

Acknowledgements

I would like first to thank Prof. Ralf Schwarzer for his support and help, for giving me this chance to increase my scope of knowledge, and to benefit from the generous act of the German Academic Exchange Service (DAAD) that made the completion of this work possible. I am also indebted for Prof. Dieter Kleiber for his support as the second advisor.

I would like also to thank my family in Germany (i.e. all the members of the department of health psychology specially Bärbel Günther and Mary Wagner) for their unlimited support, encouragement, and warm feelings that made the long distance between Sudan and Germany become tolerable.

Special heartfelt thanks to Aleksandra Luszczynska, Falko Sniehotta, Nina Knoll, and Urte Scholz who opened new doors for me and motivated me to keep pursuing goals that seemed to be unreachable. Also many thanks to James Maddux, Joachim Bretz, and Vera Soares for their comments and valuable advices.

Many deep thanks go to my colleague Sonja Böhmer for always being there in time of need.