



CV of Aleksandra (a.k.a. Aleks) Luszczynska

Aleksandra Luszczynska, Ph.D.

Professor of Psychology

Head of the CARE-BEH Center for Applied Research on Health Behavior and Health (<http://www.care-beh.eu/>)

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ORCID: <https://orcid.org/0000-0002-4704-9544>

Google Scholar: <https://scholar.google.com/citations?user=t9yaijMAAAAJ&hl=en&oi=ao>

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=56155903500>

Nationality: Polish; born: 1971, Gdansk, Poland

Professional Career

2020-2025	Honorary Professorial Fellow, the Melbourne Centre for Behavior Change, School of Psychological Sciences, University of Melbourne, Melbourne, Australia
Since Oct 2009	Professor of Psychology, University of Social Sciences and Humanities, Wrocław, Poland
Since Jan 2009	Associate Research Affiliate at Lyda Hill Institute for Human Resilience,, University of Colorado at Colorado Springs, CO, USA
Jan 2008 -Dec 2008	Visiting professor at Trauma, Health, and Hazards Center, University of Colorado at Colorado Springs, CO, USA
Since Oct 2008	Associate Research Scholar, University of Sussex, School of Psychology
Oct 2005-Sept 2009	Associate professor, University of Social Sciences and Humanities, Wrocław, Poland
2004- 2006	Lecturer in Psychology, Department of Psychology and Brighton and Sussex Medical School, University of Sussex, Brighton, United Kingdom
2003 - 2004	Alexander von Humboldt Fellow (Free University Berlin), Berlin, Germany
2002 - 2003	Visiting professor at Free University Berlin, Germany
2000 - 2004	Assistant professor; University of Warsaw, Faculty of Psychology

Citations Since 2004

Sum of total times cited > 10,400 (Scopus) > 25,000 (Google Scholar)

h- index: 50 (Scopus); h-index in Scholar - 74

Education and Professional Titles

2009	Titular professor, title awarded by President of Republic of Poland
2004	Habilitation (a post-doctoral degree, equivalent to DSc), University of Warsaw, Warsaw, Poland; (see http://en.wikipedia.org/wiki/Habilitation)
2000	Ph.D. in psychology University of Warsaw, Warsaw, Poland
1996 -2000:	Doctoral student; University of Warsaw, Warsaw, Poland
1996	M.A in Psychology. ; University of Warsaw, Poland
1991-1996	5-year MA in psychology studies; University of Warsaw, Warsaw, Poland

Professional Activities - Elected Functions

2010-2014	President of Division of Health Psychology, International Association of Applied Psychology
2013-2018	the Chair of Fellowship Committee, European Health Psychology Society
2006 -2010	President Elect of Division 8 (Health Psychology), International Association of Applied Psychology
2008 – 2016	extended Board Member, Stress and Anxiety Research Society
2002-2006:	secretary for the Health Psychology Division, International Association of Applied Psychology

Membership

European Health Psychology Society, International Association of Applied Psychology

Funded Research Projects (since 2002)

