

Jun.-Prof. Dr. Janina Larissa Bühler

Curriculum Vitae

Personal Information

Address Johannes Gutenberg University Mainz
Department of Psychology
Personality Psychology and Psychological Assessment
Bingerstraße 14-16
55122 Mainz
Germany

E-Mail jbuehler@uni-mainz.de

Website www.janina-buehler.com

ORCID iD 0000-0003-3684-9682

Research Topics

Personality development across the lifespan, personality change in response to life events, trajectories of romantic relationships, experience sampling methods, meta-analytic methods

Education

2016–2019 **Ph.D. in Psychology**, University of Basel, Switzerland (summa cum laude)

2012–2014 **M.Sc. in Psychology**, University of Bern, Switzerland

2008–2011 **B.Sc. in Psychology**, University of Fribourg, Switzerland

Employment

Since 2024 **Head of Emmy Noether-Research Group**, University of Mainz

Since 2022 **Assistant Professor for Personality Psychology**, University of Mainz

2021 **Postdoctoral Researcher**, University of Bern

2020–2021 **Postdoctoral Researcher**, Heidelberg University

2019–2020 **Postdoctoral Researcher**, University of Bern

2016–2019 **Doctoral Researcher**, University of Basel

2019 **Research Stay**, Heidelberg University

2017 **Research Stay**, Northwestern University

2016 **Research Stay**, University of California

2014–2016 **Predoctoral Researcher**, University of Basel

Project Grants

2024–2029 **DFG Emmy Noether Research Group**. Emmy Noether Program of the German Research Foundation (DFG): «A longitudinal experience sampling study on personality-relationship transactions among couples in young, middle, and late adulthood: A detailed examination and analysis of the underlying dynamics» | \$1,702,006.00

2023–2024 **Research Funding**. Research project funded by the University of Mainz: «Relationship satisfaction: Conception and development of a comprehensive diagnostic procedure» | \$ 16'570.00

- 2020–2021 **SNSF Early Postdoc.Mobility Fellowship.** Fellowship funded by the Swiss National Science Foundation (SNSF): «A closer look at situations, experiences, and outcomes in romantic relationships: How do personality and age matter?» | \$75,038.00
- 2016–2019 **SNSF Doc.CH Project.** Dissertation project funded by the SNSF: «How we become who we are within romantic relationships. Disentangling the complex interplay between personality and romantic relationships from three perspectives» | \$178,266.00

Awards, Fellowships, and Travel Grants

- 2020 **Emilie Louise Frey-Prize.** Prize for dissertation | \$1,932.00
- 2019 **Travel Grant.** Grant by the SNSF | \$9,585.00
- 2018–2019 **antelope@university.** Fellowship of the University of Basel | \$2,892.00
- 2016–2018 **Swiss Study Foundation.** Fellowship for excellent doctoral students
- 2017 **Travel Grant.** Grant by the SNSF | \$13,387.00
- 2016 **Travel Grant.** Grant by the Swiss Study Foundation | \$4,820.00
- 2008–2015 **Swiss Study Foundation.** Fellowship for excellent students

Publications

Peer-reviewed Scientific Journal Articles

32. Baranski, E., Gardiner, G., Shaman, N., Shagen, J., Lee, D., **Members of International Situations Project**, & Funder, D. C. (in press). Personality and religiosity in context: Exploring variations across countries and religious affiliations. *Journal of Research in Personality*.
31. **Bühler, J. L.** & Orth, U. (2024). How relationship satisfaction changes within and across romantic relationships: Evidence from a large longitudinal study. *Journal of Personality and Social Psychology*, 126(5), 930–945. <https://doi.org/10.1037/pspp0000492>
30. Francis, Z., Weidmann, R., **Bühler, J. L.**, Burriss, R., Wünsche, J., Grob, A., & Job, V. (2024). My willpower belief and yours: Investigating actor, partner, and similarity effects of willpower theory on social support and relationship satisfaction. *European Journal of Personality*, 38(5), 778–792. <https://doi.org/10.1177/08902070231220416>
29. Gander, F., Uhlich, M., Traut, A. C., Saameli, M. A., **Bühler, J. L.**, Weidmann, R., & Grob, A. (2024). The role of relationship beliefs in predicting levels and changes of relationship satisfaction. *European Journal of Personality*. Advance online publication. <https://doi.org/10.1177/08902070241240029>
28. Gonzalez Avilés, T., **Bühler, J. L.**, Brandt, N., & Neyer, F. (2024). Today's adolescents are more satisfied with being single: Findings from a cohort-sequential study. *Personality and Social Psychology Bulletin*. Advance online publication. <https://doi.org/10.1177/01461672241257139>
27. Orth, U., Meier, L. L., **Bühler, J. L.**, Dapp, L. C., Krauss, S., Messerli, D., & Robins, R. W. (2024). Effect size guidelines for cross-lagged effects. *Psychological Methods*, 29(2), 42–433. <https://doi.org/10.1037/met0000499>

