

7. LITERATUR

- Abraham, C., & Michie, S. (2008). A taxonomy of behavior change techniques used in interventions. *Health Psychology, 27*, 379-87.
- Abraham, C., & Sheeran, P. (2003). Acting on intentions: The role of anticipated regret. *British Journal of Social Psychology, 42*, 495-511.
- Abraham, C., Sheeran, P., Norman, P., Conner, M., deVries, N., & Otten, W. (1999). When good intentions are not enough: Modeling postdecisional cognitive correlates of condom use. *Journal of Applied Social Psychology, 29*, 2591-2612.
- Affleck, G., Tennen, H., Zautra, A., Urrows, S., Abeles, M., & Karoly, P. (2001). Women's persuit of personal goals in daily life with fibromyalgia: A value-expectancy analysis. *Journal of Consulting and Clinical Psychology, 69*, 587-596.
- Ahnis, A. (2005). Inkontinenz, Scham, Ekel – sprechen wir darüber?! In A. Kuhlmeier, H.-P. Rosemeier & M. Rauchfuß (Hrsg.), *Tabus in Medizin und Pflege* (S. 115-133). Frankfurt a. M.: Lang.
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes, 50, Special issue*, 179-211.
- Alewijnse, D., Mester, I., Metsemakers, J., & von den Borne, B. (2003). Predictors of long-term adherence to pelvic floor muscle exercise therapy among women with urinary incontinence. *Health Education Research, 18*, 511-524.
- Anderson, E. S., Wojcik, J. R., Winett, R. A., & Williams, D. M. (2006). Social-cognitive determinants of physical activity: The influence of social support, self-efficacy, outcome expectancies, and self-regulation among participants in a church-based health promotion study. *Health Psychology 25*, 51-520.
- Arbuckle, J. L., & Wothke, W. (1999). *AMOS 4.0 User's Guide*. Chicago, IL: Small-Waters.
- Armitage, C. J. (2004). Evidence that implementation intentions reduce dietary fat intake: A randomized trial. *Health Psychology, 23*, 319-323.
- Avery, K., Donovan, J., Peters, T. J., Shaw, C., Gotoh, M., & Abrams, P. (2004). ICIQ: A brief and robust measure for evaluating the symptoms and impact of urinary incontinence. *Neurourology and Urodynamics, 23*, 322-330.
- Bagozzi, R. P., Baumeister, H., & Pieters, R. (1998). Goal-directed emotions. *Cognition and Emotion, 12*, 1-26.

- Baldwin, A. S., Rothman, A. J., Hertel, A. W., Linde, J. A., Jeffery, R. W., Finch, E. A., Lando, H. A. (2006). Specifying the determinants of the initiation and maintenance of behavior change: An examination of self-efficacy, satisfaction, and smoking cessation. *Health Psychology, 25*, 626-634.
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York: Freeman.
- Baron, R. M., & Kenny, D. A. (1986). The moderator-mediator variable distinction in social psychological research: Conceptual, strategic, and statistical considerations. *Journal of Personality and Social Psychology, 51*, 1173-1182.
- Basillote, J. B., Ahlering, T. E., Skarecky, D. W., Lee, D. I., & Clayman, R. V. (2004). Laparoscopic radical prostatectomy. Review and assessment of an emerging technique. *Surgical Endoscopy, 18*, 1694-1711.
- Baumeister, R. F., Bratlavsky, E., Muraven, M., & Tice, D. M. (1998). Ego depletion: Is the active self a limited resource? *Journal of Personality and Social Psychology, 74*, 1252-1265.
- Baumeister, R. F., & Heatherton, T. F. (1996). Self-regulation failure: An overview. *Psychological Inquiry, 7*, 1-15.
- Benecke, A. (2002). Verhaltenstherapie bei Adipositas. *Verhaltenstherapie, 12*, 297-309.
- Blanchard, C. M., Rodgers, W. M., Courneya, K. S., Daub, B., & Knapik, G. (2002). Does barrier efficacy mediate the gender-exercise adherence relationship during phase II cardiac rehabilitation? *Rehabilitation Psychology, 47*, 106-120.
- Bodenmann, G. (2000). *Stress und Coping bei Paaren*. Göttingen: Hogrefe.
- Bolger, N., Zuckerman, A., & Kessler, R. C. (2000). Invisible support and adjustment to stress. *Journal of Personality and Social Psychology, 79*, 953-961.
- Booth, M. L. (2000). Assessment of physical activity: An international perspective. *Research Quarterly for Exercise and Sport, 71*, 114-120.
- Bortz, J. (1999). *Statistik für Sozialwissenschaftler* (5. Aufl.). Berlin: Springer.
- Bortz, J., & Döring, N. (1995). *Forschungsmethoden und Evaluation* (2. Aufl.). Berlin: Springer.
- Brehm, S. S., & Brehm, J. W. (1981). *Psychological reactance: A theory of freedom and control*. New York: Academic Press.
- Bühl, A. (2006). *SPSS 14. Einführung in die moderne Datenanalyse* (10. Aufl.). München: Pearson Studium.
- Burg, C. A., & Upchurch, R. (2007). A developmental-contextual model of couples coping with chronic illness across the adult life span. *Psychological bulletin, 133*, 920-954.

