

Publications

Nina Knoll

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Journal Articles

Accepted for Publication/In press

1. Wilhelm, L. O., Knoll, N., Diering, L.-E., Kolodziejczak-Krupp, K., Maas, J., Schmidt, H., & Fleig, L. (2025 — in press). Daily self-efficacy, planning and social support explain leisure-time physical activity in working adults: Evidence for the cultivation hypothesis from an ambulatory assessment study. *Health Psychology and Behavioral Medicine*. <https://doi.org/10.1080/21642850.2025.2576610>
2. Berli, C., Villinger, K., Di Maio, S., Spliesgart, A., Stadler, G., Gawrilow, C., Bolger, N., Hankonen, N., Luszczynska, A., Rothman, A. J., Schneider, F., Simpson, J. A., Knoll, N.*, & Scholz, U.* (2025—in press). Compendium of dyadic behavior change techniques v2.0: Results from a Delphi Study. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaaf080> *Shared last authorship.

2025

1. Di Maio, S., Wilhelm, L. O., Fleig, L., Knoll, N., & Keller, J. (2025). Habit substitution toward more active commuting. *Applied Psychology: Health and Well-Being*, 17(1), Article e12623. <https://doi.org/10.1111/aphw.12623>
2. Kulis, E., Szczuka, Z., Banik, A., Siwa, M., Boberska, M., Zarychta, K., Zaleskiewicz, H., Knoll, N., Radtke, T., Scholz, U., Schenkel, K., & Luszczynska, A. (2025). Physical activity planning interventions, body fat and energy-dense food intake in dyads: ripple, spillover, or compensatory effects? *Psychology & Health*, 4(3), 433-453. <https://doi.org/10.1080/08870446.2023.2233001>
3. Kulis, E., Szczuka, Z., Banik, A., Siwa, M., Boberska, M., Wietrzykowska, D., Zaleskiewicz, H., Rhodes, R. E., Radtke, T., Schenkel, K., Knoll, N., Scholz, U., & Luszczynska, A. (2025). Individual, dyadic, collaborative planning, physical activity, and nutrition: A randomized controlled trial in parent–child dyads. *Health Psychology*, 44(2), 140–153. <https://doi.org/10.1037/hea0001405>
4. Krzywicka, P., Kulis, E., Szczuka, Z., Siwa, M., Banik, A., Wietrzykowska, D., Kornafel, A., Zaleskiewicz, H., Misiakowska, J., Boberska, M., Knoll, N., Radtke, T., & Luszczynska, A. (2025). Adding planning strategies to an experiential and conceptual knowledge-based intervention: Does it help to reduce sedentary time? *Psychology of Sport and Exercise*, 77, 102782. <https://doi.org/10.1016/j.psychsport.2024.102782>
5. Lorbeer, N., Schwarzer, R., Keller, J., Di Maio, S., Domke, A., Armbrrecht, G., Börst, H., Martus, P., Ertel, W., Luszczynska, A., & Knoll, N. (2025). Volitional processes in changing physical activity: A randomized controlled trial with individuals with knee osteoarthritis. *Health Psychology*, 44(6), 597–607. <https://doi.org/10.1037/hea0001453>
6. Siwa, M., Banik, A., Szczuka, Z., Kulis, E., Boberska, M., Wietrzykowska, D., Knoll, N., DeLongis, A., Knäuper, B., & Luszczynska, A. (2025). Provided and received positive and negative social control, relationship satisfaction, and sedentary behavior

in parent-child dyads. *Annals of Behavioral Medicine*, 59(1), kaae092.

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8. Di Maio, S., Villinger, K., Knoll, N., Scholz, U., Stadler, G., Gawrilow, C., & Berli, C. (2024). Compendium of dyadic intervention techniques (DITs) to change health behaviors: a systematic review. *Health Psychology Review*, 18(3), 538-573. <https://doi.org/10.1080/17437199.2024.2307534>
9. Szczuka, Z., Kulis, E., Banik, A., Boberska, M., Siwa, M., Zaleskiewicz, H., Krzywicka, P., Paduszynska, N., Knoll, N., Radtke, T., Schenkel, K., Dunton, G. F., & Luszczynska, A. (2024). Effects of physical activity planning interventions on reducing sedentary behavior in parent-child dyads: A randomized controlled trial. *Applied Psychology: Health and Well-being*, 16(4), 1840-1863. <https://doi.org/10.1111/aphw.12565>

