



CV of Aleksandra (Aleks) Luszczynska

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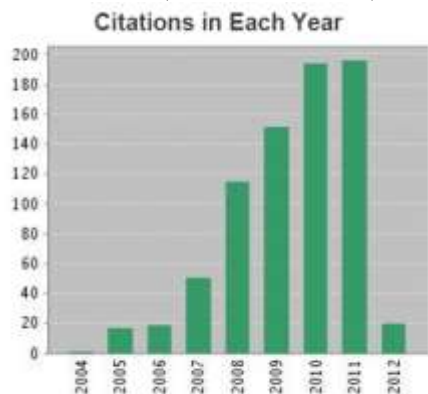
Professional Career

Since Oct 2009	Professor of Psychology, Warsaw School of Social Psychology, Wrocław, Poland
Since Jan 2009	Associate Research Professor at Trauma, Health, and Hazards Center, 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 20084	Associate Research Scholar (and Visiting Research Fellow), University of Sussex, School of Psychology
Oct 2005-Sept 2009	Associate professor, Warsaw School of Social Psychology, 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

Citation

Sum of total times cited: 765 (Web of Science); 1781 (Publish or Perish)

h- index: 16 (Web of Science); h-index in Publish or Perish: 24



(Source: Web of Science, Date: 03/03 2012);

Education and Professional Titles

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| 2009 | Titular professor, honorific title awarded by President of Republic of Poland |
| 2004 | Habilitation (a post-doctoral degree), University of Warsaw, Warsaw, Poland; (see http://en.wikipedia.org/wiki/Habilitation) |
| 2000 | Ph.D. in psychology University of Warsaw, Warsaw, Poland
(Thesis: “Coping and sense of coherence as cognitive predictors of health among abused women”; supervisor: prof Kaz Wrzesniewski) |
| 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

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| 2010-date | President of Division of Health Psychology, International Association of Applied Psychology |
| 2006 -2010 | President Elect of Division 8 (Health Psychology), International Association of Applied Psychology |
| 2008 – date | 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, European Society of Traumatic Stress Studies, International Association of Applied Psychology, Stress and Anxiety Research Society, Polish Psychological Association

Funded Research Projects (since 2002)

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| 2012-2015 | “Health behavior in the context of life cycle changes”; Foundation for Polish Science - Master Subsidies; (approx. 90 000 EUR) |
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- 2011-2014 “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?” (12000 EUR), project funded by Siemens Healthcare Sector
- 2009-2012 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. A.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 (funded post-doc research with 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

- 2010 Fellow of *European Health Psychology Society*
- 2006 Citation Award, awarded by the *International Society of Behavioral Medicine*
- 2005 Award of Polish Academy of Science for Outstanding Young Psychologist (A. Malewski Award)
- 2004 - Early Career Award, *International Society of Behavioral Medicine*
- 2004- Early Career Award, *Stress and Anxiety Research Society*
- 2000 – Award of the Foundation for Polish Science
- 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

- Editor in Chief *Anxiety, Stress, & Coping*, 2010 IF = 1.825 (2008-date)
- Associate Editor *Applied Psychology: Health and Well-Being* (2008-date)
- Consulting Editor - *Anxiety, Stress, and Coping* (2004- 2008)

Consulting Editor	<i>Health Psychology Review</i> (2005 - 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>Polish Psychological Bulletin</i> (2006 - date)
Editorial Board Member	<i>European Journal of Psychotraumatology</i> (2010-date)

ad hoc reviewer (examples):

Health Psychology Review
Applied Psychology
Annals of Behavioral Medicine
Health Psychology
Rehabilitation Psychology
Appetite
Journal of Applied Social Psychology
European Journal of Social Psychology,
Women and Health
Social Science and Medicine
International Journal of Behavioral Medicine
Personality and Individual Differences
Social Behavior and Personality
Health Education Research
Behavior Research Methods
Journal of Health Psychology
Depression Research and Treatment
Journal of Early Adolescence
International Journal of Psychology
British Journal of Health Psychology
British Journal of Social Psychology
Journal of Aging and Physical Activity
Canadian Journal of Behavioral Sciences
Behavioral Medicine
Preventive Medicine
Psychology of Sport and Exercise
Cognition and Emotion

