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Current Position

2008-2011 Chair of the research consortium „*Fostering Lifelong Autonomy and Resources in Europe: Behavior and Successful Aging (FLARE-BSA)*“ which is funded by the Federal Ministry of Education and Research as part of the European funding scheme “Future Leaders of Aging Research in Europe” (German project partners: Freie Universität Berlin and German Centre of Gerontology; European project partners: University of Zurich; Institute for Research in Extramural Medicine; Vrije Universiteit Amsterdam)

Academic Appointments and Positions

2010 6 month stay as a guest scientist at the Institute for Research in Extramural Medicine and the Vrije Universiteit Amsterdam

2009-2010 12 month stay as a guest scientist at University of Zurich: Center for Gerontology; Institute of Psychology (Gerontopsychology; Applied Psychology: Life-Management)

2004-2008 Research associate and lecturer at the Division of Health Psychology, Freie Universität Berlin (Prof. Dr. Ralf Schwarzer)

2001-2004 Doctoral stipend (German Research Foundation: DFG) in the DFG Doctoral Program “Psychiatry and Psychology of Aging” (GK429/2-03)

1998-1999 Honorary research assistant (stipend of the German Academic Exchange Service) at University College London Medical School, Department of Psychiatry and Behavioural Sciences (Prof. Stanton Newman)

Education

2005 Dr. phil. (Ph.D.) in psychology (summa cum laude), Freie Universität Berlin (Topic: “*Self-Regulation and Successful Aging: Adoption and Maintenance of Health Behaviors Across the Lifespan*“; Advisor: Prof. Ralf Schwarzer; External Examiner: Prof. Dr. Howard Leventhal)

2001 Diploma (M.A.) in psychology, Technische Universität Dresden

1998-1999 Research visit University College London Medical School

1997 Pre-Diploma (B.A.) in psychology, Eberhard-Karls Universität Tübingen

Project Leadership

2008-2011 Chair of the research consortium „*Fostering Lifelong Autonomy and Resources in Europe: Behavior and Successful Aging (FLARE-BSA)*“ funded by the Federal Ministry of Education and Research (BMBF)

2008-2011 Co-Chair of the project „Personal Resources of Elderly People With Multimorbidity: Fortification of Effective Health Behaviour: PREFER“ of the

- research consortium *Autonomy Despite Multimorbidity in Old Age (AMA)* which is funded by the Federal Ministry of Education and Research (BMBF)
- 2001-2009 Chair (together with Dr. Sonia Lippke) of the longitudinal intervention study „Self-Regulation and Exercise: A Study on Stages of Change and Successful Aging“
- 2006-2008 Chair (together with Dr. Sonia Lippke) of the longitudinal intervention study „Risk Group Specific Health Promotion by Tailored Support for Employees of the Deutsche Bahn AG“

Scientific Awards and Honors

- 2006 Margret M. Baltes Doctoral Dissertation Award (American Psychological Association Division 20: Adult Development and Aging)
- 2005 Best presentation award of the Health Psychology Division of the German Psychological Society (DGPs)
- 2004 Early Career Award in Recognition of Achievement as Early Career Investigator (International Society of Behavioral Medicine: ICBM)
- 1999 British Psychological Society (BPS) conference bursary
- 1998 German Academic Exchange Service (DAAD) research scholarship

Professional Affiliations

- Gerontological Society of America (GSA)
- German Psychological Society (DGPs; Division of Health Psychology and Division of Developmental Psychology)
- International Association of Applied Psychology (IAAP)
- European Health Psychology Society (EHPS)
- Alumnus of the German Academic Exchange Service (DAAD)

Editorial Board Membership

British Journal of Health Psychology

Ad Hoc Reviews For

- Anxiety Stress and Coping
- Applied Psychology: An International Review
- British Journal of Health Psychology
- European Journal of Aging
- European Journal of Developmental Science
- Health Education Research
- Journal of Applied Biobehavioral Research
- Journals of Gerontology: Psychological Sciences
- Journal of Social & Clinical Psychology
- Psychology and Aging
- Psychology and Health
- Research Quarterly for Exercise and Sport
- Zeitschrift für Gesundheitspsychologie

Other Scientific Appointments

- Board Member and Webmaster of the Health Psychology Division (Division 8) of the International Association of Applied Psychology (IAAP) (since 2006)
- Member of the Organizing Committee for 10th Conference of the Division of Health Psychology of the German Psychological Society, Berlin, Germany (since 2009)
- Member of the Organizing Committee for 9th Conference of the Division of Health Psychology of the German Psychological Society, Zurich, Switzerland (2009)

- Member of the Organizing Committee and Editorial Consultant for the XXIX International Congress of Psychology, Berlin (2006-2008)
- Leader of the Task Force “Psychology in Berlin and Potsdam”: Development of an integrative presentation of Psychology in Berlin and Potsdam at the XXIX International Congress of Psychology, Berlin (2007-2008)
- Leader of the Presentation of the Department of Psychology of Freie Universität Berlin at the XXIX International Congress of Psychology, Berlin (2007-2008)
- Member and treasurer of the organizing committee of CREATE (2004-2006)
- Member of the preconference courses organizing committee of the European Health Psychology Society (EHPS) (2005-2006)

Teaching

- Teaching (Master-Courses): Health Psychology and Lifespan Developmental Psychology.
- Teaching (Doctoral Courses): International Max Planck Research School for the Life Course: Evolutionary and Ontogenetic Dynamics (University of Zurich)

Mentorship

- Co-supervision of PhD projects (Tabea Reuter, 2006-2009; Lisa Warner, since 2008; Paul Gellert, since 2008) and Master’s projects in Developmental Health Psychology
- Cooperating partner and mentor of the doctoral program „Multimorbidity in Old Age“ funded by the Robert-Bosch-Foundation (www.gradmap.de)

Workshop Organisation

2006 *Methodological Issues and Testing Theories*. Workshop held by Prof. Dr. Steven Sutton at the 20th European Health Psychology Conference, Warsaw, Poland.

2005 *Designing and Evaluating Theory-Based Interventions*. Workshop held by Prof. Dr. Charles Abraham, Dr. Susan Ayers and Prof. Dr. Susan Michie at the 19th European Health Psychology Conference, Galway, Ireland.

2004 *Predicting and Changing Health Behavior: Conducting and Publishing Theory-Based Research*. Workshop held by Dr. Paul Norman and Dr. Peter Harris at the 18th European Health Psychology Conference, Helsinki, Finland.

Research Interests

- Age specific interventions fostering health behavior change in multimorbid as well as healthy populations
- Randomized Controlled Trials to evaluate health psychology interventions (Development of strategy-use interventions as well as interventions fostering emotion regulation)
- Interplay of mental resources, subjective time perspective, emotion regulation, health self-regulation and successful aging
- Interplay of coping resources, health behavior and inflammatory biomarkers
- Multidisciplinary approaches to patient safety in health care settings

Information on current or past sources of research funding

2008-2011 Federal Ministry of Education and Research (BMBF): “Fostering Lifelong Autonomy and Resources in Europe Behavior and Successful Aging (FLARE-BSA)” within the funding scheme “Future Leaders of Aging Research in Europe”. Grant holder: J. P. Ziegelmann (€245,120).

- 2008-2010 Federal Ministry of Education and Research (BMBF): "Personal Resources of Elderly People With Multiple Illnesses: Fortification of Effective Health Behaviour (PREFER)" within the consortium "Autonomy Despite Multimorbidity in Old Age (AMA)". Grant holders: S. Wurm, C. Tesch-Römer, R. Schwarzer, J. P. Ziegelmann (€ 387,194).
- 2009 Deutsche Rentenversicherung (DRV): „Fostering a Physically Active Lifestyle in Individuals in Orthopedic as well as Cardiologic Rehabilitation: Support by an Expert-System (FABA)“ Grant Holder: Dr. Sonia Lippke, Project partner Dr. Jochen P. Ziegelmann and Prof. Dr. Ralf Schwarzer.
(€ 321,260)
- 2008 BODE Chemie GmbH & Co. KG: 'Patient safety in health care settings: A multidisciplinary approach to improve hand hygiene', Grant holders: K. Bunte-Schönberger, C. Reichardt, H. Rüden, R. Schwarzer, J. P. Ziegelmann (€57,500).
- 2006-2009 Deutsche Bahn AG: 'Tailored interventions for health promotion in the workplace setting', Grant holders: R. Schwarzer, S. Lippke, B. Schüz, J. P. Ziegelmann (€ 80,000).
- 2005-2007 Freie Universität Berlin Research Funds: Three projects on health behavior change, Grant holders: R. Schwarzer, S. Lippke, U. Scholz, B. Schüz, J. P. Ziegelmann (€ 11,400).