26. Weidmann, R., **Bühler, J. L.**, & Grob, A. (2024). Does narrating the life story predict changes in personality traits and characteristics? *Journal of Research in Personality*, 110, 104489. <https://doi.org/10.1016/j.jrp.2024.104489>
25. Bückner, S. M., Luhmann, M., Haehner, P., **Bühler, J. L.**, Dapp, L., Luciano, E., & Orth, U. (2023). The development of subjective well-being across the lifespan: A meta-analytic review of longitudinal studies. *Psychological Bulletin*, 149(7-8), 418–446. <https://doi.org/10.1037/bul0000401>
24. **Bühler, J. L.**, Orth, U., Bleidorn, W., Weber, E., Kretzschmar, A., Scheling, L., & Hopwood, C. J. (2023). Life events and personality change: A systematic review and meta-analysis. *European Journal of Personality*, 38(3), 544–568. <https://doi.org/10.1177/08902070231190219>
23. **Bühler, J. L.**, Hopwood, C. J., Nissen, A. T., & Bleidorn, W. (2022). Collective stressors affect the psychosocial development of young adults. *Social Psychological and Personality Science*, 14(6), 708–726. <https://doi.org/10.1177/19485506221119018>
22. **Bühler, J. L.**, Mund, M., Neyer, F. J., & Wrzus, C. (2022). A developmental perspective on personality–relationship transactions in three nationally representative samples. *Journal of Personality*. Advance online publication. <https://doi.org/10.1111/jopy.12757>
21. **Bühler, J. L.** & Orth, U. (2022). Rank-order stability of relationship satisfaction: A meta-analysis of longitudinal studies. *Journal of Personality and Social Psychology*, 123(5), 1138–1165. <https://doi.org/10.1037/pspp0000430>
20. Mund, M., Weidmann, R., Wrzus, C., Johnson, M. D., **Bühler, J. L.**, Burriss, R. P., Wünsche, J., & Grob, A. (2022). Loneliness and short-term dynamics in partner relationships. *International Journal of Behavioral Development*, 46(1), 28–38. <https://doi.org/10.1177/0165025420951246>
19. Reitz, A. K., Weidmann, R., Wünsche, J., **Bühler, J. L.**, Burriss, R. P., & Grob, A. (2022). In good times and in bad: A longitudinal analysis of the impact of bereavement on self-esteem and life satisfaction in couples. *European Journal of Personality*, 36(4), 616–639. <https://doi.org/10.1177/08902070211054896>
18. Baranski, E., Gardiner, G., Lee, D., **Members of ISP**, & Funder, D. C. (2021). Who in the world is trying to change their personality traits? Volitional personality change among college students in 56 countries. *Journal of Personality and Social Psychology*, 121(5), 1140–1156. <https://doi.org/10.1037/pspp0000389>
17. Barbaro, N., Weidmann, R., Burriss, R., Wünsche, J., **Bühler, J. L.**, Shackelford, T., & Grob, A. (2021). The (bidirectional) associations between romantic attachment orientations and mate retention behavior in male-female romantic couples. *Evolution and Human Behavior*, 42(6), 497–506. <https://doi.org/10.1016/j.evolhumbehav.2021.04.005>
16. **Bühler, J. L.**, Krauss, S., & Orth, U. (2021). Development of relationship satisfaction across the life span: A systematic review and meta-analysis. *Psychological Bulletin*, 147(10), 1012–1053. <http://dx.doi.org/10.1037/bul0000342>
15. **Bühler, J. L.**, Wrzus, C., Weidmann, R., Wünsche, J., Burriss, R. P., & Grob, A. (2021). Hard-working in general but lazy at home? Generalized Big Five Traits and relationship-specific traits in romantic couples over time. *Journal of Research in Personality*, 92, 104087. <https://doi.org/10.1016/j.jrp.2021.104087>

