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:


