

HAPA References Database

HAPA Research Group, Free University Berlin

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1. Scale Resources Available On-line

http://www.fu-berlin.de/gesund/Messinstrumente_RACK.pdf

<http://www.fu-berlin.de/gesund/RACK-English.pdf>

www.ralfschwarzer.de

2. Papers Published and In Press (for the content of these studies, see paragraph 3)

- Barling, N., & Lehmann, M. (1999). Young men's awareness, attitudes and practice of testicular self-examination: A Health Action Process Approach. *Psychology Health & Medicine*, 4(3), 255-263.
- Garcia, K., & Mann, T. (2003). From "I wish" to "I will": Social-cognitive predictors of behavioral intentions. *Journal of Health Psychology*, 8(3), 347-360.
- Hahn, A., & Lengerke, T. von (1998). Evaluating a cholesterol screening: Risk appraisals, outcome expectancies, and self-efficacy beliefs as predictors of physical exercise and alcohol consumption. In Schwarzer, R. (Ed.), *Advances in health psychology research. CD ROM Volume*. Berlin: Freie Universität.
- Kühn, A., Mohs, A., & Schneider, H. (2001). Erste Ergebnisse der Analyse motivationalen Bedingungen von Rehabilitanten unter Adaption des HAPA [First results of an analysis of motivation of rehab patients after adopting the HAPA]. In Verband Deutscher Rentenversicherungsträger (Ed.), *DRV-Schriften. Wissenstransfer zwischen Forschung und Praxis* (Vol. 26, pp. 200-201). Frankfurt am Main, Germany: Verband Deutscher Rentenversicherungsträger.
- Luszczynska, A. (in press). Change in breast self-examination behavior: Effects of intervention on enhancing self-efficacy. *International Journal of Behavioral Medicine*.
- 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(1), 93-108.

- Murgraff, W., & McDermott, M. R. (2003). Self-efficacy and behavioral enactment: The application of Schwarzer's health action process approach to the prediction of low-risk, single-occasion drinking. *Journal of Applied Social Psychology, 33*(2), 339-361.
- Renner, B., Knoll, N., & Schwarzer, R. (2000). Age and body weight make a difference in optimistic health beliefs and nutrition behaviors. *International Journal of Behavioral Medicine, 7*(2), 143-159.
- Renner, B., & Schwarzer, R. (in press). Social-cognitive factors in health behavior change. In J. Suls & K. Wallston (Eds.), *Social psychological foundations of health and illness*. Oxford, England: Blackwell.
- Satow, L., & Schwarzer, R. (1997). Sozial-kognitive Prädiktoren einer gesunden Ernährungsweise: Eine Längsschnittstudie [Social-cognitive predictors for healthy nutrition: A longitudinal study]. *Zeitschrift für Gesundheitspsychologie, 5*, 243-257.
- Satow, L., & Schwarzer, R. (1998). Psychological factors in preventive nutrition: A longitudinal study. In Schwarzer, R. (Ed.), *Advances in health psychology research*, Berlin: Freie Universität Berlin. Institut für Arbeits-, Organisations- und Gesundheitspsychologie [Electronic volume, without page nos.]
- Schwarzer, R., & Fuchs, R. (1995). Self-efficacy at different stages of the health behavior change process. In J. Rodríguez-Marín (Ed.), *Health psychology and quality of life research* (Vol. 1, pp. 64-76). Alicante, Spain: Health Psychology Department, University of Alicante, and Sociedad Valenciana de Psicología Social.
- Schwarzer, R., & Renner, B. (2000). Social-cognitive predictors of health behavior: Action self-efficacy and coping self-efficacy. *Health Psychology, 19*(5), 487-495.
- Ziegelmann, J. P., & Lippke, S. (in press). *Altersspezifische Prävention durch sportliche Aktivität* [Prevention in old age through physical activity]. Fundiert: Das Wissenschaftsmagazin der Freien Universität Berlin.

Manuscripts Submitted (for the content of these studies, see paragraph 3)

Lippke, S., Ziegelmann, J. P., & Schwarzer, R. (2003). *Behavioral intentions and action plans promote physical exercise: A longitudinal study with orthopedic rehabilitation patients*. Manuscript submitted for publication.

Renner, B., & Schwarzer, R. (2003). *Nutritional intentions as mediator or moderator: Differences between intenders and non-intenders in terms of diet and social-cognitive variables*. Manuscript submitted for publication.

