

Jessica de Bloom: Curriculum Vitae

Date, place of birth: March 1st 1983, Lingen (Germany)

In a nutshell

My research focuses on vanishing boundaries between work- and non-work life as one aspect of today's rapidly changing working conditions. I investigate the impact of these changes on employee well-being and performance as well as the role of modern information and communication technology.

My aim is to generate knowledge to understand topical societal phenomena and to bridge the scientist-practitioner gap by communicating scientific knowledge to a wide audience of scientists from various disciplines, professionals working in the field, students, and wider society.

Current Positions

- Sep 2017 – now: Academy of Finland Researcher at Tampere University (Finland)
- Sep 2017 – now: Rosalind Franklin Fellow at the University of Groningen (Netherlands)

Previous Work Experience

- Aug. 2015 – Aug 2017: Research Fellow at the highly selective Institute for Advanced Social Research, University of Tampere (Finland) (annual acceptance rate: 4-5%)
- Oct. 2012 – Aug. 2015: Post-doctoral researcher at the School of Social Sciences & Humanities, University of Tampere (Finland). Worked on an Academy of Finland project (grant no. 257682) entailing a three-wave longitudinal and an intervention study/RCT.
- Jan. 2012 – Jun. 2012: Work & travel period abroad (New Zealand), finalizing my popular science book with evidence-based tips to optimize a holiday. In addition, I worked part-time as a pre-school teacher.
- May 2007 – Dec. 2011: Junior researcher & teacher at the Department of Work- & Organizational Psychology, Radboud University (Netherlands). Set up and coordinated three longitudinal field studies.

Education & Degrees

- December 2016: Title of "Dosentti" in occupational health psychology awarded by the University of Tampere (Finland). The beholder of this honorary title has advanced scientific and educational skills significantly exceeding a doctoral degree and is capable for appointment at the level of associate or full professor.
- August 2012: Doctoral degree awarded by the Radboud University Nijmegen (Netherlands). Title of doctoral thesis: "How do vacations affect workers' health and well-being? Vacation (after-) effects and the role of vacation activities and experiences"
- December 2011: Doctoral training completed at the Royal Netherlands Academy of Arts & Sciences accredited doctoral school of the Behavioural Science Institute (Netherlands).
- April 2010 University Teaching Qualification (BKO) awarded by the Radboud University Nijmegen (Netherlands).

External Research Funding

- Invited to submit full consortium proposal for Horizon2020 call "Mental Health at work" (PI: Prof. G. Bauer, University of Zuerich, Switzerland)
- De Bloom, J. (2017-2022). Making leisure work: Leisure crafting as active recovery from stressful work. Funded by the Academy of Finland (Role: PI; ≈ 600 000€)
- Kinnunen, U., De Bloom, J., & Kirves, K. (2017-2019). New lessons in recovery: Investigating the role of different breaks from work for healthy, happy and creative ageing teachers. Funded by the Finnish Work Environment Fund (Role: Co-PI; 150 000€)
- Lehr, D., De Bloom, J., & Syrek, C. (2016-2018). "Holidaily": Smartphone app for better recovery from stressful work before, during and after vacation. Funded by the German health insurance company Barmer GEK (Role: Co-PI; 188 000€)
- Kinnunen, U., & Korpela, K. (2012-2016). Recovery from work stress: Integrating perspectives of work and environmental psychology. Funded by the Academy of Finland (Role: assisting in preparing application; 600 000€)

PhD Supervision

- M. Sianoja (co-supervisor; graduated in 2018)
- M. Kujanpää (main supervisor)
- M. Kosenkranius (co-supervisor)
- A. Virtanen (co-supervisor)
- P. Kerksieck (external supervisor)

Academic Merits & Positions of Trust

- Member of the editorial board of “Journal of Occupational Health”, the “Scandinavian Journal of Work and Organizational Psychology” and “Leisure Sciences”
- Member of the international scientist-practitioner network “Tourist Research Center”
- Referee for numerous scientific journals such as Journal of Occupational & Organizational Psychology, Journal of Occupational Health Psychology, Work & Stress, Tourism Management, Journal of Happiness Studies, Archives of Environmental & Occupational Health, Stress & Health, Scandinavian Journal of Psychology, Current Issues in Tourism
- Full member of the European Association of Work & Organizational Psychology, the Society for Industrial and Organizational Psychology, and the European Academy of Occupational Health Psychology

Linguistic Skills

- Languages: German: Mother tongue (C2)
- Dutch: Excellent (C2)
- English: Very good (C1)
- French: Moderate (B1)
- Finnish: Basic (A2)

Scientific & Societal Impact of Research (selection)

- Invited keynote speeches at major expert meetings in the tourism sector: Internationale Tourismusbörse [international tourism fair] (Germany) & Vakantiebeurs [vacation fair] (Netherlands)
- Giving a workshop on recovery from work during the course “Positive psychology at work - towards flourishing workplaces” for researchers and practitioners specialized in occupational health, organized by the Finnish Institute of Occupational Health and the Nordic Institute for Advanced Training in Occupational Health (Finland)
- Giving a keynote speech and a workshop for tourism experts at the Tourism Summit (Georgia) organized by the Amsterdam University of Applied Sciences (Netherlands), the International Black Sea University and the Caucasus University (Georgia)
- Chairing diverse symposia on recovery from work at international conferences: European Congress of Psychology, European Association of Work & Organizational Psychology conference, European Academy of Occupational Health Psychology conference, International Congress of Psychology
- Developing and teaching a new, elective master level course called “Stress, health and sustainable working life” for master students of the Faculty of Economics and Business at the University of Groningen, Netherlands
- Trial lecture for title of docent (adjunct professor) in October 2016 evaluated as “very good” at the University of Tampere, Finland
- Coverage of my research findings in major popular science magazines & daily newspapers such as: Tiede, Helsingin Sanomat (Finland), The Psychologist (UK), The Wall Street Journal, Washington Post, Scientific America (USA), ZEIT, Gehirn und Geist, Spiegel, Frankfurter Allgemeine (Germany), Dagens Nyheter (Sweden), Volkskrant, Algemeen Dagblad, HP/De Tijd, Psychologie Magazine, Elsevier (Netherlands), Psychoscope (Switzerland), Deens Dagbladet (Denmark), Gazet van Antwerpen (Belgium) and Times of India (India)