Publications

Edited Special Issues (see also listed under "Journal Articles")

- Lippke, S., & Ziegelmann, J. P. (Eds.). (2008). Theory-based health behavior change [Special issue]. *Applied Psychology: An international Review*, 57(4).
- Ziegelmann, J. P., & Lippke, S. (Eds.). (2009). Theory-based approaches to stress and coping: Emerging themes and contemporary research. [Special issue]. *European Psychologist*, 14(1).

Journal Articles (in press)

- Lippke, S., Schwarzer, R., Ziegelmann, J. P., Scholz, U., & Schüz, B. (in press). Testing stage-specific effects of a stage-matched intervention: A randomized controlled trial targeting physical exercise and its predictors. *Health Education & Behavior*.
- Remme, L., Lippke, S., Wiedemann, A. U., Ziegelmann, J. P., & Reuter, T. (in press). Förderung von körperlicher Aktivität im betrieblichen Kontext: Ein randomisiertes Kontrollgruppen-Design zur Untersuchung von stadienspezifischen Interventionseffekten. *Zeitschrift für Gesundheitspsychologie*.
- Reuter, T., Ziegelmann, J. P., Wiedemann, A. U., Geiser, C., Lippke, S., Schüz, B., & Schwarzer, R. (in press). Changes in intentions, planning, and self-efficacy predict changes in behaviors: An application of latent true change modeling. *Journal of Health Psychology*.
- Reuter, T., Ziegelmann, J. P., Wiedemann, A. U., Lippke, S., Schüz, B. & Aiken, L. (in press). Planning Bridges the Intention-Behavior Gap: Age Makes a Difference and Strategy Use Explains Why. *Psychology & Health*.
- Wiedemann, A. U., Lippke, S., Reuter, T., Ziegelmann, J. P., & Schwarzer, R. (in press). How Planning Facilitates Behaviour Change: Additive and Interactive Effects of a Randomized Controlled Trial. *European Journal of Social Psychology*.

Journal Articles 2009

- Hornung, R., Martin, M., Hausmann, D., Ziegelmann, J. P., & Scholz, U. (Eds.). (2009). Gesundheit und Gesundheitsförderung über die Lebensspanne. Kongressprogramm und Abstracts 9. Kongress für Gesundheitspsychologie der Fachgruppe der Deutschen Gesellschaft für Psychologie [Health and health promotion across the life span: Conference programme and abstracts of the 9th Conference of Health Psychology of the Health Psychology Section of the German Psychological Society]. *Zeitschrift für Gesundheitspsychologie*, 17(Suppl. 1).
- Lippke, S., Wiedemann, A. U., Ziegelmann, J. P., Reuter, T., & Schwarzer, R. (2009). Self-efficacy moderates the mediation of intentions into behavior via plans. *American Journal of Health Behavior*, 33, 521-529.
- Lippke, S., Ziegelmann, J. P., Schwarzer, R., & Velicer, W. F. (2009). Validity of stage assessment in the adoption and maintenance of physical activity and fruit and vegetable consumption. *Health Psychology*, 28, 183-193.
- Reuter, T., Ziegelmann, J. P., Lippke, S. & Schwarzer, R. (2009). Long-term relations between intentions, planning, and exercise: A three-year longitudinal study in orthopedic rehabilitation. *Rehabilitation Psychology*, 54, 363-371.
- Wiedemann, A. U., Lippke, S., Reuter, T., Schüz, B., Ziegelmann, J. P., & Schwarzer, R. (2009). Prediction of stage transitions in fruit and vegetable intake. *Health Education Research*, 24, 596-607.
- Ziegelmann, J. P., & Lippke, S. (2009). Theory-based approaches to stress and coping: Emerging themes and contemporary research. *European Psychologist*, 14, 3-6.
- Ziegelmann, J. P., & Lippke, S. (Eds.). (2009). Theory-based approaches to stress and coping: Emerging themes and contemporary research. [Special issue]. *European Psychologist*, 14(1).