Schröder, K. E. E., & Schwarzer, R. (2003). *Habitual self-control and the management of health behavior among heart patients*. Manuscript submitted for publication.

Sniehotta, F. F., Scholz, U., & Schwarzer, R. (2003a). *Action planning and coping planning to improve physical exercise in cardiac post-rehabilitation patients: An experimental-longitudinal study*. Manuscript submitted for publication.

Sniehotta, F. F., Scholz, U., & Schwarzer, R. (2003b). *Bridging the intention-behavior gap: Planning, self-efficacy and self-regulatory strategies*. Manuscript submitted for publication.

Sniehotta, F. F., Schüz, B., & Scholz, U. (2003). *Bovine spongiform encephalopathy, foot and mouth disease and the regulation of meat consumption: Gender differences in the role of perceived risk, self-efficacy and intentions*. Manuscript submitted for publication.

Ziegelmann, J. P., Lippke, S., & Schwarzer, R. (2003). *Adoption and maintenance of physical activity in orthopedic rehabilitation patients: An intervention study*. Manuscript submitted for publication.

Publications Discussing Aspects of the HAPA (in English)

- Armitage, C. J., & Conner, M. (2000). Social cognitive models and health behaviour: A structured review. *Psychology & Health, 15*, 173-189.
- Bowling, A. (1997). *Research methods in health. Investigating health and health services*. Buckingham, England: Open University Press.
- Luszczynska, A., & Schwarzer, R. (in press). Social cognitive theory. In M. Conner & P. Norman, *Predicting health behaviour* (2nd ed. rev.). Buckingham, England: Open University Press.
- Purdie, N., & McCrindle, A. (2002). Self-regulation, self-efficacy and health behavior change in older adults. *Educational Gerontology, 28*, 379-400.
- Renner, B., & Schwarzer, R. (in press). Social-cognitive factors in health behavior change. In J. Suls & K. Wallston (Eds.), *Social psychological foundations of health and illness*. Oxford, England: Blackwell.
- Schwarzer, R. (1992). Self-efficacy in the adoption and maintenance of health behaviors: Theoretical approaches and a new model. In R. Schwarzer (Ed.), *Self-efficacy: Thought control of action* (pp. 217-243). Washington, DC: Hemisphere.
- Schwarzer, R. (1999). Self-regulatory processes in the adoption and maintenance of health behavior. *Journal of Health Psychology, 4*(2), 115-127.
- Schwarzer, R. (2001). Social-cognitive factors in changing health-related behaviors. *Current Directions in Psychological Science, 10*(2), 47-51.
- Schwarzer, R., & Fuchs, R. (1995). Changing risk behaviors and adopting health behaviors: The role of self-efficacy beliefs. In A. Bandura (Ed.), *Self-efficacy in changing societies* (pp. 259-288). New York: Cambridge University Press.

Schwarzer, R., & Fuchs, R. (1996). Self-efficacy and health behaviours. In M. Connor & P. Norman (Eds.), *Predicting health behaviour: Research and practice with social cognition models* (pp. 163-196). Buckingham, England: Open University Press.

Empirical Articles Testing HAPA Components (in English)

	Author(s)	Goal Behavior	Publication	Sample	Predictors (se=self-efficacy, oe=outcome expectation, risk=risk perception, int=intention)	Longitudinal Study?	Changes?
1.	Barling & Lehmann (1999)	young men's awareness, attitudes and practice of testicular self-examination	Psychology Health & Medicine	101 young men (students)	se, oe, risk, int, social support, knowledge	no	no
2.	Garcia & Mann (2003)	resisting dieting and performing breast self-examination (intention, no behavior)	Journal of Health Psychology	195/120 female undergraduate students	hapa: risk, se, oe	no	no
3.	Hahn & Lengerke (1997)	physical exercise & alcohol consumption - to examine the impact of individualized feedback about personal risk factor status on health behavior	cd-rom publication	619 of the screening group, 436 of the controls	oe, vulnerability, se, int, behavior (past and subsequent), cholesterol screening	2 (6 months)	yes
4.	Kühn, Mohs, & Schneider, (2001)	compliance during rehabilitation	conference proceeding	508 persons with orthopedic complaints	compliance, oe, se, int.	no	no

