

## Curriculum Vitae

Jennifer Inauen

### Personal Information

Prof. Dr. Jennifer Inauen, Head of the Department of Health Psychology and Behavioral Medicine, University of Bern, Institute of Psychology, Fabrikstrasse 8, 3012 Bern, Switzerland

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Researchgate: [https://www.researchgate.net/profile/Jennifer\\_Inauen](https://www.researchgate.net/profile/Jennifer_Inauen)

### Education

- 02/2021 Good Clinical Practice, basic and advanced course
- 05/2020 Habilitation in psychology, University of Bern, Switzerland
- 01/2013 PhD (summa cum laude) in psychology, University of Zurich, Switzerland
- 04/2008 MSc in psychology (Lizenziat), University of Zurich, Switzerland

### Academic Positions

- 01/2022-present Associate Professor (Ausserordentliche Professorin) and Head of the Department of Health Psychology and Behavioral Medicine, Institute of Psychology, University of Bern, Switzerland
- 11/2018-12/2021 Assistant Professor (Tenure Track) of Health Psychology, Institute of Psychology, University of Bern, Switzerland
- 09/2016-10/2018 Group Leader (Tenure Track) of Environmental and Health Psychology, Department of Environmental Social Sciences, Eawag: Swiss Federal Institute of Aquatic Science & Technology, Duebendorf, Switzerland
- 01/2015-10/2018 Associated Researcher and Lecturer, Department of Psychology, Applied Social and Health Psychology, University of Zurich, Zurich, Switzerland
- 01/2015-08/2016 Post-Doctoral Research Fellow, Department of Psychology, Columbia University, New York, USA
- 01/2015-08/2016 Visiting Scholar, Department of Psychology, New York University, New York, USA
- 09/2013-12/2014 Researcher and Lecturer, Department of Psychology, Applied Social and Health Psychology, University of Zurich, Zurich, Switzerland
- 04/2012-08/2013 Researcher and Lecturer, Department of Psychology, Developmental and Health Psychology, University of Konstanz, Konstanz, Germany

- 02/2009-03/2012 PhD Student, Department of System Analysis, Integrated Assessment and Modeling, Social Modeling, Eawag: Swiss Federal Institute of Aquatic Science and Technology, Duebendorf, Switzerland
- 05/2008-01/2009 Research Assistant, Department of System Analysis, Integrated Assessment and Modeling, Social Modeling, Eawag: Swiss Federal Institute of Aquatic Science and Technology, Duebendorf, Switzerland

### Awards and Honors

- 12/2018 Adjunct Researcher, Eawag: Swiss Federal Institute of Aquatic Science & Technology (2018-2022)
- 08/2018 Early Career Award of the European Health Psychology Society
- 09/2016 Adjunct Associate Research Scientist, Columbia University (2016-2017)
- 06/2014 Fellowship for prospective researchers, awarded by the Swiss National Science Foundations
- 04/2010 Best poster award (IHDP) of the 11th Swiss Global Change Day

### Research Grants (Selected)

- 06/2022-12/2027 Research Grant (Co-PI), Swiss National Science Foundation (SNSF), DepRescribing in appropriate Proton Pump Inhibitors– the DROPI trial: a cluster randomized controlled trial in primary care settings
- 06/2021-05/2025 Research Grant (PI), Swiss National Science Foundation (SNSF), Habit Disruption in Daily Life (HABIRUPT)
- 08/2020-07/2022 Research Grant (PI), Ursula Wirz-Stiftung, BECCCS: Behavior Change in Context to Contain the Spread of SARS-CoV-2
- 02/2018-12/2021 Research Grant (PI), Swiss Agency for Development and Cooperation, Long-Term Behavior Change Part of WABES - Water, Behaviour Change and Environmental Sanitation
- 06/2017-01/2019 Research Grant (PI), Stiftung Suzanne und Hans Biäsch, Can intentions reduce the consumption of sugar-sweetened beverages in daily life? An intraindividual approach
- 06/2014-08/2016 Research Fellowship, Swiss National Science Foundation (SNSF), Intention-behavior relations: An intraindividual perspective

### Invited Talks and Symposia

- Inauen, J.** (2022, September). *How do individuals self-regulate in daily life? Finding answers using multilevel modelling.* Invited keynote lecture at the Network Meeting:

Multilevel Modelling in Method and Applied Research, University of Zurich, Switzerland.

- Inauen, J.** (2021, June). *Umweltprobleme sind auch Gesundheitsprobleme: Wie kann die Psychologie zur Lösung beitragen?* Invited talk at the Department of Psychology, University of Wuppertal, Germany.
- Inauen, J.** (2021, April). *Changing health behavior: From mechanisms to action.* Invited talk at the Department of Health Sciences, University of Lucerne, Switzerland.
- Inauen, J.** (2019, June). *Advancing the science of behavior change using intensive longitudinal methods.* Invited talk and webinar at Grand Rounds of the Science of Behavior Change Project, Center for Behavioral and Cardiovascular Health, Columbia University, New York, USA.
- Inauen, J.** (2016, July). *Health behaviors in context: The role of social and structural factors in self-regulation.* Invited symposium at the 31<sup>st</sup> International Congress of Psychology, Yokohama, Japan.
- Inauen, J.** (2015, April). *Sustainable promotion of arsenic-safe water consumption: A psychological approach.* Invited talk at the Columbia University Superfund Research Program, New York, USA
- Inauen, J.** (2014, September). *Understanding medication adherence in the context of multimorbidity: A longitudinal study in everyday life.* Invited talk at the Geneva Aging Series: 3<sup>rd</sup> Edition on Recent Developments in Cognitive Aging, Geneva, Switzerland
- Inauen, J., & Mosler, H.-J.** (2011, December). *Evidence-based promotion of arsenic-safe drinking water.* Invited Talk at the National Water and Sanitation Technology Sharing Workshop, Dhaka, Bangladesh
- Inauen, J.** (2011, December). *A systematic approach to behavior change: The example of evidence-based promotion of arsenic-safe drinking water in Bangladesh.* Invited talk at the International Center for Diarrheal Disease Research, Bangladesh (ICDDR, B), Dhaka, Bangladesh

