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### Self-control conflict in the eating domain

*A cognitive, affective, and behavioral perspective*

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## Contribution to Empirical Chapters

### Chapter 2

Becker, D., Jostmann, N. B., & Holland, R. W. (2016). *Adaptation in conflict: Are conflict-triggered control adjustments protected in the presence of motivational distractors?* Manuscript submitted for publication.

The studies were designed by D.B., N.B.J. and R.W.H. Data were collected and analyzed by D.B. The article was written by D.B. and N.B.J., and R.W.H provided comments on the manuscript.

### Chapter 3

Becker, D., Jostmann, N. B., Hofmann, W., & Holland, R. W. (2016). *Spoiling the pleasure of success: Emotional reactions to the experience of self-control conflict.* Manuscript submitted for publication.

The studies were designed by D.B., N.B.J. and R.W.H (except Study 3.4, which was designed by W.H.). Data were collected and analyzed by D.B. (except Study 3.4, where data was collected by W.H.). The article was written by D.B. and all co-authors provided comments on the manuscript.

### Chapter 4

Becker, D., Jostmann, N. B., Wiers, R.W., & Holland, R. W. (2015). Approach avoidance training in the eating domain: Testing the effectiveness across three single session studies. *Appetite* , 85, 58-65.

The studies were designed by D.B., N.B.J. and R.W.H. Data were collected and analyzed by D.B. The article was written by D.B. and all co-authors provided comments on the manuscript.



# ACKNOWLEDGEMENTS

## ACKNOWLEDGEMENTS

Starting a PhD when the entire field has just been hit by a self-inflicted earthquake is not easy. By now I know that this came with the great opportunity to explore new perspectives, to sharpen my critical thinking, and the invaluable freedom to write a dissertation (and papers) featuring null results. This would have been impossible (and much less enjoyable) without the support of a lot of wonderful people who made those last four years a great personal and 'scientific' experience!

Rob, we didn't know each other much when we started the project, but it didn't take me long to see that what they say about you is true: You are the supervisor every PhD could wish for. As many other professors you are smart, have great knowledge and interest in many different topics, and you have a huge international network of interesting people. But what really sets you apart is your inexhaustibly positive, supportive, open minded, funny and honest personality. This unique combination kept me motivated throughout those 4 years, and helped me grow into a confident researcher. Thank you so much for all you have contributed to this journey, I thoroughly enjoyed working with you and will (/already) miss our regular professional discussions as well as personal encounters.

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Tübingen, 23 december 2016

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