

DIPL.-PSYCH. NATALIE MALLACH

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Educational Science and Psychology
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CURRENT POSITION PhD Candidate, Predoctoral Fellow of the International Max Planck Research School LIFE
Department of Methods and Evaluation, Freie Universität Berlin

ACADEMIC POSITIONS **DOCTORAL STUDENT**
Freie Universität Berlin *Since Oct. 2007*
Department of Methods and Evaluation, Prof. Dr. Michael Eid

PREDOCTORAL FELLOW
International Max Planck Research School LIFE *Since Oct. 2007*
Participating Institutions: Max Planck Institute for Human Development, Freie Universität Berlin, Humboldt-Universität zu Berlin, University of Michigan, University of Virginia, University of Zurich.

LECTURER
Freie Universität Berlin *Summer Term 2008*
Department of Methods and Evaluation, Prof. Dr. Michael Eid

WEBMASTER & CO-ORGANIZER
Create *Since April 2007*
Collaborative REsearch And Training in the EHPS, a network for early career researchers in health psychology providing annual workshops:
www.ehps.net/create

ASSISTANT
Scientific committee of the XXIX International Congress of Psychology *Jan.-Feb. 2008*

STUDENT RESEARCH ASSISTANT
Freie Universität Berlin *Oct. 2004-Sept.2007*
Department of Health Psychology Prof. Dr. Ralf Schwarzer

PROJECT ASSISTANT
Humboldt-Universität zu Berlin *Jan. 2004-Jan. 2005*
Department of Sports Psychology, Prof. Dr. Hanno Strang: Project STEPS: physical activity, nutritional and cognitive training for obese children.

EDUCATION **DISSERTATION PROJECT**
Development and evaluation of theory- and evidence-based health promotion programs for adolescents. (Supervisors: Prof. Dr. Michael Eid, Prof. Dr. Ralf Schwarzer)

MA-THESIS (DIPLOMARBEIT)

Matched and mismatched interventions for health behavior change - a study on interdental hygiene.

M.A. (DIPLOM)

Psychology
Freie Universität Berlin

April 2003-April 2007

B.A. (VORDIPLOM)

Psychology
Freie Universität Berlin

April 2001-April 2003

A-LEVELS (ABITUR)

Canisius Kolleg Berlin

June 2000

PUBLICATIONS - PAPERS

IN PRESS

Schüz, B., Wiedemann, A., Mallach, N., & Scholz, U. (in press). Effects of a short behavioral intervention on dental flossing: RCT on planning when, where and how. *Journal of Clinical Periodontology*.

2009

Schüz, B., Sniehotta, F. F., Mallach, N., Wiedemann, A. U., & Schwarzer, R. (2009). Predicting transitions from preintentional, intentional and actional stages of change: Adherence to oral self-care recommendations. *Health Education Research, 24*, 64-75.

2008

Eid, M., Lischetzke, T., Nussbeck, F.W., Geiser, C., Luhmann, M., & Mallach, N. (2008). Subjective well-being, sun protection behavior, and multimethod measurement: Major research themes of the Methodology Group at the Freie Universität Berlin. *Zeitschrift für Gesundheitspsychologie, 16(3)*, 119-122.

2006

Kaschke, I., Schüz, B., Heiden, A., Mallach, N., & Jahn, K. (2006). Evaluation of an oral health program for carers in institutions for adults with disabilities. *Journal of Disability and Oral Health, 7*, 86.

Schüz, B., Sniehotta, F. F., Scholz, U., & Mallach, N. (2006). Gender differences in preventive nutrition: An exploratory study addressing meat consumption after livestock epidemics. *Irish Journal of Psychology, 26*, 101-113.

