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Education

- 2018-2021 PhD in Psychology, Victoria University of Wellington, New Zealand
Dispositional mindfulness in context: Cultural and individual perspectives, supervised by Prof. Ronald Fischer and Prof. Paul Jose
- 2016-2018 Msc with Distinction in Cross-Cultural Psychology, Victoria University of Wellington, New Zealand
Rituals, rigidity and cognitive load: A competitive test of ritual benefits for stress
- 2012-2015 B.A in Business Psychology, University of Applied Management, Germany

Employment

- 2021 - current **Lecturer** | School of Psychology Te Herenga Waka—Victoria University of Wellington
- 2017 - 2020 **Lab-manager: Mindcultureevolution Lab** | School of Psychology Te Herenga Waka—Victoria University of Wellington
- 2020 **Research Assistant** | School of English Literature Te Herenga Waka—Victoria University of Wellington
- 2020 **Research Assistant** | School of Tourism Te Herenga Waka—Victoria University of Wellington
- 2019 **Research and Commercialisation Assistant** | VICLink, Te Herenga Waka—Victoria University of Wellington
- 2017 - 2020 **Research Assistant** | School of Psychology Te Herenga Waka—Victoria University of Wellington

Publications & Talks

[Google Scholar](#) | [ORCID](#) | [Open Science Framework](#)

JOURNAL ARTICLES IN PRINT

H Index: 6, Citations: 233

- 2021 Fischer, R., **Karl, J. A.**, & Pilati R. (2021). Cultural Syndromes in a Changing World: A Longitudinal Investigation of Brazilian Jeitinho Social Problem-Solving Strategies. *Personality and Social Psychology Bulletin*. doi: 10.1177/01461672211043385
- Karl, J. A.**, Johnson, F., Bucci, L., & Fischer, R. (2021). In search of mindfulness: A review and reconsideration of cultural dynamics from a cognitive perspective. *Journal of the Royal Society of New Zealand*. doi:10.1080/03036758.2021.1915804
- Fischer, R., & **Karl, J. A.** (2021). Predicting Behavioral Intentions to Prevent or Mitigate COVID-19: A Cross-Cultural Meta-Analysis of Attitudes, Norms, and Perceived Behavioral Control Effects. *Social Psychological and Personality Science*. doi: 10.1177/19485506211019844
- Piven, S. D., Fischer, R., Shaver, J. H., Mogan, R., **Karl, J. A.**, Kesberg, R., Richardson, A., Singh, P., Tewari, S., & Bulbulia, J. A. (2021). Kiwi Diwali: A Longitudinal Investigation of Perceived Social Connection Following a Civic Religious Ritual. *Religion, Brain & Behavior*. [Open Materials](#)
- Karl, J. A.**, Fischer, R., & Jose, P. (2020). The Development of Mindfulness in Young Adults: the Relationship of Personality, Reinforcement Sensitivity, and Mindfulness *Mindfulness*. doi: 10.1007/s12671-020-01576-3 [Preregistration and Materials](#)
- 2020 Fischer, R., Bortolini, T., **Karl, J. A.**, Zilberberg, M., Robinson, K., Rabelo, A. L. A., ... Matos, P. (2020, April 22). Rapid review and meta-meta-analysis of self-guided interventions to address anxiety, depression and stress during COVID-19 social distancing. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2020.563876 [Open Materials](#)
- Karl, J. A.** & Fischer, R. (2020). Revisiting the five-facet structure of mindfulness, *Measurement Instruments for the Social Sciences*. doi: 10.1186/s42409-020-00014-3 [Open Materials](#)
- Fischer, R., Luczak-Roesch, M., Grener, A., **Karl, J. A.**, & Fetvadjev, Velichko (2020). Tracing Personality Structure in Narratives: A Computational Bottom-Up Approach to Unpack Writers, Characters, and Personality in Historical Context. *European Journal of Personality*.
- Singh, P., Tewari, S., Kesberg, R., **Karl, J. A.**, Bulbulia, J., & Fischer, R. (2020). Time investments in rituals are associated with social bonding, affect and subjective health: A longitudinal study of Diwali in two Indian communities. *Philosophical Transactions B*.
- Fischer, R., & **Karl, J. A.** (2020). The network architecture of individual differences: Personality, reward-sensitivity, and values. *Personality and Individual Differences*. doi: 10.1016/j.paid.2020.109922 [Open Materials](#)
- Karl, J. A.**, Méndez Prado, S. M., Gračanin, A., Verhaeghen, P., Ramos, A., Mandal, S. P., Michalak, J., Zhang, C.-Q., Schmidt, C., Tran, U. S., Druica, E., Solem, S., Astani, A., Liu, X., Luciano, J. V., Tkalčić, M., Lilja, J. L., Dundas, I., Wong, S. Y., & Fischer, R. (2020). The cross-cultural validity of the Five-Facet Mindfulness Questionnaire across 16 countries. *Mindfulness*. doi: 10.1007/s12671-020-01333-6 [Preregistration and Materials](#)
- Ward, C., Kim, I., **Karl, J. A.**, Epstein, S., & Park, H.-J. (2020). How normative multiculturalism relates to immigrant wellbeing. *Cultural Diversity and Ethnic Minority Psychology*.