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12. Siwa, M., Kulis, E., Banik, A., Szczuka, Z., Boberska, M., Wietrzykowska, D., Knoll, N., DeLongis, A., Knäuper, B., & Luszczynska, A. (2023). Associations between depressive symptoms and sedentary behaviors in dyads: Longitudinal crossover effects. *Mental Health and Physical Activity*, 24, 1-9. <https://doi.org/10.1016/j.mhpa.2022.100501>
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18. Di Maio, S., Keller, J., Kwasnicka, D., Knoll, N., Sichert, L., & Fleig, L. (2022). What helps to form a healthy nutrition habit? Daily associations of intrinsic reward, anticipated regret, and self-efficacy with automaticity. *Appetite*, 175, Article 106013. <https://doi.org/10.1016/j.appet.2022.106083>
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22. Kulis, E., Szczuka, Z., Keller, J., Banik, A., Boberska, M., Kruk, M., Knoll, N., Radtke, T., Scholz, U., Rhodes, R. E., & Luszczynska, A. (2022). Collaborative, dyadic, and individual planning and physical activity: A dyadic randomized controlled trial. *Health Psychology*, 41 (2), 134-144. <http://dx.doi.org/10.1037/hea0001124>
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Conference Presentations (Selection)

1. Spliesgart, A., Villinger, K., Berli, C., Scholz, U., Di Maio, S., Stadler, G., & Knoll, N. (2025). *Inter-Coder Agreement in the identification of dyadic behavior change techniques in intervention descriptions*. Poster presented at the Conference on Innovations in Interpersonal Relationships and Health Research, Zurich, Switzerland. <https://osf.io/za9b5/>
2. Knoll, N. (2024). *A social relationships perspective on health and well-being*. Symposium discussion at the 38th Annual Conference of the European Health Psychology Society, Cascais, Portugal.
3. Knoll, N., Lorbeer, N., Keller, J., Domke, A., Di Maio, S., Armbrecht, G., Börst, H., Martus, P., Ertel, W., & Schwarzer, R. (2023). *A randomized controlled trial of the PrevOP-Psychological Adherence Program to reduce symptoms of osteoarthritis*. Paper presented at the 37th Annual Conference of the EHPS & 16th Conference of the DGPs Health Psychology Division, Bremen, Germany.
4. Knoll, N. (2021). *Gesundheitspsychologie. Chronische Erkrankungen im Alter aus der Perspektive der Gesundheitspsychologie*. Paper presented at the 13. Demografiekongress, Berlin, Germany.
5. Domke, A., Keller, J., Heuse, S., Wiedemann, A. U., Lorbeer, N., & Knoll, N. (2021). *Immediate effects of a very brief planning intervention on fruit and vegetable*

- consumption: A randomized controlled trial.* Paper presented at the 7th Conference of the Society of Ambulatory Assessment, Zurich, Switzerland.
6. Keller, J., Hohl, D. H., Pauly, T., Hoppmann, C., & Knoll, N., (2019). *Synchrony of physical activity in couples following a dyadic planning intervention.* Paper presented at the 33rd Conference of the European Health Psychology Society, Dubrovnik, Croatia.
 7. Knoll, N. (2018, September). *Discussion: Better together? How health regulation and well-being are influenced by close others.* Discussion of symposium presented at the 51. Kongress der Deutschen Gesellschaft für Psychologie, Frankfurt am Main, Germany.
 8. Knoll, N. (2018, August). *Discussion: Better together? Regulating health within close relationships.* Discussion of symposium presented at the 32nd Conference of the European Health Psychology Society, Galway, Ireland.
 9. Knoll, N., Hohl, D. H., Keller, J., Schuez, N., Luszczynska, A., & Burkert, S. (2017, September). *Days in Motion: Long-term findings from a dyadic planning intervention with couples motivated to increase physical activity.* Paper presented at the 31st Conference of the European Health Psychology Society, Padova, Italy.
 10. Knoll, N., Hohl, D. H., Keller, J., Schuez, N., Luszczynska, A., & Burkert, S. (2016, September). *Leicht bewegter Alltag: Eine dyadische Planungsintervention zur Steigerung körperlicher Aktivität bei Paaren.* Paper presented at the 50. Kongress der Deutschen Gesellschaft für Psychologie, Leipzig, Germany.
 11. Knoll, N., Hohl, D. H., Keller, J., Schuez, N., Luszczynska, A., & Burkert, S. (2016, August). *Days in Motion: A planning intervention study to enhance daily physical activity.* Paper presented at the 30th Conference of the European Health Psychology Society, Aberdeen, UK.
 12. Knoll, N., & Keilholz, U. (2016, January). *Focus Area DynAge – Disease in Human Aging: Dynamics at the level of molecules, individuals and society.* Poster presented at the Swiss Society of Gerontology, Fribourg, Switzerland.
 13. Knoll, N., Wiedemann, A., & Heckhausen, J. (2015, November). *Good for me, bad for you: Couples use compensatory control to manage incontinence.* Paper presented at the 68th Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL, USA.
 14. Knoll, N., Wiedemann, A., & Heckhausen, J. (2015, September). *Good for one, bad for the other: Cancer patients' compensatory control strategies and partners' well-being.* Paper presented at the 29th Conference of the European Health Psychology Society, Limassol, Cyprus.
 15. Knoll, N., Wiedemann, A., & Heckhausen, J. (2015, July). *Good for me, bad for you: Couples use compensatory control strategies to manage urinary incontinence.* Paper presented at the IARR 2015, Amsterdam, Netherlands.
 16. Knoll, N. (2014, November). *Compliance der physischen Aktivierung? Psychologische Modelle der Gesundheitsverhaltensförderung.* Paper presented at the 9. Interdisziplinäres Forum: Knochen und Muskeln – Neue Welten, Berlin, Germany.
 17. Knoll, N., Wiedemann, A. U., Schultze, M., Schrader, M., & Heckhausen, J. (2014, September). *Anpassung gesundheitsbezogener Autonomieziele während der Rehabilitation: Eine Studie mit Patienten und deren Partnerinnen nach radikaler*