## Editorial Services and Reviewing

*Associate Editor:* Applied Psychology: Health and Well-Being (01/2019-present)

*Consulting Editor:* Health Psychology and Behavioral Medicine (10/2018-present)

*Guest Editor* for Special Issue “COVID-19 and Health”, Applied Psychology: Health and Well-Being (03/2020 – 12/2020)

*Journal Reviewer:*

Annals of Behavioral Medicine, American Journal of Tropical Medicine & Hygiene, Applied Psychology: Health and Well-Being, BMJ Open, British Journal of Health Psychology, Bulletin of the World Health Organization, Environment & Behavior, Environmental Research Letters, Environmental Science & Technology, Family Medicine and Community Health, Frontiers in Psychology, Global Public Health, Health Education & Behavior, Health

Psychology Report, Health Psychology Review, International Journal of Behavioral Medicine, Journal of Cleaner Production, Journal of Environmental Economics and Management, Journal of Health Population and Nutrition, Journal of Health Psychology, Journal of Medical Internet Research, Motivation and Emotion, Resources, Conservation and Recycling, Risk Analysis, Science of the Total Environment, Social Psychological and Personality Science, Social Science & Medicine, Journal of Water, Sanitation and Hygiene for Development, Water Research

*Grant Proposal Reviewer:*

Swiss National Science Foundation

German Research Foundation (Deutsche Forschungsgemeinschaft)

European Research Council (ERC Starting Grants)

Wellcome Trust

Netherlands Organization for Health Research and Development (ZonMw) and Dutch Heart Foundation

*Reviewer for Scientific Conferences:*

Co-Chair for the track “Health inequalities, climate change and sustainability”, 36<sup>th</sup>

Conference of the European Health Psychology Society, Bratislava, Slovakia, 2022

Co-Chair for the track “Health inequalities, climate change and sustainability”, 33<sup>rd</sup>

Conference of the European Health Psychology Society, Dubrovnik, Croatia, 2019

Abstract reviewer for Division 8 (Health Psychology) at the 29<sup>th</sup> International Congress of Applied Psychology, Montreal, Canada, 2018

Co-Chair for the track “eHealth and mHealth”, 31<sup>st</sup> Conference of the European Health Psychology Society, Padova, Italy, 2017

*Reviewer of University Curricula*

UE University of Europe for Applied Sciences: Review of two new curricula in psychology (07/2021).

**Boards and Committees**

08/2022-present	National Delegate for Switzerland at the European Health Psychology Society
10/2020-present	Member of committee “Healthy Unibe”, University of Bern
03/2019-present	Expert committee member of the Graduate School for Health Sciences (GHS), University of Bern
10/2018-present	Vice president (since 10/2020) and board member (10/2018 – 09/2020), Schweizerische Gesellschaft für Gesundheitspsychologie [Swiss Society for Health Psychology] (SGGPsy)
10/2018-present	Board member, Board of Promotion and Prevention, European Federation of Psychologists’ Associations (EFPA)
08/2018-present	Member of Committee of the European Health Psychology Society at the United Nations

## Professional Affiliations

Deutsche Gesellschaft für Psychologie (DGPs, German Psychological Society)  
 European Health Psychology Society (EHPS)  
 Föderation Schweizer Psychologinnen und Psychologen (FSP, Federation of Swiss Psychologists)  
 Initiative Psychologie im Umweltschutz (Initiative Psychology for Environmental Protection)  
 Schweizerische Gesellschaft für Gesundheitspsychologie (Swiss Society for Health Psychology)

## Teaching

### *Didactic Education*

06/2017 Teaching Skills Certificate, University of Zurich, Switzerland

### *Supervision of Post-Doctoral Researchers (Selected: Main Supervisor)*

12/2021-present Dr. phil. Dario Baretta  
 09/2020-10/2021 Dr. phil. Melanie Amrein  
 01/2018-01/2019 Dr. phil. Jonathan Lilje

### *Doctoral Student Supervision (Selected: Main Supervisor)*

04/2022-present Melanie Bamert  
 01/2022-present Robert Edgren  
 02/2020-present Carmen Wyss  
 11/2019-present Valérie Bösch  
 08/2019-present Vica Tomberge  
 07/2018-07/2022 Benjamin Ambühl

### *Master's and Bachelor Student Supervision*

01/2011-present Regular supervision of bachelor's and master's theses.

