

This is an unedited manuscript published in the *Journal of Applied Psychology*. Please note that the published version underwent minor additional editing in style and content.

Please cite as:

von Allmen, N., Hirschi, A., Burmeister, A., & Shockley, K. M. (2023). The effectiveness of work–nonwork interventions: A theoretical synthesis and meta-analysis. *Journal of Applied Psychology*. Advance online publication. <https://doi.org/10.1037/apl0001105>

## **The Effectiveness of Work-Nonwork Interventions: A Theoretical Synthesis and Meta-Analysis**

Nicola von Allmen<sup>1</sup>, Andreas Hirschi<sup>1,2</sup>, Anne Burmeister<sup>3</sup>, and Kristen Shockley<sup>4</sup>

<sup>1</sup>Institute of Psychology, University of Bern, Switzerland

<sup>2</sup>Department of Management, Deakin University, Australia

<sup>3</sup>Department of Organizational Behavior, University of Cologne, Germany

<sup>4</sup>Department of Psychology, University of Georgia, USA

### **Author Note.**

Correspondence concerning this article should be addressed to Andreas Hirschi, University of Bern, Institute for Psychology, Fabrikstrasse 8, CH-3012 Bern, Switzerland; Tel: +41 31 631 86 07; Fax +41 31 631 82 12; e-mail: [andreas.hirschi@unibe.ch](mailto:andreas.hirschi@unibe.ch)

This research was supported by a research grant awarded to Andreas Hirschi by the Swiss State Secretariat for Education, Research and Innovation (SERI). The funding source had no involvement in study design, in the collection, analysis and interpretation of data, in the writing of the report, or in the decision to submit the article for publication. Some aspects of this research were presented within a poster presentation at the 13th Conference of the European Academy of Occupational Health Psychology (2018).