Other Professional Services

Scientific Committee Membership:

European Health Psychology Society Conference (2010, Cluj-Napoca, Romania);
 Stress and Anxiety Research Society Conference (2010, Galway, Ireland),
 International Congress of Applied Psychology (2006; Athens, Greece; 2010)
 International Congress of Applied Psychology (2010 Melbourne, Australia),
 33rd Stress and Anxiety Research Society Conference (2012, Palma de Mallorca, Spain)
 Women's health, men's health: social, cultural and medical contexts (December 2011, Poznan, Poland)

Scientific Committee Chair	26 th 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)
Promotion Committees- Reviewer	Department of Psychology, Tel Aviv University, Israel; Warsaw School of Social Sciences and Humanities, Warsaw, Poland; Department of Psychology, Warsaw University, Warsaw, Poland

Publications

(since 2002; in Peer-Reviewed English-Language Journals, 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., Gregajtys, 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 reduce weight: Implementation intentions intervention helps to reduce body weight among overweight or obese women by prompting action planning. *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.
- 36) Schwarzer, R., & Luszczynska, A. (2008). Reactive, anticipatory, preventive and proactive coping: A theoretical distinction. *Prevention Researcher*, 15, 22-24.
- 37) Lis-Turlejska, M., Luszczynska, A., Plichta, A., & Benight, C.C. (2008). Jewish and non-Jewish World War II Child and Adolescent Survivors at 60 Years After War: Effects of Parental Loss and Age at Exposure on Well-being. *American Journal of Orthopsychiatry*, 78, 369-377.
- 38) Luszczynska, A., Benight, C. C., & Cieslak, R. (2009). Self-efficacy and health-related outcomes of collective trauma: A systematic review. *European Psychologist*, 14, 49-60.
- 39) Luszczynska, A., Benight, C., Cieslak, R., Kissinger, P., Reilly, K.H., Clark, R.A. (2009). Self-efficacy mediates effects of exposure, loss of resources, and life stress on posttraumatic distress among trauma survivors. *Applied Psychology: Health and Well-Being*, 1, 73-90.
- 40) Luszczynska, A., Cieslak, R. (2009). Mediated Effects of Social Support for Healthy Nutrition: Fruit and Vegetable Intake Across 8 Months After Myocardial Infarction. *Behavioral Medicine*, 35, 30-38.
- 41) Dombrowski, S., & Luszczynska, A. (2009). The interplay between conscious and automatic self-regulation and adolescents' physical activity: the role of planning, intentions, and lack of awareness. *Applied Psychology*. 59, 257-273.
- 42) Cieslak, R., Benight, C.C., Schmidt, N., Luszczynska, A., Reilly, K. H, Clark, R. A., & Kissinger, P. (2009). Predicting Posttraumatic Growth among Hurricane Katrina Survivors Living With HIV: The Role of Self-Efficacy, Social Support, and PTSD Symptoms. *Anxiety, Stress, and Coping*, 22, 449-462.
- 43) Scholz, U., Nagy, G., Goehner, W., Luszczynska, A., & Kliegel, M. (2009). Changes in self-regulatory cognitions as predictors of changes in smoking and low-fat diet. *Psychology and Health*, 24, 545-561.