### *Summer School*

07/2017 Summer School "Social Aspects of Sustainability" for Honors' students of University of Groningen, Eawag, Duebendorf (Co-Teaching with Dr. Nadja Contzen, University of Groningen)

### *Master-Level Courses Taught*

Seminar 465924 (taught annually since 2020): Gewohnheiten und Gesundheit (Habits and Health), Institute of Psychology, University of Bern  
 Lecture 449329 (taught annually since 2019): Forschungsmethoden der Gesundheitspsychologie (Research Methods of Health Psychology), Institute of Psychology, University of Bern  
 Seminar 449439 (2019-2022): Gesundheitsverhaltensänderung (Health Behavior Change), Institute of Psychology, University of Bern  
 Lecture 454395 (taught regularly since 2019): Themenfelder der Gesundheitspsychologie und Verhaltensmedizin (Health Psychology and Behavioral Medicine in Practice), Institute of Psychology, University of Bern

- Seminar 454395 HS19: Praktische Intervention: Entwicklung und Evaluation gesundheitspsychologischer Interventionen (Development and Evaluation of Interventions in Health Psychology), Institute of Psychology, University of Bern
- Single Lecture (taught regularly since HS2018) on Prevention in «Basiswissen Klinische Psychologie, Psychotherapie, Gesundheitspsychologie & Verhaltensmedizin I» (Basic Knowledge in Clinical Psychology, Psychotherapy, Health Psychology & Behavioral Medicine I), Institute of Psychology, University of Bern
- Modul G1 FS2018: Gesundheitsverhaltensänderung (Health Behavior Change), Department of Psychology, Swiss Distance Learning University
- Seminar 605j (SV5) HS2017 Gesundheitsverhaltensänderung (Health Behavior Change), Department of Psychology, University of Zurich
- Seminar PraInt-1/K: Praktische Intervention – Entwicklung und Evaluation von Interventionen zur Gesundheitsverhaltensänderung (Practical Intervention – Development and Evaluation of Interventions for Health Behavior Change), Department of Psychology, University of Zurich
- Seminar TT-5/nK: Gesundheitspsychologie in Organisationen (Occupational Health Psychology), Department of Psychology, University of Zurich
- Single Lecture in 166/922b Angewandte Sozialpsychologie (Applied Social Psychology), Department of Psychology, University of Zurich
- Seminar FDI-3/nK: Theorie- und evidenzbasierte Entwicklung und Evaluation von Interventionen zur Gesundheitsverhaltensänderung (Theory- and Evidence-Based Development and Evaluation of Interventions for Health Behavior Change), Department of Psychology, University of Zurich
- Seminar Praktische Intervention II: Veränderung von Alltagshandeln in der Entwicklungszusammenarbeit (Changing Everyday Behaviors in Development Cooperation), Department of Psychology, University of Zurich (Co-Teaching with Prof. Dr. Mosler)

#### *Bachelor-Level Courses Taught*

- Proseminar 469658 (FS2021): Gesundheitsverhaltensänderung (Health Behavior Change), Institute of Psychology, University of Bern
- Ringvorlesung F7-1 (multiple single lectures 2017-2019): Forschungsmethoden in der Praxis (Research Methods in Practice), Department of Applied Psychology, Zurich University of Applied Sciences (ZHAW)
- Experimentalpraktikum II (Experimental Practice Course), Department of Psychology, University of Konstanz
- Seminar: Wissenschaftliches Arbeiten (Research Methods), Department of Psychology, University of Konstanz
- Seminar: Theoriebasierte Gesundheitsförderung (Theory-Based Health Promotion), Department of Psychology, University of Konstanz
- Seminar: Gewohnheiten über die Lebensspanne (Habits Across the Lifespan), Department of Psychology, University of Konstanz
- Seminar: Verändern von gesundheitsrelevantem Alltagshandeln in Entwicklungsländern (Changing Health-Related Behavior in Developing Countries), Department of Psychology, University of Konstanz

## Publications

### Peer-Reviewed Articles

2023

- Baretta, D., Amrein, M.A., Baeder, C., Ruschetti, G.G., Ruettimann, C., del Río Carral, M., Fabian, C., & **Inauen, J.** (2023). Promoting hand hygiene during the COVID-19 pandemic: A parallel randomized trial for the optimization of the Soapp app, *JMIR mHealth & uHealth*, *11*, e43241. doi:10.2196/43241
- Baretta, D., Koch, S., Cobo, I., Castaño-Vinyals, G., de Cid, R., Carreras, A., Buekers, J., Garcia-Aymerich, J., **Inauen, J.**, & Chevance, G. (2023). Resilience characterized and quantified from physical activity data: A tutorial in R. *Psychology of Sport and Exercise*, *65*, 102361. <https://doi.org/10.1016/j.psychsport.2022.102361>
- Bösch, V.D., & **Inauen, J.** (2022). Older adults' physical activity after lockdown: Testing the health action process approach and the moderating role of fear of Covid-19. *Applied Psychology: Health and Well-Being*, *15*(1), 369-389. <https://doi.org/10.1111/aphw.12384>

2022

- Ambuehl, B., & **Inauen, J.** (2022). Contextualized measurement scale adaptation: A 4-step tutorial for health psychology research. *International Journal of Environmental Research & Public Health*, *19*(9), 12775. <https://doi.org/10.3390/ijerph191912775>
- Bösch, V.D., Warner, L.M., Nyman, S.R., Haftenberger, J., Clarke, K., & **Inauen, J.** (2022). What do older adults think about when formulating implementation intentions for physical activity? Evidence from a qualitative study. *British Journal of Health Psychology*. <https://doi.org/10.1111/bjhp.12621>
- Bamert, M., & **Inauen, J.** (2022). Physiological stress reactivity and recovery: Some laboratory results transfer to daily life. *Frontiers in Psychology*, *13*, 943065. <https://doi.org/10.3389/fpsyg.2022.943065>
- Mani, H., Möri, C., Mattman, M., Liechti, F., **Inauen, J.**, Aujesky, D., ... Aubert, C.E. (2022). Barriers and facilitators to mobility of patients hospitalised on an acute medical ward: A systematic review. *Age and Ageing*, *51*(7), afac159. <https://doi.org/10.1093/ageing/afac159>
- Meierhofer, R., Tomberge, V.M.J., **Inauen, J.**, & Shrestha, A. (2022). Water carrying in the hills of Nepal – implications for the health of women of two generations. *PLoS ONE*, *17*(6), e0269926. <https://doi.org/10.1371/journal.pone.0269926>
- Koller, J.E., Villinger, K., Lages, N.C., Absetz, P., Bamert, M., Branquinho, C. ... Renner, B. (2022). Individual and collective protective responses during the early phase of the COVID-19 pandemic in 10 different countries: Results from the EUCLID online-survey. *International Journal of Infectious Diseases*, *122*, 356-364. <https://doi.org/10.1016/j.ijid.2022.06.012>
- Ambuehl, B., Kunwar, B.M., Schertenleib, A., Marks, S.J., & **Inauen, J.** (2022). Can participation promote psychological ownership for a shared resource? An intervention study of community-based safe water infrastructure. *Journal of Environmental Psychology*, *81*, 101818. <https://doi.org/10.1016/j.jenvp.2022.101818>