14. Gonzalez Avilés, T., Burriss, R. P., Weidmann, R., **Bühler, J. L.**, Wünsche, J., & Grob, A. (2021). Committing to a romantic partner: Does attractiveness matter? A dyadic approach. *Personality and Individual Differences*, 176(1): 110776. <https://doi.org/10.1016/j.paid.2021.110765>
13. Johnson, M. D., Lavner, J. A., Mund, M., Zemp M., Stanley, S. M., Neyer, F. J., Impett, E. A., Rhoades, G. K., Bodenmann, G., Weidmann, R., **Bühler, J. L.**, Burriss, R. P., Wünsche, J., & Grob, A. Within-couple associations between communication and relationship satisfaction over time. *Personality and Social Psychology Bulletin*, 48(4), 534–549. <https://doi.org/10.1177/01461672211016920>
12. Baranski, E., Sweeny, K., Gardiner, G., **Members of ISP**, & Funder, D. C. (2020). International optimism: Correlates and consequences of dispositional optimism across 61 countries. *Journal of Personality*, 89(2), 288–304. <https://doi.org/10.1111/jopy.12582>
11. **Bühler, J. L.**, Finkenauer, C., & Grob, A. (2020). A dyadic personality perspective on the Michelangelo phenomenon: How personality traits relate to people's ideal selves and their personal growth in romantic relationships. *Journal of Research in Personality*, 86, 103943. <https://doi.org/10.1016/j.jrp.2020.103943>
10. **Bühler, J. L.** & Nikitin, J. (2020). Sociohistorical context and adult social development: New directions for 21st century research. *American Psychologist*, 75(4), 457–469. <https://doi.org/10.1037/amp0000611>
9. **Bühler, J. L.**, Weidmann, R., & Grob, A. (2020). The actor, agent, and author across the life span: Interrelations between personality traits, life goals, and life narratives in an age-heterogeneous sample. *European Journal of Personality*, 35(2), 168–196. <https://doi.org/10.1002/per.2275>
8. **Bühler, J. L.**, Weidmann, R., Wünsche, J., Burriss, R. P., & Grob, A. (2020). Daily responsiveness, expectations, and self-disclosure: How the average levels and within-person variability of three relationship components mediate personality–relationship transactions in romantic couples. *European Journal of Personality*, 34(3), 367–293. <https://doi.org/10.1002/per.2255>
7. Dunlop, W. L., **Bühler, J. L.**, Maghsoodi, A., Harake, N., Wilkinson, D., & McAdams, D. P. (2020). The stories couples live by. *Journal of Social and Personal Relationships*, 38(2), 690–710. <https://doi.org/10.1177/0265407520969900>
6. Gardiner, G., Lee, D., Baranski, E., **Members of ISP**, & Funder, D. C. (2020). Happiness around the world: A combined etic-emic approach across 63 countries. *PLOS ONE*, 15(12), e0242718. <https://doi.org/10.1371/journal.pone.0242718>
5. Lee, D. I., Gardiner, G., Baranski, E., **Members of ISP**, & Funder, D. C. (2020). Situational experience around the world: A replication and extension in 62 countries. *Journal of Personality*, 88(6), 1091–1110. <https://doi.org/10.1111/jopy.12558>
4. Nikitin, J., Wünsche, J., **Bühler, J. L.**, Weidmann, R., Burriss, R. P., & Grob, A. (2020). Interdependence of approach and avoidance goals in romantic couples over the course of days and months. *Journal of Gerontology: Series B*, 76(7), 1251–1263. <https://doi.org/10.1093/geronb/gbaa149>
3. **Bühler, J. L.** & Dunlop, W. L. (2019). The narrative identity approach and romantic relationships. *Social and Personality Psychology Compass*, 13(4), 1–13. <https://doi.org/10.1111/spc3.12447>

2. **Bühler, J. L.**, Weidmann, R., Kumashiro, M., & Grob, A. (2019). Does Michelangelo care about age? An adult life-span perspective on the Michelangelo phenomenon. *Journal of Social and Personal Relationships*, 36(4), 1392–1412.
<https://doi.org/10.1177/0265407518766698>
1. **Bühler, J. L.**, Weidmann, R., Nikitin, J., & Grob, A. (2019). A closer look at life goals across adulthood: Applying a developmental perspective to content, dynamics, and outcomes of goal importance and goal attainability. *European Journal of Personality*, 33(3), 359–384.
<https://doi.org/10.1002/per.2194>

Book Chapters

4. **Bühler, J. L.** & Scheling, L. (2025). Relationship satisfaction. In A. Vangelisti, D. Perlman, & S. Sprecher (Eds.), *The Cambridge handbook of personal relationships* (3rd). Cambridge University Press.
3. **Bühler, J. L.** & Scheling, L. (2025). Personality in couple relationships. In N. C. Overall, J. A. Simpson, & J. A. Lavner (Eds.), *Research handbook on couples and family relationships*. Edward Elgar Publishing Ltd.
2. Gardiner, G., Baranski, E., & **Bühler, J. L.** (2020). Cross-cultural assessment of situational experience. In D. C. Funder, J. F. Rauthmann, & R. Sherman (Eds.), *The Oxford handbook of psychological situations* (pp. 219–229). Oxford University Press.
<https://doi.org/10.1093/oxfordhb/9780190263348.013.11>
1. Dunlop, W. L., & **Bühler, J. L.** (2017). A life course approach to personality. In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of personality and individual differences*. Springer. https://doi.org/10.1007/978-3-319-28099-8_701-1

