Self-control conflict in the eating domain

A cognitive, affective, and behavioral perspective

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Contribution to Empirical Chapters

Chapter 2


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


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


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
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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.

Nils, I don’t even know where to start… maybe with a huge thank you for your commitment and mentorship throughout those last 7 years. That we never stopped working with each other shows that we clicked not only with respect to research interests, but also on a personal level. I have learned a lot from you, and am very grateful for all the time and effort you invested in sitting down discussing, explaining, and rewriting. Yes, sometimes your infinite quest for perfection paired with your incomparable sharpness drove me to the edge, but it always got us to the heart of the matter and taught me a lot! I hope I have soaked up enough to get through the coming years...

Rob and Nils, I think we were a perfect team and I will look back at our time together with much gratitude. Thank you both for being the ‘modern’ and critical researchers that you are. Luckily our collaboration continues beyond what has been written in this book.

I was also lucky to extend my collaborations to other labs:

Thanks to the Nijmegen Behavioral Regulation lab group for being a safe place for pitching ideas and discussing data.

Thank you, Reinout, for offering me so many opportunities. I admire your ‘scientific attitude’ which always puts evidence before personal interests. Helle and Poppy (and other members of the ADAPT lab), I am so glad I had the chance to get to know and work with you, and I hope we’ll keep in touch.

Wilhelm, thank you for your openness and hospitality. Although my visits to Cologne were always short, they were immensely effective and inspiring, and I always enjoyed the friendly atmosphere in your group.

Mickey, thanks for welcoming me into your funky lab in Toronto. I had a great (summer) time there and not only found the dedication I needed for finishing this thesis, but also had the chance to develop some interesting new ideas.

I would also like to thank my new colleagues in Tübingen for making my resettlement into the Heimat bearable. I am very much looking forward to the next three years!
Of course, I would also like to thank my colleagues at the University of Amsterdam, who have been a great support and source of ideas. Oh, now it gets tricky with all the names... so let me just say this: I am grateful that most of you were not only colleagues but also friends. Now that I am gone I realize how much of a ‘home’ you were to me. So thank you all for gezellige borrel nights in Kriterion, countless etentjes at home/in a church/in (fancy) restaurants, wedding parties, kraambezoeken, concerts, random encounters in this beautiful city, or simply biking home together. You are a great bunch!

Some special mentions cannot be avoided though:

Agneta, thank you for having said yes all those years ago, when I asked to visit the UvA as an intern. Back then I just wanted to get out of rainy Cardiff... but it turned out to change my life. I really appreciate our connection, and hope to stay in touch with you in the future.

Sportmeisjes (aka Liesbeth, Hannah, Lisanne and Svenja)... you don’t know how much I miss you!!! Thanks for your friendship that went far beyond (or got strengthened by?) being tortured at conditietraining or sweating through BBB. You should come to Tübingen soon to get some natural workout!

Roomies: mijn rots(en) in de branding, shoulders to lean on, favorite procrastination partners, hyper talented fellow PhDs, and wonderful people! Thank you for turning ‘going to work’ into ‘meeting up with friends’! Liesbeth, we could spend whole afternoons discussing everything and nothing (mostly work related of course!). You became a real friend to me and it’s great that we get to support each other during those final moments of our time as PhD. Tim, we started almost at the same time and were both slightly paralyzed by the gloomy state of our field. But we took it with humor (most of the time at least) and made it through. Xia, you lightened up our daily life by simply being the funny and kind person you are. I will never forget your sudden urges to sleep on the desk, your attempt to fit emotions into an orthogonal grid, and your super tasty dumplings! I had so much fun with all of you guys, and I wish you all the very best for the future (which definitely includes a visit to Tübingen!).

And then there are those people who are with one foot in the ‘science’ world and with the other in my personal life. Anja and Arnaud, Masi and Joe, Nigel and Katie, Juliane and Rahul, Wilco and Esther, thank you for all the lovely dinner nights, great conversations, and spontaneous visits!

My Amsterdam people: Natalie, Vanessa, Elexa, Astrid, Eftychia, Adam. I am so glad we were randomly put together at the same time at the same place. I loved our dinner nights, days out, long talks, shopping sprees etc. etc. By now most of you have left, but it is great that we still manage to see each other regularly! Natalie, thanks for raising a glass and being by my side for the last years, and on this final day as a PhD student. Turns the whole event into a party already!

Now to the non-scientific sector.

I am very lucky to have many wonderful friends who have always been a great support for me – despite the distance. Vikoulini, Lena, Miriam, Eva, Margret, Vio, Daniel, Christos and Linda, thank you for all the beautiful memories we created together some place in the world, or in Amsterdam. You were adding so much fun, depth and happiness to what could sometimes be a slightly miserable PhD life. You know you will always have a special place in my heart!
Ik ben natuurlijk ook heel dankbaar voor alle lieve mensen die ik door Michael heb leren kennen. Al die gekke Amsterdammers/Hoofddorpers/ex-Osdorpers met wie we veel gezellige avonden hebben beleefd, en door wie ik een iets ander perspectief op het leven heb gekregen.

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Liebe Oma und Opa, ihr habt lange auf diesen Moment warten müssen. Danke, dass ihr euch immer wieder für mich und meine Arbeit interessiert habt, und versucht habt zu verstehen warum ich dazu eigentlich so weit weg sein muss (wo es doch zu Hause am schönsten ist!).


Zu guter Letzt, Michael! Bij jou komt alles bij elkaar. Jij bent mentor, discussiepartner, scherp, eerlijk, slim, kritisch, inspirerend, ondersteunend, gezellig, ‘life-changing’, een vriend, de perfecte dinner partner, gek, mijn thuis, humorvol, geïnteresseerd, liefdevol, en met jou is het leven gewoon een heel stuk mooier.

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