2024-2028	IMPROVE EQUITY: Implementation of an Innovative Model for Policy Reform towards Obesity preVention (IM-EQ); Call, “Increasing health equity through promoting healthy diets and physical activity” – ERA4Health, Funded by NCBR under the umbrella of the Partnership Fostering a European Research Area for Health (ERA4Health) (GA no. 101095426 of the EU Horizon Europe Research and Innovation Programme); project no. HEALTHEREQUITY-035 funding for A. Luszczynska 393,525 EUR, WP4 Lead
2023-2027	“Multimodal engagement and sustainable lifestyle interventions optimising breast cancer risk reduction supported by artificial intelligence (MELIORA). Horizon Europe, Call: HORIZON-MISS-2023-CANCER-01-02: Enhance primary cancer prevention through sustainable behavioural change, Grant no: 101136791, funding for A. Luszczynska: 279,810 EUR, WP2 Leaders
2023-2027	“Preventing obesity through Biologically and bEhaviorally Tailored inTERventions for you - BETTER4U”. Horizon Europe, Call: HORIZON-HLTH-2022-STAYHLTH-01-01-two-stage, grant no. 101080117-2; Funding for A. Luszczynska.: 424,500 EUR, WP4 leader
2023-2027	„Obesity: Biological, socioCultural, and environmental risk Trajectories - OBCT”, Call: HORIZON-HLTH-2022-STAYHLTH-01-01-two-stage, grant no 101080250-2, funding for A Luszczynska: 365 750 EUR
2022-2026	“From niche to mainstream: alternative proteins for everybody and everywhere (Like-A-Pro)”; funded under the European Union’s Horizon Europe, project no. 10108396, (HORIZON-CL6-2022-FARM2FORK-0); 2022-2026; Funding for A. Luszczynska: 373 000 EUR, leader of WP1.

- 2022-2026 “Intrinsic regulation, physical environment, or policies that restrict mobility? Predictors of physical activity and sedentary behavior during the COVID-19 pandemic”, project number 2021/43/O/HS6/00712, 2022-2026, funded by the National Science Centre, 117 000 EUR; Principal investigator: Aleksandra Luszczynska
- 2020-2021 “Health behavior change during COVID-19 pandemic: the focus on handwashing”; funded by the National Science Centre, Poland, 65 000 EUR, <https://clinicaltrials.gov/ct2/show/NCT04367337>
- 2018-2023 “CO-CREATE- Confronting obesity: Co-creating policy with youth”; project number: 774210-2; total funds: 9,5 mil EUR, Horizon 2020, call H2020-SFC-2016-2017; SFS-39-2017 Sustainable Food Security; role: consortium partner – leader of Polish partner team (Polish funds = 220 000 EUR);
- 2018-2021 “Explaining sedentary behavior with revised reflective+impulsive HAPA model”, funded by the National Science Centre, Poland, 350 000 EUR, grant no , 2017/27/B/HS6/00092
- 2019-2021 The Joint Programming Initiative A Healthy Diet for a Healthy Life” Policy Evaluation Network (JPI HDHL PEN)”, 3,5 mil EUR a project of European Commission’s Joint Programming Initiative http://ec.europa.eu/research/era/joint-programming_en.html); consortium member and; Leader of the team and co-leader of Workpackage 4, funds = 150 000 EUR
- 2015-2020 “Physical activity and health-related quality of life: dyadic research in the context of forming individual, dyadic, and collaborative plans”; funded by the National Science Centre, Poland, 300 000 EUR, grant no. 2014/15/B/HS6/00923
- 2013-2016 “The Joint Programming Initiative “A Healthy Diet for a Healthy Life” Knowledge Hub on “DEterminants of DIet and Physical Activity” (JPI HDHL DEDIPAC Knowledge Hub)”, a project of European Commission’s Joint Programming Initiative http://ec.europa.eu/research/era/joint-programming_en.html); Total funds: 3 mil EUR consortium member and; Leader of the Polish team (funding obtained for the member’s contribution: 71 000 EUR)
- 2012-2014 “Health behavior in the context of life cycle changes”; Foundation for Polish Science - Master Subsidies; (approx. 90 000 EUR)
- 2011-2015 “Self-regulation, macro-, and micro-environmental predictors of obesity among children: Testing ANGELO framework in child-parent dyad” (approx. 100 000 EUR) Polish Ministry of Science and Education
- 2011 “Why Polish women do not attend cervical cancer screening?” (4000 EUR), project funded by Siemens Healthcare Sector
- 2009-2013 European Union 7th Framework Collaborative Project, call identifier FP7-HEALTH-2007-3.3 – 1. Project number 223488; TEMPEST- Temptations to Eat Moderated by Personal and Environmental Self-Regulatory Tools. Total Funds: 2,404 mil EURA. Luszczynska- leader of Work Package 4 (approx.. 2 400 000 EUR).
- 2007-2010 “The role of conscious self-regulatory processes in behavior change: effects of self-efficacy and implementation intentions” (approx 40 000 EUR); Polish Ministry of Science and Higher Education
- 2006/2007 Alexander von Humboldt Foundation grant for research collaboration with FU Berlin (4000 EUR)
- 2005/2006 Alexander von Humboldt grant (post-doc researcher, Dr Sonja Boehmer; “Effects of social-cognitive interventions on obesity-related behaviors among aging employees; 30 000 EUR)
- 2005 – Alexander von Humboldt Foundation grant for research collaboration with FU Berlin (2200 EUR)
- 2003 “Maintenance of Health Behavior Change and Recovery after Lapses: the Role of Social Cognitive Variables”; funded by Alexander von Humboldt Foundation; Amount 22 800 EUR
- 2002 “Planning and Phase-Specific Self-Efficacy on Maintenance of Health Behaviors. Measures” funded by Deutscher Akademischer Austausch Dienst; amount 3500 EUR