Conference Contributions

Organized symposia

12. Scheling, L. & **Bühler, J. L.** (2024, September), How to analyze change in personality psychology. Symposium at the 52nd Congress of the German Psychological Society, Vienna, Austria.
11. Orth, U. & **Bühler, J. L.** (2024, August), Meta-analytic advances in personality development and well-being development. Symposium at the 21th European Conference on Personality, Berlin, Germany.
10. **Bühler, J. L.** (2023, September), Life events and personality change: Current evidence and future perspectives. Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
9. Grunenber, E. & **Bühler, J. L.** (2023, September), Modern methods to investigate individual differences in social interactions. Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
8. **Bühler, J. L.** & Orth, U. (2022, September), Romantic relationships in young, middle, and late adulthood. Symposium at the 17th Conference of the Swiss Psychological Society, Zurich.
7. **Bühler, J. L.** & Orth, U. (2021, February), Meta-analytic advancements in social and personality development. Symposium at the 2021 Annual Convention of the Society for Personality and Social Psychology. Online conference due to the coronavirus outbreak.

6. Finn C., & **Bühler, J. L.** (2019, September), Personality-relationship transactions beyond traits: A focus on underlying processes. Symposium at the 15th Conference on Personality and Psychological Assessment, Dresden, Germany.
5. Hoppler, S. & **Bühler, J. L.** (2019, September), The relevance of considering contexts when studying people's motivations, emotions, and behavior. Symposium at the 16th Congress of the Swiss Psychological Society, Bern, Switzerland.
4. Orth, U. & **Bühler, J. L.** (2019, September), Transactions between personality and important life domains across the adult lifespan. Symposium at the 16th Congress of the Swiss Psychological Society, Bern, Switzerland.
3. **Bühler, J. L.** (2018, July), Current approaches and methods for studying the interplay between personality and romantic relationships. Symposium at the 19th European Conference on Personality, Croatia.
2. **Bühler, J. L.** & Dunlop, W. L. (2017, June), Life narratives in interpersonal contexts. Symposium at the 15th Biennial Conference of the Association for Research in Personality, Sacramento, CA, USA.
1. **Bühler, J. L.**, Weidmann, R., & Grob, A. (2016, July), Illuminating the black box of romantic relationships: Relationship processes explaining associations between personality and relationship outcomes in couples. Symposium at the 19th Annual Meeting of the Society for Interpersonal Theory and Research, Berlin, Germany.

Talks

42. Scheling, L., Wrzus, C., & **Bühler, J. L.** (2024, September). Do couples benefit from similar changes in state relationship satisfaction? Insights from two statistical approaches. In L. Scheling & **J. L. Bühler** (Chairs), How to analyze change in personality psychology. Symposium at the 52nd Congress of the German Psychological Society, Vienna, Austria.
41. Gonzalez Avilés, T., **Bühler, J. L.**, Hilligloh, C., & Hagemeyer, B. (2024, September). Romantic relationship quality in the face of geographic relocation: A propensity score matching study. In L. Scheling & **J. L. Bühler** (Chairs), How to analyze change in personality psychology. Symposium at the 52nd Congress of the German Psychological Society, Vienna, Austria.
40. Fliedner, K., **Bühler, J. L.**, Wrzus, C., Scheling, L., Horstmann, K. T. (2024, September). Moving in together was great, wasn't it, honey – Convergence of major life event perception and relationship satisfaction of couples. In F. Gander (Chair), Personality dynamics and life events: Investigating the role of personality in relationships. Symposium at the 52nd Congress of the German Psychological Society, Vienna, Austria.
39. Gonzalez Avilés, T., **Bühler, J. L.**, Brandt, N., & Neyer, F. J. (2024, August). Today's adolescents are more satisfied with being single: Findings from a cohort-sequential study. In D. Gerstorf & T. Gonzalez Avilés (Chairs), Historical change in development and aging of personality. Symposium at the 21th European Conference on Personality, Berlin, Germany.
38. Fliedner, K., **Bühler, J. L.**, Wrzus, C., Scheling, L., Horstmann, K. T. (2024, August). Moving in together was great, wasn't it, honey – Convergence of major life event perception and relationship satisfaction of couples. In F. Gander (Chair), Personality dynamics in life events. Symposium at the 21th European Conference on Personality, Berlin, Germany.