- Prostatektomie*. Paper presented at the 49. Kongress der Deutschen Gesellschaft für Psychologie, Bochum, Germany.
18. Knoll, N., Wiedemann, A. U., Schultze, M., Schrader, M., & Heckhausen, J. (2014, May). *Adjusting lines of defense during rehabilitation: Sequelae of radical prostatectomy in patients and their spouses*. Paper presented at the 26th Annual APS Convention, San Francisco, USA.
 19. Knoll, N., Wiedemann, A. U., Burkert, S., Felber, J., & Schrader, M. (2013, September). *Partnerschaftliches Management postoperativer Einschränkungen funktionaler Gesundheit: Unsichtbare Unterstützung und ihre Verbindung mit Affekt und Beziehungskonflikten*. Paper presented at the 11. Kongress der Fachgruppe Gesundheitspsychologie der DGPs, Luxemburg, Luxemburg.
 20. Burkert, S., Knoll, N., Schütz, T. & Elbelt, U. (2013, July). *Synergistic effects of dyadic and individual planning and cognitive capacity*. Paper presented at the 27th Conference of the European Health Psychology Society, Bordeaux, France.
 21. Knoll, N., Wiedemann, A.U., Burkert, S., Felber, J. & Schrader, M. (2013, July). *Couples Managing the First Days of Sequelae Following Prostatectomy: Support Relations with Affect and Conflict*. Paper presented at the 27th Conference of the European Health Psychology Society, Bordeaux, France.
 22. Wiedemann, A. U., Burkert, S., Knoll, N. & Sniehotta, F. F. (2013, July). *The past predicts the future? The influence of past behaviour on action plans and intervention effects*. Paper presented at the 27th Conference of the European Health Psychology Society, Bordeaux, France.
 23. Knoll, N. Wiedemann, A.U., Heckhausen, J., Burkert, S., Felber, J. & Schrader, M. (2012, September). *Nutzung partnerschaftlicher Unterstützung und Selbstregulation bei Krebspatienten mit funktionellen Einschränkungen* [The utilization of partner support and self-regulation in cancer patients with functional limitations]. Paper presented at the 48th Congress of the German Psychological Society, Bielefeld, Germany.
 24. Knoll, N., Wiedemann, A.U., Heckhausen, J., Burkert, S., Felber, J. & Schrader, M. (2012, August). *Men's Utilization of Spousal Support After Prostatectomy: Managing Autonomy in the Face of Postoperative Morbidities*. Paper presented at the 12th International Congress of Behavioral Medicine, Budapest, Hungary.
 25. Knoll, N., Wiedemann, A.U., Heckhausen, J., Burkert, S., Felber, J. & Schrader, M. (2012, August). *The interplay of autonomy goals and spousal support: A prospective study with couples facing cancer*. Paper presented at the 26th Conference of the European Health Psychology Society, Prague, Czech Republic.
 26. Knoll, N., Wiedemann, A.U., Heckhausen, J., Burkert, S., Felber, J. & Schrader, M. (2012, July). *Autonomy goals and support utilization: A longitudinal study with cancer patients and their partners*. Paper presented at the 33rd Conference of the Stress and Anxiety Research Society, Palma de Mallorca, Spain.
 27. Wiedemann, A.U., Knoll, N., Burkert, S., Felber, J. & Schrader, M. (2012, March). *Akzeptanz partnerschaftlicher Unterstützung und Selbstregulation bei Prostatektomie-Patienten mit funktionellen postoperativen Einschränkungen* [Acceptance of spousal support and self-regulation in prostatectomy patients mit post-operative functional limitations]. Paper presented at the Conference of Psychosomatic Medicine and Psychotherapy, Munich, Germany.

28. Burkert, S., Knoll, N., & Gralla, O. (2011, August). *Dyadische Planung und individuelle Planung im Rahmen der Krankheitsbewältigung*. Vortrag auf dem 10. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Berlin, 54.
29. Knoll, N., Burkert, S., Scholz, U., Roigas, J. & Gralla O. (2011, August). *Beziehungszufriedenheit moderiert Effekte der partnerschaftlichen Kontrolle auf Gesundheitsverhalten und Affekt*. Vortrag auf dem 10. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Berlin, 31.
30. Wiedemann, A., Burkert, S. & Knoll, N. (2011, August). *Dyadische Bewältigung von Harninkontinenz: Soziale Unterstützung und selbstregulative Strategien fördern Gesundheitsverhalten bei Prostatektomie-Patienten*. Vortrag auf dem 10. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Berlin, 31.
31. Burkert, S., Knoll, N., & Gralla, O. (2011, July). *Dyadic and individual planning predicting pelvic-floor exercise*. Paper presented at the 32nd Annual Conference of the Stress and Anxiety Research Society, Münster, Germany.
32. Knoll, N., Burkert, S., Scholz, U., Roigas, J., & Gralla, O. (2011, July). *The dual-effects model of social control revisited: Relationship satisfaction as a moderator*. Paper presented at the 32nd Annual Conference of the Stress and Anxiety Research Society, Münster, Germany.
33. Wiedemann, A. U., Burkert, S. & Knoll, N. (2011, July). *Utilization of social support and self-regulatory strategies: How couples manage urinary prostatectomy patients' urinary incontinence*. Paper presented at the 32nd International Conference of the Stress and Anxiety Research Society, Münster, Germany.
34. Knoll, N. (2010, Oktober). *In sickness and in health: Predictors of spousal support provision*. Paper presented at the 1st Sino-German Workshop on Coping with Stress and Adversity, Berlin, Germany.
35. Burkert, S., Knoll, N. & Gralla, O. (2010, September). *Dyadische Planung, soziale und Selbstregulation aus zwei Perspektiven*. Vortrag bei dem 47. Kongress der Deutschen Gesellschaft für Psychologie, Bremen, Germany.
36. Knoll, N. (2010, September). *Anpassung der Selbstregulation und Unterstützungsnutzung bei Patienten mit Harninkontinenz nach Prostatektomie*. Vortrag auf dem gemeinsamen Kongress der DGMP/DGMS, Gießen, Germany.
37. Knoll, N., Burkert, S., & Gralla, O. (2010, September). *Reziproke partnerschaftliche Unterstützung bei krankheitsbedingten Funktionseinbußen: Eine Studie mit Paaren im Kontext der Prostatektomie*. Vortrag bei dem 47. Kongress der Deutschen Gesellschaft für Psychologie, Bremen, Germany.
38. Wiedemann, A.U. & Knoll, N. (2010, September). *Utilization of social support and self-regulatory strategies in radical prostatectomy patients with urinary incontinence*. Poster presented at the 24rd Annual Conference of the European Health Psychology Society, Cluj, Romania.
39. Knoll, N., Burkert, S., Luszczynska, A., Roigas, J., & Gralla, O. (2010, August). *Correlates of spousal support provision: Two studies with couples adapting to prostatectomy*. Paper presented at the 31st Annual Conference of the Stress and Anxiety Research Society, Galway, Ireland.

40. Schwarzer, R., Burkert, S., & Knoll, N. (2010, February). *Dyadic planning and its effects on pelvic-floor exercise and behaviour regulation*. Paper presented at the International Conference on “Stress and coping in close relationships: New theoretical and empirical insights”, Zurich, Switzerland.
41. Burkert, S., Knoll, N. & Gralla O. (2009, September). *Dyadische Planung und ihre Auswirkungen auf das Gesundheitsverhalten und das Wohlbefinden*. Vortrag auf der Tagung der Deutschen Gesellschaft für Medizinische Psychologie (DGMP), Göttingen, Germany.
42. Knoll, N., Burkert, S., & Gralla, O. (2009, September). *Associations of Spousal Social Control with Health-Relevant Behavior and Affect: Relationship Satisfaction as a Moderator*. Paper presented at the 23rd Annual Conference of the European Health Psychology Society, Pisa, Italy, 234.
43. Burkert, S., Knoll, N., & Gralla, O. (2009, August). *Dyadische Planung: Soziale Austauschprozesse bei der Aufnahme von Beckenbodentraining nach einer Prostatektomie*. Vortrag auf dem 9. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Zurich, Switzerland, 22.
44. Knoll, N., Burkert, S., & Gralla O. (2009, August). *Associations of Spousal Social Control with Health-Relevant Behavior and Affect: Relationship Satisfaction as a Moderator*. Paper presented at the 9. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Zurich, Switzerland, 44.
45. Knoll, N., Burkert, S., Kramer, J., Roigas, J., & Gralla, O. (2009, July). *Relationship satisfaction and sexual functions in men receiving laparoscopic radical prostatectomy: Is providing support better than receiving?* Paper presented at the 30th Annual Conference of the Stress and Anxiety Research Society, Budapest, Hungary.
46. Burkert, S., Knoll, N. & Gralla O. (2008, September). *Dyadische Planung als Strategie der Gesundheitsverhaltensänderung: Eine Studie mit Prostatektomiepatienten und ihren Partnerinnen*. Vortrag auf dem gemeinsamen Kongress der DGMP/DGMS, Jena, Germany, 228.
47. Knoll, N., Scholz, U., Burkert, S. & Gralla O. (2008, September). *Längsschnittliche Assoziationen zwischen erhaltener sozialer Unterstützung und Selbstwirksamkeitserwartungen: Zwei Studien mit Prostatektomie-Patienten und ihren Partnerinnen*. Vortrag auf dem gemeinsamen Kongress der DGMP/DGMS, Jena, Germany, 26.
48. Burkert, S., Knoll, N., & Gralla, O. (2008, July). *Dyadic planning as an interactive self-regulatory strategy in health behavior change: A study with prostatectomy patients and their spouses*. Paper presented at the 29th International Congress of Psychology, Berlin, Germany, 204.
49. Knoll, N., Burkert, S. & Gralla, O. (2008, July). *Effects of spousal support on support recipients' self efficacy: A study with prostatectomy patients and their spouses*. Paper presented at the 27th Annual Conference of the Stress and Anxiety Research Society, London, UK.
50. Knoll, N., Schwarzer, R., & Kienle, R. (2008, July). *Situational appraisals and the transmission of depressive symptoms: A study with couples undergoing assisted reproduction treatment*. Paper presented at the 29th International Congress of Psychology, Berlin, Germany, 737.

