

JOURNAL PUBLICATIONS PEER REVIEW

- Dorison, C.A., Lerner, J.S., Blake, H.H., Rothman, A.J., Kawachi, I.I., Wang, K., Rees, V.W., Gill, B.P., Gibbs, N., Ebersole, C.R., Vally, Z., Tajchmann, Z., Zsido, A.N., Zrimsek, M., Chen, Z., Ziano, I., Gialitaki, Z., Ceary, C.D., ... **Radtke**, T., ... Coles, N.A (2022). In COVID-19 Health Messaging, Loss Framing Increases Anxiety with Little-to-No Concomitant Benefits: Experimental Evidence from 84 Countries. *Affective Science*. <https://doi.org/10.1007/s42761-022-00128-3>
- Keller, J., Roitzheim, C., **Radtke**, T., Schenkel, K., & Schwarzer, R. (2021). Effects of an intervention app on problematic smartphone use: Randomized controlled trial. *Journal of Medical Internet Research Mhealth Uhealth*. <http://dx.doi.org/10.2196/26397> [Impactfactor: 4.77]
- 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*. Advance online publication. <http://dx.doi.org/10.1037/hea0001124> [Impactfactor: 3.42]
- Legate, N., Nguyen, T., Weinstein, N., Moller, A., Legault, L., Ebersole, C. R., Vally, Z., Tajchman, Z., Zsido, A., Zrimsek, M., Chen, Z., Ziano, I., Gialitaki, Z., Ceary, C. D., Jang, Y., Lin, Y., Kunisato, Y., Yamada, Y., ... **Radtke**, T., .. Primbs, M. (2022). A Global Experiment on Motivating Social Distancing During the COVID-19 Pandemic. *Psychological and Cognitive Science*. <https://doi.org/10.1073/pnas.2111091119> [Impactfactor: 11.20]
- Lüscher, J., & **Radtke**, T. (2022). The impact of adolescent's daily electronic media use on sleep: Insights from adolescent's and their mother's point of view. *Applied Psychology: Health and Well-Being*. <https://doi.org/10.1111/aphw.12397> [Impactfactor: 7.51]
- Nuñez, T. R., Pallasch, N., & **Radtke**, T. (accepted for publication). Students` Emotional Well-being and Academic Functioning Before, During, and After Lockdown in Germany: A Cohort Study. *JMIR Formative Research*.
- Schenkel, K., Haug, S., Paz Castro, R., Lüscher, J., Scholz, U., Schaub, M. P., & **Radtke**, T. (2022). One SMS a day keeps the stress away? A just-in-time planning intervention to reduce occupational stress among apprentices. *Applied Psychology: Health and Well-Being*. <https://doi.org/10.1111/aphw.12340> [Impactfactor: 7.51]
- Wang, K., Goldenberg, A., Dorison, C. A., Miller, J., K., Uusberg, A., Lerner, J. S., Gross, J. J., Agesin, B., Bernado, M., Campos, O., Eudave, L., Grzech, K., Hausamn Ozery, D., Jackson, E. A., Garcia, E. O. L., Meir Drexler, Jurković, A., S., Rana, K., Wilson, J. P., ... **Radtke**, T., ... Moshontz, H. (2021). A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nature Human Behaviour*, 5, 1089–1110. <https://doi.org/10.1038/s41562-021-01173-x> [Impactfactor: 13.66]
- Radtke**, T., Apel, T., Schenkel, K., Keller, J., & von Lindern, E. (2021). Digital detox – a passing trend or a lasting solution in the smartphone era? A systematic review of the literature. *Mobile Media & Communication*. <https://doi.org/10.1177/20501579211028647> [Impactfactor: 3.00]
- Schenkel, K., **Radtke**, T., Luszczynska, A., Lüscher, J., Kulis, E., & Scholz, U. (2021). From a mother's point of view: Psycho-social predictors of maternal monitoring strategy and adolescents' electronic media use. *Journal of Adolescence*, 88, 134–145. <https://doi.org/10.1016/j.adolescence.2021.02.008> [Impactfactor: 3.25]
- Ostermann, T., Gampe, J., Röer, J.-P., & **Radtke**, T. (2021). Antecedents of individuals concerns regarding hygiene in hospitals and the decision to postpone surgeries during the COVID-19 pandemic: Results from a cross-sectional online-survey in Germany. *Journal of Medical Internet Research*, 23(3): e24804. <https://doi.org/10.2196/24804> [Impactfactor: 4.7]
- Amrein, M. A., Lüscher, J., Berli C., **Radtke**, T., & Scholz, U. (2020). Do daily compensatory health beliefs predict intention to quit and smoking behaviour? A daily diary study during smoking

