Why, how and when it occurs (PART I). *13th Congress of the European Academy of Occupational Health Psychology*, Lisbon, Portugal.
4. **Xanthopoulou, D.**, & Sanz-Vergel, A. I. (2018, September). Deconstructing recovery: Why, how and when it occurs (PART II). *13th Congress of the European Academy of Occupational Health Psychology*, Lisbon, Portugal.
5. **Xanthopoulou, D.**, & De Witte, H. (2017, May). Job Insecurity PART 3-Understanding the outcomes of job insecurity: Multilevel and dynamic approaches. *18th European Conference of Work & Organizational Psychology*, Dublin, Ireland.
6. **Xanthopoulou, D.**, & Epitropaki, O. (April, 2016). Surviving the financial recession in Greece. *12th Congress of the European Academy of Occupational Health Psychology*, Athens, Greece.
7. **Xanthopoulou, D.** (2015, May). Leader-follower relationships and their impact in organizational contexts: Recent research approaches. *15th Panhellenic Conference of Psychological Research*, Nicosia, Cyprus [In Greek].
8. Daniels, K., Sanz-Vergel, A.I., & **Xanthopoulou, D.** (2015, May). Conceptualizing variables at different levels of analysis: Similarities and differences. *17th European Conference of Work & Organizational Psychology*, Oslo, Norway.
9. **Xanthopoulou, D.**, & Sanz-Vergel, A.I. (2014, April). New research trends on proactivity at work. *11th Conference of the European Academy of Occupational Health Psychology*, London, UK.
10. Nikolaou, I., & **Xanthopoulou, D.** (2013, May). Work-related well-being: Measurement and the underlying psychological processes. *14th Panhellenic Conference of Psychological Research*, Alexandroupolis, Greece [In Greek].
11. Sanz-Vergel, A., & **Xanthopoulou, D.** (2012, April). New trends in recovery research: Going beyond the role of off-job activities (PART II). *10th Conference of the European Academy of Occupational Health Psychology*, Zurich, Switzerland.
12. **Xanthopoulou, D.** & Sanz-Vergel, A. (2012, April). New trends in recovery research: Going beyond the role of off-job activities (PART I). *10th Conference of the European Academy of Occupational Health Psychology*, Zurich, Switzerland.
13. Bakker, A.B., & **Xanthopoulou, D.** (2011, May). Positive occupational health psychology: A series of diary studies. *15th European Conference of Work & Organizational Psychology*, Maastricht, NL.

14. **Xanthopoulou, D.** & Bakker, A.B. (2009, May). A day in the life of a happy-worker. *14th European Conference of Work & Organizational Psychology*, Santiago de Compostela, Spain.
15. Bakker, A.B., & **Xanthopoulou, D.**, (2008, March). The engaged worker. *7th Work, Stress & Health Conference of APA-NIOSH*, Washington DC, US.

5.3. INVITED PRESENTATIONS-KEYNOTES

1. **Xanthopoulou, D.** (2022, June). Different types of resources @ work: Their role for employee functioning. *8th EAWOP Early Career Summer School*, Protaras, Cyprus.
2. **Xanthopoulou, D.** (2016, December). Financial crisis and worklife: The contribution of organizational psychology. *Keynote at the 5th Hellenic Conference of Students' Psychological Research*, Athens, Greece.
3. **Xanthopoulou, D.** (2014, April). The daily recovery process: Insights from a series of diary studies. *University of East Anglia, Norwich Business School*. Norwich, UK.
4. **Xanthopoulou, D.** (2013, October). Occupational well-being: Causes, consequences, and ways to sustain a positive work life. *CEDEFOP-European Centre for Development of Vocational Training*, Thessaloniki, Greece.
5. **Xanthopoulou, D.** (2012, May). Recovery from work: Why is it important and which mechanisms explain it. *6th International HRM Conference*, Athens, Greece [In Greek].