37. Buecker, S., Luhmann, M., Haehner, P., **Bühler, J. L.**, Dapp, L. C., Luciano, E. C., & Orth, U. (2024, August). The development of subjective well-being across the life span: A meta-analytic review of longitudinal studies. In U. Orth & **J. L. Bühler** (Chairs), Meta-analytic advances in personality development and well-being development. Symposium at the 21th European Conference on Personality, Berlin, Germany.
36. Scheling, L. & **Bühler, J. L.**, (2024, August). The association between life satisfaction and domain satisfaction: A meta-analysis of longitudinal studies. In U. Orth & **J. L. Bühler** (Chairs), Meta-analytic advances in personality development and well-being development. Symposium at the 21th European Conference on Personality, Berlin, Germany.
35. **Bühler, J. L.**, Orth, U., Bleidorn, W., Weber, E., Kretzschmar, A., Scheling, L., & Hopwood, C. J. (2024, August). How life events change personality (or not): A pre-registered meta-analysis of longitudinal studies. In U. Orth & **J. L. Bühler** (Chairs), Meta-analytic advances in personality development and well-being development. Symposium at the 21th European Conference on Personality, Berlin, Germany.
34. **Bühler, J. L.**, Orth, U., Bleidorn, W., Weber, E., Kretzschmar, A., Scheling, L., & Hopwood, C. J. (2023, September). Life events and personality change: A meta-analysis of longitudinal studies. In **J. L. Bühler** (Chair), Life events and personality change: Current evidence and future perspectives. Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
33. Fliedner, K., **Bühler, J. L.**, Wrzus, C., Scheling, L., Horstmann, K. T. (2023, September). Moving in Together was great, wasn't it, honey – Convergence of major life event perception and relationship satisfaction of couples. In **J. L. Bühler** (Chair), Life events and personality change: Current evidence and future perspectives. Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
32. **Bühler, J. L.**, Scheling, L., & Wrzus, C. (2023, September). Examining Big Five traits and states in the transition of moving in together. In E. Grunenberg & **J. L. Bühler** (Chairs), Modern methods to investigate individual differences in social interactions. Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
31. Scheling, L., Wrzus, C., Weidmann, R., Burriss, R. P., Wünsche, J., Grob, A., & **Bühler, J. L.**, (2023, September). Daily within-person variability in relationship satisfaction: Testing its magnitude and implication in romantic couples. In L. L. Wiczorek & L. Kröncke (Chairs), Understanding individual differences through Variability in Daily Life. Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
30. Avilés Gonzalez, T., **Bühler, J. L.**, Brandt, N. D., & Neyer, F. J. (2023, September). Have singles become more satisfied over historical time? A cohort-sequential study. In K. Bien & N. D. Brandt (Chairs), What is the role of time in personality change? Symposium at the 17th Conference on Personality and Psychological Assessment, Salzburg, Austria.
29. Klinz, J. L., **Bühler, J. L.**, McAdams, D. P., Reischer, H. N., Mayukha, A., Adler, J. M., & Back, M. D. (2023, July). Automatically coding agency and communion from life narratives. In E. Grunenberg (Chair), Personality science and technology: Advances across contexts. Symposium at the 8th Biennial Conference of the Association for Research in Personality, Evanston, IL, USA.
28. Kasap, E. Z. & **Bühler, J. L.**, (2023, July). Applying self-expansion theory to romantic relationship narratives: What are the benefits? Presentation at the 19th General Meeting of the European Association of Social Psychology, Kraków, Poland

27. **Bühler, J. L.**, Mund, M., Neyer, F. J., & Wrzus, C. (2023, February). A developmental perspective on personality-relationship transactions. In R. Weidmann & W. Chopik (Chairs), Environmental influences on personality: Evidence from a special issue of *Journal of Personality*. Symposium at Personality Science Preconference at SPSP, Atlanta, USA.
26. **Bühler, J. L.**, Scheling, L., & Wrzus, C. (2022, September). Der Zusammenhang von Traits und States bei Paaren: Ergebnisse einer präregistrierten Experience-Sampling Studie. In N. Kuper & K. Horstmann (Chairs), New developments in the study of person-environment dynamics. Symposium at the 52nd Congress of the German Psychological Society, Hildesheim, Germany.
25. Scheling, L., **Bühler, J. L.**, Wrzus, C., Weidmann, R., Burriss, R., Wünsche, J., & Grob, A. (2022, September). Daily variability in relationship satisfaction: A descriptive approach and discussion of the phenomenon within the vulnerability-stress-adaptions-model. In L. Wiczorek & T. Gonzalez Avilés (Chairs), Romantic relationships across the life span. Symposium at the 52nd Congress of the German Psychological Society, Hildesheim.
24. **Bühler, J. L.**, Krauss, S., & Orth, U. (2022, September). How relationship satisfaction develops across the life span: Findings from a systematic review and meta-analysis. In **J. L. Bühler** & U. Orth (Chairs), Romantic relationships in young, middle, and late adulthood. Symposium at the 17th Conference of the Swiss Psychological Society, Zurich, Switzerland.
23. **Bühler, J. L.**, Mund, M., Neyer, F., & Wrzus, C. (2022, July). Personality development and romantic relationship events across adulthood. In W. Bleidorn (Chair), New directions in personality development research. Invited symposium at the 20th European Conference on Personality, Madrid, Spain.
22. **Bühler, J. L.**, Hopwood, C. J., Nissen, A., & Bleidorn, W. (2021, September). The effects of collective stressors on the psychosocial development of young adults. Symposium at the 16th Conference on Personality and Psychological Assessment, Ulm, Germany (virtual conference).
21. **Bühler, J. L.**, Krauss, S., & Orth, U. (2021, September). Development of relationship satisfaction across the life span: A meta-analysis of longitudinal studies. Virtual Conference of the International Association for Relationship Research.
20. **Bühler, J. L.**, Krauss, S., & Orth, U. (2021, February). Development of relationship satisfaction as a function of age and relationship duration: A meta-analysis of longitudinal studies. In **J. L. Bühler** & U. Orth (Chairs), Meta-analytic advancements in social and personality development. Annual Convention of the Society for Personality and Social Psychology (virtual conference).
19. **Bühler, J. L.**, Krauss, S., & Orth, U. (2020, July). Development of relationship satisfaction as a function of age and relationship duration: A meta-analysis of longitudinal studies. In Y. Park & G. MacDonald (Chairs), Methodological considerations in conducting relationships research. Conference of the International Association for Relationship Research, London, United Kingdom. Conference postponed to 2021 due to the coronavirus outbreak.
18. **Bühler, J. L.**, Mund, M., Neyer, F., & Wrzus, C. (2020, July). Personality development and romantic relationship events. In W. Bleidorn (Chair), Personality development. Invited symposium at the 20th European Conference on Personality Development, Madrid, Spain. Conference postponed to 2022 due to the coronavirus outbreak.

