

## Curriculum Vitae

Jennifer Inauen

### Personal Information

Prof. Dr. Jennifer Inauen, Assistant Professor (Tenure Track), University of Bern, Institute of Psychology, Department of Health Psychology and Behavioral Medicine, Fabrikstrasse 8, 3012 Bern, Switzerland

Website: [https://www.gpv.psy.unibe.ch/about\\_us/personen/jinauen/index\\_eng.html](https://www.gpv.psy.unibe.ch/about_us/personen/jinauen/index_eng.html)

Orcid ID: 0000-0002-7884-3222

Google Scholar ID: <https://scholar.google.ch/citations?user=LRC817cAAAAJ&hl=en>

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

### Education

- 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

- 11/2018-present      Assistant Professor (Tenure Track) of Health Psychology, Department 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

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: Grants as Principle Investigator)

06/2021-05/2025      Research Grant (PI), Swiss National Science Foundation (SNF), Habit Disruption in Daily Life (HABIRUPT), CHF 435'709

08/2020-07/2022      Research Grant (PI), Ursula Wirz-Stiftung, BECCCS: Behavior Change in Context to Contain the Spread of SARS-CoV-2, CHF 200'000

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, CHF 452'103

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, CHF 27'269

06/2014-08/2016      Research Fellowship, Swiss National Science Foundation (SNF), Intention-behavior relations: An intraindividual perspective, CHF 86'055

### Invited Talks and Symposia

**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, 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, 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:*

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”, 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

**Boards and Committees**

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 Psychologist 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)  
 SSPH+ Faculty Member (Swiss School of Public Health)

**Teaching**

*Didactic Education*

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

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

09/2020-present Dr. phil. Melanie Amrein  
 01/2018-01/2019 Dr. phil. Jonathan Lilje

*Doctoral Student Supervision (Selected: Main Supervisor)*

02/2020-present Carmen Wyss  
 11/2019-present Valérie Bösch

08/2019-present Vica Tomberge  
 07/2018-present Benjamin Ambühl

*Master's and Bachelor Student Supervision*

01/2011-08/2021 16 Master's theses 8 bachelor theses supervised

*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 (HS2020): Gewohnheiten und Gesundheit (Habits and Health), Institute of Psychology, University of Bern

Lecture 449329 (taught regularly since FS2019): Forschungsmethoden der Gesundheitspsychologie (Research Methods of Health Psychology), Institute of Psychology, University of Bern

Seminar 449439 (taught regularly since FS2019): Gesundheitsverhaltensänderung (Health Behavior Change), Institute of Psychology, University of Bern

Lecture 454395 (taught regularly since HS2019): Themenfelder der Gesundheitspsychologie und Verhaltensmedizin, 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*

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**

2021

1. Tomberge\*, V.M.J., Bischof\*, J., Shrestha, A., Meierhofer, R., & **Inauen, J.** (2021). 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)
2. **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>
3. Tomberge, V., Harter, M., & **Inauen, J.** (2021). The importance of collective and individual psychological ownership for safe sanitation: A multilevel analysis in rural Ghana. *Global Public Health*. Advance Online Publication <https://doi.org/10.1080/17441692.2021.1928260>
4. 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)
5. 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>.

6. 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

7. 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*. Advance Online Publication.  
<https://doi.org/10.1093/abm/kaaa066> (\* *shared first authorship*)
8. 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>
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>
10. 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*)
11. **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
12. 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

13. 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
14. 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

15. 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. doi:10.1080/17437199.2018.1564627

2018

16. **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
17. **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

18. 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. doi:10.1016/j.appet.2017.04.016
19. **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
20. 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
21. **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
22. 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
23. 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



24. 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
25. **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
26. **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

27. 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

28. 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
29. **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
30. **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
31. 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
32. 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

33. 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

34. **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
35. **Inauen, J.**, Tobias, R., & Mosler, H.-J. (2013). Predicting water consumption habits for seven arsenic-safe water options in Bangladesh. *BMC Public Health*, 13. doi:10.1186/1471-2458-13-417

2010

36. Mosler, H.-J., Blöchliger, O. R., & **Inauen, J.** (2010). Personal, social, and situational factors influencing the consumption of drinking water from arsenic-safe deep tubewells in Bangladesh. *Journal of Environmental Management*, 91, 1316–1323. doi:10.1016/j.jenvman.2010.02.012
37. Tobias, R. & **Inauen, J.** (2010). Gathering time-series data for evaluating behavior-change campaigns in developing countries: Reactivity of diaries and interviews. *Evaluation Review*, 34, 367–390. doi:10.1177/0193841X10383940

#### Not peer-reviewed contributions to scientific journals

- 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., 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>
- Inauen, J., & Marks, S.** (2017). The role of ownership in sustainable safe water supply. *Transfer – Werbeforschung und Praxis*.
- 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.
- Mosler, H.-J., Huber, A., **Inauen, J.**, & Tobias, R. (2012). How to achieve evidence-based behavioural change. *Sandec News*, 13, 14-15.
- Huber, A., **Inauen, J.**, & Mosler, H.-J. (2011). Increasing safe water consumption in Bangladesh and Ethiopia, *Sandec News*, 12, 6-7.
- Inauen, J.**, & Gonzalez, A. (2009). „In den Köpfen der Menschen muss etwas verändert werden, damit Umweltprobleme gelöst werden können!“. Ein Interview mit einem Umweltpsychologen. *Forum der Geoökologie*, 20(2), 26-28.

### Theses

- Inauen, J.** (2012). *Theory-based promotion of safe water consumption* (Unpublished doctoral thesis). Department of Psychology, University of Zurich, Zurich, Switzerland.
- Inauen, J.** (2007). *How prompts and public commitment affect the use of solar water disinfection: A time series analysis* (Unpublished Master's Thesis). Department of Psychology, University of Zurich, Zurich, Switzerland

### 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/>

### Media Coverage (Selected)

Corona und unsere Psyche

*Radio Neo1*, 24-27 August 2020

«Perfid ist, dass Süssgetränke überhaupt nicht sättigen» Welche Strategien helfen, von Snacks und Süssgetränken loszukommen, erklärt Gesundheitspsychologin Jennifer Inauen

*Tagesanzeiger*, 4 June 2018

«Wer nascht, ist noch kein Versager» Jennifer Inauen forscht nach Strategien, die uns helfen, der Lust auf Schokolade, Chips und Co. zu widerstehen

*Sonntagszeitung*, 27 March 2016

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

- 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., & Shrout, 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., & Shrout, 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 27th 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 29th 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 28th 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., Shrouf, 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., Shrouf, 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