Amrein, M.A., Ruschetti, G.G., Baeder, C., Bamert, M., & **Inauen, J.** (2022). Mobile intervention to promote correct hand hygiene at key times to prevent COVID-19 in the Swiss adult general population: Study protocol of a multiphase optimisation strategy, *BMJ Open*, *12*, e055971. <https://doi.org/10.1136/bmjopen-2021-055971>

Tomberge, V., Harter, M., & **Inauen, J.** (2022). The importance of collective and individual psychological ownership for safe sanitation: A multilevel analysis in rural Ghana. *Global Public Health*, *17*(7), 1314-1329. <https://doi.org/10.1080/17441692.2021.1928260>

## 2021

Tomberge, V.M.J., Shrestha, A., Meierhofer, R., & **Inauen, J.** (2021). Understanding safe water-carrying practices during pregnancy and postpartum: A mixed-methods study in Nepal, *Applied Psychology: Health & Well-Being*. Advance Online Publication. <https://doi.org/10.1111/aphw.12325>

Gardner, B., Arden, M.A., Brown, D., Eves, F., Green, J., Hamilton, K., Hankonen, N., **Inauen, J.**, Keller, J., Kwasnicka, D., Labudek, S., Marien, H., Masaryk, R., McCleary, N., Mullan, B.A., Neter, E., Orbell, S., Potthoff, S., Lally, P. (2021). Developing habit-based health behaviour change interventions: Twenty-one questions to guide future research. Advance Online Publication. *Psychology & Health*. <https://doi.org/10.1080/08870446.2021.2003362>

Tomberge\*, V.M.J., Bischof\*, J., Shrestha, A., Meierhofer, R., & **Inauen, J.** (2021). The physical burden of water carrying and women's psychosocial well-being: Evidence from rural Nepal, *International Journal of Environmental Research & Public Health*, *18*(5), 7908. <https://doi.org/10.3390/ijerph18157908> (\* shared first authorship)

**Inauen, J.**, Contzen, N., Frick, V., Kadel, P., Keller, J., Kollmann, J., Mata, J., van Valkengoed, A.M. (2021). Environmental issues are health issues: Making a case and setting an agenda for environmental health psychology. *European Psychologist*, *26*(3), 219-229. <https://doi.org/10.1027/1016-9040/a000438>

Ambühl\*, B., Tomberge\*, V.M.J., Marks, S.J., Bhatta, M., Kunwar, B.M., Schertenleib, A., & **Inauen, J.** (2021). The role of psychological ownership in safe water management: A mixed-methods study in Nepal, *Water*, *13*(5), 589. <https://doi.org/10.3390/w13050589> (\* shared first authorship)

Nigg, C., Amrein, M., Rackow, P., Scholz, U., & **Inauen, J.** (2021). Compensation and transfer effects of eating behavior change in daily life: Evidence from a randomized-controlled trial. *Appetite*, *162*, 105170. Advance Online Publication. <https://doi.org/10.1016/j.appet.2021.105170>

Amrein, M., Scholz, U., & **Inauen, J.** (2021). Compensatory health beliefs and unhealthy snack consumption in daily life. *Appetite*, *157*, 1-7. <https://doi.org/10.1016/j.appet.2020.104996>

## 2020

Berli\*, C., Inauen\*, J., Stadler, G., Scholz, U., & Shrout, P.E. (2020). Understanding between person interventions with time-intensive longitudinal outcome data: Longitudinal mediation analyses. *Annals of Behavioral Medicine*, *55*(5), 476-488. <https://doi.org/10.1093/abm/kaaa066> (\* shared first authorship)



