

**Anna Bruk**  
**Curriculum Vitae**  
*October 2024*

## Contact Information

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University address: University of Mannheim  
Chair for Cross-Cultural Social and Personality Psychology  
A5,6 section A, room 441  
68159 Mannheim

Phone: + 49 (0) 621-181-2041

Email: anna.bruk@uni-mannheim.de

## Education

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- 10/2013 – 12/2019      **PhD in Psychology**  
**School of Social Sciences, University of Mannheim**
- Dr. rer. soc. (summa cum laude)
  - Doctoral thesis: “Self-Other Differences in the Evaluation of Showing Vulnerability”
- 09/2010 – 07/2013      **Postgraduate Studies in Management**  
**Business School, University of Mannheim**
- Master of Science
- 10/2006 – 08/2010      **Undergraduate Studies in Business Administration and Economics**  
**Goethe-University Frankfurt**
- Bachelor of Science

## Career Path in Academia

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- 08/2023 – today      **Postdoctoral Researcher at the University of Mannheim**
- Chair for Cross-Cultural Social and Personality Psychology
  - PI of the DFG project “A Social Identity Perspective on the Evaluation of Showing Vulnerability”
- 01/2020 – 07/2023      **Postdoctoral Researcher at the University of Mannheim**
- Chair for Micro-Sociology and Social Psychology
- 10/2013 – 12/2019      **Research Assistant at the University of Mannheim**
- Chair for Micro-Sociology and Social Psychology
- 08/2012 – 07/2013      **Student Assistant at the University of Mannheim**
- Chair for Social Psychology
- 08/2011 – 01/2013      **Student Assistant at the University of Mannheim**
- Chair for Business-to-Business Marketing, Sales & Pricing

## Publications

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Bruk, A. (2024). Vulnerability display and heroism. In S. T. Allison, J. K. Beggan, & G. R. Goethals, (Eds.), *Encyclopedia of Heroism Studies* (pp. 2198–2205). Springer International Publishing. [https://doi.org/10.1007/978-3-031-48129-1\\_466](https://doi.org/10.1007/978-3-031-48129-1_466)

Bruk, A., Scholl, S. G., & Bless, H. (2021). You and I both: Self-compassion reduces self–other differences in evaluation of showing vulnerability. *Personality and Social Psychology Bulletin*, 01461672211031080. <https://doi.org/10.1177/01461672211031080>

Bruk, A., Scholl, S. G., & Bless, H. (2018). Beautiful mess effect: Self–other differences in evaluation of showing vulnerability. *Journal of Personality and Social Psychology*, 115(2), 192–205. <https://doi.org/10.1037/pspa0000120>

Gebauer, J. E., Nehrlich, A. D., Stahlberg, D., Sedikides, C., Hackenschmidt, A., Schick, D., Stegmaier, C. A., Windfelder, C. C., Bruk, A., & Mander, J. (2018). Mind-body practices and the self: Yoga and meditation do not create no-self, but boost self-enhancement. *Psychological Science*, 29(8), 1207–1220. <https://doi.org/10.1177/0956797618764621>

## Conference Presentations

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Bruk, A. & Scholl, S. G. (2022, February). *Beautiful mess effect goes to Moscow: Self–other differences in the evaluation of showing vulnerability in a collectivistic Russian sample*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, virtual convention.

Bruk, A., Scholl, S. G., & Bless, H. (2021, May). *Vulnerable and fine with it: Self-compassion but not self-esteem or neuroticism attenuates self–other differences in the evaluation of showing vulnerability*. Poster presented at the annual meeting of the Association for Psychological Science, virtual convention.

Bruk, A., Scholl, S. G., & Bless, H. (2021, February). *Hold your own hand when feeling vulnerable: Evaluations of showing vulnerability as a function of self-compassion*. Poster presented at Self and Identity, preconference at the annual meeting of the Society for Personality and Social Psychology, virtual convention.

Bruk, A., Scholl, S. G., & Bless, H. (2020, December). *May we be kind to ourselves: The role of self-compassion in judgments of showing vulnerability*. Poster presented at the Society for Judgment and Decision Making annual meeting, virtual convention.

Scholl, S. G., Bruk, A., & Van Lange, P. A. M. (2020, December). *Advisors Discount the Future Less than Actors Do*. Poster presented at the Society for Judgment and Decision Making annual meeting, virtual convention.

Bruk, A., Scholl, S. G., & Bless, H. (2018, September). *What construal level's got to do with it: Why and how of self-other differences in showing vulnerability*. Poster presented at the 51st Congress of the German Society for Psychology (DGPs), Frankfurt am Main, Germany.

Bruk, A. & Scholl, S. G. (2016, March). *The perks of being friends with oneself: Self-compassion reduces self-other differences when evaluating showing vulnerability*. Talk at the 58th Conference of Experimental Psychologists, Heidelberg, Germany.

Bruk, A. & Scholl, S. G. (2016, January). *When I am weak, then I am strong: Self-other differences in evaluation of showing vulnerability*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Diego, California, USA.

Bruk, A. & Scholl, S. G. (2015, September). *There are two sides to every story: Self-other differences in showing vulnerability*. Talk at the 15th conference of the Social Psychology Section of the German Psychological Society (FGSP), Potsdam, Germany.