doi:10.1037/cdp0000317 [Open Materials](#)

Ward, C., Watters, S. M., Stuart, J., & **Karl, J. A.** (2020). Normative multiculturalism in socio-political context. In S. Safdar, C. Kwantes, & W. Friedlmeier (Eds.), *Wiser world with multiculturalism: Proceedings from the 24th Congress of the International Association for Cross-Cultural Psychology*.

2019 Ko, A., Pick, C. M., Kwon, J. Y., Barlev, M., Krems, J. A., Varnum, M. E. W., Neel, R., Peysha, M., Boonyasiriwat, W., Brandstätter, E., Crispim, A. C., Cruz, J. E., David, D., David, O. A., de Felipe, R. P., Fetvadjev, V. H., Fischer, R., Galdi, S., Galindo, O., ... Kenrick, D. T. (2019). Family Matters: Rethinking the Psychology of Human Social Motivation. *Perspectives on Psychological Science*. doi:10.1177/1745691619872986

Chrystal, M., **Karl, J. A.**, & Fischer, R. (2019). Mind the Gap: How discrepancies between values and behaviour affect well-being. *Frontiers in Psychology*, 10:736. doi:10.3389/fpsyg.2019.00736. [Preregistration](#)

Fischer, R., & **Karl, J. A.** (2019). A primer to (cross-cultural) multi-group invariance testing possibilities in R. *Frontiers in Psychology*, 10, 1507. <https://doi.org/10.3389/fpsyg.2019.01507> [Open Materials](#)

Karl, J. A., Walsh, A., Robinson, K., Twitchin S. (2019). Developing the credibility of psychological science: Graduate student reflections on open science, *Psychology Aotearoa*, 46-29

2018 **Karl, J. A.**, Fischer, R. (2018). Rituals, Repetitiveness and Cognitive Load. *Human Nature*, 1-24. doi:10.1007/s12110-018-9325-3 [Preregistration](#)

BOOK CHAPTER

2021 Fischer, R., **Karl, J. A.**, van Rensburg, G., & Ferreira M. C. (2022). Multilevel issues in organizations and culture: a review of theoretical and methodological innovations for the study of national and organizational culture. In C. Newton, & R. Knight (Eds.), *Handbook of Research Methods for Organisational Culture*. Edward Elgar Publishing.

2020 Fischer, R., & **Karl, J. A.** (2020). Experimental Methods in Cross-Cultural Management. In B. Szkudlarek, L. Romani, D. V. Caprar, & J. S. Osland (Eds.), *The SAGE Handbook of Contemporary Cross-Cultural Management*. SAGE.

ARTICLES IN REVIEW AND PREPRINTS

2021 **Karl, J. A.**, Verhaeghen, P., Aikman, S., Solem, S., Lassen, E., Fischer, R. (2021). Stoicism and Wellbeing. [Preprint](#)

Karl, J. A., & Fischer, R. (2021). The State of Dispositional Mindfulness Research. [Preprint](#)

Karl, J. A., & Fischer, R. (2021). Affect and State Mindfulness. [Preprint](#)

2020 **Karl, J. A.**, Fischer, R., Elena Druică, Fabio Musso, Anastasia Cosma (2020). Testing the effectiveness of the Health Belief Model in predicting preventive behavior during the COVID-19 Pandemic. The case of Romania and Italy *Frontiers in Psychology*. [Open Materials](#)

Karl, J. A., & Fischer, R. (2020). Individual difference predictors of mindfulness. *PsyArXiv*. [Preprint](#)

Fischer, R., **Karl, J. A.** (2020). Norms Across Cultures: A Cross-Cultural Meta-Analysis of Norms Effects in the Theory of Planned Behavior. *PsyArXiv*. [Preprint](#)