Awards and Distinctions

2022	Polish Academy of Sciences, elected corresponding member
2020	Life Achievement Award of Ministry of Science and Higher Education, Poland
2019	Best Poster Award, <i>European Health Psychology Society</i>
2018	Distinguished Scientific Contributions Award by <i>International Association of Applied Psychology</i>
2015	Award (1 st place) for research presented at 6 th European Judo Union – Exhibition of Judo Research (together with Sterkowicz-Przybycien, Blecharz and Sterkowicz)
2014	Fellow of <i>International Association of Applied Psychology</i>
2010	Fellow of the <i>European Health Psychology Society</i>
2006	Citation Award, awarded by the <i>International Society of Behavioral Medicine</i>
2005	Award of Polish Academy of Science for Outstanding Young Psychologist (A. Malewski Award)
2004 -	Early Career Award, <i>International Society of Behavioral Medicine</i>
2004-	Early Career Award, <i>Stress and Anxiety Research Society</i>
2000 –	Award of the Foundation for Polish Science for young scientists
2000 –	Award of the Chancellor of Warsaw University for doctoral dissertation
1999 –	Award of George Soros “Open Society” Foundation
2002, 2004 -	Award of Warsaw Scientific Society & Foundation for Polish Science
1994, 1995 -	Awards of A. & T. Ginsberg Foundation

Editorial Activities**Current activities in journal from JCR**

Senior Co-Editor, Health Psychology	<i>Social Science and Medicine</i> (2024-date)
Consulting Editor	<i>Health Psychology Review</i> (2005 - date)
Review Editor	<i>Frontiers in Psychology: Personality and Social Psychology</i> (2016 – date)
Editorial Consultant	<i>Applied Psychology. An International Review</i> (2006- date)
International Advisory Board Member	<i>British Journal of Health Psychology</i> (2006 - date)
Editorial Board Member	<i>Psychology and Health</i> (2006- date)
Editorial Board Member	<i>Behavioral Medicine</i> (2012)
Editorial Board Member	<i>Journal of Health Psychology</i> (2012 – date)
Editorial Board Member	<i>European Journal of Psychotraumatology</i> (2010- date)
Editorial Board Member	<i>Social Science and Medicine</i> (2019 – date)
Editorial board Member	<i>Annals of Behavioral Medicine</i> (2020 – date)

Current activities in other peer-reviewed journals

Editorial Board Member	<i>Polish Psychological Bulletin</i> (2006 - date)
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Past activities:

Editor in Chief	<i>Anxiety, Stress, & Coping</i> (2008-2015)
Associate Editor	<i>Applied Psychology: Health and Well-Being</i> (2008-2015),
Editor in Chief	<i>Applied Psychology: Health and Well-Being</i> (2016-2020)

ad hoc reviewer in JCR journals and international publishers:

American Journal of Preventive Medicine
American Journal of Public Health
Annals of Behavioral Medicine
Appetite
Applied Psychology

Applied Psychology: Health and Well-Being
Behavior Research Methods
Behavioral Medicine
BMC Public Health
BMC Urology
British Journal of Health Psychology
British Journal of Nutrition
British Journal of Social Psychology
Canadian Journal of Behavioral Sciences
Cognition and Emotion
Depression Research and Treatment
European Journal of Cancer Care
European Journal of Personality
European Journal of Preventive Cardiology
European Journal of Public Health
European Journal of Social Psychology
European Journal of Sport Science
Health education and Behavior
Health Education Research
Health Psychology
Health Psychology Review
International Journal of Behavioral Medicine
International Journal of Environmental Research and Public Health
International Journal of Occupational Medicine and Environmental Health
International Journal of Psychology
International Review of Sport and Exercise Psychology
Journal of Adolescent Health
Journal of Aging and Physical Activity
Journal of American Pharmacists Association
Journal of Anxiety Disorders
Journal of Applied Social Psychology
Journal of Behavioral Medicine
Journal of Early Adolescence
Journal of Health Psychology
Journal of Nervous and Mental Disease
Journal of Physical Activity & Health
Journal of Psychosomatic Research
Nicotine & Tobacco Research
Journal of Traumatic Stress
Obesity Reviews
Personality and Individual Differences
PLOS One
Preventive Medicine
Psychology and Aging
Psychological Bulletin
Psychology of Sport and Exercise
Psycho-Oncology
Psychotherapy and Psychosomatics
Rehabilitation Psychology
Review of General Psychology
Scandinavian Journal of Public Health
Social Behavior and Personality

Social Science and Medicine
Western Journal of Nursing Research
Women and Health
Women's Health Issues
World Development

Book reviewer for: *Elsevier, Palgrave-Macmillan*

Other Professional Services

Scientific Committee Membership:

European Health Psychology Society Conference (2010, Cluj-Napoca, Romania); Stress and Anxiety Research Society Conference (2012 Galway, Ireland; 2010, Palma de Mallorca, Spain; 2016, Zagreb, Croatia), International Congress of Applied Psychology (2006; Athens, Greece; 2010 Melbourne, Australia);

EHPS Fellowship Committee

Chair of the Committee (2012-2017)

Scientific Committee Chair

26th Conference of the European Health Psychology Society, Prague, Czech Republic, 2012

Conference Track Chair:

European Health Psychology Society Conferences (2007, Maastricht, Holland; 2009 Pisa, Italy; 2010, Cluj-Napoca, Romania; 2014, Innsbruck, Austria; 2019, Dubrownik, Croatia)

Scientific Council Membership –

Council of Foundation for Polish Science, Warsaw, Poland (2016-2020)
 Scientific Advisory Board, Leibniz Institute for Prevention Research and Epidemiology – BIPS, Bremen, Germany (2020-date);
<https://www.bips-institut.de/en/the-institute/advisory-board.html>
 Scientific Council of Exercise in Medicine Poland, Warsaw, Poland (2018 - 2024)

Facilitating International Workshops

Synergy Expert Meeting

facilitating a 2-day international expert meetings: 2014, Innsbruck, Austria (with Martin S. Hagger); 2018, Galway, Ireland (with Gerjo Kok and Gjalt-Jorn Peeters); (<https://ehps.net/synergy/expert-meetings/>); 2023, Bremen, Germany (with Ryan E. Rhodes)

Expert Services

European Commission Expert

since 2017 – European Research Council, Starting Grant Panel Member (HS4)
 since 2012- Directorate General for Research and Innovation, Directorate F-Health, evaluator of 7th European Framework Projects, evaluator of HORIZON 2020 research projects (e.g., PHC 5 – 2014: Health promotion and disease prevention: translating ‘omics’ into stratified approaches; FETOPEN RIA EIC ENHANCED PATHFINDER PILOT 2020; PHC-04-2015: Health promotion and disease prevention: improved inter-sector co-operation for environment and health based interventions; SC1-2019: Mental health in the workplace)