- cessation. *International Journal of Environmental Research and Public Health*, 17, 6419; <https://doi.org/10.3390/ijerph17176419> [Impactfactor: 3.39]
- Nuñez, T. R., **Radtke**, T., & Eimler, S. (2020). Third-person perspective on phubbing: observing smartphone-induced social exclusion generates negative affect, stress, and derogatory attitudes. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 14(3). <https://doi.org/10.5817/CP2020-3-3> [Impactfactor: 2.9]
- Zarychta, K., Banik, A., Kulis, E., Boberska, M., **Radtke**, T., Chan, C. K. Y., Lobczowska, K., & Luszczynska, A. (2020). Do parent-child dyads with excessive body mass differ from dyads with normal body mass in perceptions of obesogenic environment? *Nutrients*, 12, 2149. doi:10.3390/nu12072149 [Impactfactor: 4.54]
- Haug, S., Paz Castro, R., Scholz, U., Kowatsch, T., Schaub, M. P., & **Radtke**, T. (2020). Efficacy of a mobile phone-delivered just-in-time planning intervention to reduce alcohol use in adolescents: results of a randomized controlled crossover trial. *Journal of Medical Internet Research mHealth and uHealth*, 8(5), e16937. doi: 10.2196/16937 [Impactfactor: 4.77]
- Zarychta, K., Banik, A., Kulis, E., Boberska, M., **Radtke**, T., Chan, C. K. Y., & Luszczynska, A. (2020). Parental Depression Predicts Child Body Mass via Parental Support Provision, Child Support Receipt, and Child Physical Activity: Findings from Parent/Caregiver-Child Dyads. *Frontiers in Psychology*, 11, e161, doi: 10.3389/fpsyg.2020.00161 [Impactfactor: 2.99]
- Radtke**, T., Liszewska, N., Horodyska, K., Boberska, M., Schenkel, K., & Luszczynska, A. (2019). Cooking together: The IKEA effect on family vegetable intake. *British Journal of Health Psychology*, 24, 896–912. doi: 10.1111/bjhp.12385 [Impactfactor: 2.47]
- De Cocker, K., Cardon, G., Vergeer, I., **Radtke**, T., & Vandelanotte, C. (2019). Who uses action planning in a web-based computer-tailored intervention to reduce workplace sitting and what do action plans look like? Analyses of the Start to stand intervention among Flemish employees. *Applied Psychology: Health and Well-Being*. doi:10.1111/aphw.12167 [Impactfactor: 1.94]
- Kruk, M., Zarychta, K., Horodyska, K., Boberska, M., Scholz, U., **Radtke**, T., & Luszczynska, A. (2019). What comes first, negative emotions, positive emotions, or moderate-to vigorous physical activity? *Mental Health and Physical Activity*, 16, 38–42. doi:10.1016/j.mhpa.2019.03.002 [Impactfactor: 3.19]
- Horodyska, K., Boberska, M., Kruk, M., Szczuka, Z., Wiggers, J., Wolfenden, L., Scholz, U., **Radtke**, T., & Luszczynska, A. (2019). Perceptions of physical activity promotion, transportation support, physical activity, and body mass: an insight into parent-child dyadic processes. *International Journal of Behavioral Medicine*, 26(3), 255–265. doi:10.1007/s12529-019-09780-9 [Impactfactor: 2.01]
- Inauen, J., **Radtke**, T., Rennie, L., Orbell, S., & Scholz, U. (2018). Transfer or compensation? An experiment testing the effects of actual and imagined exercise on eating behavior. *Swiss Journal of Psychology*, 77, 59-67. doi:10.1024/1662-9647/a000207 [Impactfactor: 0.9]
- Liszewska, N., Scholz, U., **Radtke**, T., Horodyska, K., & Luszczynska, A. (2018). Association between children's physical activity and parental practices enhancing children's physical activity: The moderating effects of children's BMI z-score. *Frontiers in Psychology*, 8, 2359. doi:10.3389/fpsyg.2017.02359 [Impactfactor: 2.99]
- Liszewska, N., Scholz, U., **Radtke**, T., Horodyska, K., & Luszczynska, A. (2018). Bi-directional associations between parental feeding practices and children's body mass in parent-child dyads. *Appetite*, 129, 192–197. doi:10.1016/j.appet.2018.07.011 [Impactfactor: 3.1]
- Kruk, M., Zarychta, K., Horodyska, K., Boberska, M., Scholz, U., **Radtke**, T., & Luszczynska, A. (2018). From enjoyment to physical activity or from physical activity to enjoyment? Longitudinal associations in parent-child dyads. *Psychology & Health*, 33, 1269–1283. doi:10.1080/08870446.2018.1489049 [Impactfactor: 3.07]
- Radtke**, T., Luszczynska, A., Schenkel, K., Biddle, S., & Scholz, U. (2018). A cluster randomized controlled trial comparing the effectiveness of an individual planning intervention with collaborative planning in adolescent friendship dyads to enhance physical activity (TWOgether). *BMC Public Health*, 18, 911. doi.org/10.1186/s12889-018-5818-6 [Impactfactor: 3.81]

