



HANDBOOK OF
SELF-
REGULATION

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Handbook Of Self Regulation

Kathleen D. Vohs, Roy F. Baumeister



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Handbook of Self-Regulation Monique Boekaerts, Moshe Zeidner, Paul R Pintrich, 1999-11-22 The Handbook of Self Regulation represents state of the art coverage of the latest theory research and developments in applications of self regulation research Chapters are of interest to psychologists interested in the development and operation of self regulation as well as applications to health organizational clinical and educational psychology This book pulls together theory research and applications in the self regulation domain and provides broad coverage of conceptual methodological and treatment issues In view of the burgeoning interest and massive research on various aspects of self regulation the time seems ripe for this Handbook aimed at reflecting the current state of the field The goal is to provide researchers students and clinicians in the field with substantial state of the art overviews reviews and reflections on the conceptual and methodological issues and complexities particular to self regulation research Coverage of state of the art in self regulation research from different perspectives Application of self regulation research to health clinical organizational and educational psychology Brings together in one volume research on self regulation in different subdisciplines Most comprehensive and penetrating compendium of information on self regulation from multi disciplinary perspectives

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International Handbook of Self-Control in Health and Well-Being Denise de Ridder, Marieke Adriaanse, Kentaro Fujita, 2017-10-30 The ability to prioritise long term goals above short term gratifications is crucial to living a healthy and happy life We are bombarded with temptations whether from fast food or faster technologies but the psychological capacity to manage our lives within such a challenging environment has far reaching implications for the well being not only of the individual but also society as a whole The Routledge International Handbook of Self Control in Health and Wellbeing is the first comprehensive handbook to map this burgeoning area of research by applying it to health outcomes and personal well being Including contributions from leading scholars worldwide the book incorporates new research findings that suggest that simply inhibiting our immediate impulses isn't the whole story there may be more options to improve self control than simply by suppressing the ego Divided into six coherent sections the book provides an overview of the research base before discussing a range of interventions to help improve self control in different contexts from smoking or drinking too much to developing self control over aggression or spending money The only definitive handbook on this far reaching topic this essential work will appeal to researchers and students across health and social psychology as well as related health sciences

Handbook of Mindfulness and Self-Regulation Brian D. Ostafin, Michael D. Robinson, Brian P. Meier, 2015-10-12 This empirically robust resource examines multiple ways mindfulness can be harnessed to support self regulation in part as a real world component of therapy Its authoritative coverage approaches complex mind brain connections from neuroscience cognitive personality social clinical and Buddhist perspectives both within and outside traditional meditation practice In domains such as letting go of harmful habits and addictions dealing with depression and anxiety regulating emotions and training cognitive function contributors show how mindfulness based interventions encourage and inspire change In addition

to scientific coverage experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians Included in the Handbook Mindfulness and its role in overcoming automatic mental processes Burning issues in dispositional mindfulness research Self compassion what it is what it does and how it relates to mindfulness Mindfulness based cognitive therapy and mood disorders Mindfulness as a general ingredient of successful psychotherapy The emperor s clothes a look behind the Western mindfulness mystique Heralding a new era of mind brain research and deftly explaining our enduring fascination with mindfulness in the process the Handbook of Mindfulness and Self Regulation will enhance the work of scholars and practitioners

Handbook of Self-Regulatory Processes in Development Karen Caplovitz Barrett, Nathan A. Fox, George A. Morgan, Deborah J. Fidler, Lisa A. Daunhauer, 2013-05-02 The development of self and emotional regulatory processes helps children to regulate their behavior based on their cultural context and to develop positive social relationships This handbook brings together heretofore disparate literatures on self and emotional regulation brain and physiological processes mastery motivation and atypical development to highlight how mastery motivation is related to self regulation and to clarify the relation between these various processes Authors from a variety of countries and backgrounds provide an integrated up to date review of the research and the key theoretical models to demonstrate how these processes relate to cultural and individual differences in both typical and atypical development The renowned editors all experts in a particular domain of self regulation provide section opening chapters that review the literature provide a perspective that explains the findings and suggest directions for future research Although the focus is on quantitative studies some qualitative findings and research using brain imaging methodologies are included Outstanding features include Reviews the development of self and emotional regulation from infancy through adolescence Contributors from various countries and backgrounds provide an integrative review of the literature to guide the direction of future research Features contributions from those who have had a strong impact on self regulation research Reviews research on developmental disorders that have implications for self regulation There are four sections Section one introduces the development of self and emotional regulation This section reviews how self regulation adapts based on personal and culturally based goals and how individual differences predispose some to behavior disorders Socialization influences are examined including a look at when typical regulation processes go awry Section 2 examines physiological and brain processes as they relate to the development of typical and atypical processes along with neurocognitive development of performance monitoring and how these processes change over time cortical activation differences and behavioral and electrocortical measures of attentional bias Section 3 reviews the development of self regulation and mastery motivation including a review of the Dimensions of Mastery Questionnaire DMQ cross national comparisons and what the DMQ can tell us about self regulation The section concludes with a look at the development of self regulation and mastery motivation in individuals with a developmental disability Section 4 examines self regulation in atypical development and evidence based treatment approaches in children

with ADHD autism and Down syndrome This book is intended for researchers graduate students and practitioners in psychology neuroscience human development and education interested in the development of self and emotional regulatory processes