Expert/Referee for Research Councils Medical Research Council, United Kingdom
 European Research Council
 Science Foundation Ireland
 French National Research Agency
 National Science Foundation, USA
 National Children's Research Centre, Ireland
 Hong Kong Research Council
 Estonian Research Council
 National Science Center (NCN), Poland, Programs: Harmonia and Opus (since 2013)
 Social Sciences and Humanities Research Council of Canada
 DFG – German Research Foundation

PhD supervision and promotion committees

Supervisor in awarded PhD titles (n = 14)

Izabela Tabak (Warsaw University), Izabela Pawlowska, Anna Januszewicz, Alicja Bukowska-Durawa, Natalia Liszewska, Karolina Zarychta, Anna Banik, Karolina Horodyska, Katarzyna Czekierda, Monika Boberska, Magdalena Kruk, Zofia Szczuka, Ewa Kuliś-Stefańczyk, Iga Palacz-Poborczyk (SWPS University)

Reviewer of PhD thesis

University of Sussex, United Kingdom (2006), Deakin University, Melbourne Australia (2016); SWPS University, Warsaw, Poland Australian National University, Canberra, Australia, Queensland University of Technology, Kevin Grove, Australia (2017), La Trobe University, Melbourne, Australia (2020), Tuebingen University (2024)

Promotion Committees Reviewer (Associate or Full Professor)

Tel Aviv University, Tel Aviv, Israel;
 Ruppin Academic Center, Haifa, Israel;
 Ariel University, Israel;
 Vienna University, Vienna, Austria;
 Peking University, Beijing, China;
 Warsaw University, Warsaw, Poland,
 SWPS University, Warsaw, Poland;
 Jagiellonian University, Cracow, Poland,
 Gdańsk University, Gdańsk, Poland
 Medical University of Lodz, Poland

Invited/Keynote Lectures

- 1) Luszczynska, A. (2023, May). *Athlete's mental health: risk factors, symptom specificity, and prevention of mental health disorders*. A keynote on Applied Sport Psychology Conference, Krakow, Poland
- 2) Luszczynska, A. (2022, July). The development, implementation, and evaluation of obesity prevention interventions. 2022 Psychological Carnival Academic Conference, Beijing, China
- 3) Luszczynska, A. (2021, September) Cultivating or Enabling? Evidence for two theory based mechanisms linking social support, self-efficacy and health outcomes. 2021 Annual Conference of Health Psychology Division, Chinese Psychological Society. Beijing, China