6. RESEARCH FUNDING

Since 2022	Title: Well-Being in Virtual Teams Funding Source: GEEKBOT LTD. Managing Body: Research Council – AUTH Position: Project Co-ordinator Funding: € 36.000 Status: Ongoing
2022	Title: Academics' recovery from work: Benefits and ways to boost its favorable effects. Funding Source: Research Council – Aristotle University of Thessaloniki Position: Research Fellow (Co-ordinator: Dr. Panagiotis Gkorezis) Funding: € 5000 Status: Completed
2015-2018	Title: Social Exclusion of Youth in Europe: Cumulative Disadvantage, Coping Strategies, Effective Policies and Transfer (EXCEPT) Funding Source: European Union (100%) –HORIZON 2020 (No 649496) Managing Body: Research Council – AUTH Position: Research Fellow (AUTH Co-ordinator: V. Deliyanni-Kouimtzi) Funding: € 200.000 Status: Completed

- 2014** **Title:** ‘Innovative intervention programme for the treatment of chronic pain addressed to patients and their families-ALGEA’
Work packages:
Work Package 3.3: ‘Data analysis of factor structure and results interpretation’
Work Package 5.1. ‘Effectiveness evaluation of the treatment protocol for chronic pain’
Funding Source: European Union (80%) and National Funds of Greece and Cyprus (20%), Co-operation Program ‘GREECE-CYPRUS 2007-2013’.
Managing Body: Research Council - University of Crete (# KA 3560) - Project Coordinator: Dr. Evangelos Karademas
Position: Work packages contractor
Funding: € 4941,5
Status: Completed
- 2014** **Title:** Action A: Supporting Young Researchers: ‘Organizational changes and work-related well-being: The role of employees’ proactive behaviors’
Funding Source: Research Council – Aristotle University of Thessaloniki (# 90646)
Position: Project Coordinator
Funding: € 4000,0
Status: Completed
- 2012** **Title:** Small Size Program
Funding Source: Research Council – University of Crete (# 3523)
Position: Project Coordinator
Funding: € 1000,0
Status: Completed
- 2011** **Title:** Small Size Program
Funding Source: Research Council – University of Crete (# 3365)
Position: Project Coordinator
Funding: € 1000,0
Status: Completed

7. TEACHING EXPERIENCE

7.1. UNDER-GRADUATE

- 2017-present** **Research Methods II**, Compulsory Course, Dept. of Social-Clinical Psychology, School of Psychology, Aristotle University of Thessaloniki.
Work & Organizational Psychology, Elective Course, Dept. of Social-Clinical Psychology, School of Psychology, Aristotle University of Thessaloniki.
Occupational Health Psychology, Elective Course, Dept. of Social-Clinical Psychology, School of Psychology, Aristotle University of Thessaloniki [In English]

- 2013-2017** ***Organizational Psychology I: Theory and Applications***, Elective Course, Dept. of Social-Clinical Psychology, School of Psychology, Aristotle University of Thessaloniki. Latest course evaluation: 3.91/5; Latest teacher evaluation: 4.34/5.
Organizational Psychology II: Theory and Applications Elective Course, Dept. of Social-Clinical Psychology, School of Psychology, Aristotle University of Thessaloniki. Latest course evaluation: 4/5; Latest teacher evaluation: 4.05/5.
- 2010-2013** ***Research Methodology in Social Sciences I***, Compulsory Course, Dept. of Psychology, University of Crete (3 Semesters).
Work Psychology, Compulsory Course, Dept. of Psychology, University of Crete (3 Semesters).
Organizational Psychology, Elective Course, Dept. of Psychology, University of Crete (2 Semesters).
Positive Organizational Behavior, Compulsory Seminar, Dept. of Psychology, University of Crete (3 Semesters).
- 2006-2009** ***Organizational Psychology***, Compulsive Course, Dept. of Work & Organizational Psychology, Institute of Psychology, Erasmus University Rotterdam (3 years). Course Co-ordinator: Dr. Eva Derous. Latest tutor evaluation: 7.4/10.
Occupational Health & Safety, Compulsive Course, Dept. of Work & Organizational Psychology, Institute of Psychology, Erasmus University Rotterdam (3 years). Course Co-ordinator: Dr. Marjan Gorgievski. Latest tutor evaluation: 8.5/10.

7.2. POST-GRADUATE

- 2017-present** ***Cognitive Psychology: From the Lab to the Real World***, Master Program: Cognitive Psychology and Applications, School of Psychology, Aristotle University of Thessaloniki. Course Co-ordinator.
Advanced Research Methods in Psychology (Quantitative Methods), Master Programs, School of Psychology, Aristotle University of Thessaloniki. Course Co-ordinator.
- 2015-2017** ***Interventions in Organizations***, Master Program in Social Psychology and Psychosocial Interventions, School of Psychology, Aristotle University of Thessaloniki.
Research Methods in Psychology, Master Program, School of Psychology, Aristotle University of Thessaloniki. Course Co-ordinator.
- 2013-2014** ***Social Psychology Seminars, Section 2: Organizational Psychology***, Master Program in Social Clinical Psychology and Social Clinical Psychology of Addictions and Psychosocial Problems, School of Psychology, Aristotle University of Thessaloniki (2 Semesters). In collaboration with Dr. L. Figgou.