- Burkert, S., Knoll, N., & Gralla, O. (2006). Social support and stress in prostatectomy patients and their spouses. In P. Buchwald: *Stress and Anxiety – Application to Health, Community, Work Place, and Education* (pp. 36-41). Cambridge, UK: Cambridge Scholar Press.
- Burkert, S., Knoll, N., & Scholz, U. (2005). Korrelate der Rauchgewohnheiten von Studierenden und jungen Akademikern: Das Konzept der dyadischen Planung. *Psychomed*, 17, 240-246.
- Butterfield, R. M., & Lewis, M. A. (2002). Health-related social influence: A social ecological perspective on tactic use. *Journal of Social and Personal Relationships*, 19, 505-526.
- Carver, C. S., & Scheier, M. F. (1981). *Attention and self-regulation: A control-theory approach to human behaviour*. New York: Springer.
- Carver, C. S., & Scheier, M. F. (2002). Control processes and self-organization as complementary principles underlying behavior. *Personality and Social Psychology Review*, 6, 304-315.
- Cerin, E., Vandelanotte, C., Leslie, E., & Merom, D. (2008). Recreational facilities and leisure-time physical activity: An analysis of moderators and self-efficacy as a mediator. *Health Psychology*, 27, S126-S135.
- Classen, M., Diehl, V., & Kochsieck, K. (1998). *Innere Medizin* (4. Aufl.). München: Urban & Schwarzenberg.
- Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd ed.). Hillsdale, NJ: Erlbaum.
- Cohen, S., & Lichtenstein, E. (1990). Partner behaviors that support quitting smoking. *Journal of Consulting and Clinical Psychology*, 58, 304-309.
- Cohen, S., Lichtenstein, E., Mermelstein, R., Kingsolver, K., Baer, J. S., & Kamarck, T. W. (1988). Social support interventions for smoking cessation. In B. H. Gottlieb (Ed.), *Marshaling social support. Formats, processes, and effects* (pp. 211-240). Beverly Hills, CA: Sage.
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98, 310-357.
- Coombs, R. H. (1991). Marital status and personal well-being: A literature review. *Family Relations*, 40, 97-102.
- Cortina, J. M. (1993). What is coefficient alpha? An examination of theory and application. *Journal of Applied Psychology*, 78, 98-104.

- Courneya, K. S. (1994). Predicting repeated behaviour from intention: The issue of scale correspondence. *Journal of Applied Social Psychology, 24*, 580-594.
- Coyne, J. C., Ellard, J. H., & Smith, D. A. (1990). Social support, interdependence, and the dilemmas of helping. In B. R. Sarason, I. G. Sarason, & G. R. Pierce (Eds.), *Social support: An interactional view* (pp. 129-149) Oxford, England: Wiley.
- Cranford, J., Shrout, P. E., Iida, M., Rafaeli, E., Yip, T., & Bolger, N. (2006). A procedure for evaluating sensitivity to within-person change: Can mood measures in diary studies detect change reliably? *Personality and Social Psychology Bulletin, 32*, 917-929.
- de Bruin, J. T., Schaefer, M. K., Krohne, H. W., & Dreyer, A. (2001). Preoperative anxiety, coping, and intraoperative adjustment: Are there mediating effects of stress-induced analgesia? *Psychology and Health, 16*, 253-271.
- Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry, 11*, 227-268.
- Deutsche Krebshilfe e.V. (2005). *Prostatakrebs. Ein Ratgeber nicht nur für Betroffene*.
- Deutsches Krebsforschungszentrum Heidelberg (2006). *Prostatakrebs: Informationen für Patienten und Angehörige*. [www-Dokument] verfügbar unter: <http://www.krebs-informationsdienst.de/Krebsarten/prostatakrebs.html> [21. 06. 2006].
- DiBonaventura, M., & Chapman, G. B. (2005). Moderators of the intention-behavior relationship in influenza vaccinations: Intention stability and unforeseen barriers. *Psychology and Health, 20*, 761-774.
- Drageset, S., & Lindström, T. C. (2005). Coping with a possible breast cancer diagnosis: Demographic factors and social support. *Journal of Advanced Nursing, 51*, 217-226.
- Dunbar, M., Ford, G., & Hunt, K. (1998). Why is the receipt of social support associated with increased psychological distress? An examination of three hypotheses. *Psychology & Health, 13*, 527-544.
- Dunkel-Schetter, C., Blasband, D. E., Feinstein, L. G., & Bennett Herbert, T. (1992). In S. Spacapan, & S. Oskamp (Eds.), *Helping and being helped: Naturalistic studies* (pp. 83-114). Thousand Oaks, CA: Sage.
- Dunkel-Schetter, C., & Skokan, L. A. (1990). Determinants of social support provision in personal relationships. *Journal of Social and Personal Relationships, 7*, 437-450.
- Egawa, S., Kuruma, H., Suyama, K., Iwamura, M., & Baba, S. (2003). Delayed recovery of urinary continence after laparoscopic radical prostatectomy. *International Journal of Urology, 10*, 207-212.