	Author(s)	Goal Behavior	Publication	Sample	Predictors (se=self-efficacy, oe=outcome expectancy, risk=risk perception, int=intention)	Longitudinal Study?	Changes?
5.	Lippke, Ziegelmann, & Schwarzer (submitted)	exercise behavior (people who relapse, improve, maintain, and remain)	submitted	509 rehabilitation patients	se, oe, risk, int, planning	4 (6-9 weeks)	yes
6.	Luszczynska (in press)	performing regular breast self-examination (effects of intervention on phase specific self-efficacy and behavior change)	International Journal of Behavioral Medicine	intervention group (244), control group (173)	risk, oe, se, int, planning, behavior change	2 (12-15 weeks)	yes
7.	Luszczynska & Schwarzer, (2003)	performing regular breast self-examination (action plans)	Psychology & Health	418 female students	risk, oe, int, se, action planning, previous behavior	2 (12-15 weeks)	no
8.	Murgraff & McDermott (2003)	low risk single occasion drinking	Journal of Applied Social Psychology	128 female undergraduate students	drinking, se, social barriers, int, planning	no	no
9.	Renner & Schwarzer (in press)	health-specific self-efficacy scales (validity study)	In Suls & Wallston	1,024 men and 1,373 women	social-cognitive determinants of health behaviors, such as physical exercise, alcohol consumption, and preventive nutrition	no	no

	<i>Author(s)</i>	<i>Goal Behavior</i>	<i>Publication</i>	<i>Sample</i>	<i>Predictors (se=self- efficacy, oe=outcome expectancies, risk=risk perception, int=intention)</i>	<i>Longi- tudinal Study?</i>	<i>Changes?</i>
10.	Renner & Schwarzer (submitted)	healthy diet (people who intend vs. who do not intend)	submitted	1,782 Berlin citizens	risk, oe, se, intent, cholesterol & blood pressure, weight, height	no	no
11.	Renner, Knoll & Schwarzer (2000)	nutrition (low-fat food)	International Journal of Behavioral Medicine	1,583 men and women	self-reported health, risk, oe, se, int,	no	no
12.	Satow & Schwarzer (1997, 1998)	eating salty and high-fat food	Zeitschrift für Gesundheitspsychologie & cd-rom publication	621 Berlin citizens	int, oe, se, risk.	2 (5 months)	yes
13.	Schröder & Schwarzer (submitted)	dieting, physical exercise, and smoker status before and after surgery	submitted	381 heart patients	behavior-specific se and outcome beliefs, int	pre-post surgery	yes
14.	Schwarzer & Fuchs (1995)	preventive nutrition and intention	conference proceeding	~800 Berlin citizen	int, oe, se	2 (6 months)	yes

	<i>Author(s)</i>	<i>Goal Behavior</i>	<i>Publication</i>	<i>Sample</i>	<i>Predictors (se= self- efficacy, oe= outcome perception, int=intention)</i>	<i>Longi- tudinal Study?</i>	<i>Changes?</i>
15.	Schwarzer & Renner (2000)	preventive nutrition (phase-specific self-efficacy)	Health Psychology	580 respondents	risk, oe, action se, int, coping se, self-reported nutrition behaviors (low-fat and high-fiber consumption)	2 (6 months)	no
16.	Sniehotta, Scholz, & Schwarzer (submitted-a)	exercise behavior	submitted	436 in-patients with coronary heart disease (chd)	risk, oe, task se, int, coping se, action planning, self-regulation	3 (2 months)	no
17.	Sniehotta, Scholz, & Schwarzer (submitted-b)	physical exercise	submitted	246 in-patients with coronary heart disease	action planning and coping planning (experimental)	2 (2 months)	yes
18.	Sniehotta, Schütz, & Scholz (submitted)	meat consumption	submitted	767 internet users	risk, oe, swe, int	no (for n=132 yes)	no

	<i>Author(s)</i>	<i>Goal Behavior</i>	<i>Publication</i>	<i>Sample</i>	<i>Predictors (se= self- efficacy, oe=outcome expectancies, risk=risk perception, int=intention)</i>	<i>Longi- tudinal Study?</i>	<i>Changes?</i>
19.	Ziegelmann & Lippke (in press)	exercise behavior (age aspects)	Fundiert	338 orthopedic rehabilitation patients	action planning, coping planning & exercise-specific strategies of selection, optimization, and compensation	no	no
20.	Ziegelmann Lippke & Schwarzer (submitted)	exercise behavior (age aspects)	submitted	333 orthopedic rehabilitation patients	action planning & coping planning	4 (2 months)	yes