

Kolloquium „*Berner Gespräche zur Sportwissenschaft*“

Montag, 17.10.2016, von 16.15 Uhr bis 17.45 Uhr

Hörsaal C001 (Universität Bern, ZSSW Gebäude C, Bremgartenstrasse 145, 3012 Bern)

Self-control trainings: What we (do not) know so far

Prof. Dr. Malte Friese is the head of the Social Psychology lab at Saarland University, Saarbrücken, Germany. He received his PhD from the University of Basel in 2008 and his habilitation in 2012. In 2012, he moved to Saarland University as a full professor for social psychology. His main research interests are self-regulation and self-control, motivation, and implicit social cognition. He is interested in how cognitive and motivational processes shape self-regulatory success or failure, and how self-regulation can be improved. Malte Friese currently serves as Associate Editor for Social Psychology and is main editor of the German edition of In-Mind (<http://de.in-mind.org>), an online platform that communicates psychological research to the general public.



Individual differences in self-control are positively associated with a host of beneficial outcomes. Therefore, psychological interventions that reliably improve self-control are of great societal value. A prominent idea suggests that practicing self-control by repeatedly overriding dominant responses should lead to broad improvements in self-control over time. In this talk, I will present one empirical study that investigated the effects of self-control training on academic achievement. Subsequently, I will present a meta-analysis of the self-control training literature. The analysis will report on the mean effectiveness of self-control trainings and various moderator analyses that may help to understand when training effects tend to be weaker or stronger, respectively. Special emphasis will lie on the detection of and correction for publication bias, an increasingly recognized threat to the credibility of psychological research. The discussion will focus avenues for future research in light of the meta-analytic results.