

Jochen Ziegelmann

The aim of this dissertation was to make a contribution to developmental health psychology regarding theory development and intervention design in health self-regulation and successful aging. Three main research questions were addressed: (1) Whether the action-theoretical life management strategies of selection, optimization, and compensation can be embedded in self-regulatory models of health behavior change. (2) Whether, given age-associated differences in planning, planning interventions can have age-specific effects on behavior change. (3) Whether Socioemotional Selectivity Theory can be applied to the domain of health-behavior change. These research questions were examined in young, middle-aged, and older individuals in orthopedic rehabilitation who were recommended to adhere to a strict exercise regimen, thus allowing an ideal setting to investigate aspects of health self-regulation in a lifespan sample.

Reference:

Ziegelmann, J. P., & Lippke, S. (2007a). Planning and strategy use in health behavior change: A life span view. *International Journal of Behavioral Medicine*, 14, 30-39.

Ziegelmann, J. P., & Lippke, S. (2007b). Use of Selection, Optimization, and Compensation strategies in health self-regulation: Interplay with resources and successful development. *Journal of Aging and Health*, 19, 500-518.

Ziegelmann, J. P., Lippke, S. & Schwarzer, R. (2006 a). Adoption and maintenance of physical activity: Planning interventions in young, middle-aged, and older adults. *Psychology & Health*, 21, 145-163.

Ziegelmann, J. P., Lippke, S. & Schwarzer, R. (2006 b). Subjective residual life expectancy in health self-regulation. *Journals of Gerontology: Psychological Sciences*, 61B, 195-201.