- Amrein, M. A., Rackow, P., Inauen, J., **Radtke, T.**, & Scholz, U. (2017). The role of Compensatory Health Beliefs in eating behavior change: A mixed method study. *Appetite*, *116*, 1-10. doi:10.1016/j.appet.2017.04.016 [Impactfactor: 3.1]
- Horodyska, K., Boberska, M., Knoll, N., Scholz, U., **Radtke, T.**, Liszewska, N., & Luszczynska, A. (2017). What matters, parental or child perceptions of physical activity facilities? A prospective parent-child study explaining physical activity and body fat among children. *Psychology of Sport and Exercise*, *34*, 39-46. doi:10.1016/j.psychsport.2017.09.007 [Impactfactor: 4.5]
- Radtke, T.**, Ostergaard, M., Cooke, R., & Scholz, U. (2017). Web-based alcohol intervention: study of systematic attrition of heavy drinkers. *Journal of Medical Internet Research*, *19*(6):e217. doi:10.2196/jmir.6780 [Impactfactor: 4.7]
- Radtke, T.**, & Scholz, U. (2016). Beliefs are not behavior: The distinction of compensatory health beliefs and compensatory health behavior. *European Journal of Health Psychology*, *24*(3), 119-129. doi:10.1026/0943-8149/a000161 [Impactfactor: 1.55]
- Radtke, T.**, & Rackow, P. (2014). Autonomous motivation is not enough: The role of compensatory health beliefs for the readiness to change stair and elevator use. *International Journal of Environmental Research and Public Health*, *11*, 12412-12428. doi:10.3390/ijerph111212412 [Impactfactor: 3.39]
- Radtke, T.**, Inauen, J., Rennie, L., Orbell, S., & Scholz U. (2014). Trait versus state: Effects of dispositional and situational compensatory health beliefs on high calorie snack consumption. *Zeitschrift für Gesundheitspsychologie*, *22*(4), 156-164. doi:0.1026/0943-8149/a000125 [Impactfactor: 1.55]
- Radtke, T.**, Kaklamanou, D., Scholz, U., Hornung, R., & Armitage, C. (2014). Are Diet-Specific Compensatory Health Beliefs Predictive of Dieting Intentions and Behaviour. *Appetite*, *76*, 36-43. doi:10.1016/j.appet.2014.01.014 [Impactfactor: 3.1]
- Berli, C., Loretini, P., **Radtke, T.**, Hornung, R., & Scholz, U. (2014). Predicting Physical Activity in Adolescents: The Role of Compensatory Health Beliefs within the Health Action Process Approach. *Psychology & Health*, *29*, 458-474. doi:10.1080/08870446.2013.865028 [Impactfactor: 3.07]
- Radtke, T.**, Scholz, U., Keller, R., Perren, S., & Hornung, R. (2013). Assessing the psychometric properties of the German version of the Compensatory Health Belief Scale. *Zeitschrift für Gesundheitspsychologie*, *21*, 159-166. doi:10.1026/0943-8149/a000100 [Impactfactor: 1.55]
- Radtke, T.**, Scholz, U., Keller, R., & Hornung, R. (2012). Smoking is ok as long as I eat healthily: Compensatory Health Beliefs and their role for intentions and smoking within the Health Action Process Approach. *Psychology and Health*, *27*, 91-107. doi:10.1080/08870446.2011.603422 [Impactfactor: 3.07]
- Radtke, T.**, & Scholz, U. (2012). "Enjoy a delicious cake today and eat healthily tomorrow": Compensatory Health Beliefs and their impact on health. *The European Health Psychologist*, *14*, 37-40.
- Radtke, T.**, Scholz, U., Keller, R., Knäuper, B., & Hornung, R. (2011). Smoking-specific Compensatory Health Beliefs and the readiness to stop smoking in adolescents. *British Journal of Health Psychology*, *16*, 610-625. doi:10.1348/2044-8287.002001 [Impactfactor: 2.47]
- Radtke, T.**, Keller, R., Bütikofer, A., & Hornung, R. (2011). Perception of smokers: Results from the Tobacco Monitoring Switzerland. *SUCHT*, *57*, 131-139. doi:10.1024/0939-5911.a000070 [Impactfactor: 0.5]
- Krebs, H., Keller, R., **Radtke, T.**, & Hornung, R. (2011). Raucherberatung in der ärztlichen und zahnmedizinischen Praxis aus Sicht der Rauchenden und ehemals Rauchenden (Befragung 2010). *Suchtmedizin in Forschung und Praxis*, *13*, 55-60.

BOOK CHAPTER

- Radtke, T.**, & Scholz, U. (2018). Gesundheitsverhalten im Jugendalter [Health behavior in adolescenc]. In B. Gniewosz & P. F. Titzmann (Hrsg.), *Handbuch Jugend*. Stuttgart: Kohlhammer.
- Radtke, T.** (2014). Gesundheitsüberzeugungen, kompensatorische [Compensatory Health Beliefs]. In M. A. Wirtz (Hrsg.), *Dorsch – Lexikon der Psychologie* (17. Aufl.). Bern: Verlag Hans Huber.