51. Knoll, N., Burkert, S. & Gralla, O. (2008, Februar). *Zusammenhänge zwischen partnerschaftlicher Unterstützung und Selbstwirksamkeitserwartungen der Unterstützungsempfänger*. Vortrag bei der 5. Fachtagung Familienpsychologie, München, Germany, 68.
52. Burkert, S., Knoll, N., & Gralla, O. (2007, September). *Bewältigung einer Prostatektomie: Beckenbodentraining nach dyadischer Planung*. Poster bei der Tagung der Deutschen Gesellschaft für Medizinische Psychologie, Hamburg, Germany.
53. Dunkel, A., Burkert, S., Knoll, N., & Gralla, O. (2007, September). *Die Reziprozität sozialer Unterstützungsprozesse bei Prostatektomiepatienten und deren Partnerinnen*. Poster bei dem 8. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Schwäbisch Gmünd, Germany, 63.
54. Gralla, O., Buchser, M., Anders, E., Knoll, N., Deger, S., Roigas, J., Loening, S. A., & Giessing, M. (2007, September). *Fast-Track Verfahren bei laparoskopisch radikaler Prostatektomie (LRPE) - Perioperative Daten von Patienten eines operativen Anfängers im Vergleich derer eines high-volume Operateurs*. Vortrag bei dem Kongress der Deutschen Gesellschaft für Urologie, Berlin, Germany.
55. Knoll, N., Scholz, U., Burkert, S., & Gralla, O. (2007, September). *Effekte mobilisierter und erhaltener Unterstützung auf die Selbstwirksamkeitserwartungen der Unterstützungsgeber und -empfänger: Eine Studie mit Prostatektomie-Patienten und ihren Partnerinnen*. Vortrag bei dem 8. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Schwäbisch-Gmünd, Germany, 24.
56. von Lindequist, N., Burkert, S., Knoll, N., & Gralla, O. (2007, September). *Die Rolle sozialer Unterstützung bei erektiler Dysfunktion nach Prostatektomie*. Poster bei der Tagung der Deutschen Gesellschaft für Medizinische Psychologie, Hamburg, Germany.
57. Burkert, S., Knoll, N., & Gralla, O. (2007, August). *Pelvic-floor exercise and social processes after a dyadic intervention with prostatectomy patients and their spouses*. Paper presented at the 21st Conference of the European Health Psychology Society, Maastricht, The Netherlands, 491.
58. Procidano, M. E., Cieslak, R., Sakworawich, A., Hernandez-Plaza, S., Pozo-Munoz, C., Alonso- Morillejo, E., Domínguez-Espinosa, A., Salas-Menotti, I., Knoll, N., Zinken, K., Nausheen, B., & Gupta, A. (2007, July). *Perceived social support item functioning in nine countries*. Paper presented at the Annual Meeting of the Stress and Anxiety Research Society, Puna Cana, Dominican Republic.
59. Knoll, N., Kienle, R., & Rosemeier, H. P. (2006, September). *Soziale Unterstützung bei Kinderwunschpaaren: Ist Geben besser denn Nehmen?* Vortrag bei dem 45. Kongress der Deutschen Gesellschaft für Psychologie, Nürnberg, Germany, 283.
60. Knoll, N., Burkert, S., Rosemeier, H. P., Roigas, J., & Gralla, O. (2006, July). *Predictors of decrease in spousal support: A study with prostatectomy patients and their partners*. Paper presented at the 27th Annual Conference of the Stress and Anxiety Research Society, Crete, Greece.
61. Knoll, N., Kienle, R., & Rosemeier, H. P. (2006, July). *Affect and enacted support in couples undergoing in-vitro fertilization*. Paper presented at the 27th Annual Conference of the Stress and Anxiety Research Society, Crete, Greece.