Journal Articles 2008

- Lippke, S., & Ziegelmann, J. P. (2008a). Health behavior and health behavior change—Theories and evidence. *Applied Psychology: International Review*, 57, 541-543.
- Lippke, S., & Ziegelmann, J. P. (2008b). Theory-Based Health Behavior Change: Developing, Testing, and Applying Theories for Evidence-Based Interventions. *Applied Psychology: International Review*, 57, 698-716.
- Lippke, S., & Ziegelmann, J. P. (Eds.). (2008). Theory-based health behavior change [Special issue]. *Applied Psychology: An International Review*, 57(4).
- Reuter, T., Ziegelmann, J. P., Wiedemann, A. U., & Lippke, S. (2008). Dietary planning as a mediator of the intention-behavior relation: An experimental-causal-chain design. *Applied Psychology: An International Review*, 57 (Suppl.1), 194-207.
- Scholz, U., Nagy, G., Schüz, B., & Ziegelmann, J.P. (2008). The role of motivational and volitional factors for self-regulated running training: Associations on the between- and within-person level. *British Journal of Social Psychology*, 47, 421-439.
- Scholz, U., Schüz, B., Ziegelmann, J. P., Lippke, S., & Schwarzer, R. (2008). Beyond behavioural intentions: Planning mediates between intentions and physical activity. *British Journal of Health Psychology*, 13, 479-494.
- Schwarzer, R., Lippke, S., & Ziegelmann, J. P. (2008). Health action process approach: A research agenda at the Freie Universität Berlin to examine and promote health behavior change. *Zeitschrift für Gesundheitspsychologie*, 16, 157-160.
- Schwarzer, R., Luszczynska, A., Ziegelmann, J. P., Scholz, U., & Lippke, S. (2008). Social-cognitive predictors of physical exercise adherence: Three longitudinal studies in rehabilitation. *Health Psychology*, 27, No.1 (Suppl.), S54-S63.

Journal Articles 2007

- Luszczynska, A., Mazurkiewicz, M., Ziegelmann 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 & Exercise*, 8, 247-260.
- Schwarzer, R., Schüz, 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.
- 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., Luszczynska, A., Lippke, S., & Schwarzer, R. (2007). Are goal intentions or implementation intentions better predictors of health behavior? A longitudinal study in orthopedic rehabilitation. *Rehabilitation Psychology*, 52, 97-102.

Journal Articles 2006

- Lippke, S., & Ziegelmann, J. P. (2006). Understanding and modeling health behavior change: The multi-stage model of health behavior change. *Journal of Health Psychology*, 11, 37-50.
- Ziegelmann, J. P. & Lippke, S. (2006). Selbstregulation in der Gesundheitsverhaltensänderung: Strategienutzung und Bewältigungsplanung bei Erwachsenen im jungen, mittleren und höheren Alter. *Zeitschrift für Gesundheitspsychologie*, 14, 82-90.
- Ziegelmann, J. P., Lippke, S. & Schwarzer, R. (2006). 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). Subjective residual life expectancy in health self-regulation. *Journals of Gerontology: Psychological Sciences*, 61, 195-201.

Journal Articles 2005

- Lippke, S., Ziegelmann, J. P. & Schwarzer, R. (2005). Stage-specific adoption and maintenance of physical activity: Testing a three-stage model. *Psychology of Sport & Exercise*, 6, 585-603.

Journal Articles 2004

- Ziegelmann, J. P. & Lippke, S. (2004). Erfolgreiches Altern: Prävention im Alter durch körperliche Aktivität. *Fundiert. Das Wissenschaftsmagazin der Freien Universität Berlin*, 1/2004, 72-79.
- Lippke, S., Ziegelmann, J. P. & Schwarzer, R. (2004a). Behavioral intentions and action plans promote physical exercise: A longitudinal study with orthopedic rehabilitation patients. *Journal of Sport & Exercise Psychology*, 26, 470-483.
- Lippke, S., Ziegelmann, J. P. & Schwarzer, R. (2004b). Initiation and maintenance of physical exercise: Stage-specific effects of a planning intervention. *Research in Sports Medicine: An International Journal*, 12, 221-240.

