

JENNIFER INAUEN, Ph.D.

PUBLICATIONS, JANUARY 2018

Peer-reviewed,
accepted or in press

Inauen, J., Radtke, T., Rennie, L., Scholz, U., & Orbell, S. (accepted). Transfer or compensation? An experiment testing the effects of actual and imagined exercise on eating behavior. *Swiss Journal of Psychology*.

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

Peer-reviewed,
published

Inauen, J., Bolger, N., Shrout, P.E., Stadler, G., Amrein, M., Rackow, P., & Scholz, U. (2017). Using support group messaging 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. (2016). 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

Berli, C., Stadler, G., **Inauen, J.**, & Scholz, U. (2016). Dyadic action control: 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

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

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.
- 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
- 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
- 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
- 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
- Inauen, J.**, Scholz, U., & Stocker, A. (2017). *Why and for whom may coping planning have adverse effects? A moderated mediation analysis.* Manuscript submitted for publication.
- Jia, J., Yu, J., Sirigeri, R., Choi, H., Stadler, G., **Inauen, J.**, Jiang, X. (2016). *Intelligent and privacy-preserving medication adherence system.* Manuscript submitted for publication.
- Inauen, J.**, & Scholz, U. (2015). Behavior modification. In N.A. Pachana (Ed.), *Encyclopedia of Geropsychology*, Singapore: Springer.
- 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 <http://www.eawag.ch/forschung/qp/wrq/index>

Invited Talks and Symposia

Inauen, J. (2016, July). *Health behaviors in context: The role of social and structural factors in self-regulation*. Invited symposium at the 31st 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: 3rd 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.

Oral presentations (first-authored only)

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 15th 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 31st 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 3rd 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 31st 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 3rd 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 27th 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 (first-authored only)**
- 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.