62. Knoll, N., Kienle, R., & Rosemeier, H. P. (2005, September). *Situationsbewertungen und soziale Unterstützung bei Paaren im Rahmen der Kinderwunschbehandlung*. Vortrag bei dem 7. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Freiburg, Germany, 34.
63. Knoll, N., Kienle, R., & Rosemeier, H. P. (2005, August). Dyadic stress and social support in couples undergoing in-vitro fertilization. *Psychology and Health* (suppl.), 20, 134. Paper presented at the 19th Annual Conference of the European Health Psychology Society, Galway, Ireland, 134.
64. Burkert, S., Knoll, N., & Scholz, U. (2005, August). Smoking cessation and dyadic planning. *Psychology and Health* (suppl.), 20, 36. Poster presented at the 19th Annual Conference of the European Health Psychology Society, Galway, Ireland, 134.
65. Knoll, N., Rieckmann, N., & Kienle, R. (2005, July). *The other way around: Do health indicators predict perceived social support?* Poster presented at the 26th Annual Conference of the Stress and Anxiety Research Society, Halle, Germany, 113.
66. Knoll, N. (2004, September) *Kongruenz der Situationsbewertungen und geleistete Unterstützung*. Vortrag bei dem 44. Kongress der Deutschen Gesellschaft für Psychologie, Göttingen, Germany, 1107.
67. Knoll, N. (2004, September). *I'll help you cope: Dyadic coping and social support*. Poster presented at the 18th Annual Conference of the European Health Psychology Society, Helsinki, Finland, 96. *Psychology and Health* (suppl.), 19, 96.
68. Knoll, N., Rieckmann, N., & Scholz, U. (2004, June). *Erhaltene Unterstützung moderiert die Auswirkungen von Multimorbidität auf die Entwicklung von Alltagsaktivitäten im Alter*. Vortrag bei der DGMP Jahrestagung: Gemeinsamer Kongress der Deutschen Gesellschaft für Medizinische Psychologie und Deutschen Gesellschaft für Medizinische Soziologie, Bochum, Germany, 9.
69. Wohlgemuth, A., & Knoll, N. (2004, März). *Die Bedeutung von personalen Ressourcen und Bedingungsressourcen für die Bewältigung einer Krebserkrankung*. Vortrag bei dem 6. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Leipzig, Germany, 23.
70. Knoll, N., Rieckmann, N., & Scholz, U. (2004, März). *Gesundheit, funktionale Einschränkungen, gefühltes Alter und Wohlbefinden: Eine Studie mit Kataraktpatienten*. Vortrag bei dem 6. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Leipzig, Germany, 45.
71. Knoll, N., & Rieckmann, N. (2004). Received support as a moderator between multimorbidity and change in functional capacity: a study with cataract patients. *International Journal of Behavioral Medicine* (suppl.), 11, 226.
72. Knoll, N., & Rieckmann, N. (2003, November). *Support utilization and adaptation to stress: A study with cataract patients*. Paper presented at the 55th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA, 93.
73. Knoll, N., Rieckmann, N., & Schwarzer, R. (2003, September). *Correlates of support mobilization under stress: Consolation or ego damage?* Poster presented at the European Health Psychology Society (EHPS): 17th Conference of the European Health Psychology Society, Kos, Greece, 93.

74. Knoll, N., & Schulz, U. (2003). Stress in later life: Is trouble shared trouble halved? *Gerontologist* (suppl), 43, 92.
75. Knoll, N., & Rieckmann, N. (2002, September). *Bewältigungsbemühungen bei akutem Stress: Ist weniger mehr?* Posterbeitrag bei dem 43. Kongress der Deutschen Gesellschaft für Psychologie, Berlin, Germany, 1450.
76. Knoll, N., Rieckmann, N., & Schwarzer, R. (2002, June). *Coping as a personality process*. Paper presented at the 11th European Conference on Personality of the European Association of Personality Psychology in Jena, Germany, 122.
77. Sniehotta, F. F., Scholz, U., & Knoll, N. (2002, June). *State versus action orientation: A functional analysis of planning processes in goal implementation*. Paper presented at the 11th European Conference on Personality of the European Association of Personality Psychology, Jena, Germany, 110.
78. Rieckmann, N., Knoll, N., Scholz, U., & Schwarzer, R. (2001, September). *Subjektives Wohlbefinden und Alltagsaktivitäten bei Grauen Star Patienten mittleren und höheren Erwachsenenalters: Die Rolle akkomodativer und assimilativer Bewältigungstendenzen*. Poster für die 15. Tagung der Fachgruppe Entwicklungspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Potsdam, Germany.
79. Sniehotta, F. F., Knoll, N., & Schüz, B. (2001, September). *Self-efficacy beliefs and intentions in the adoption, initiation, and maintenance of health behaviors*. Paper presented at the 15th Annual Conference of the European Health Psychology Society and the Division of Health Psychology of the British Psychological Society, St. Andrews, Scotland.
80. Knoll, N., Rieckmann, N., & Schwarzer, R. (2001, July). *Affective adaptation in the context of cataract surgery: Does experience make a difference?* Paper presented at the XVII. World Congress of Gerontology, Vancouver, Canada.
81. Rieckmann, N., Knoll, N., & Schwarzer, R. (2001, July). *Effects of dispositional coping on subjective well-being and everyday activities in cataract patients undergoing surgery*. Paper presented at the XVII. World Congress of Gerontology, Vancouver, Canada.
82. Knoll, N., & Schwarzer, R. (2001, June). *Stressbewältigung bei Kataraktoperationen*. Vortrag für die Summerschool Gesundheitspsychologie, Schwäbisch Gmünd, Germany.
83. Rieckmann, N., Dick, B., Schwenn, O., Knoll, N., & Schwarzer, R. (2001, May). *Indicators of life-quality in cataract patients with multifocal vs. monofocal IOL*. Paper presented at the 14th Congress of Ophthalmosurgery, Nuremberg, Germany.
84. Knoll, N., & Rieckmann, N. (2001, April). *Affektive Anpassung im Kontext einer Kataraktoperation*. Vortrag bei dem 5. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Oldenburg, Germany, 25.
85. Rieckmann, N., Knoll, N., & Schwarzer, R. (2001, April). *Direkte und moderierende Effekte sozialer Unterstützung bei Multimorbidität: Eine Frage des Kriteriums und des Alters?* Vortrag bei dem 5. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Oldenburg, Germany, 42.