Journal Articles 2002

- Griva, K., Ziegelmann, J. P., Thompson, D., Jayasena, D., Davenport, A., Harrison, M. & Newman, S. P. (2002). Quality-of-life and emotional responses in cadaver and living related renal transplant recipients. *Nephrology, Dialysis and Transplantation*, 17, 2204-2211.
- Ziegelmann, J. P., Griva, K., Hankins, M., Harrison, M., Davenport, A., Thompson, D. & Newman, S. P. (2002). The Transplant Effects Questionnaire (TxEQ): The

development of a questionnaire for assessing the multidimensional outcome of organ transplantation – example of end stage renal disease (ESRD). *British Journal of Health Psychology*, 7, 393-408.

Journal Articles 1999

Ziegelmann, J. P. (1999). Report on the Annual Conference of the BPS Division of Health Psychology – 2. *Health Psychology Update*, 38, 12-15.

Book Chapters

- Freund, A. M., & Ziegelmann, J. P. (2009). Lebensqualität: Die Bedeutung von Selektion, Optimierung und Kompensation [Quality of life: The importance of selection, optimization and compensation]. In J. Bengel & M. Jerusalem (Eds.), *Handbuch der Gesundheitspsychologie und Medizinischen Psychologie* (pp. 475-483). Göttingen, Germany: Hogrefe.
- Lippke, S., Ziegelmann, J. P. & Merten, F. (2004). Compliancesteigerung durch stadienspezifische Intervention. In F. Petermann & I. Ehlebracht-König (Hrsg.). *Motivierung, Krankheitsbewältigung und Compliance* (S. 121-135). Regensburg: Roderer Verlag.
- Richert, J., Lippke, S., Ziegelmann, J. P., & Petermann, F. (2007). Compliancesteigerung durch stadienpassende Interventionen [Increasing compliance with stage-matched interventions]. In F. Petermann & I. Ehlebracht-König (Eds.), *Motivierung, Krankheitsbewältigung und Compliance* (pp. 135-149). Regensburg, Germany: Roderer Verlag.
- Scholz, U., Schüz, B., & Ziegelmann, J. P. (2007). Motivation zu körperlicher Aktivität [Motivation for physical activity]. In R. Fuchs, W. Göhner & H. Seelig (Eds.), *Aufbau eines körperlich-aktiven Lebensstils: Theorie, Empirie und Praxis* (pp. 131-149). Göttingen, Germany: Hogrefe.
- Schwarzer, R., Scholz, U., Lippke, S., Sniehotta, F. F., & Ziegelmann, J. P. (2006). Self-regulatory processes in health behavior change. In Q. Jing, M. R. Rosenzweig, G. d'Ydewalle, H. Zang, H.-C. Chen, & K. Zhang (Eds.), *Progress in psychological science around the world: Proceedings of the 28th International Congress of Psychology. Vol. 2, Social and applied issues* (pp. 167-180). London: Psychology Press.
- Schwarzer, R., Schüz, B. & Ziegelmann, J. P. (2006). Gesundheitspsychologie [Health psychology]. In K. Pawlik (Ed.), *Handbuch Psychologie* (pp. 673-685). Heidelberg, Germany: Springer.
- Schwarzer, R., Sniehotta, F. F., Lippke, S., Luszczynska, A., Scholz, U., Schüz, B., Wegner, M., & Ziegelmann, J. P. (2003). *On the assessment and analysis of variables in the Health Action Process Approach: Conducting an investigation*. Available at: http://web.fu-berlin.de/gesund/hapa_web.pdf.
- Ziegelmann, J. P. (2007). Altersspezifische Interventionen zum Aufbau eines gesundheitlichen Lebensstils. H. Michna, P. Oberender, J. Schulze, & J. Wolf (Hrsg.), *Prävention auf dem Prüfstand: Wieviel organisierte Gesundheit - wieviel Eigenverantwortung?* Veröffentlichung der Hanns Martin Schleyer-Stiftung, Bd. 68 (S. 124-133). Köln: Bachem.
- Ziegelmann, J. P. (2009). Meines Glückes Schmied - Bedeutung und Reichweite persönlicher Glückstrategien [Man forges his own destiny - Impact and scope of personal life-management strategies]. In M. Schächter (Ed.), *Wunschlos glücklich? Konzepte und Rahmenbedingungen einer glücklichen Kindheit* (pp. 40-44). Baden-Baden, Germany: Nomos.
- Ziegelmann, J. P. (in Druck). Psychologie des Glücks: Positive Psychologie und lebenslange Entwicklung. In U. Kanning, L. von Rosenstiel & H. Schuler (Hrsg.), *Perspektiven einer nützlichen Psychologie*. Göttingen: Vandenhock & Ruprecht.
- Ziegelmann, J. P. Scholz, U. & Martin, M. (in Druck). Entwicklung von Gesundheit und Alltagskompetenz im mittleren und höheren Erwachsenenalter. In F. Lang, M.

