

## University of Groningen

### Why, when, and how workers regulate

El Khawli, Elissa

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# Why, When, and How Workers Regulate

A lifespan perspective on work design and emotion regulation at  
work

**PhD thesis**

to obtain the degree of PhD at the  
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on the authority of the  
Rector Magnificus Prof. C. Wijmenga  
and in accordance with  
the decision by the College of Deans.

This thesis will be defended in public on  
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by

**Elissa Amne El Khawli**

born on 29 October 1992  
in  
Beirut, Lebanon

**Supervisor**

Prof. S. Scheibe

**Co-supervisor**

Dr. A. C. Keller

**Assessment Committee**

Prof. D. T. A. M. Kooij

Prof. A. Hirschi

Prof. B. M. Wisse

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