86. Scholz, U., Rieckmann, N., Knoll, N., & Schwarzer, R. (2001, April). *Verbesserte Sehfähigkeit nach erfolgreicher Katarakt-Operation: Entscheidet der präoperative Ressourcenstatus über erfolgreiche Anpassung*. Vortrag bei dem 5. Kongress für Gesundheitspsychologie der Fachgruppe Gesundheitspsychologie der Deutschen Gesellschaft für Psychologie (DGPs), Oldenburg, Germany, 48.
87. Rieckmann, N., Knoll, N., & Schwarzer, R. (2001, March). *Resilienz im Alter: Erste Ergebnisse einer Studie mit Katarakt Patienten*. Vortrag bei dem 5. Kongress der Deutschen Gesellschaft für Geriatrische Psychiatrie und Psychotherapie, Berlin, Germany.
88. Knoll, N., & Schwarzer, R. (2000, May). *Gender and age differences in social support: A study on East-German refugees*. Poster presented at the NATO Advanced Research Workshop, Budapest, Hungary.
89. Knoll, N., Renner, B., & Schwarzer, R. (1999, November). *Age makes a difference in health beliefs and nutrition behaviors*. Poster presented at the 51st Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
90. Knoll, N. (1999, October). *Coping as a personality process: How elderly patients deal with cataract surgery*. Poster presented at the Fall Academy of the Graduate Program on "The Psychiatry and Psychology of Aging", Dölln, Germany.
91. Knoll, N., Weidner, G., & Kohlmann, C. W. (1998, March). *Sex differences in health behaviors: A function of gender roles?* Poster presented at the Annual Meeting of the Society of Behavioral Medicine (SBM), New Orleans, LA.
92. Krohne, H. W., & Knoll, N. (1997, July). *Coping dispositions and success- or failure-related emotional states as determinants of attentional focus*. Paper presented at the 18th International Conference of the Stress and Anxiety Research Society (STAR), Düsseldorf, Germany.

Invited Talks

1. November, 2025, LIFE Inaugural Celebration, Max Planck Institute for Human Development, Berlin, Germany: *The Couple Context of Health Behavior Change: Classifying Dyadic Techniques*.
2. February, 2022, SNSF Relationships and Health Meeting, with Jan Keller: *Dyadic Planning: Background, Findings, Observations*.
3. October, 2019, Analysis of Dyadic Interaction, Peer Mentoring Group, University of Zurich, Zurich, Switzerland: *Days in Motion: Lessons Learned*.
4. April, 2019, LIFE Introductory Workshop 2019, Foundations of Lifespan Research, Max Planck Institute for Human Development, Berlin, Germany: *Lifespan Health Psychology*.
5. October, 2017, Guest lecture, SWPS University, Wroclaw, Poland: *For better and for worse: Spousal exchange processes in couples facing and health challenges*.
6. May, 2017, Open Lecture Hall, Transforming our World, Freie Universität Berlin: *Gesundheit für alle: Infrastrukturelle Bedingungen sind notwendig – aber sind sie auch hinreichend? Gedanken zum UN-Ziel 3 (SDG3) nachhaltiger Entwicklung bis 2030*. [Health for all: infrastructure is necessary – but is it sufficient? Thoughts on the Sustainable Development Goal 3 (SDG3).]

