

## Contact

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## Professional experience

- 04/2019 - present      *PhD candidate*  
University of Luxembourg (Luxembourg)  
Department of Behavioural and Cognitive Sciences  
Project: An examination of the nature and psychological effects  
of job demands on employees  
Provisional thesis title: New developments of the JD-R model  
Supervisor: Prof. Dr. Georges Steffgen
- 11/2018 – 01/2019      *Student Research Assistant*  
University of Luxembourg (Luxembourg)  
Institute for Health and Behaviour, Research unit INSIDE
- 02/2018 – 08/2018      *Internship Personnel Selection/ Psychological Assessment*  
Deutsche Lufthansa AG, Department Recruitment &  
Assessment Design, L/PF-A, Frankfurt am Main (Germany)
- 11/2015 – 05/2017      *Student Research Assistant*  
University of Luxembourg (Luxembourg)  
Institute for Health and Behaviour, Research unit INSIDE
- 08/2015 – 10/2015      *Internship HR/ Human Resources Development*  
DB Schenker Deutschland AG, Kelsterbach (Germany)

## Education and Academic degrees

- 02/2019      *Academic degree: Master in Psychology: Psychological  
Intervention (health domain)*  
University of Luxembourg (Luxembourg)  
Thesis title: “Players’ values, psychological needs and well-  
being: Exploring the role of Battle Royale video games through  
the lens of the Self-Determination Theory”  
Supervisor: Dr. André Melzer

- 09/2017 – 12/2017      *Maîtrise en Psychologie*  
Semester abroad, Global Exchange Program  
Université de Montreal, Montreal (Canada)
- 09/2016 – 02/2019      *Master in Psychology: Psychological Intervention*  
University of Luxembourg (Luxembourg)
- 07/2016                      Academic degree: *Bachelor en Psychologie (Académique)*  
University of Luxembourg (Luxembourg)  
Thesis title: “The effects of Sexualized Violence in video  
games on Rape Myth Acceptance”  
Supervisor: Dr. André Melzer
- 07/2015 – 08/2015      *Asian Studies*  
Summer school, Sophia University, Tokyo (Japan)  
Awarded with the Top Student Prize 2015
- 02/2015 – 06/2015      *Grado en Psicología*  
Semester abroad, ERASMUS  
Universidad de Salamanca, Salamanca (Spain)
- 09/2013 – 07/2016      *Bachelor en Psychologie (Académique)*  
University of Luxembourg (Luxembourg)

## Skills

Language skills: German (native speaker), Spanish (native speaker), English (level C1), French (level B2)

IT skills: Microsoft Office, SPSS, MPlus, R

## Publications

Sischka, P., Fernandez de Henestrosa, M., & Steffgen, G. (2019). *Erster Forschungsbericht zur Weiterentwicklung der „Enquête concernant la qualité de vie et la motivation au travail“*. E-print/working paper

### Conference Contributions

Sischka, P., Fernandez de Henestrosa, M., & Steffgen, G. (2019). *The Quality of Work Index Luxembourg (QoWIL): A multidimensional approach and its links to well-being at work*. Paper presented at the InGrid Workshop "Measuring Job quality: New data and methods", Noisy le Grand (France)

Fernandez de Henestrosa, M., Melzer, A., & Billieux, J. (2019). *Players' values, psychological needs and their well-being: Exploring the role of Battle Royale video games through the lens of Self-Determination Theory*. Paper presented at the 11<sup>th</sup> Conference of the Media Psychology Division, German Psychological Association, Chemnitz (Germany)

Fernandez de Henestrosa, M., & Melzer, A. (2017). *The effects of sexualized violence in video games on Rape Myth Acceptance*. Paper presented at 67<sup>th</sup> ICA Annual Conference, San Diego (USA)