ARTICLES IN PREPARATION

2020

- Fischer, R. & **Karl, J. A.** (2020). Do we act on our values? - An experimental examination of the link between values, personality and behavioral choices. [Preregistration Study 1](#) | [Preregistration Study 2](#)
- Karl, J. A.** & Fischer, R. (2020). Approaches to the good life: The relationship between mindfulness and stoic ideology and their relationship to personal values.
PEER REVIEWED PRESENTATIONS
- 2021 **Karl, J. A.**, Fischer, R. (July, 2021). Invariance is not a gate-keeper. IACCP 2020+, Online. [Recorded Talk](#)
- 2019 **Karl, J. A.**, Fischer, R. (April, 2019). Rituals, Repetitiveness and Cognitive Load: A Competitive Test of Ritual Benefits for Stress. 46th Annual Conference of the Australasian Society for Experimental Psychology, Wellington, New Zealand. [Slides](#)
- Luczak-Roesch, M., Grener A., **Karl, J. A.**, Fetvadjev, V. H., Fischer, R. (April, 2019). Tracing values and personality in historical narratives using a computational approach 3rd World Conference on Personality, Hanoi, Vietnam.
- Karl, J. A.**, Fetvadjev, V.H. (April, 2019). Person–culture fit and well-being 3rd World Conference on Personality, Hanoi, Vietnam. [Slides](#)
- Karl, J. A.**, McNamara A. R (February, 2019). Gender and Morality. Poster presented at the Society of Personality and Social Psychology Conference 2019. Portland, Oregon, USA [Poster](#)
- 2018 Fischer, R., **Karl, J. A.**, Van Rensburg G. (September, 2018). Culture and well-being: A critical examination of predictors of psychological health and well-being 3rd International Conference on Well-Being and Public Policy, Wellington, New Zealand.
- Karl, J. A.**, Fischer, R. (September, 2018). Landscape and Well-Being: Using Psychology to Inform Urban Planning 3rd International Conference on Well-Being and Public Policy, Wellington, New Zealand. [Slides](#)
- Chrystal, M., **Karl, J. A.**, Fischer, R. (March, 2018). Mind the Gap: How Discrepancies Between Values and Behaviour Affect Well-Being. Conference of the Society of Australasian Social Psychologists 2018, Wellington, New Zealand.
- 2017 Qumseya, T., Gonzalez, J., **Karl, J. A.**, Wium, N. (September, 2017). Internal and External Developmental Assets Among Arab Palestinian Youth in Palestinian Territory. 18. European Conference on Developmental Psychology, Utrecht, Netherlands.
- Karl, J. A.**, Milfont, T. L. (August, 2017). Values and environmentalism: A cross-cultural meta-analysis across 58 countries. Conference of the International Conference on Environmental Psychology, A Coruña, Spain. [Slides](#)
- Karl, J. A.**, Ward, C., Masgoret, A. (August, 2017). Domestic Students' Attitudes Toward and Willingness to Help International Students. 12. Biennial Conference of the Asian Association of Social Psychology, Auckland, New Zealand. [Slides](#)
- Ward, C., Stuart, J., **Karl, J. A.** (August, 2017). Does Multiculturalism threaten Social Cohesion? 12th Biennial Conference of the Asian Association of Social Psychology, Auckland, New Zealand.
- Karl, J. A.**, Fetvadjev, V. H., Dimitrova, R., Ward, C., Buzea, C., Jordanov, V., Jordanov E. (July, 2017). Diversity as a Predictor of Identity and Well-being. In Under-represented ethnic and cultural groups from the Eastern-European context: A research incubator for young academics. Symposium conducted at the 9th European International Association of Cross-Cultural Psychology Conference, Warsaw, Poland. [Slides](#)
- Karl, J. A.**, Ward, C., Masgoret, A. (June, 2017). Public Perceptions of International Students: An Integrated Threat Approach. 10. Biennial Conference of the International Academy for

Intercultural Research, New York, USA. [Slides](#)

Milfont, T. L., **Karl, J. A.**, Sibley, C. G. (April, 2017). Values and environmentalism: A one-year longitudinal analysis. Conference of the Society of Australasian Social Psychologists 2017, Melbourne, Australia.