- Radtke, T.** (2017). Ständig online? Wie Eltern die Onlineaktivitäten ihrer Kinder regulieren [Constantly online? How parents regulate their children's online activities]. *Psychologie und Erziehung*, 2, 25-31.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2011). *Der Tabakkonsum Jugendlicher und junger Erwachsener in den Jahren 2001 bis 2009/10* [Tobacco consumption amongst adolescents and young adults from 2001 to 2009/10]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Keller, R., Bearth, A., Krebs, H., & Hornung, R.** (2011). *Wahrnehmung schriftlicher und grafischer Warnhinweise sowie Einstellung gegenüber Preiserhöhungen*. [Perception of written and graphic warnings and attitudes toward price increases.] Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2011). *Passivrauchen in der Schweizer Bevölkerung 2010. Tobacco Monitoring Switzerland* [Passive smoking in the Swiss population 2010. Tobacco Monitoring Switzerland]. Zurich: Institute of Psychology, University of Zurich.
- Keller, R., **Radtke, T., Krebs, H., & Hornung, R.** (2011). *Der Tabakkonsum der Schweizer Wohnbevölkerung in den Jahren 2001 bis 2010* [Tobacco consumption by the Swiss resident population from 2001 to 2010]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Krebs, H., Keller, R., **Radtke, T., & Hornung, R.** (2011). *Einstellungen der Schweizer Wohnbevölkerung zu Tabakwerbung und Sponsoring (2010)* [Attitudes of the Swiss resident population toward tobacco advertising and sponsorship (2010)]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2010). *Passivrauchen in der Schweizer Bevölkerung 2009*. [Passive smoking in the Swiss population 2010. Tobacco Monitoring Switzerland]. *Tobacco Monitoring Switzerland*. Zurich: Institute of Psychology, University of Zurich.
- Keller, R., **Radtke, T., Krebs, H., & Hornung, R.** (2010). *Der Tabakkonsum der Schweizer Wohnbevölkerung in den Jahren 2001 bis 2009*. [Tobacco consumption by the Swiss resident population from 2001 to 2009]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Krebs, H., Keller, R., **Radtke, T., & Hornung, R.** (2010). *Raucherberatung in der ärztlichen und zahnmedizinischen Praxis aus Sicht der Rauchenden und ehemals Rauchenden (Befragung 2010)*. [Smoking counseling in medical and dental practice from the perspective of smokers and former smokers (2010 survey)]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2009). *Passivrauchen in der Schweizer Bevölkerung 2008* [Passive smoking in the Swiss population 2008]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2009). *Wahrnehmung der schriftlichen Warnhinweise auf Zigarettenpackungen in den Jahren 2006/07*. [Perception of written warnings on cigarette packages in 2006/07.] Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Keller, R., **Radtke, T., Krebs, H., & Hornung, R.** (2009). *Der Tabakkonsum der Schweizer Wohnbevölkerung in den Jahren 2001 bis 2008*. [Tobacco consumption by the Swiss resident population from 2001 to 2008]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Keller, R., **Radtke, T., Füllemann, D., Krebs, H., & Hornung, R.** (2009). *Rauchen in der Schwangerschaft*. [Smoking during pregnancy] Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Krebs, H., Keller, R., **Radtke, T., & Hornung, R.** (2009). *Beratung der Rauchenden und ehemals Rauchenden in der ärztlichen und zahnmedizinischen Praxis 2007/08*. [Smoking counseling in medical and dental practice from the perspective of smokers and former smokers (2007/08 survey)]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.