- 44) Kline, R., Luszczynska, A., Pfüller, B., Knoll, N. (2009). Appraisal Detection Bias and Well-being in Close Relationships: Couples experiencing assisted reproduction treatment. *Applied Psychology: Health and Well-Being*, 1, 165-187.
- 45) Webb, T. L., Sheeran, P., & Luszczynska, A. (2009). Planning to Break Unwanted Habits: Habit Strength Moderates Implementation Intention Effects on Behaviour Change. *British Journal of Social Psychology*, 48, 507-523.
- 46) Luszczynska, A., Haynes, C., (2009). Changing Nutrition, Physical Activity, and Body Weight Among Student Nurses and Midwives: Effects of a Planning Intervention and Self-Efficacy Beliefs. *Journal of Health Psychology*, 14, 1075-1084.
- 47) Piko, B. F., Skultéti, D., Luszczynska, A., & Gibbons, F. X. (2010). Social Orientations and Adolescent Health Behaviors in Hungary. *International Journal of Psychology*, 45, 12-20. doi: 10.1080/00207590903030279
- 48) Turner, S. A., Luszczynska, A., Warner, L. M., & Schwarzer, R. (2010). Emotional and uncontrolled eating styles and chocolate chip cookie consumption: A controlled trial of the effects of positive mood enhancement. *Appetite*, 54, 143-149.
- 49) Luszczynska, A., Cao, D. S., Mallach, N., Pietron, K., Mazurkiewicz, M., & Schwarzer, R. (2010). Intentions, Planning, and Self-Efficacy Predict Physical Activity in Chinese and Polish Adolescents: Two Moderated Mediation Analyses. *International Journal of Clinical and Health Psychology*, 10, 265-278.
- 50) Bukowska-Durawa, A., Haynes, C., & Luszczynska, A. (2010). Plans not needed if you have high and stable self-efficacy: Planning intervention and snack intake in the context of Self-efficacy trajectories. *Polish Psychological Bulletin*, 41, 91-97. DOI: 10.2478/v10059-010-0012-4
- 51) Luszczynska, A., Goc, G., Scholz, U., Kowalska, M., & Knoll, N. (2011). Enhancing Intentions to Attend Cervical Cancer Screening With a Stage-Matched Intervention. *British Journal of Health Psychology*, 16, 33-46. DOI:10.1348/135910710X499416
- 52) Kwiatkowska M., Knysz, B., Gasirowski, J., Luszczynska, A., & Gladysz, A (2011). The role of mechanisms of buffeting anxiety in HIV carriers. A study within the terror management theory paradigm. *Advances in Hygiene and Experimental Medicine*, 65, 133-142.
- 53) Luszczynska, A., Schwarzer, R., Lippke, S., & Mazurkiewicz, M. (2011). Self-efficacy as a moderator of the planning-behaviour relationship in interventions designer to promote physical activity. *Psychology & Health*, 26, 151-166. Doi 10.1080/08870446.2011.531571
- 54) Safron, M., Cislak, A., Gaspar, T., & Luszczynska, A. (2011). Effects of school-based interventions targeting obesity-related behaviors and body weight change: A systematic umbrella review. *Behavioral Medicine*, 37, 15-25. DOI: 10.1080/08964289.2010.543194
- 55) Knoll, N., Burkert, S., Luszczynska, A., Roigas, J., Gralla, O. (2011). Predictors of Support Provision: A Study with Couples Adapting to Incontinence Following Radical Prostatectomy. *British Journal of Health Psychology*, 16, 472-487.. Doi: 10.1348/135910710X522860
- 56) Cieslak, R., Benight, C. C., Luszczynska, A., & Laudenslager, M. (2011). Longitudinal Relationships Between Self-Efficacy, Posttraumatic Distress, and Salivary Cortisol among Motor Vehicle Accident Survivors. *Stress & Health*, 27, e261-e268. DOI: 10.1002/smi.1379
- 57) Schwarzer, R., Lippke, S., & Luszczynska, A. (2011). Mechanisms of Health Behavior Change in Persons With Chronic Illness or Disability: The Health Action Process Approach (HAPA). *Rehabilitation Psychology*, 56, 161-170. doi: 10.1037/a0024509
- 58) Kesebir, P., Luszczynska, A., Pyszczynski, T., Benight, C. (2011). Posttraumatic Stress Disorder Involves Disrupted Anxiety-Buffer Mechanisms. *Journal of Social and Clinical Psychology*, 30, 819-841. 10.1521/jscp.2011.30.8.819