17. **Bühler, J. L.**, Wrzus, C., Mund, M., & Neyer, F. (2019, September). Personality-partnership transactions across the adult life span. In M. Mund & C. Wrzus (Chairs), Tangled up in you: Interpersonal perceptions and personality-relationship transactions in social relationships. Symposium at the 15th Conference on Personality and Psychological Assessment, Dresden, Germany.
16. Wünsche, J., **Bühler, J. L.**, Weidmann, R., Burriss, R. P., & Grob, A. (2019, September). Zooming into couples' everyday lives: How daily relationship processes and their variability mediate personality-relationship transactions in couples. In C. Finn & **J. L. Bühler** (Chairs), Personality-relationship transactions beyond traits: A focus on underlying processes. Symposium at the 15th Conference on Personality and Psychological Assessment, Dresden, Germany.
15. **Bühler, J. L.**, Weidmann, R., Nikitin, & Grob, A. (2019, September). A closer look at life goals across adulthood: Applying a developmental perspective to goal importance and goal attainability. In S. Hoppler & **J. L. Bühler** (Chairs), The relevance of considering contexts when studying people's motivations, emotions, and behavior. Symposium at the 16th Congress of the Swiss Psychological Society, Bern, Switzerland.
14. **Bühler, J. L.**, Mund, M., Neyer, F., & Wrzus, C. (2019, September). Personality-partnership transactions across the adult life span. In U. Orth & **J. L. Bühler** (Chairs), Transactions between personality and important life domains across the adult lifespan. Symposium at the 16th Congress of the Swiss Psychological Society, Bern, Switzerland.
13. Weidmann, R., **Bühler, J. L.**, Wünsche, J., Burriss, R. B., & Grob, A. (2019, September). Insights into couples' everyday lives: Relationship processes and their day-to-day variability as explanatory mechanisms underlying personality-relationship transactions. In N. Meuwly (Chair), Intimacy in couples: Who is maintaining it more easily? Symposium at the 16th Congress of the Swiss Psychological Society, Bern, Switzerland.
12. **Bühler, J. L.**, Maghsoodi, H., & McAdams, D. P. (2018, July). How can you love and have no story to tell? Narrative approaches applied to romantic relationships. In **J. L. Bühler** (Chair), Current approaches and methods for studying the interplay between personality and romantic relationships. Symposium at the 19th European Conference on Personality, Croatia.
11. Weidmann, R., **Bühler, J. L.**, Wünsche, J., Burriss, R. P., & Grob, A. (2018, July). Every day another way: How variability in daily relationship processes explains the effects of personality vulnerabilities on relationship satisfaction in couples. In **J. L. Bühler** (Chair), Current approaches and methods for studying the interplay between personality and romantic relationships. Symposium at the 19th European Conference on Personality, Zadar, Croatia.
10. Grob, A., Burriss, R. P., Weidmann, R., Wünsche, J., & **Bühler, J. L.** (2018, July). Leaving footprints on the intimate partner's personality. In J. Borghuis (Chair), Dynamics of personality and close relationships. Symposium at the 19th European Conference on Personality, Zadar, Croatia.
9. Weidmann, R., **Bühler, J. L.**, Burriss, R. P., & Grob, A. (2017, September). Neuroticism and the trajectory of sexual satisfaction across two weeks: A daily diary study. In M. Mund (Chair), I, you, and we. Dyadic perspectives on romantic relationships. Symposium at the 14th Conference on Personality and Psychological Assessment, Munich, Germany.