- Radtke, T., Keller, R., Krebs, H., & Hornung, R. (2008).** *Der Tabakkonsum Jugendlicher und junger Erwachsener in den Jahren 2001 bis 2007/08.* [Tobacco consumption amongst adolescents and young adults from 2001 to 2007/08]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Keller, R., **Radtke, T., Krebs, H., & Hornung, R. (2008).** *Der Tabakkonsum der Schweizer Wohnbevölkerung in den Jahren 2001 bis 2007.* [Tobacco consumption by the Swiss resident population from 2001 to 2007]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Krebs, H., Keller, R., **Radtke, T., & Hornung, R. (2008).** *Einstellungen zu gesetzlichen Massnahmen 2006/07 [Attitudes towards legal measures 2006/07].* Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Krebs, H., Keller, R., & Hornung, R. (2007).** *Passivrauchen in der Schweizer Bevölkerung 2006* [Passive smoking in the Swiss population 2006]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Radtke, T., Krebs, H., Keller, R., & Hornung, R. (2007).** *Passivrauchen der Schweizer Bevölkerung 2006* [Passive smoking by the Swiss population 2006]. In Bundesamt für Gesundheit (Hrsg.). *Suchtforschung des BAG* (Band 3: Grundlagenforschung; S. 12-20). Bern, Schweiz: Bundesamt für Gesundheit.
- Keller, R., Krebs, H., **Radtke, T., & Hornung, R. (2007).** *Der Tabakkonsum der Schweizer Wohnbevölkerung in den Jahren 2001 bis 2006.* [Tobacco consumption by the Swiss resident population from 2001 to 2006]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Keller, R., Krebs, H., **Radtke, T., & Hornung, R. (2007).** *BRAVO – Weniger Rauch, mehr Leben. Begleituntersuchung zur Kampagne 2006* [BRAVO - Less smoke, more life. Study accompanying the 2006 campaign]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.
- Krebs, H., Keller, R., **Radtke, T., & Hornung, R. (2007).** *Raucherberatung in der Schweizer Bevölkerung: ärztliche und zahnmedizinische Interventionen aus Sicht der Rauchenden und ehemals Rauchenden.* [Smoking counseling in medical and dental practice from the perspective of smokers and former smokers]. Tobacco Monitoring Switzerland. Zurich: Institute of Psychology, University of Zurich.

MEDIA CONTRIBUTIONS AND COVERAGE

Interviews

- **Radio Q**, 26.01.2022: Digital detox - Lohnt er sich? [Digital detox - Is it worth it?] <https://www.radioq.de/2022/01/digital-detox-lohnt-er-sich/>
- **Radio Wuppertal**, 16/12/2021: Handysucht durch die Pandemie. [Cell phone addiction due to the pandemic]
- **BUW Output**, 02/2021: Endlich offline!? Der Nutzen digitaler Entgiftungskuren. [Offline at last!? The benefits of digital detox] https://www.buw-output.uni-wuppertal.de/fileadmin/buw-output/Ausgabe_25/Output_25-02-2021_DS.pdf
- **Apothekenumschau**, 12/2021: Psychologie: Gute Vorsätze umsetzen. [Psychology: Implementing good intentions] <https://www.apotheken-umschau.de/gesund-bleiben/psyche/psychologie-gute-vorsaeetze-umsetzen-801831.html>
- **Urbanrise.ch**, 07/2020: *Digital Detox am Morgen: Aufstehen mit ohne Smartphone.* [Digital Detox in the morning: getting up without a smartphone] <https://urbanrise.ch/digital-detox-am-morgen-aufstehen-mit-ohne-smartphone/>
- **UZH Magazin**, 03/2018: *Das Handy in der Tasche lassen.* [Keep the cell phone in your pocket]
- **Nau.ch**, 10/01/2018: *So wenig bringt ein freiwilliger Smartphone Verzicht.* [A voluntary smartphone timeout doesn't bring anything] [Fernseh-Interview über Studienergebnisse]
- **SRF Einstein**, 10/12/2015: *Droge Smartphone: Wie abhängig sind wir?* [Smartphone addiction: How addicted are we?]; [Fernseh-Interview]
- **Unikon**, 01/2013: *Um besser nein sagen zu können* [To better say no]

- **Basler Zeitung**, 05/08/2011: *Wie man sich selbst täuschen kann. Schweizer Studie zeigt, wie junge Raucher Ausreden gegen das Aufhören finden* [How to fool yourself. Swiss study shows how young smokers find excuses against quitting]
- **UZH Magazin**, 10/2010: *Der Griff zum Glimmstängel* [The grip on the cigarette]
- **Salt Cinema Beilage** 07/2015: *Wieso ausgerechnet Kino unterm Sternenhimmel?* [Why cinema under the stars]

Reports of Study Results

Aargauer Zeitung, 07/12/2017: *Dauerempfang. Smartphone: Es gibt kein Entkommen – warum auch digitale Entgiftungskuren nicht helfen.* [Smartphone: There's no escape - why even digital detox cures don't help.]

UZH NEWS, 29/11/2017: *Digitale Entgiftung. Wege gegen den Smartphone–Stress.* [Digital detox. Ways to fight smartphone stress.]

Spectra, 11/2011: *10 Jahre Erfahrung im Dienste der Prävention* [10 years of experience in the service of prevention]

Psychologie heute, 01/2010: *Wie Raucher sich selbst austricksen.* [How smokers trick themselves]

Reports of Studies

Coop Zeitung online, 14/12/2105: *Das richtige Smartphone finden. Tipps – Auszeit über die Feiertage.* [Finding the right balance. Tips - Time during holidays]

Migros Magazin, 27/07/2015: *Nur Menschen über 40 unterscheiden zwischen real und virtuell. Studie der Uni Zürich zum Medienkonsum. Familien gesucht!* [Only people over 40 distinguish between real and virtual. Study by the University of Zurich on media consumption. Families wanted!]