- 59) Safron, M., Cislak, A., Gaspar, T., & Luszczynska, A. (2011). Micro-environmental characteristics related to body weight, diet, and physical activity of children and adolescents: A systematic umbrella review. *International Journal of Environmental Health Research*, 21, 317-330. DOI:10.1080/09603123.2011.552713
- 60) Abdollahi, A., Pyszczynski, T., Maxfield, M., & Luszczynska, A. (2011) Posttraumatic Stress Reactions as a Disruption in Anxiety-Buffer Functioning: Dissociation and Responses to Mortality Salience as Predictors of Severity of Post-traumatic Symptoms. *Psychological Trauma: Theory, Research, Practice, and Policy*, 3, 329-341. Doi 0.1037/a0021084
- 61) Cislak, A., Safron, M., Pratt, M., Gaspar, T., & Luszczynska, A. (in press). Family-related predictors of body weight and weight-related behaviors among children and adolescents: A systematic umbrella review. *Child: Care, Health & Development*. Doi: 10.1111/j.1365-2214.2011.01285.x
- 62) Jackowska, M., von Wagner, C., Wardle, J., Juszczyk, D., Luszczynska, A., & Waller, J. (in press). Cervical screening among migrant women: a qualitative study of Polish, Slovak and Romanian women in London. *Journal of Family Planning and Reproductive Health Care*.
- 63) Scholz, U., Ochsner, S., & Luszczynska, A. (in press). Comparing different boosters of planning interventions on changes in fat consumption in overweight and obese individuals: A randomized controlled trial. *International Journal of Psychology*.
- 64) Luszczynska, A., Durawa, A., Scholz, U., & Knoll, N. (in press). Empowerment beliefs and intention to uptake cervical cancer screening: Three psychosocial mediating mechanisms. *Women & Health*.
- 65) Szczepanowska, K.W., Scholz, U., Liszewska, N., & Luszczynska, A. (in press). Social and cognitive predictors of fruit and vegetable intake among adolescents: The context of changes in body weight. *Journal of Health Psychology*.
- 66) Piko, B. F., Luszczynska, A., Fitzpatrick, K. (in press). Social inequalities in adolescent depression: the role of parental social support and optimism. *International Journal of Social Psychiatry*.
- 67) Luszczynska, A., Durawa, A. B., Dudzinska, M., Kwiatkowska, M., Knysz, B., Knoll, N. (in press). The effects of mortality reminders on posttraumatic growth and finding benefits among patients with life-threatening illness and their caregivers. *Psychology & Health*.

Other relevant publications:

Schwarzer, R. & Luszczynska, A. (2007). Self-efficacy. In M. Gerrard & K.D. McCaul (Eds.) *Health Behavior Constructs: Theory, Measurement, and Research*. National Cancer Institute Website: <http://dccps.cancer.gov/brp/constructs/>
(a publication on the website of the National Institutes of Health, USA)

Monograph Books in Polish

- 1) Luszczynska, A. (2004). Zmiana zachowań zdrowotnych [Health behavior change]. Gdansk, Poland: Gdanskie Wydawnictwo Psychologiczne [Gdansk Psychological Publisher].
<http://www.gwp.pl/product/1124.html>
- 2) Luszczynska, A. (2007). Nadwaga i otylosc: Interwencje psychologiczne [Overweight and obesity: Psychological Interventions] Warsaw, Poland: PWN Polish Scientific Publisher
<http://ksiegarnia.pwn.pl/produkt/6809/nadwaga-i-otylosc.html>

- 3). Luszczynska, A. (2011). *Psychologia sportu i aktywności fizycznej: zagadnienia kliniczne*. Warsaw, Poland: PWN Polish Scientific Publisher.
<http://ksiegarnia.pwn.pl/produkt/79974/psychologia-sportu-i-aktywnosci-fizycznej.html>

Selected Book Chapters (since 2000)