- 4) Luszczynska, A. (2020, June). *Dyadic health behavior change: beyond the within-individual processes*. Invited lecture at the Annual Meeting of Behavior and Health Branch of Chinese Psychological Society. Beijing, China.
- 5) Luszczynska, A. (2019, November). *Mechanisms, effects and implementation of health behavior change interventions*. Invited lecture at Department of Psychology and Cognitive Sciences, Peking University, Beijing, China
- 6) Luszczynska, A. (2018, July). *Good practices in development, implementation, and evaluation of health behavior change programs*. The 29th International Congress of Applied Psychology, Montreal, Canada.
- 7) Luszczynska, A. (2017, November). *Ways to increase the impact of psychosocial interventions in the rehabilitation context*. Annual Israel Rehabilitation Psychology Congress, Ashkelon, Israel.
- 8) Luszczynska, A. (2017, May). *Challenges for health psychology: research closer to practice*. Keynote at the 11th Biannual Polish Health Psychology Conference, Poznan, Poland.
- 9) Luszczynska, A. (2016, August). *Ways to increase the impact of behavior change interventions in real life settings*. Keynote at 30th European Health Psychology Conference, Aberdeen, United Kingdom.
- 10) Luszczynska, A. (2016, June). *Brief psychosocial interventions promoting adherence to physical activity and nutrition guidelines among women at risk for or with cardiovascular diseases*. Keynote at 3rd Cardiofemme Conference, Haifa, Israel.
- 11) Luszczynska, A. (2016, June). *Meet the editor*. Invited lecture at Department of Psychology, Bar Ilan University, Ramat Gan, Israel.
- 12) Luszczynska, A. (2015, May). *Good practices in developing health behavior change interventions*. Keynote at the 10th Biannual Polish Health Psychology Conference, Gdansk, Poland.
- 13) Luszczynska A., (2014, July). *Cognitions, environment, and obesity-related behaviors*. The keynote at the 28th International Congress of Applied Psychology, Paris, France.
- 14) Luszczynska, A., (2014, May). *Self-efficacy and its role in the sport context*. The keynote on the 1st Conference on Psychological Determinants in Sports Career Developments. University School of Sport and Physical Education in Cracow and Polish University Sports Association, Cracow, Poland.
- 15) Luszczynska, A. (2014, February). *Health behavior change interventions lost in translations: burning issues and the way forward*. The keynote at the 11th Conference of Australasian Society of Behavioral Health and Medicine, Auckland, New Zealand.
- 16) Luszczynska, A. (2012, March). *The role of self-efficacy in explaining health and health-related behaviors: Contexts of chronic illness, age, and social environment*. A THHC brown bag lecture, University of Colorado at Colorado Springs, CO, USA
- 17) Luszczynska, A. (2011, May). *Health behaviors change in life cycle*. Keynote Address at the 7th Polish Health Psychology Conference, Lodz, Poland.
- 18) Luszczynska, A. (2011, October). *The role of social-cognitive variables in explaining health and health behaviors*. Department of Psychology, University of Zurich, Switzerland.
- 19) Luszczynska, A. (2010, July). *Explaining health and health behaviors: Self-efficacy combined with social and cognitive predictors*. Divisional Keynote Address. The International Congress of Applied Psychology, Melbourne, Australia.
- 20) Luszczynska, A. (2007, November). *Automaticity and self-regulation in adolescents' exercise*. Invited lecture. Freie Universitaet Berlin, Germany.
- 21) Luszczynska, A. (2006, February). *Social-cognitive predictors of health behavior maintenance and recovery after lapses*. Invited Lecture. Social and Health Psychology Unit, the University of Southampton, United Kingdom.
- 22) Luszczynska, A. (2006, April). *Breaking bad news: effects on patients, their families and medical doctors*. Postgraduate Education Centre of the Eastbourne District of National Health Service, The District General Hospital, Eastbourne, United Kingdom.
- 23) Luszczynska, A. (2005, June). *Social-cognitive predictors of health behavior maintenance and recovery after lapses*. Invited Lecture. The Institute of Public Health, the University of Cambridge, United Kingdom.
- 24) Luszczynska, A. (2002, June). *Self-regulatory cognitions in the change of health behavior: the role of phase self-efficacy*. Invited lecture. The First European Conference on Social Roles, Stress and Health. Las Palmas, Spain.

Publications

Papers since 2002, published in Journals included in the Web of Science, Journal Citations Reports; supervised and co-supervised students underlined

