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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. (expect 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.

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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!

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Tübingen, 23 december 2016

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