8. **Bühler, J. L.**, Weidmann, R., Nikitin, J., & Grob, A. (2017, September). Across the years of adulthood: Which roles do life goals play for romantic relationships? In T. Braun (Chair), Forming social relationships across the life span. Symposium at the PAEPSY Conference, Münster, Germany.
7. **Bühler, J. L.**, Weidmann, R., Ledermann, T., & Grob, A. (2017, August). Understanding the association between sociosexuality and relationship satisfaction from an attachment perspective. In Y. Rongquin (Chair), Risky aspects of youth romantic relationships. Symposium at the 18th European Conference on Developmental Psychology, Utrecht, the Netherlands.
6. **Bühler, J. L.**, Weidmann, R., Kumashiro, M., & Grob, A. (2017, July). Does Michelangelo care about age? Age-related differences in the Michelangelo phenomenon. Blitz presentations at the 18th General Meeting of the European Association of Social Psychology, Granada, Spain.
5. **Bühler, J. L.**, Weidmann, R., & Grob, A. (2017, June). The relational self as actor, agent, and author. How personality layers affect relational well-being. In **J. L. Bühler** & W. L. Dunlop (Chairs), Life narratives in interpersonal contexts. Symposium at the 15th Biennial Conference of the Association for Research in Personality, Sacramento, CA, USA.
4. **Bühler, J. L.**, & Weidmann, R. (2016, July). CouPers: An integrative framework of personality, relationship processes, and relationship outcomes. In **J. L. Bühler**, R. Weidmann, & A. Grob (Chairs), Illuminating the black box of romantic relationships: Relationship processes explaining associations between personality and relationship outcomes in couples. Symposium at the 19th Annual Meeting of the Society for Interpersonal Theory and Research, Berlin, Germany.
3. **Bühler, J. L.**, Weidmann, R., & Grob, A. (2016, July). The relational self as actor, agent, and author. Understanding life and relationship satisfaction from three personality layers. In D. McAdams (Chair), The role of life narrative in personality psychology. Symposium at the 18th European Conference on Personality, Timisoara, Romania.
2. Weidmann, R., **Bühler, J. L.**, & Grob, A. (2016, July). The CouPers model: An integrative framework of personality, relationship processes, and relationship outcomes. In **J. L. Bühler**, R. Weidmann, & A. Grob (Chairs), The black box of romantic relationships: Relationship processes explaining the associations between personality and outcomes in romantic couples. Symposium at the 18th European Conference on Personality, Timisoara, Romania.
1. Weidmann, R., **Bühler, J. L.**, & Grob, A. (2015, September). Growth striving within romantic relationships. In J. Nikitin & V. Job (Chairs), Motivation in close personal relationships. Symposium at the 14th Congress of the Swiss Psychological Society, Geneva, Switzerland.

Posters

6. Scheling, L., **Bühler, J. L.**, Wrzus, C., Weidmann, R., Burriss, R. P., Wünsche, J., & Grob, A. (2023, July). Daily rollercoaster of love: Short-term change in state relationship satisfaction. Poster at the 8th Biennial Conference of the Association for Research in Personality, Evanston, IL, USA. Awarded with the ARP Poster Award.
5. **Bühler, J. L.**, & Grob, A. (2016, May). Does Michelangelo worry about age? Generational differences in the Michelangelo phenomenon. Poster at the 9th Annual Meeting of the Society for the Study of Motivation, Chicago, IL, USA.

4. **Bühler, J. L.**, Weidmann, R., Ledermann, T., & Grob, A. (2016, May). Understanding the association between sociosexuality and relationship satisfaction from an attachment perspective. Poster at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL, USA.
3. **Bühler, J. L.**, & Grob, A. (2015, October). Does Michelangelo worry about age? The moderating role of age on the Michelangelo phenomenon. Poster at the 7th Conference of the Society for the Study of Emerging Adulthood, Miami, FL, USA.
2. **Bühler, J. L.**, Borter, N., & Rammsayer, T. (2015, September). Differential effects of biological sex and relationship status on aspects of sociosexuality. Poster at the 14th Congress of the Swiss Psychological Society, Geneva, Switzerland.
1. **Bühler, J. L.**, & Grob, A. (2015, June). The relational self as actor, agent, and author: Understanding life and relationship satisfaction from three distinct personality layers. Poster at the 14th Biennial Conference of the Association for Research in Personality, St. Louis, MO, USA.