7. April, 2016, Forschungsgruppe für Geriatrie der Charité – Universitätsmedizin Berlin am EGZB: *Die Focus Area DynAge: Alternsassozierte Erkrankungsprozesse beim Menschen: Dynamiken auf der Ebene von Molekülen, Individuen und Gesellschaft.*
8. November, 2015, Robert Koch Institut, Berlin, Germany: *Die Focus Area DynAge: Alternsassozierte Erkrankungsprozesse beim Menschen: Dynamiken auf der Ebene von Molekülen, Individuen und Gesellschaft.*
9. October, 2015, Cluster WIFO AZM, Berlin, Germany: *Psychologische Modelle der Gesundheitsverhaltensförderung.*
10. July, 2015, Deutsches Institut für Ernährungsforschung (DIfE), Potsdam-Rehbrücke, Germany: *Disease in human aging: Dynamics at the level of molecules, individuals, and society. The Focus Area DynAge.*
11. February, 2015, Kolloquium des Peer-Mentoring Netzwerks Analyse dyadischer Interaktion, Universität Zürich: *In guten wie in schlechten Zeiten: Partnerschaftliche Austauschprozesse bei gesundheitlichen Herausforderungen.* [For Better and for Worse: Spousal Exchange Processes and Challenged Health].
12. February, 2014, 26. Jahrestagung der AKPP in der DGZMK, Universität Gießen: *Psychologische Modelle der Gesundheitsverhaltensförderung.* [Psychological Models of Health Behavior Change].
13. February, 2013, Bioclub, Freie Universität Berlin: *Disease in Human Aging: Dynamics at the Level of Molecules, Individuals, and Society. Introducing DynAge.*
14. November, 2012, Kolloquium der Klinik für Hämatologie und Onkologie, Charité – Universitätsmedizin Berlin: *Geplante Focus Area: Disease in Human Aging – und was die Gesundheitspsychologie dazu beitragen kann.* [Planned Focus Area: Disease in Human Aging – Contributions from Health Psychology].
15. January, 2011, 27th Symposion on Methods in Social Psychology, University of Hamburg: *Partnerschaftliche Unterstützung im Erkrankungskontext: Bedingungen, Verlauf und Hinweise auf Effektivität* [Spousal Support in Illness Contexts: Predictors, Development, and Hints at Efficiency].
16. May, 2010, Kolloquium Gesundheitswissenschaften und Versorgungsforschung, Universitätsklinikum Leipzig: *Soziale Unterstützung bei Patienten nach Prostatektomie* [Social Support for Patients Following Prostatectomy].
17. September, 2009, Gästekolloquium des Masterschwerpunkts Sozial-, Organisations- und Wirtschaftspsychologie, Universität Zürich: *Soziale Austauschprozesse bei Erkrankungen: Zusammenhänge mit dem Wohlbefinden, der Beziehungsqualität und der Änderung gesundheitsrelevanten Verhaltens* [Social Exchange Processes and Diseases: Associations with Well-being, Relationship Quality, and Health Behavior Change].
18. May, 2009, Klinik und Poliklinik für Urologie, Charité – Universitätsmedizin Berlin: *Nutzung von Kontrollstrategien und partnerschaftlicher Unterstützung nach Prostatektomie* [Use of Control Strategies and Spousal Support Following Prostatectomy].
19. February, 2009, Klinik und Poliklinik für Psychosomatische Medizin und Psychotherapie, Universitätsmedizin der Johannes-Gutenberg-Universität Mainz: *Soziale Austauschprozesse bei Erkrankungen: Zusammenhänge mit dem Wohlbefinden und der Änderung gesundheitsrelevanten Verhaltens* [Social Exchange Processes and Diseases: Associations with Well-being and Health Behavior Change].

20. June, 2006, Klinik und Poliklinik für Psychosomatik und Psychotherapeutische Medizin, Charité -- Universitätsmedizin Berlin: *Partnerschaftliche Unterstützung im Rahmen der Kinderwunschbehandlung* [Spousal Support and Assisted Reproduction Treatment].
21. February, 2006, Klinik und Poliklinik für Psychosomatik und Psychotherapeutische Medizin, Universität Rostock: *Stress und soziale Unterstützung bei Kinderwunschaaren: Ist Geben besser denn Nehmen?* [Stress and Social Support in Couples Undergoing Assisted Reproduction Treatments: Is Giving Better than Receiving?].
22. May, 2003, Institut für Psychologie, Ernst-Moritz-Arndt-Universität, Greifswald: *Subjektives Alter und Persönlichkeit im Kontext der Kataraktoperation* [Subjective Age and Personality: A study with cataract patients].

Workshops

1. Knoll, N. (2017, June). Missings [for Singles and Couples]. Workshop held at the Division Health Psychology, Freie Universität Berlin.
2. Knoll, N. (2014, March). A brief guide to peer review. Workshop held at the Division Health Psychology, Freie Universität Berlin.
3. Knoll, N. (2012, March). Missings [for Singles and Couples]. Workshop held at the Division Health Psychology, Freie Universität Berlin.
4. Knoll, N. (2011, March). Missings [for Singles and Couples]. Workshop held at the Peer-Mentoring Programme Interpersonal Analyses of Dyadic Interaction, Universität Zürich.