- Wirth, M., **Inauen, J.**, & Steinke, H. (2020). Neue Strategien der HIV-Prävention für „Men who have sex with men“ (MSM): Die Präexpositionsprophylaxe (PrEP) und eine ethische Evaluierung ihrer Potentiale und Probleme. *Ethik in der Medizin*, 32. <https://doi.org/10.1007/s00481-020-00589-9>
- Hoffmann, S., Feldmann, U., Bach, P.M., Binz, C., Farrelly, M., Frantzeskaki, N., Hiessl, H., **Inauen, J.**, Larsen, T.A., Lienert, J., Londong, J., Lüthi, C., Maurer, M., Mitchell, C., Morgenroth, E., Nelson, K.L., Scholten, L., Truffer, B., & Udert, K. (2020). A research agenda for the future of urban water management: Exploring the potential of non-grid, small-grid, and hybrid solutions. *Environmental Science & Technology*. <https://doi.org/10.1021/acs.est.9b05222>
- Diemer\*, N., Staudacher\*, P., Atuhaire, A., Fuhrmann, S., & **Inauen, J.** (2020). Smallholder farmers' information behavior differs for organic versus conventional pest management strategies: A qualitative study in Uganda. *Journal of Cleaner Production*, 257, 1-9. <https://doi.org/10.1016/j.jclepro.2020.120465> (\* *shared first authorship*)
- Inauen, J.**, Lilje, J., & Mosler, H.-J. (2020). Refining hand washing interventions by identifying active ingredients: A cluster-randomized controlled trial in rural Zimbabwe. *Social Science & Medicine*, 245. doi:10.1016/j.socscimed.2019.112712
- Harter, M., **Inauen, J.**, & Mosler, H.-J. (2020). How does Community-Led Total Sanitation (CLTS) promote latrine construction, and can it be improved? A cluster-randomized controlled trial in Ghana. *Social Science & Medicine*, 245. doi:10.1016/j.socscimed.2019.112705
- 2019
- Harter, M., Contzen, N., & **Inauen, J.** (2019). The role of social identification for achieving an open-defecation free environment: A cluster-randomized, controlled trial of Community-Led Total Sanitation in Ghana. *Journal of Environmental Psychology*, 66, 1-8. doi: 10.1016/j.jenvp.2019.101360
- Landes, F.C., **Inauen, J.**, Ponce-Canchihuamán, J., Markowski, K., Ellis, T.K., & van Geen, A. (2019). Does involving parents in soil sampling identify causes of child exposure to lead? A case-study of community engagement in mining-impacted towns in Peru. *GeoHealth*, 3. doi:10.1029/2019GH000200
- Kwasnicka, D., **Inauen, J.**, Nieuwenboom, W., Nurmi, J., Schneider, A., Short, C.E. ... Naughton, F. (2019). Challenges and solutions for N-of-1 design studies in health psychology, *Health Psychology Review*, 13(2), 163-178. <https://doi.org/10.1080/17437199.2018.1564627>
- 2018
- Inauen, J.**, Stocker, A., & Scholz, U. (2018). Why and for whom may coping planning have adverse effects? A moderated mediation analysis. *Applied Psychology: Health and Well-Being*, 10(2), 272-289. doi:10.1111/aphw.12130
- Inauen, J.**, Radtke, T., Rennie, L., Scholz, U., & Orbell, S. (2018). Transfer or compensation? An experiment testing the effects of actual and imagined exercise on eating behavior. *Swiss Journal of Psychology*, 77(2). 59-67. doi: 10.1024/1421-0185/a000207

## 2017

- Amrein, M., 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. <https://doi.org/10.1016/j.appet.2017.04.016>
- Inauen, J.**, Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U. (2017). Using smartphone-based support groups to promote healthy eating: A randomized trial in daily life. *Applied Psychology: Health and Well-Being*, *9*(3), 303–323. doi: 10.1111/aphw.12093
- Bierbauer, W., **Inauen, J.**, Schäfer, S., Kleemeyera, M.M., Lüscher, J., König, C., . . . Scholz, U. (2017). Health behavior change in older adults: Testing the health action process approach at the inter- and intraindividual level. *Applied Psychology: Health and Well-Being*, *9*(3), 324–348. doi:10.1111/aphw.12094
- Inauen, J.**, Bierbauer, W., Lüscher, J., König, C., Tobias, R., Ihle, A., . . . Scholz, U. (2017). Assessing adherence to multiple medications and in daily life among patients with multimorbidity. *Psychology & Health*, *32*(10), 1233-1248. doi:10.1080/08870446.2016.1275632
- George, C. M., **Inauen, J.**, Perrin, J., Tighe, J., Hasan, K., Rahman, M. S., & Zheng, Y. (2017). Behavioral determinants of switching to arsenic safe water wells: An analysis of a randomized controlled trial of health education interventions coupled with water arsenic testing. *Health Education & Behavior*, *44*(1), 92-102. doi: 10.1177/1090198116637604
- Ihle, A., **Inauen, J.**, Scholz, U., König, C., Holzer, B., Zimmerli, L., . . . Kliegel, M. (2017). Prospective and retrospective memory are differentially related to self-rated omission and commission errors in medication adherence in multimorbidity. *Applied Neuropsychology: Adult*, *24*(6), 505-511. doi:10.1080/23279095.2016.1209675

## 2016

- Berli, C., Stadler, G., **Inauen, J.**, & Scholz, U. (2016). Action control in dyads: A randomized controlled trial to promote physical activity in everyday life. *Social Science & Medicine*, *163*, 89-97. doi:10.1016/j.socscimed.2016.07.003
- Inauen, J.**, Shrout, P., Bolger, N., Stadler, G., & Scholz, U. (2016). Mind the gap? An intensive longitudinal study of between-person and within-person intention-behavior relations. *Annals of Behavioral Medicine*, *50*, 516-522. doi:10.1007/s12160-016-9776-x
- Inauen, J.**, & Mosler, H.-J. (2016). Mechanisms of maintenance: Long-term effects of theory-based interventions to promote safe water consumption. *Psychology & Health*, *31*(2), 166-183. doi:10.1080/08870446.2015.1085985

## 2015

- Contzen, N., & **Inauen, J.** (2015). Social-cognitive factors mediating intervention effects on handwashing: A longitudinal study. *Journal of Behavioral Medicine*, *38*(6), 956-969. doi: 10.1007/s10865-015-9661-2