Bruk, A. & Scholl, S. G. (2015, August). *What makes me feel weak makes you look strong: Self-other differences when evaluating showing vulnerability*. Talk at the ESCON Transfer of Knowledge Conference, Bensheim, Germany.

## Teaching

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- 2016
- Seminar: Current Topics in Social Psychology
    - Cultural perspectives on life satisfaction
  - Practical: Social Psychology
    - Empirical research methods and social cognition
  - Practical: Social Psychology
    - Showing vulnerability and self-compassion
- 2015
- Seminar: Current Topics in Social Psychology
    - Psychology of well-being
  - Seminar: Current Topics in Social Psychology
    - Social interactions and well-being
- 2014
- Seminar: Current Topics in Social Psychology
    - Gender stereotypes, romantic relationships, (un-)ethical behavior
  - Practical: Social Psychology
    - Empirical research methods and social cognition

## Theses Supervision

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- 2024
- Beautiful mess effect in collectivistic vs. individualistic countries
    - Brazil vs. France, Bachelor thesis by Djamila Klöfer
    - Bulgaria vs. Canada, Bachelor thesis by Radina Slavova
- 2016
- Effects of meditation on self-concept and well-being
    - Bachelor thesis by Doreen Schick
    - Bachelor thesis by Clara Anne Stegmaier
    - Bachelor thesis by Cara Windfelder
- 2015
- Development of non-verbal measurement of construal level
    - Master thesis by Carolin Neureuter
- 2014
- Effects of the belief in the just world on intertemporal decision making
    - Bachelor thesis by Julia Öhlre

## Research Grants

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- 08/2023 – today      Research funding from the German Research Foundation (DFG)  
○ Project: “A Social Identity Perspective on the Evaluation of Showing Vulnerability” (BR 6639/2-1)
- 08/2021 – 02/2022      Start-up funding from the Department of Equal Opportunity and Social Diversity, University of Mannheim  
○ For a research proposal to the German Research Foundation
- 03/2020 – 12/2020      Start-up funding from the University of Mannheim  
○ For a research proposal to the German Research Foundation
- 01/2019 – 12/2019      Scholarship from “Landesgraduiertenförderung“  
○ For the dissertation project
- 07/2018 – 12/2018      Grant from the Department of Equal Opportunity and Social Diversity, University of Mannheim  
○ For the dissertation project

## Media and Popular Science Contributions (Selection)

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- 04/2024      *The Beautiful Mess Effect*  
○ Podcast “Brave Feminine Leadership” [\[link\]](#)
- 03/2024      *Arbeitslust statt Frust: Gemeinsam zu mehr Wertschätzung, Verbundenheit und Produktivität.*  
○ Book by Jonas Höhn [\[link\]](#)
- 02/2024      *Beautiful Mess Effect: Wie man sich Verletzlich und Stark Zugleich Fühlen Kann! Mit Sozialpsychologin Dr. Anna Bruk*  
○ Podcast “Rebellisch Gesund” [\[link\]](#)
- 02/2024      *A Psychologist Explains The ‘Beautiful Mess Effect’ In Relationships*  
○ Article in Forbes [\[link\]](#)
- 12/2023      *Brisante Gespräche an Weihnachten: Zwischen Nähe und Distanz*  
○ Article in Zeit [\[link\]](#)
- 10/2023      *Leading with Vulnerability: Unlock Your Greatest Superpower to Transform Yourself, Your Team, and Your Organization*  
○ Book by Jacob Morgan [\[link\]](#)
- 12/2023      *Wenn Menschen zu Schnell zu Viel Privates Erzählen*  
○ Article in Spiegel [\[link\]](#)
- 03/2023      *Verletzlichkeit — die Gefährliche Superkraft*  
○ Podcast “Betreutes Fühlen” [\[link\]](#)
- 09/2022      *How to Nurse an Oversharing Hangover*  
○ Article in The New York Times [\[link\]](#)

- 09/2022 *Platonic: How the Science of Attachment Can Help You Make—and Keep—Friends*  
○ Book by Marissa G. Franco [\[link\]](#)
- 02/2022 *Wir Alle Machen Fehler*  
○ Article in Spektrum der Wissenschaft [\[link\]](#)
- 11/2021 *Other People Don't Think You Are a Mess*  
○ Article in Scientific American [\[link\]](#)
- 10/2020 *No Rules Rules: Netflix and the Culture of Reinvention*  
○ Book by Reed Hastings and Erin Meyer [\[link\]](#)
- 01/2019 *Your Flaws Are Probably More Attractive Than You Think They Are*  
○ Article in The Atlantic [\[link\]](#)
- 11/2018 *Why Is It So Hard To Be Vulnerable?*  
○ Article in Greater Good Magazine [\[link\]](#)
- 09/2018 *Being Vulnerable Seems Better When Someone Else Does It*  
○ Article in Psychology Today [\[link\]](#)
- 08/2018 *Studie zeigt: Die Meisten Menschen Unterliegen Einem Denkfehler, Der Sie am Erfolg Hindert*  
○ Article in Business Insider [\[link\]](#)
- 08/2018 *The Japanese Art Principle That Teaches How to Work With Failure*  
○ Article in QUARTZ [\[link\]](#)
- 08/2018 *The 'Beautiful Mess' Effect: Other People View Our Vulnerability More Positively Than We Do*  
○ Article in Research Digest [\[link\]](#)