PUBLICATIONS - BOOK CHAPTER

Eid, M. & Mallach, N. (in press). Kritische Sonnenexposition und Sonnenschutzverhalten [Critical Sun Exposure and Sun Protection Behavior]. In J. Bengel & M. Jerusalem (Eds.). *Handbuch der Gesundheitspsychologie*. Göttingen: Hogrefe

PRESENTATIONS

2008

Mallach, N. & Eid, M. (2008). Anxiety and impulsivity in latent classes of protective and risk behavior. *Psychology and Health*, 23, Suppl. 1.

Mallach, N. & Eid, M. (2008). Skin cancer prevention for adolescents - determinants of sun protection intentions and behavior. *International Journal of Psychology, Special Issue XXIX International Congress of Psychology: Abstracts*.

Schüz, B., Renner, B., Mallach, N., & Wiedemann, A. U. (2008). Volitional factors in health behaviour regulation. *International Journal of Psychology, Special Issue XXIX International Congress of Psychology: Abstracts*.

2007

Mallach, N., Schüz, B., Kanzlivius, B., & Peroz, I. (2007). Individual stress levels, cognitive coping and temporomandibular disorders. *Health Psychology Review*, 1, Suppl. 1, 120-121.

Mallach, N., Schüz, B., Kanzlivius, B., & Peroz, I. (2007). Zähne zusammenbeißen und durch? Stressbewältigung und temporomandibuläre Dysfunktionen. In: H. Eschenbeck, U. Heim-Dreger, C.-W. Kohlmann (Hrsg.). *Beiträge zur Gesundheitspsychologie* (S. 96). Schwäbisch Gmünd: Pädagogische Hochschule Schwäbisch Gmünd.

Schüz, B., Sniehotta, F. F., Mallach, N., & Schwarzer, R. (2007). Evidence for three stages of change: Preintentional, intentional and actional. *Health Psychology Review*, 1, Suppl. 1, 121-122.

Schüz, B., Sniehotta, F. F., Mallach, N., & Schwarzer, R. (2007). Weniger sind manchmal mehr: Identifikation und Überprüfung von gemeinsamen Übergängen in aktuellen Stadienmodellen. In: H. Eschenbeck, U. Heim-Dreger, C.-W. Kohlmann (Hrsg.). *Beiträge zur Gesundheitspsychologie* (S. 128). Schwäbisch Gmünd: Pädagogische Hochschule Schwäbisch Gmünd.

2006

Mallach, N., Schüz, B., & Sniehotta, F. F. (2006). Self-monitoring interventions for health behaviour change. *Psychology and Health* 21, Suppl. 1, 96.

Mallach, N., Schüz, B., & Sniehotta, F. F. (2006). Passende und nicht-passende Interventionen - Stadienspezifische Effekte einer Planungsintervention bei Dentalhygiene. In F. Lösel, D. Bender (Eds.). 45. Kongress der Deutschen Gesellschaft für Psychologie (p. 222). Lengerich: Pabst Science Publishers

Schüz, B., Wiedemann, A., & Mallach, N. (2006). Pläne für die Zähne: Effekte von Ausführungs- und Bewältigungsplanung auf regelmäßiges Gesundheitsverhalten. In F. Lösel, D. Bender (Eds.). 45. Kongress der Deutschen Gesellschaft für Psychologie (p. 325). Lengerich: Pabst Science Publishers.

2005

Mallach, N., Schüz, B., & Sniehotta, F. F. (2005). Prävention von Zahnerkrankungen- Effekte einer motivationalen und einer volitionalen Intervention. In A. Helmes (Ed.) *Lebensstiländerung in Prävention und Rehabilitation* (p. 131). Lengerich: Pabst.

GRANTS

Travel grant from the Deutsche Forschungsgemeinschaft (DFG; German Science Foundation) for the 22nd Conference of the European Health Psychology Society (EHPS), Bath, UK, 2008.

PROFESSIONAL AFFILIATIONS

Association for Psychological Science (APS)

Collaborative Research and Training in the EHPS (CREATE)

Deutsche Gesellschaft für Psychologie (DGPs)

European Health Psychology Society (EHPS)