- 1) Luszczynska, A. (2002). Sense of coherence and smoking in a sample of abused women. *Psychological Reports*, 90, 1123-1128.
- 2) Luszczynska, A. & Schwarzer, R. (2003). Planning and self-efficacy in the adoption and maintenance of breast self-examination: A longitudinal study on self-regulatory cognitions. *Psychology & Health*, 18, 93-108.
- 3) Luszczynska, A., Gibbons, F. X., Piko, B. F., & Tekozel, M. (2004). Self-Regulatory Cognitions, Social Comparison, Perceived Peers' Behaviors as Predictors of Nutrition and Physical Activity? *Psychology and Health*, 19, 577-593.
- 4) Luszczynska, A., Gutiérrez-Doña, B., Diehl, M., Kuusinen, P., & Schwarzer, R. (2004). Measuring one component of dispositional self-regulation: Attention control in goal pursuit. *Personality and Individual Differences*, 37, 555-566.
- 5) Luszczynska, A. (2004). Change of breast self-examination: The effects of intervention on enhancing self-efficacy. *International Journal of Behavioural Medicine*, 11, 95-103.
- 6) Lippke, S., Sniehotta, F. F., & Luszczynska, A. (2005). Social cognitions across the stages of behavior change. A comparison of two stage models. *Polish Psychological Bulletin*, 36, 43-50.
- 7) Luszczynska, A., Gutiérrez-Doña, B., & Schwarzer, R. (2005). General self-efficacy in various domains of human functioning: evidence from five countries. *International Journal of Psychology*, 40, 80-89.
- 8) Piko, B. F., Luszczynska, A., Gibbons, F. X., & Tekozel, M. (2005). A culture-based study of personal and social influences of adolescent smoking. *The European Journal of Public Health*, 15, 393-398.
- 9) Sniehotta, F. F., Luszczynska, A., Scholz, U., & Lippke, S. (2005). Discontinuity Patterns in the Precaution Adoption Process Model: Meat Consumption during a Livestock Epidemic. *British Journal of Health Psychology*, 10, 221-235.
- 10) Luszczynska, A., & Schwarzer, R. (2005). The Multidimensional Health Locus of Control: Critical comments on construct and its measure. *Journal of Health Psychology*, 10, 633-642.
- 11) Schwarzer, R., Boehmer, S., Luszczynska, A., Mohamed, N. E., & Knoll, N. (2005). Dispositional Self-Efficacy as a Personal Resource Factor in Coping after Surgery. *Personality and Individual Differences*, 39, 807-818.
- 12) Luszczynska, A., Mohamed, N. E., & Schwarzer, R. (2005). Self-efficacy and social support predict benefit finding 12 months after cancer surgery: The mediating role of coping. *Psychology, Health and Medicine*, 10, 365-375.
- 13) Luszczynska, A. & Cieslak, R. (2005). The role of perceived social support, hardiness and emotional reactivity in managerial stress. *Anxiety, Stress and Coping*, 18, 227-244.
- 14) Luszczynska, A., Scholz, U., Schwarzer, R. (2005). The general self-efficacy scale: Multicultural validation studies. *Journal of Psychology*, 139, 439-457.
- 15) Luszczynska, A. (2006). An implementation intentions intervention, the use of planning strategy, and physical activity after myocardial infarction. *Social Science and Medicine*, 62, 900-908.
- 16) Boehmer, S., & Luszczynska, A. (2006). Two kinds of items in quality of life instruments: "indicator" and "causal" variables. *Quality of Life Research*, 15, 131-141
- 17) Schwarzer, R., Luszczynska, A., Boehmer, S., Taubert, S., & Knoll, N. (2006). Characteristics and consequences of benefit finding after cancer surgery. *Social Science and Medicine*, 63, 1614-1624.
- 18) Luszczynska, A., & Sutton, S. (2006). Physical activity after cardiac rehabilitation: Evidence that different types of self-efficacy are important in maintainers and relapsers. *Rehabilitation Psychology*, 51, 314-321.
- 19) Luszczynska, A., Gregajtyś, A., & Abraham, C. (2007). Effects of a Self-Efficacy Intervention on Initiation of Recommended Exercises in Patients With Spondylosis. *Journal of Aging and Physical Activity*, 15, 26-40
- 20) Luszczynska, A., Mazurkiewicz, M., Ziegelman J. P., & Schwarzer, R. (2007). Recovery self-efficacy and intention as predictors of running: A cross-lagged panel analysis over a two-year period. *Psychology of Sport and Exercise*, 8, 247-260.