2016 **Karl, J. A.**, Fetvadjev, V. H., Dimitrova, R., Ward, C., Buzea, C., Jordanov, V., Jordanov E. (December, 2016). National and Supranational Identities as Predictors of Well-being in Romania and Bulgaria. Australian Conference on Personality and Individual Differences 2016, Melbourne, Australia. [Slides](#)

2015 **Karl, J. A.** (September, 2015). Gamification and Employee Education. Herbstkongress des Muenchner Bildungs Forums, Munich, Germany

Teaching

* Lecturer, † Guest Lecturer

POSTGRADUATE TEACHING

2021 **PSYC477** *| **Psychological Science using R** [For examples see.](#)

2019 - 2021 **PSYC461** *†| **Structural Equation Modelling**

2019, 2022 **PSYC434** *†| **Research Across Cultures**

UNDERGRADUATE TEACHING

2022I **PSYC338** †| **Cultural Psychology**

2018 - 2021 **PSYC317** *†| **Evolutionary Psychology** [For examples see.](#)

2019 **INFO281** *| **Data Analytics Project**

PSYC325 | **Advanced Research Methods in Psychology**

SUPERVISION

2021 **Schepers A.** | Individual Belief Orientation and the Effect of Meaningful Framing in a Brief Mindfulness Intervention. *Honours Thesis*

Falkenhaus S. | The Relationship Between Trait Mindfulness, State Mindfulness, and Absorption, During a Mindfulness Practice Implementation. *Honours Thesis*

Fahey E. | The Meaning of Natural Spaces. *Honours Thesis*

2020 **Henderson D.** | Implicit and Explicit Personality in Life Stories. *Honours Thesis*

Du H. | Personality in the Epic of Gilgamesh *Honours Thesis*

2019 **Chrystal M.** | The Consequences of not Acting on Personally and Socially Important Value-Expressive Behaviours on Hedonic and Eudaimonic Wellbeing. *Masters Thesis*

2018 **Kunz, D.** | Personality, Lifestyle, and Physiology. *Honours Thesis*

Wainwright, T. | Implicit Motives and Explicit Personality: Investigating the Relationships between Conscious and Sub-Consciousness Personality. *Honours Thesis* [Preregistration](#)

Carswell K. | People perception: The evolution of contextual colour discriminations and intrasexual competition. *Honours Thesis*

Chrystal M. | The Complexities of "Minding the Gap": Perceived Discrepancies Between Values and Behavior Affect Well-Being. *Honours Thesis*

Grants, Honours & Awards

- 2021 Faculty of Science Grant for Additional Research Support: NZD\$5,000
Supporting research productivity on the project: Tangled up in the blue: Emotion regulation through a state/trait lens. Primary Investigator.
- 2019 - 2021 Wellington Doctoral Scholarship: NZD\$27,500 stipend annually, plus tuition fees.
Offered to the top ranked candidates in that Doctoral admission and scholarship application round to encourage and support doctoral study at Victoria University of Wellington.
- 2018 Pre-Registration Award from the Center for Open Science: NZD\$2,000
Graduate Travel Award from the Society for Personality and Social Psychology: NZD\$2,000
Awarded for outstanding graduate student presentation.
- 2017 Faculty of Science Research Grant from Victoria University of Wellington: NZD\$3,000
Faculty of Science Research Grant from Victoria University of Wellington: NZD\$3,000
Travel Award from the International Academy for Intercultural Research: NZD\$2,000
Awarded for outstanding graduate student presentation.

Internal Service

- 2018 - Current Organizer of a workshop series on statistical analysis in R, VUW School of Psychology
- 2021 - Current Organizer of a workshop series on network modelling in psychology, VUW School of Psychology
- 2019 - 2020 Ethics Reviewer, VUW School of Psychology Human Ethics Committee

Professional Service

- 2020 - current Supervision of high school student's research projects as part of the Silver and Gold CREST program of the [Royal Society of New Zealand](#)
- 2020 - current Review Editor *Psychology for Clinical Settings* *Frontiers in Psychology*
Ad-hoc Reviewer for a number of Journals such as *Nature Scientific Reports* and *Philosophical Transactions of the Royal Society B: Biological Sciences* [Publons Profile](#)

Public Impact

My work has supported governmental policy making both on the national level ([Ireland](#), [Scotland](#)), but also on the international level ([World Health Organization](#)), as well as international NGOs ([International Critical Incident Stress Foundation](#)). I have further contributed to science communication in national publications ([BBC](#)).

References

Prof. Ronald Fischer | Victoria University of Wellington
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AProf. Markus Luczak-Roesch | Victoria University of Wellington

Phone: +64 04 4635878

Email: markus.luczak-roesch@vuw.ac.nz