2014

- Hossain, M. M., & **Inauen, J.** (2014). Differences in stakeholders' and end users' preferences of arsenic mitigation options in Bangladesh. *Journal of Public Health, 22*, 335-350. doi:10.1007/s10389-014-0625-8
- Inauen, J.**, Tobias, R., & Mosler, H.-J. (2014). The role of commitment strength in enhancing safe water consumption: Mediation analysis of a cluster-randomised trial. *British Journal of Health Psychology, 19*, 701-719. doi:10.1111/bjhp.12068
- Inauen, J.**, & Mosler, H.-J. (2014). Developing and testing theory-based and evidence-based interventions to promote switching to arsenic-safe wells in Bangladesh. *Journal of Health Psychology, 19*(12), 1483-1498. doi:10.1177/1359105313493811
- Johnston, R. B., Hug, S., **Inauen, J.**, Khan, N. I., Mosler, H.-J., & Yang, H. (2014). Enhancing arsenic mitigation in Bangladesh: Findings from institutional, psychological, and technical investigations. *Science of the Total Environment, 488*, 477-483. doi:10.1016/j.scitotenv.2013.11.143
- 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:10.1026/0943-8149/a000125

2013

- George, C. M., **Inauen, J.**, Rahman, M. S., & Zheng, Y. (2013). The effectiveness of educational interventions to enhance the adoption of fee-based arsenic testing in Bangladesh: A cluster randomized controlled trial. *American Journal of Tropical Medicine & Hygiene, 89*(1), 138-144. doi:10.4269/ajtmh.12-0664
- Inauen, J.**, Hossain, M. M., Johnston, R., & Mosler, H.-J. (2013). Acceptance and use of eight arsenic-safe drinking water options in Bangladesh. *PLoS ONE, 8*(1), e53640. doi:10.1371/journal.pone.0053640
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- Schnyder, N., Baggio, S., Rossegger, A., Endrass, J., Cunha Gonçalves, L., **Inauen, J.** (2021). Adherence to public health measures during the COVID-19 pandemic: The pivotal role of behavioural science. *Swiss Medical Weekly*.

**Inauen, J., & Zhou, G. (2020).** Health and well-being in the early stages of the Covid-19 pandemic: Insights from applied psychology. *Applied Psychology: Health and Well-Being*, 4, 1-9. <https://doi.org/10.1111/aphw.12245>

### Book Chapter

**Inauen, J., & Scholz, U. (2015).** Behavior modification. In N.A. Pachana (Ed.), *Encyclopedia of Geropsychology*, Singapore: Springer.

### Articles in Scientific Magazines

Ambuehl, B., Kunwar, B.M., Schertenleib, A., Marks, S.J., & **Inauen, J. (2021).** Participation and psychological ownership enhance safe water outcomes. *Sandec News*, 22, 42-43. [https://www.eawag.ch/fileadmin/Domain1/Abteilungen/sandec/publikationen/news/news\\_21.pdf](https://www.eawag.ch/fileadmin/Domain1/Abteilungen/sandec/publikationen/news/news_21.pdf)

Ambuehl, B., Ghosh, A.K., Singh, B.K., Kumar, M., Marks, S., & **Inauen, J. (2020).** Psychological ownership and habits for long-lasting safe water infrastructure. *Sandec News*, 21, 36-37. [https://www.eawag.ch/fileadmin/Domain1/Abteilungen/sandec/publikationen/news/news\\_21.pdf](https://www.eawag.ch/fileadmin/Domain1/Abteilungen/sandec/publikationen/news/news_21.pdf)

**Inauen, J. (2020).** Der Klimawandel ist ein Gesundheitsproblem. Welchen Beitrag zur Lösung kann die Psychologie leisten? *Psychoscope*, 4, 15-17. <https://www.psychologie.ch/fr/psychoscope-42020>

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Knittle, K., Morrison, L., **Inauen, J.**, Warner, L.M., Kassavou, K., Naughton, F., & Michie, S. (2016). mHealth: Past success, future challenges, and the role of the EHPS. *The European Health Psychologist*, 18(6), 266-272.

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### Theses

**Inauen, J. (2012).** *Theory-based promotion of safe water consumption* (Unpublished doctoral thesis). Department of Psychology, University of Zurich, Zurich, Switzerland.

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### Other Publications

Mosler, H.-J., Huber, A.C., **Inauen, J.**, & Tobias, R. (2015). A guide to behaviour change. In C.A. Johnson, & A. Bretzler (Eds.), *Geogenic contamination handbook – Addressing arsenic and fluoride in drinking water* (pp. 110-133), Swiss Federal Institut of Aquatic Science and Technology (Eawag), Dübendorf, Switzerland. Available at <https://www.eawag.ch/en/research/humanwelfare/drinkingwater/wrq/geogenic-contamination-handbook/>

### Oral Presentations at Scientific Conferences (Selected: First-Authored)

**Inauen, J.**, Baretta, D., Amrein, M.A., Baeder, C., Ruschetti, G.G., del Río Carral, M., Fabian, C., & Ruettimann, C. (2022, August). *Multiphase optimization strategy to promote hand hygiene during a pandemic: Optimization of the Soapp app*. Paper presented at 36th Annual Conference of the European Health Psychology Society, Bratislava, Slovakia.

**Inauen, J.**, Bamert, M., Lages, N.C., Villinger, K., Koller, J.E., Schupp, H.T., & Renner, B. (2022, July). *High personal response efficacy and moderate perceptions of vulnerability: Results from the EUCLID COVID-19 survey in Switzerland*. Paper presented at 17th European Congress of Psychology, Ljubljana, Slovenia.

**Inauen, J.**, Contzen, N., Frick, V., Kadel, P., Keller, J., Kollmann, J., Mata, J., & van Valkengoed, A.M. (2021, August). *Umweltprobleme sind Gesundheitsprobleme: Wie kann die Gesundheitspsychologie beitragen?*. Paper presented at Fachgruppentagung Gesundheitspsychologie of the German Psychological Association, Virtual Conference.

**Inauen, J.**, Bamert, M. (2021, August). *Stress und Gesundheitsverhalten im Alltag: Machbarkeitsstudie zur Nutzung mobiler Elektrokardiographie*. Paper presented at Fachgruppentagung Gesundheitspsychologie of the German Psychological Association, Virtual Conference.