20 Minuten, 24/04/2015: *Medienkonsum von Kindern.* [Children's media consumption.]

INVITED TALKS

Radtke, T. (February, 2021). *Ich bin dann mal offline! Digitale Entgiftungskuren als Lösung?* [I'll be offline for a while! Digital detox as a solution?] Invited talk. Research Colloquium of the Institute of Psychology, University of Wuppertal, Wuppertal, Germany.

Radtke, T. (October, 2019). *„Beschreibung, Erklärung und Stärkung von Gesundheitsverhalten unter Einsatz moderner Technologien“.* [Describing, explaining, and strengthening health behaviors using modern technologies]. Invited talk. Research Colloquium of the Institute of Psychology and Psychotherapy, Witten/Herdecke University, Witten, Germany.

Radtke, T. (November, 2018). *„Ich bin dann mal offline! Digitale Entgiftungskuren als Lösung?“.* [«I'll be offline! Digital detox as a solution?»]. Invited talk at the Fachtagung der Föderation der Schweizer Psychologinnen und Psychologen (FSP), Bern, Switzerland.

Radtke, T. (September, 2018). *Health behaviour change: Theoretical background and empirical evidence.* Invited Talk in cooperation with the SwissRe, *Basel Agenda* at the Basel Life, Basel, Switzerland.

Radtke, T. (June, 2018). *Health behaviour (change) of young people and families.* Invited talk at the research colloquium of the Health and Psychology Innovations (HaPI) Research Lab an der Griffith University, Brisbane, Australia.

Radtke, T. (May, 2018). *Health behavior change – The influence of individual and social factors.* Invited talk at the University of Southern Queensland, Springfield, Australia.

Radtke, T. (March, 2018). *Gemeinsames Kochen in der Familie und der Einfluss aufs Ernährungsverhalten: Untersuchung des Ikea-Effekts.* [Cooking together as a family and the influence on dietary behavior: Investigating the Ikea Effect]. Invited talk at the research colloquium at the University of Mannheim, Health Psychology lab, Mannheim, Germany.

Radtke, T. (February, 2018). *Effects of social influences in childhood and adolescence across different health behavior domains.* Invited talk at the research colloquium of the CARE-BEH Center for Applied Research on Health Behavior and Health at the SWPS University of Social Sciences and Humanities, Warsaw, Poland.

Radtke, T. (November, 2017). *Ohne Smartphone – geht das überhaupt noch?* [Without a smartphone - is that even possible anymore?] Invited talks at the Veranstaltungsreihe Wissen-schaf(f)t Wissen of the University Zurich, Switzerland.

Radtke, T. (November, 2016). *Compensatory health beliefs and behavior: Impact on health behavior (change).* Invited talk at the Consumer Behavior Colloquium at the ETH Zurich, Switzerland.

Radtke, T. (2013, January). *Kompensatorische Gesundheitsüberzeugungen und ihre Bedeutung für gesundheitsbezogene(s) Intentionen und Verhalten.* [Compensatory health beliefs and their

importance for health-related(s) intentions and behaviors.] Invited talks at the Mittelbaukolloquium of the University of Constance, Germany.

- Radtke, T.** (2010, June). *Compensatory Health Beliefs - A taste test study in Sheffield and Zurich*. Presentation at the Social and Health Research Group (SHRG) of the University of Sheffield, Sheffield, Great Britain.
- Radtke, T.** (2008, March). *Tabakkonsum der Schweizer Bevölkerung* [Tobacco consumption in Switzerland]. Oral presentation presented at the 2nd Nikotintagung: Fachtagung für Mitarbeitende aus Gesundheitsorganisationen, Gesundheitsinstitutionen und Spitälern 2008, Barmelweid, Switzerland.

ORAL PRESENTATIONS (AS FIRST AUTHOR)