Research Methods in Psychology, Master Program, School of Psychology, Aristotle University of Thessaloniki. Three-hour workshop entitled '**Multi-level approach in Psychological Research**' (1 Semester).

Social Research in Health and Health Organizations, Master Program in Medical Research Methodology, School of Medicine, Aristotle University of Thessaloniki. Three-hour workshop entitled '**Moderation and Mediation: Conceptual and Methodological Distinction**' (1 Semester).

Psychology, Diploma in Negotiations, Athens University of Economics and Business. Two 4-hour workshops entitled: '**Perception, Stereotypes and the Role of Emotions in the Negotiation Process**' (1 Year).

2011-2012 **Advanced Research Methods in Psychology I**, Master Program in Health Psychology and School Psychology, Dept. of Psychology, University of Crete (1 Semester).

Advanced Research Methods in Psychology II, Master Program in Health Psychology and School Psychology, Dept. of Psychology, University of Crete (1 Semester).

2010-2012 **The job demands-resources model of burnout and work engagement**, Masterclass Psychologisch Kapitaalmanagement, Erasmus Academie, Erasmus University Rotterdam, The Netherlands (3 years).

2010-2011 **Research Methods and Applications 1 and 2**, Master Program 'Brain and Mind', Dept. of Medicine, University of Crete. Two 3-hour lectures (1 Semester).

7.3. THESIS SUPERVISION

Under-graduate Dissertations

Since 2006 Supervision of **80** under-graduate dissertations on topics related to occupational health psychology.

Post-graduate Dissertations

Since 2003 Supervision of **22** master dissertations.

PhD Theses

Since 2011 3 completed and 2 ongoing.

8. REVIEWING WORK

8.1. ASSOCIATE EDITOR

Since 2016 European Journal of Work and Organizational Psychology

2014-2016 Journal of Personnel Psychology

8.2. MEMBER OF EDITORIAL BOARDS

Since 2017	Occupational Health Science
Since 2016	Journal of Personnel Psychology
Since 2014	Stress & Health
	Journal of Occupational Health Psychology
2013-2017	Burnout Research
2013-2017	European Journal of Work & Organizational Psychology

8.3. AD HOC REVIEWER

Anxiety, Stress, & Coping
 Applied Psychology: An International Review
 Career Development International
 Gedrag & Organisatie [In Dutch]
 Hellenic Journal of Psychology
 Human Relations
 International Journal of Business Science & Applied Management
 International Journal of Human Resource Management
 International Journal of Stress Management
 Journal of Applied Psychology
 Journal of Happiness Studies
 Journal of Managerial Psychology
 Journal of Occupational & Organizational Psychology
 Journal of Organizational Behavior
 Journal of Social and Personal Relationships
 The Leadership Quarterly
 Work & Stress
 PSYCHOLOGY: The Journal of the Hellenic Psychological Society

8.4. EVALUATION OF CONFERENCE ABSTRACTS

Conference of the European Academy of Occupational Health Psychology (2024, 2018, 2016)
 Conference of the European Association of Work & Organizational Psychology (2019, 2011, 2009)
 Conference of the European Academy of Management (2013)
 Conference of Psychological Research of the Hellenic Psychological Society (2013-2019)

8.5. EVALUATION OF GRANT PROPOSALS

2021	Leverhulme Trust, UK.
2014	Social Sciences and Humanities Research Council, Canada.

9. ADMINISTRATIVE ROLES

- Since 2024** Member of the European Network of Organizational Psychologists
- Since 2022** Education Forum Chair, European Academy of Occupational Health Psychology
- Since 2022** Member of the Research Ethics Committee, School of Psychology, Aristotle University of Thessaloniki.
- 2020-2021** Head of the Department of Social and Clinical Psychology, School of Psychology, Aristotle University of Thessaloniki.
- 2016-2020** Chair of the Research Ethics Committee, School of Psychology, Aristotle University of Thessaloniki.
- 2013-2015** Treasurer (Elected) of the Hellenic Psychological Society.
- 2011-2020** Co-coordinator (Elected) of the Division of Organizational Psychology of the Hellenic Psychological Society.
- 2011-2013** Member of the Research Ethics Committee, Dept. of Psychology, University of Crete.
- 2011-2013** Member of the Undergraduate Studies Committee, Dept. of Psychology, University of Crete.