Handbook of Self-regulation of Learning and Performance: Basic domains of self-regulation of learning and performance Dale H. Schunk, Barry J. Zimmerman, 2011 Self regulated learning or self regulation refers to the process whereby learners personally activate and sustain cognitions affects and behaviours that are systematically oriented toward the attainment of learning goals This is the first volume to integrate into a single volume all aspects of the field of self regulation of learning and performance basic domains applications to content areas instructional issues methodological issues and individual differences It draws on research from such diverse areas as cognitive educational clinical social and organizational psychology

Emotion, Motivation, and Self-Regulation Nathan C. Hall, Thomas Goetz, 2013-07-01 This handbook is a user friendly resource for pre service and new practicing teachers outlining theoretical models and empirical research findings concerning the nature and effects of emotions motivation and self regulated learning for students and teachers alike

Handbook of Personality and Self-Regulation Rick H. Hoyle, 2013-10-02 The Handbook of Personality and Self Regulation integrates scholarly research on self regulation in the personality developmental and social psychology traditions for a broad audience of social and behavioral scientists interested in the processes by which people control or fail to control their own behavior Examines self regulation as it influences and is influenced by basic personality processes in normal adults Offers 21 original contributions from an internationally respected group of scholars in the fields of personality and self regulation Explores the causes and consequences of inadequate self regulation and the means by which self regulation might be improved Integrates empirical findings on basic personality traits with findings inspired by emerging models of self regulation Provides a comprehensive up to date and stimulating view of the field for students and researchers in a wide range of disciplines

Handbook of Self and Identity, Second Edition Mark R. Leary, June Price Tangney, 2011-12-21 Widely regarded as the authoritative reference in the field this volume comprehensively reviews theory and research on the self Leading investigators address this essential construct at multiple levels of analysis from neural pathways to complex social and cultural dynamics Coverage includes how individuals gain self awareness agency and a sense of identity self related motivation and emotion the role of the self in interpersonal behavior and self development across evolutionary time and the lifespan Connections between self processes and psychological problems are also addressed New to This Edition Incorporates significant theoretical and empirical advances Nine entirely new chapters Coverage of the social and cognitive neuroscience of self processes self regulation and health self and emotion and hypoeegoic states such as mindfulness

Handbook of Emotion Regulation, Second Edition James J. Gross, 2015-02-19 Subject Areas Keywords clinical cognition cognitive developmental disorders dysregulation emotion regulation emotional emotions neurobiology neuroscience personality psychology psychopathology research self regulation social Description Reviewing the state of the science in a

dynamic thriving field this influential handbook integrates knowledge from multiple psychological subdisciplines Foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan The social context of emotion regulation is explored as are personality processes and individual differences Critical implications are discussed for psychopathology psychosocial interventions and health Including helpful cross referencing among chapters the volume describes cutting edge methods and identifies promising directions for future investigation

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Schunk,2011 Self regulated learning or self regulation refers to the process whereby learners personally activate and sustain cognitions affects and behaviours that are systematically oriented toward the attainment of learning goals This is the first volume to integrate into a single volume all aspects of the field of self regulation of learning and performance basic domains applications to content areas instructional issues methodological issues and individual differences It draws on research from such diverse areas as cognitive educational clinical social and organizational psychology

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Self-determination Research Edward L. Deci,Richard M. Ryan,2004 Over the past twenty years an increasing number of researchers from various universities have been investigating motivational issues underlying the self regulation of behavior Using either Self Determination Theory or closely related theoretical perspectives these researchers have performed laboratory experiments as well as field studies in a variety of real world settings In April 1999 thirty of these researchers convened at the University of Rochester to present their work share ideas and discuss future research directions This book is an outgrowth of that important and fascinating conference It summarizes the research programs of these social personality clinical developmental and applied psychologists who have a shared belief in the importance of self determination for understanding basic motivational processes and for solving pressing real world problem Midwest

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Biobehavioral Approaches to Self-Regulation Guido H.E. Gendolla,Mattie Tops,Sander L. Koole,2014-09-22 How can people master their own thoughts feelings and actions This question is central to the scientific study of self regulation The behavioral side of self regulation has been extensively investigated over the last decades but the biological machinery that allows people to self regulate has mostly remained vague and unspecified Handbook of Biobehavioral Approaches to Self Regulation corrects this imbalance Moving beyond traditional mind body dualities the various contributions in the book examine how self regulation becomes established in cardiovascular hormonal and central nervous systems Particular attention is given to the dynamic interplay between affect and cognition in self regulation The book also addresses the psychobiology of effort the impact of depression on self regulation the development of self regulation and the question what causes self regulation to succeed or fail These novel perspectives provide readers with a new biologically informed understanding of self awareness and self agency Among the topics being covered are Self regulation in an evolutionary perspective The muscle metaphor in self regulation in the light of current theorizing on muscle physiology From distraction

to mindfulness psychological and neural mechanisms of attention strategies in self regulation Self regulation in social decision making a neurobiological perspective Mental effort brain and autonomic correlates in health and disease A basic and applied model of the body mind system Handbook of Biobehavioral Approaches to Self Regulation provides a wealth of theoretical insights into self regulation with great potential for future applications for improving self regulation in everyday life settings including education work health and interpersonal relationships The book highlights a host of exciting new ideas and directions and is sure to provoke a great deal of thought and discussion among researchers practitioners and graduate level students in psychology education neuroscience medicine and behavioral economics

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