- Emmons, R. A. (1992). Abstract versus concrete goals: Personal striving level, physical illness, and psychological well-being. *Journal of Personality and Social Psychology*, 62, 292-300.
- Emmons, R. A., & King, L.A. (1988). Conflict among personal strivings: Immediate and long-term implications for psychological and physical well-being. *Journal of Personality and Social Psychology*, 54, 1040-1048.
- Filocamo, M. T., Marzi, V. L., Del Popolo, G., Cecconi, F., Marzocco, M., Tosto, A., & Nicita, G. (2005). Effectiveness of early pelvic floor rehabilitation treatment for post-prostatectomy incontinence. *European Urology*, 48, 734-738.
- Finnegan, D. L., & Suler, J. R. (1985). Psychological factors associated with maintenance of improved health behaviors in postcoronary patients. *Journal of Psychology*, 119, 87-94.
- Fissini, H.-J. (2004). *Lehrbuch der psychologischen Diagnostik* (3. Aufl.). Göttingen: Hogrefe.
- Fogarty, J. S. (1997). Reactance theory and patient noncompliance. *Social Sciences and Medicine*, 45, 1277-1288.
- Fuchs, R. (1994). Konsequenzerwartungen als Determinante des Sport- und Bewegungsverhaltens. *Zeitschrift für Gesundheitspsychologie*, 2, 269-291.
- Fuchs, R. (1997). *Psychologie und körperliche Bewegung*. Göttingen: Hogrefe.
- Fuchs, R., & Schwarzer, R. (1994). Selbstwirksamkeit zur sportlichen Aktivität: Reliabilität und Validität eines neuen Messinstruments. *Zeitschrift für differentielle und diagnostische Psychologie*, 15, 141-154.
- Gollwitzer, P. M. (1993). Goal achievement: The role of intentions. In M. Hewstone & W. Stroebe (Eds.), *European Review of Social Psychology* (Vol. 4, pp. 141-185). New York: Wiley & Sons.
- Gollwitzer, P. M. (1999). Implementation intentions: Strong effects of simple plans. *American Psychologist*, 54, 493-503.
- Gollwitzer, P. M., & Brandstätter, V. (1997). Implementation intentions and effective goal pursuit. *Journal of Personality and Social Psychology*, 73, 186-199.
- Gollwitzer, P. M., & Schaal, B. (1998). Metacognition in action: The importance of implementation intention. *Personality and Social Psychology Review*, 2, 124-136.
- Gralla, O., Haas, F., Knoll, N., Hadzidiakos, D., Tüllmann, N., Romer, A., et al. (2007). Fast-track surgery in laparoscopic radical prostatectomy: basic principles. *World Journal of Urology*, 25, 185-191.