Pinquart & M. Martin (Hrsg.), *Lehrbuch Psychologie: Entwicklungspsychologie Band 2*. Göttingen: Hogrefe.

Entries in Encyclopedias

Ziegelmann, J. P. (2002). Gesundheits- und Krankheitsbegriffe. In R. Schwarzer, M. Jerusalem & H. Weber (Hrsg.), *Gesundheitspsychologie von A bis Z* (S. 149-152). Göttingen: Hogrefe.

Ziegelmann, J. P. (2002). Gesundheits- und Risikoverhalten. In R. Schwarzer, M. Jerusalem & H. Weber (Hrsg.), *Gesundheitspsychologie von A bis Z* (S. 152-155). Göttingen: Hogrefe.

Book Reviews

Ziegelmann, J. P. (2007). ABC der Verhaltensänderung. Der Leitfaden für erfolgreiche Prävention und Gesundheitsförderung. *Zeitschrift für Gesundheitspsychologie*, 15, 131-132.

Invited Presentations

Ziegelmann, J. P. & Gellert, P. (2010, September). *Chancen und Herausforderungen des Aktiven Alterns aus der Perspektive der Gesundheitspsychologie [Active Aging: Opportunities and Risks from a Health Psychology Perspective]*. Invited paper to be presented at the Meeting of the German Society of Gerontology and Geriatrics (DGGG), Berlin, Germany.

Ziegelmann, J. P. (2010, July). *Developmental Health Psychology: Emerging themes and contemporary research*. Invited symposium to be presented at 27th International Congress of Applied Psychology (ICAP) of the International Association of Applied Psychology will be held in July 11-16, 2010 Melbourne, Australia.

Ziegelmann, J. P. (2009, October). *Interventions fostering successful aging in healthy as well as multimorbid populations*. Invited paper presented at The University of British Columbia, Canada.

Ziegelmann, J. P. (2009, September). *Gesundheitspsychologie der Lebensspanne: Neue theoretische Positionen [Lifespan Health Psychology: New theoretical positions]*. Invited paper presented at the Meeting of Division III of the German Society of Gerontology and Geriatrics (DGGG), Dortmund, Germany.

Ziegelmann, J. P., Lippke, S., & Reuter, T. (2009, August). *Psychische Befindlichkeit und gesundheitliche Selbstregulation [Psychological well-being and health self-regulation]*. Invited paper presented at the 9th Conference of the Division of Health Psychology of the German Psychological Society, Zürich, Switzerland.

Ziegelmann, J. P. (2008, October). *Aging and health: Interdisciplinary aging research in Europe*. Invited paper presented at University of Zurich, Switzerland.

Ziegelmann, J. P. (2008, August). *Lebenslange Motivation zu gesundem Verhalten [Motivation to lead a healthy lifestyle across the lifespan]*. Expertendialog: Initiative Gesundheit und Arbeit, Berufsgenossenschaftliche Akademie für Arbeitssicherheit und Gesundheitsschutz, Dresden, Germany.

Ziegelmann, J. P. (2007, November). *"Meines Glückes Schmied" – Bedeutung und Reichweite persönlicher Glücksstrategien*. Der Tabaluga tivi-Fachkongress des ZDF: Konzepte und Rahmenbedingungen einer glücklichen Kindheit, Mainz, Germany.

Ziegelmann, J. P. (2006, June). *Altersspezifische Interventionen zum Aufbau eines gesunden Lebensstils [Age specific interventions to foster a healthy lifestyle]*. Invited paper presented at the 2nd Interdisciplinary Congress Young Science and Practice, Köln, Germany.

Ziegelmann, J. P. (2005, October). *Planning and Strategy-Use in Health Behavior Change*. Invited paper presented at the Leiden University Seminar on Self-Regulation (Prof. Stan Maes), Leiden, The Netherlands.

Further Conference Presentations and Published Abstracts (first authorships listed only) see www.ziegelmann.org

Berlin, 13.01.2010

Dr. phil. Jochen P. Ziegelmann