Supervision of Junior Researchers

Ph.D. Thesis

Since 2024	Chiara Förster, University of Mainz
Since 2022	Louisa Scheling, University of Mainz
2024	Doctoral Committee for Michelle Roth, University of Zurich

Master's Thesis

Since 2024	Laura Linke, University of Mainz
Since 2024	Pauline Labinsky, University of Mainz
Since 2024	Nadine Heckler, University of Mainz
Since 2024	Michelle-Denise Kolligs, University of Mainz
Since 2024	Julia Näb, University of Mainz
Since 2024	Elena Rock, University of Mainz
Since 2024	Lilit Petakchyan, University of Mainz
Since 2024	Pia Kräckel, University of Mainz
2023–2024	Luise Loga, University of Mainz
2022–2023	Sophie Bütje, University of Mainz
2022–2023	Leonie Schreiber, University of Mainz
2021–2022	Vincent Schwalbach, University of Heidelberg (co-supervision)
2021–2022	Cara Nordhoff, University of Heidelberg
2020–2021	Louisa Scheling, University of Heidelberg
2019–2020	Giulia Stotz, University of Basel (co-supervision)
2018–2029	Stefanie Szabo, University of Basel

Bachelor's Thesis

2022–2024	24 students, University of Mainz
2019–2020	5 students, University of Bern

Teaching Experience

2024	Seminar: B.Sc. Thesis in Personality Psychology, University of Mainz
2023/24	Seminar: The Power of Personality, University of Mainz
2023/24	Seminar: B.Sc. Thesis in Personality Psychology, University of Mainz
2022/23	Seminar: The Power of Personality, University of Mainz

2022/23	Seminar: B.Sc. Thesis in Personality Psychology, University of Mainz
2022	Seminar: Diagnostic procedures and methods, University of Mainz
2022	Seminar: B.Sc. Thesis in Personality Psychology, University of Mainz
2021	Seminar: Relationships in adulthood and their diagnostics, Heidelberg University
2019/20	Seminar: Personality development under the microscope, University of Basel
2018/19	Lecture: Personality and Differential Psychology, University of Basel
2017/18	Colloquium: Developmental and Personality Psychology, University of Basel
2016/17	Seminar: Romantic relationships: Concepts and evidence, University of Basel
2015/16	Seminar: Personality development in romantic relationships, University of Basel

Invited Talks

2022	University of Zurich, Department of Psychology
2021	Michigan State University, Social and Personality Psychology Area
2020	University of California, Davis, Social and Personality Psychology Area

Academic Self-Administration

Since 2023	Representative. Young Members' Representative of the Differential Psychology, Personality Psychology and Psychological Diagnostics (DPPD) group of the DGPs
Since 2022	Deputy. Equal Opportunities Representative of the Department 02 Social Science, Media, and Sport at the University of Mainz
2022–2024	Ethics Committee. Member of the Ethics Committee at the Institute of Psychology at the University of Mainz
03/2024	Workshop organization. Co-leadership of the DPPD doctoral workshop at the University of Jena
2022–2023	Conference organization. Member of the program committee of the 17 th DPPD conference
2022–2023	Mentor. Mentoring for doctoral and postdoctoral students at the Adlershof campus of Humboldt University Berlin
2022–2023	Selection committee. Member of the selection committees for professorships at the University of Mainz

Editorial and Reviewer Work

Expert and Consulting Editor

Since 2024	German Study Foundation
Since 2022	German Research Foundation
Since 2020	European Journal of Personality
Since 2017	Swiss Study Foundation

Ad-hoc Reviewer

Advances in Life Course Research, Developmental Psychology, Diagnostica, Emerging Adulthood, European Journal of Personality, European Journal of Social Psychology, Journal of Family Psychology, Journal of Gerontology: Psychological Sciences, Journal of Happiness Studies, Journal of Personality and Social Psychology, Journal of Personality Assessment, Journal of Research in Personality, Journal of Social and Personal Relationships, Nature Human Behaviour, Personality and Social Psychology Bulletin, Psychological Science

Further Education

2014–2016 **Couple therapy.** University of Zurich
2014 **Performing Speech.** Zurich University of the Arts
2011–2014 **Journalism.** Free Journalism School Berlin

Research Communication

For more details, please see my website.

Blog and Book

Since 2020 How «I» shapes «we» | Blog at Psychology Today
2022 «More I. More You. More We » | Beltz

Newspaper, Radio, and Television

2024 Infidelity in romantic relationships | ZDF
2024 Relationship stress due to retirement? | WDR
2023 The first love | ZEIT Magazine online
2023 Having a baby can rock a marriage | BBC
2023 Separation with 66 years | Frankfurter Allgemeine Zeitung
2023 Forever and always – almost | NZZ am Sonntag
2022 Dating: How to overcome old patterns | Deutschlandfunk Nova
2022 The first flat as a couple | Podcast of the STANDARD