- Radtke, T., Apel, T., Schenkel, K., Keller, J., & von Lindern, E.** (September, 2022). *Offline at last!? Effectiveness of digital detox – A systematic literature review*. In J. Keller & T. Radtke, (Chairs). Impact of smartphone use on health-related outcomes. Do we need to worry about it? Symposium conducted at 52nd Congress of Psychology of the German Psychology Society (DGPs), Hildesheim, Germany.
- Radtke, T., Apel, T., Schenkel, K., Keller, J., & von Lindern, E.** (August, 2022). *Take a break?! Effectiveness of digital detox on health-related outcomes – A systematic literature review*. In J. Keller & T. Radtke, (Chairs). Impact of smartphone use on health-related outcomes. Do we need to worry about it? Symposium conducted at the 36th Annual Conference of the European Health Psychology Society (EHPS), Bratislava, Slovakia.
- Radtke, T., Apel, T., Schenkel, K., Keller, J., & von Lindern, E.** (September, 2021). *Is digital detox more than a trend? A systematic literature review*. Position Paper presented at the 12th Congress of Media Psychology of the of the German Psychology Society, Aachen, Germany.
- Radtke, T., & Nuñez, T. R.** (September, 2021). *Studieren während der COVID-19 Pandemie: Eine Kohortenstudie zum emotionalen Wohlbefinden und akademischen Leistungsparametern*. In V. Klusmann (Chair), Symposium: Einstellungen, Verhalten und psychosoziales Wohlbefinden unter dem Einfluss der Covid-19-Pandemie. Symposium conducted at the 15th Congress of Health Psychology of the German Psychology Society (DGPs), Erlangen, Germany.
- Radtke, T., Schmocker, D., Berli, C., Schenkel, K., & Scholz, U.** (2019, September). *Digital detox as solution? – Effects of a timeout from smartphone use on health-related variables*. In J. Keller & K. Schenkel (Chairs), Digital devices in Health Psychology Research: opportunities and limitations conducted at the 14th Congress of Health Psychology of the German Psychology Society (DGPs), Greifswald, Germany.
- Radtke, T., Biddle, S., Lüscher, J., & Scholz, U.** (September, 2018). „*Mein Kind darf fernsehen, weil es ausreichend Sport macht*“: *Mütterlicher Umgang mit kindlichem Medienkonsum*. In Fleig, L. (Leitung), Ein Verhalten kommt selten allein: Theorie und Praxis zur Förderung eines gesunden und umweltbewussten Lebensstils. Symposium conducted at the 51th congress of the German Psychology Society (DGPS), Frankfurt, Germany.
- Radtke, T., Schmocker, D., Berli, C., & Scholz, U.** (February, 2018). I am offline – Results from a RCT intervention to reduce smartphone utilization of adult employees regarding work and health related variables Oral presentation at the CBC Conference 2018 - Behaviour Change for Health: Digital & Beyond, London, Great Britain.
- Radtke, T., & Scholz, U.** (2017, August). *Involving children in meal planning and preparation – Dyadic effects on liking and consumption of vegetables*. In G. Sproesser (Chair), A biopsychosocial view on eating behavior. Symposium conducted at the 31th Annual Conference of the European Health Psychology Society (EHPS), Padova, Italy.
- Radtke, T., Scholz, U., Horodyska, K., & Luszczynska, A.** (2017, August). *“Do it yourself” healthy food: Effects of joint meal planning and preparation on liking and consumption in families*. In T. Radtke & J. Keller (chair), Better together? Social influences in different health behaviour domains. Symposium conducted at the 13th Congress of Health Psychology of the German Psychology Society, Siegen, Germany.

- Radtke, T., Schmocker, D., Steinhart, A., & Scholz, U.** (2016, September). *Auszeiten von der Smartphone Nutzung bei Berufstätigen – Einfluss auf arbeits- und gesundheitsbezogene Variablen*. Oral presentation at the 50th Congress of the German Psychology Society (DGPS), Leipzig, Germany.
- Radtke, T., Schmocker, D., Steinhart, A., & Scholz, U.** (2016, August). *Time out from smartphone use – Impact on adult employees' work and health-related variables*. Oral presentation at the 30th Conference of the European Health Psychology Society (EHPS), Aberdeen, Scotland.
- Radtke, T., Inauen, J., Rennie, L., Orbell, S., & Scholz, U.** (2014, September). *Einfluß dispositioneller und situationsspezifischer kompensatorischer Gesundheitsüberzeugungen auf kalorienreichen Snackkonsum* [Effects of dispositional and situational compensatory health beliefs on high calorie snack consumption]. Oral presentation presented at the 49th Congress of the German Psychology Society (DGPS), Bochum, Germany.
- Radtke, T., Inauen, J., Rennie, L., Orbell, S., & Scholz, U.** (2014, September). *Effects of dispositional and situational compensatory health beliefs on high calorie snack consumption* [Einfluß dispositioneller und situationsspezifischer kompensatorischer Gesundheitsüberzeugungen auf kalorienreichen Snackkonsum]. In D. T. D. de Ridder (chair), *Compensatory health beliefs and compensatory behaviour* [Kompensatorische Gesundheitsüberzeugungen und kompensatorisches Verhalten]. Symposium conducted at the 28th Conference of the European Health Psychology Society (EHPS), Innsbruck, Austria.
- Radtke, T., & Scholz, U.** (2014, July). *Are parental compensatory health beliefs (CHBs) predictive for unhealthy and compensatory behaviour of their children?* In P. Rackow (Chair), *Social exchanges processes and the facilitation of health behaviour and health behaviour change*. Symposium conducted at the 28th International Congress of Applied Psychology, Paris, France.
- Radtke, T., & Scholz, U.** (2013, September). *Kompensatorische Gesundheitsüberzeugungen bei Kindern und Eltern: Eine qualitative Erhebung* [Parental and childish Compensatory Health Beliefs: a qualitative study]. In T. Radtke & L. Fleig (chair), *Jetzt genießen, später kompensieren*. Symposium conducted at the 11th Congress of Health Psychology of the German Psychology Society (DGPs), Luxembourg, Luxembourg.
- Radtke, T., & Scholz, U.** (2013, July). *Self-affirmation: Findings concerning alcohol consumption*. In P. Harris, B. Schüz, U. Scholz, G. van Koningsbruggen & R. Cooke (Chair), *Exploring when and how self-affirmation works*. Symposium conducted at the 27th Annual Conference of the European Health Psychology Society (EHPS), Bordeaux, France.
- Radtke, T., Kaklamanou, D., Scholz, U., Armitage, C., & Hornung, R.** (2011, September). *Diet-specific compensatory health beliefs within British and Swiss dieting women*. Oral presentation presented at the 25rd Annual Conference of the European Health Psychology Society (EHPS), Crete, Greece.
- Radtke, T., Scholz, U., Keller, R., & Hornung, R.** (2011, August). *Rauchspezifische kompensatorische Gesundheitsüberzeugungen und ihr Zusammenhang mit der Intention eines Rauchstopps sowie dem Rauchverhalten*. [Smoking specific Compensatory Health Beliefs and their association with the intention to stop smoking and smoking behaviour]. Oral presentation, presented at the 10th Health Psychology of the German Psychology Society (DGPs), Berlin, Germany.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2011, March). *Tobacco Monitoring Switzerland*. Oral presentation, presented at the 5th European Conference Tobacco or Health (ECTH), Amsterdam, Netherlands.
- Radtke, T., Scholz, U., Keller, R., & Hornung, R.** (2009, August). *Die Rolle rauchspezifischer kompensatorischer Gesundheitsüberzeugungen für das Rauchverhalten Jugendlicher* [The role of smoking specific Compensatory Health Beliefs for the smoking behaviour of adolescents]. Oral presentation, presented at the 9th Congress of Health Psychology of the German Psychology Society (DGPs), Zurich, Switzerland.
- Radtke, T., Keller, R., Krebs, H., & Hornung, R.** (2009, March). *Swiss Tobacco Monitoring System*. Oral presentation, presented at the 14th World Conference on Tobacco or Health (WCOTH), Mumbai, India.
- Radtke, T., Scholz, U., Keller, R., & Hornung, R.** (2008, September). *Smoking-specific Compensatory Health Beliefs and smoking behaviour in adolescents*. In B. Knäuper & C. Stich (Chair), *Self-*