- 21) Ziegelmann, J., Luszczynska, A., Lippke, S., & Schwarzer, R. (2007). Are goal intentions or implementation intentions better predictors of behavior? *Rehabilitation Psychology*, 52, 97-102.
- 22) Luszczynska, A., Sarkar, Y., & Knoll, N. (2007). Received social support, self-efficacy, and finding benefits in disease as predictors of physical functioning and adherence to antiretroviral therapy. *Patient Education and Counseling*, 66, 37-42
- 23) Boehmer, S., Luszczynska, A., & Schwarzer, R. (2007). Coping and quality of life after tumor surgery: Personal and social resources promote different domains of quality of life *Anxiety, Stress, and Coping*, 20, 61-75.
- 24) Knoll, N., Kleinle, R., Bauer, K., Pfüller, B., & Luszczynska, A. (2007). Affect and enacted support in couples undergoing in-vitro fertilization: When providing is better than receiving. *Social Science and Medicine*, 64, 1789-1801.
- 25) Schwarzer, R., Shuez, B., Ziegelmann, J. P., Lippke, S., Luszczynska, A., & Scholz, U., (2007). Adoption and maintenance of four health behaviors: Theory-guided longitudinal studies on dental flossing, seat belt use, dietary behavior, and physical activity. *Annals of Behavioral Medicine*, 33, 156-166.
- 26) Luszczynska, A., Sobczyk, A., & Abraham, C. (2007). Planning to lose weight: Randomized controlled trial of an implementation intention prompt to enhance weight reduction among overweight and obese women. *Health Psychology*, 26, 507-512
- 27) Cieslak, R., Knoll, N., & Luszczynska, A. (2007). Reciprocal Relations among Job Demands, Job Control and Social Support Moderated by Neuroticism: A Crossed-Lagged Analysis. *Journal of Vocational Behavior*, 71, 84-96.
- 28) Luszczynska, A., Gerstorf, D., Knoll, N., Boehmer, S., & Schwarzer, R. (2007). Patients' coping profiles and partners' support provision. *Psychology and Health*, 22, 749-764.
- 29) Luszczynska, A., & Gunson, K. S. E. (2007). Predictors of asking medical personnel about handwashing: The moderating role of patients' age and MRSA infection status. *Patient Education and Counseling*, 68, 79-85.
- 30) Luszczynska, A., Boehmer, S., Knoll, N., Schulz, U., & Schwarzer, R. (2007). Emotional Support for Men and Women with Cancer: Do Patients Receive What Their Partners Provide? *International Journal of Behavioral Medicine*, 14, 156-163.
- 31) Luszczynska, A., Tryburcy, M., & Schwarzer, R. (2007). Improving Fruit and Vegetable Consumption: A Self-Efficacy Intervention Compared to a Combined Self-Efficacy and Planning Intervention. *Health Education Research*, 22, 630-638.
- 32) Luszczynska, A., Scholz, U., & Sutton, S. (2007). Planning to change diet: A controlled trial of an implementation intentions training intervention to reduce saturated fat intake among patients after myocardial infarction. *Journal of Psychosomatic Research*, 63, 491-497.
- 33) Schwarzer, R., Luszczynska, A., Ziegelmann, J. P., Scholz, U., & Lippke, S. (2008). Social cognitive predictors of physical adherence: Three longitudinal studies in rehabilitation. *Health Psychology*, 27 (1, Suppl), S54-S63.
- 34) Schwarzer, R., & Luszczynska, A. (2008). How to overcome health-compromising behaviors: The Health Action Process Approach. *European Psychologist*, 13, 141-151.
- 35) Luszczynska, A., & Tryburcy, M. (2008). Effects of a self-efficacy intervention on exercise: The moderating role of diabetes and cardiovascular diseases. *Applied Psychology*, 57, 644-659.
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