- 1) Luszczynska, A., & Sutton, S. (2004). Attitudes and expectations. In J. Kerr, R., Weick, K., & M. Moretti (Eds.). *The ABC of behaviour change. A guide to successful disease prevention and health promotion* (pp 71-84). Edinburgh, UK: Elsevier.
- 2) Luszczynska, A. & Schwarzer, R. (2005). The role of self-efficacy in health self-regulation. In W. Greve, K. Rothermund, & D. Wentura (Eds.), *The Adaptive Self: Personal Continuity and Intentional Self-Development*. (pp. 137-152). New York: Hogrefe/Huber.
- 3) Luszczynska A. & Schwarzer, R. (2005). Social cognitive theory. In M. Conner & P. Norman (Eds.). *Predicting health behaviour* (2nd Edition) (pp. 127-169). Buckingham, UK: Open University Press.
- 4) Schwarzer, R., & Luszczynska, A., (2005). Self-efficacy and adolescent's risk taking and health. In F. Pajares, & T. Urdan (Eds.), *Self-efficacy beliefs of adolescents. Adolescence and Education*, Vol V (pp. 139-159). Greenwich, CT: Information Age Publishing
- 5) Boehmer, S., & Luszczynska, A. (2006). General self-efficacy promotes quality of life in cancer survivors. In J. Strelau & T. Klonowicz (Eds.). *People under extreme stress: An individual differences approach* (pp. 169-187). Hauppauge, NY: Nova Science
- 6) Luszczynska, A., Boehmer, S. & Sarkar, Y. (2006). Self-efficacy, aggressive treatment and quality of life among patients with cancer or HIV infections. In P. Buchwald (Ed.), *Stress and Anxiety – Application to Health, Community, Work Place, and Education*. Cambridge, UK: Cambridge Scholar Press.
- 7) Schwarzer, R., Knoll, N., Luszczynska, A. Schroeder, K., & Gutierrez-Dona, B. (2006) Spousal support: Three studies on the role of social support in the time of stress. In P. Buchwald (Ed.), *Stress and Anxiety – Application to Health, Community, Work Place, and Education*. Cambridge, UK: Cambridge Scholar Press.
- 8) Gutierrez-Dona, B., Luszczynska, A., & Schwarzer, R., (2010). Effects of stress and psychosocial resources on anxiety, depression, and somatization in Costa Rican workers. In: K. Moore, P. Buchwald, (Eds). *Stress, Anxiety, and Emotions – Application to Health, , Work Place, and person-environment interactions*. Cambridge, UK: Cambridge Scholar Press.
- 9) Abraham, C., Kok, G., Schaalma, H. P., Luszczynska, A.(2011). Health promotion. In: P.R. Martin, F. M. Cheung, M. C. Knowles, M. Kyrios, L. Littlefield, J.B Overmier & J.M. Prieto (Eds.), *Handbook of applied psychology* (pp. 83-111). Chichester, UK: Wiley-Blackwell.
- 10) Luszczynska, A., Piko, B., & Januszewicz, A., (in press). Self-efficacy and health. In R. J.R. Levesque (Ed.), *Encyclopedia of Adolescence*. New York: Springer.
- 11) Luszczynska, A., & Durawa, A. B. (2012). Self-regulatory skills and behavior change. In: V. S. Ramachandran (Ed.), *Encyclopedia of Human Behavior, Vol. 3, 2nd Edition* (pp. 336-342). Oxford, UK: Elsevier.

Invited/Keynote Lectures

- 1) 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.
- 2) 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.
- 3) 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.
- 4) 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.
- 5) Luszczynska, A. (2007, November). *Automaticity and self-regulation in adolescents' exercise*. Invited lecture. Freie Universitaet Berlin, Germany.
- 6) 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.
- 7) Luszczynska, A. (2011, May). *Health behaviors change in life cycle*. Keynote Address at the 7th Polish Health Psychology Conference, Lodz, Poland.
- 8) Luszczynska, A. (2011, October). *The role of social-cognitive variables in explaining health and health behaviors*. Department of Psychology, University of Zurich, Switzerland.
- 9) 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

Other achievements:

In Polish: 35 peer-reviewed papers or book chapters (see Appendix 1)

In German: 1 book chapter, 1 peer reviewed paper (see Appendix 1)

International Conferences: over 80 presentations (see Appendix 2)

Workshops run in association to international conferences: 2

Teaching activities in Poland, United Kingdom, and Germany (see Appendix 3)