**Inauen, J.**, & Bamert, M. (2021, August). *How do stress and health behavior relate in daily life? Feasibility study of mobile electrocardiography*. Paper presented at the Annual Conference of the European Health Psychology Society, Virtual Conference.

**Inauen, J.**, & Amrein, M. (2021, August). *Using psychological science to prevent COVID-19: Development of an app-based intervention*. Paper presented at the Swiss Public Health Conference, Bern, Switzerland.

**Inauen, J.**, Bamert, M., Luethi, S.V., & Roethlisberger, S. (2021, June). *Investigating the relationship between acute stress and health behavior in daily life using mobile electrocardiography: A feasibility study*. Paper presented at the Conference of the Society for Ambulatory Assessment, Virtual Conference.

- Inauen, J., & Bolger, N.** (2021, April). *Can goal setting reduce sugary drink intake? A factorial randomized controlled trial of one-off and day-to-day goal setting.* Paper presented at the 42nd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Virtual Conference.
- Inauen, J., Berli, C., Stadler, G., Scholz, U., & Shrouf, P.E.** (2020, September). *Modeling the mechanisms of health behavior change interventions over time: Mediation analysis using intensive-longitudinal data.* Paper presented at the Centre for Behaviour Change Online Conference, London, UK.
- Inauen, J., Scholz, U., & Bolger, N.** (2019, September). *Can goal setting reduce sugar-sweetened beverage consumption within persons? A micro-randomized trial.* Paper presented at the 16th SPS SGP SSP Conference, Bern, Switzerland.
- Inauen, J., Scholz, U., & Bolger, N.** (2019, September). *Within-person effects of goal setting: A micro-randomized trial to reduce sugar-sweetened beverage intake.* Paper presented at the 33rd Annual Conference of the European Health Psychology Society, Dubrovnik, Croatia.
- Inauen, J., Amrein, M., Rackow, P., & Scholz, U.** (2019, July). *Leveraging psychological theory and mobile technology for effective health promotion and prevention.* Paper presented at the 16<sup>th</sup> European Congress of Psychology, Moscow, Russia.
- Inauen, J., Lilje, J., & Mosler, H.-J.** (2019, June). *Refining health behavior change interventions by identifying active ingredients: A cluster-randomized controlled hand washing trial in rural Zimbabwe.* Paper presented at the 16<sup>th</sup> European Congress of Psychology, Moscow, Russia.
- Inauen, J., Scholz, U., & Bolger, N.** (2019, June). *Within-person effects of goal setting: A micro-randomized trial to reduce sugar-sweetened beverage intake.* Paper presented at the 6th Biennial Conference of the Society for Ambulatory Assessment, Syracuse NY, USA.
- Inauen, J., Mosler, H.-J., Scholz, U., & Shrouf, P.E.** (2019, February). *Applying social psychological theory to improve behavioral interventions across cultures.* Paper presented at the Annual Convention of the Society for Personality and Social Psychology, Portland OR, USA.
- Inauen, J., & Lilje, J.** (2018, September). *“So lange ich meine Schutzkleidung trage, brauche ich nicht sorgsam mit Pestiziden umzugehen”: Die Rolle verhaltensübergreifender Überzeugungen am Beispiel der Pestizidnutzung.* Paper presented at the 51. Kongress der Deutschen Gesellschaft für Psychologie, Frankfurt am Main
- Inauen, J., Amrein, M., Rackow, P., & Scholz, U.** (2018, June). *Social exchange in smartphone-based chat groups: Mechanisms of an mhealth intervention to promote healthy eating.* Paper presented at the 32nd Annual Conference of the European Health Psychology Society, Galway, Ireland
- Inauen, J., Amrein, M., Rackow, P., & Scholz, U.** (2018, June). *Social- and self-regulation in smartphone-based groups to promote healthy eating: Results from a randomized controlled trial.* Paper presented at the 29th International Congress of Applied Psychology, Montréal, Canada

- Inauen, J., Lilje, J., & Mosler, H.-J.** (2017, October). *Effectively promoting handwashing frequency through improving technique: A cluster-randomized trial in rural Zimbabwe*. Paper presented at the University of North Carolina Water & Health Conference, Chapel Hill, North Carolina, USA
- Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U.** (2017, September). *Can digital support groups promote healthy eating? A randomized trial in daily life*. Paper presented at the 15<sup>th</sup> Conference of the Swiss Psychological Society, Lausanne, Switzerland
- Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U.** (2017, August). *Can digital support groups promote healthy eating? A randomized trial in daily life*. Paper presented at the 31<sup>st</sup> Conference of the European Health Psychology Society, Padova, Italy
- Inauen, J., & Marks, S.** (2017). *Fostering ownership to promote sustainable safe water supply: A cluster-randomized trial*. Paper presented at the workshop “The Future of Ownership Research”, Vienna University of Economics and Business, Vienna, Austria
- Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U.** (2017, February). *How do smartphone-based support groups promote healthy eating? An application of the 2-1-1 mediation model*. Paper presented at the Biennial Conference of the Society for Ambulatory Assessment, Esch-sur-Alzette, Luxembourg
- Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U.** (2017, February). *Using digital support groups to promote healthy eating in daily life*. Paper presented at the 3<sup>rd</sup> Digital Health Conference of the Center for Behavior Change, London, UK
- Inauen, J.** (2016, October). *Using smartphones to foster social support by virtual strangers to promote healthy eating: A randomized controlled trial*. Paper presented at the World Cancer Congress, Paris, France
- Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U.** (2016, July). *With a little help from my “friends”: Enhancing healthy eating with smartphone support groups*. Paper presented at the 31<sup>st</sup> International Congress of Psychology, Yokohama, Japan
- Inauen, J., & Mosler, H.-J.** (2015, May). *Theory-based promotion of safe water consumption: Long-term effects of two cluster-randomized trials in Bangladesh*. Paper presented at the 27<sup>th</sup> Convention of the Association for Psychological Science, New York, USA
- Inauen, J., & Scholz, U.** (2015, September). *Enhancing daily action control to promote healthy eating: An ecological momentary intervention*. Paper presented at the 29<sup>th</sup> Convention of the European Health Psychology Society, Limassol, Cyprus
- Inauen, J., & Scholz, U.** (2014, August). *Intention-behavior relations: An intraindividual perspective*. Paper presented at the 28<sup>th</sup> Conference of the European Health Psychology Society, Innsbruck, Austria