regulation and health: Perspectives from social and personality psychology. Symposium conducted at the XXIXth International Congress of Psychology (ICP), Berlin, Germany.

POSTER PRESENTATIONS (AS FIRST AUTHOR)

- Radtke**, T., Rackow, P., & Hornung, R. (2013, July). *Autonomous motivation and willingness to change behaviour: The role of compensatory health beliefs*. Poster, presented at the 27th Annual Conference of the European Health Psychology Society (EHPS), Bordeaux, France.
- Radtke**, T., Rackow, P., & Hornung, R. (2012, August). *Take the stairs instead of the elevator": An investigation based on psychological constructs*. Poster presented at the 26th Annual Conference of the European Health Psychology Society (EHPS) Conference of the European Health Psychology Society (EHPS), Prague, Czech Republic.
- Radtke**, T., Scholz, U., Keller, R., & Hornung, R. (2011, September). – *Smoking is ok, if I compensate for the negative health effects – Compensatory Health Beliefs in smokers*. Poster presented at the 25rd Annual Conference of the European Health Psychology Society (EHPS), Crete, Greece.
- Radtke**, T., Scholz, U., Keller, R., & Hornung, R. (2011, July). *Compensatory Health Beliefs and their role for intentions and smoking within the Health Action Process Approach*. Poster presented at the 12th European Congress of Psychology (ECP), Istanbul, Turkey.
- Radtke**, T., Scholz, U., Keller, R., Perren, S., & Hornung, R. (2010, September). *Kompensatorische Gesundheitsüberzeugungen (CHBs): Eine Ausrede für ungesundes Verhalten. Psychometrische Befunde zur deutschen Skala* [Compensatory Health Beliefs: An excuse for unhealthy behaviour. Psychometric findings for the German scale]. Poster presented at the 47. Kongress der Deutschen Gesellschaft für Psychologie (DGPS), Bremen, Germany.
- Radtke**, T., Scholz, U., Keller, R., Perren, S., & Hornung, R. (2010, September). *Compensatory Health Beliefs (CHBs). Assessing the psychometric properties of the German CHB scale*. Poster presented at the 24rd Annual Conference of the European Health Psychology Society (EHPS), Cluj-Napoca, Rumania.
- Radtke**, T., Scholz, U., Keller, R., & Hornung, R. (2009, September). *Smoking-specific Compensatory Health Beliefs and the readiness to stop smoking in adolescents*. Poster session presented at the 23rd Annual Conference of the European Health Psychology Society (EHPS), Pisa, Italy.