

Kolloquium „Berner Gespräche zur Sportwissenschaft“

Monday, 22.04.2024

4.15pm - 5.45pm via Zoom

Zoom-Link: <https://unibe-ch.zoom.us/j/65310439157?pwd=NSStU3JBK3BqQjBLWEJKQ2x2Y1JTUT09>

Meeting ID: 653 1043 9157 Kenncode: 344033

If it is new, fun, interesting, and exciting – are you more likely to do it? Thoughts on the self-expansion theory

**Xiaomeng (Mona) Xu
徐晓梦; she/her/hers**

Self-expansion theory (Aron & Aron, 1986) posits that humans are intrinsically motivated to add positive content to their self-concept through increasing perspectives, identities, resources, and efficacy, often by pursuing novelty, challenge, interest, and/or excitement. While self-expansion was first developed to help us better understand close relationship formation and maintenance, studies have also investigated self-expansion and its associations with health behaviors. This talk will provide a brief review of this research, starting with work on smoking and weight control but focusing on more recent work on the associations between self-expansion and physical activity. This includes studies looking at both general self-expansion and domain specific physical activity self-expansion, and studies with a variety of samples, urban, and rural, in the United State of America and Switzerland. Some ideas for future research and directions will also be shared, and there will be time for questions and discussion.



Dr. Xu is Professor of Psychology and Director of Experimental Training at Idaho State University (on Shoshone-Bannock land).

Her research focuses on health, relationships, and teaching.

Dr. Xu received a B.A. in Psychology from New York University, an M.A. in Psychology and Ph.D. in Social Health Psychology from Stony Brook University, and completed an NIH Postdoctoral Fellowship at The Warren Alpert Medical School of Brown University and The Miriam Hospital.