- Inauen, J., Radtke, T., Rennie, L., Orbell, S., & Scholz, U. (2014, July).** *Effects of thinking about physical activity and unhealthy eating: The role of negative affect.* Paper presented at the 28th International Congress of Applied Psychology (ICAP), Paris, France
- Inauen, J. (2014, July).** *Differentiating users of arsenic-safe water options based on the Health Action Process Approach: A longitudinal study in Bangladesh.* Paper presented at the 28th International Congress of Applied Psychology (ICAP), Paris, France
- Inauen, J., Radtke, T., Rennie, L., Orbell, S., & Scholz, U. (2013, September).** *Die Macht der Vorstellung: Kompensatorische vs. Übertragungseffekte (vorgestellter) physischer Aktivität auf den Snackkonsum.* Paper presented at the 11th Congress of the Health Psychology Division of the German Psychological Society, Luxembourg, Luxembourg
- Inauen, J., & Mosler, H.-J. (2013, July).** *Sustainable promotion of safe water consumption: Long-term effects of interventions and mechanisms of behavior change.* Paper presented at the 27th Conference of the European Health Psychology Society (EHPS), Bordeaux, France
- Inauen, J. (2012, October).** *Behavior-change interventions to promote arsenic-safe water consumption in Bangladesh: What works and what does not?* Paper presented at the 2012 Water and Health Conference, Chapel Hill, NC, USA
- Inauen, J. (2012, October).** *Behavior-change interventions to promote arsenic-safe water consumption in Bangladesh: What works and what does not?* Paper presented at the 2012 Water and Health Conference, Chapel Hill, NC, USA
- Inauen, J., & Hossain, M. M. (2012, August).** *Behavior change techniques to enhance arsenic-safe water consumption in Bangladesh.* Paper presented at the 3<sup>rd</sup> International Conference on Research for Development (ICRD), Bern, Switzerland
- Inauen, J. (2012, August).** *When and how a coping planning intervention affects safe water consumption: A moderated mediation analysis.* Paper presented at the 26th Conference of the European Health Psychology Society (EHPS), Prague, Czech Republic
- Inauen, J. (2011, September).** *Developing theory-based public health interventions to enhance habitual arsenic-safe water consumption in Bangladesh.* Paper presented at the 25th Conference of the European Health Psychology Society (EHPS), Crete, Greece
- Inauen, J., & Mosler, H.-J. (2010, July).** *Risky consumption of drinking water: Predicting the use of arsenic-safe drinking water options in Bangladesh.* Paper presented at the 27<sup>th</sup> International Congress of Applied Psychology, Melbourne, Australia
- Inauen, J., & Tobias, R. (2009, September).** *Monitoring dynamic processes in environmental psychology. First applications of a method for collecting time-series data during behavior-change campaigns in Cuba and Bolivia.* Paper presented at the 8th Biennial Conference on Environmental Psychology, Zurich, Switzerland



**Inauen, J., & Blöchliger, O. R.** (2009, July). *Personal, social, and situational factors influencing acceptance and use of arsenic-free deep tubewells in Bangladesh*. Paper presented at the 11th European Congress of Psychology, Oslo, Norway

**Poster Presentations at Scientific Conferences (Selected: First-Authored)**

**Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U.** (2016, January). *With a little help from my “friends”: An experiment of social support by virtual strangers to increase healthy eating*. Poster presented at the 17th Annual Convention of the Society for Personality and Social Psychology, San Diego, USA

**Inauen, J., Stadler, G., Scholz, U., Shrout, P., & Bolger, N.** (2015, June). *The dynamics and relations of intentions and behavior in everyday life*. Poster presented at the 4th Biennial Conference of the Society for Ambulatory Assessment, State College, Pennsylvania, USA

**Inauen, J., & Mosler, H.-J.** (2013, February). *Promoting arsenic-safe water consumption in Bangladesh: Increased effects of evidence-based behavior change techniques*. Poster presented at GeoGen2013, Addis Ababa, Ethiopia

**Inauen, J., & Mosler, H.-J.** (2010, September). *When drinking water is poisonous: Distal and proximal social-cognitive factors influencing habitual use of arsenic-safe water sources in Bangladesh*. Poster presented at the 24th Conference of the European Health Psychology Society (EHPS), Cluj-Napoca, Romania

**Inauen, J., & Mosler, H.-J.** (2010, April). *Environmental hazard: When drinking water is poisonous. Personal, social, and structural factors influencing the use of arsenic-safe deep tubewells in Bangladesh*. Poster presented at the 11th Swiss Global Change Day, Bern, Switzerland

**Inauen, J., & Mosler, H.-J.** (2009, September). *Factors influencing consumption of safe drinking water: The example of arsenic-free deep tubewells in Bangladesh*. Poster presented at the 23rd Conference of the European Health Psychology Society, Pisa, Italy