- Hager, W., Patry, J.-L. & Brezing, H. (Hrsg.). (2000). *Evaluation psychologischer Interventionsmaßnahmen. Standards und Kriterien: Ein Handbuch*. Bern: Hans Huber.
- Hampel, C., Gillitzer, R., Wiesner, C. & Thüroff, J. W. (2007). Welche Untersuchungen sind beim alten Menschen mit Harninkontinenz sinnvoll? *Der Urologe*, 46, 368-376.
- Helgeson, V. S. (2005). Psychology of gender (2nd ed.). Upper Saddle River, NJ: Pearson.
- Helgeson, V. S., Novak, S. A., Lapore, S. J., & Eton, D. T. (2004). Spouse social control efforts : Relations to health behavior and well-being among men with prostate cancer. *Journal of Social and Personal Relationships*, 21, 53-68.
- Hobfoll, S. E. (2001). Social support and stress. In N. J. Smelser & P. B. Baltes (Eds.), International Encyclopedia of the Social and Behavioural Sciences (Vol. 21, pp. 14461-14465). New York: Pergamon.
- Hobfoll, S. E., & Lerman, M. (1988). Personal relationships, personal attributes, and stress resistance: Mothers' reactions to their child's illness. *American Journal of Community Psychology*, 16, 565-589.
- Hoffmann, N. (1996). Kognitive Probe. In M. Linden & M. Hautzinger (Hrsg.), *Verhaltenstherapie: Techniken, Einzelverfahren und Behandlungsanleitungen* (3. Aufl., S. 192-196). Berlin: Springer.
- Homburg, C., & Giering, A. (2001). Personal characteristics as moderators of the relationship between customer satisfaction and loyalty – An empirical analysis. *Psychology & Marketing*, 18, 43-66.
- Hoogland, J. J., & Boomsma, A. (1998). Robustness studies in covariance structure modeling: An overview and a meta-analysis. *Sociological Methods Research*, 26, 329-367.
- House, J. S., Landis, K. R., & Umberson, D. (1988). Social Relationships and health. *Science*, 241, 540-545.
- Hunter, J. E., & Schmidt, F. L. (1990). *Methods of meta-analysis: Correcting error and bias in research findings*. Newbury Park, CA: Sage.
- Hunter, K. F., Moore, K. N., & Glazener, C. M. A. (2007). Conservative management for prostatectomy urinary incontinence. *Cochrane Database Of Systematic Reviews*, 2.
- Johnston, M., & Vögele, C. (1993). Benefits of psychological preparation for surgery: A meta-analysis. *Annals of Behavioral Medicine*, 15, 245-256.
- Karantanis, E., Fynes, M., Moore, K. H., & Stanton, S. L. (2004). Comparison of the ICIQ-SF and 24-hour pad test with other measures for evaluation the severity of urodynamic stress incontinence. *International Urogynecological Journal*, 15, 111-116.

- Karoly, P. (1993). Mechanisms of self-regulation: A systems view. *Annual Review of Psychology*, 44, 23–52.
- Kendzierski, D. (1990). Decision making versus decision implementation: An action control approach to exercise adoption and adherence. *Journal of Applied Social Psychology*, 20, 27-45.
- Kenny, D., Kashy, D., & Cook, W. (2006). *Dyadic data analysis*. New York: Guliford Press.
- Knoll, N., Burkert, S., & Schwarzer, R. (2006). Reciprocal support provision: Personality as a moderator? *European Journal of Personality*, 20, 217-236.
- Knoll, N., Scholz, U., & Rieckmann, N. (2005). *Einführung in die Gesundheitspsychologie*. München: Reinhardt.
- Koester, R. (2008). Reaching one's personal goals: A motivational perspective focused on autonomy. *Canadian Psychology*, 49, 60-67.
- Kuhl, J. (1985). Volitional mediators of cognition-behaviour consistency: Self-regulatory processes and action vs. state orientation. In J. Kuhl & J. Beckmann (Eds.), *Action control: From cognition to Behaviour* (pp. 101-128). Berlin: Springer.
- Larimer, M. E., Palmer, R. S., & Marlatt, G. A. (1999). Relapse prevention. An overview of Marlatt's cognitive-behavioral model. *Alcohol Research & Health*, 23, 151-160.
- Laurenceau, J.-P., & Bolger, N. (2005): Using diary methods to study marital and family processes. *Journal of Family Psychology*, 19, 86-97.
- Lengfelder, A., & Gollwitzer, P. M. (2001). Reflective and reflexive action control in patients with frontal brain lesions. *Neuropsychology*, 15, 80-100.
- Leventhal, H., Singer, R., & Jones, S. (1965). Effects of fear and specificity of recommendation upon attitudes and behaviour. *Journal of Personality and Social Psychology*, 34, 20-29.
- Lever, J. P., Piñol, N. L., & Uralde, J. H. (2005). Poverty, psychological resources and subjective well-being. *Social Indicators Research*, 73, 375-408.
- Lewis, M. A., Butterfield, R. M., Darbes, L. A., & Johnston-Brooks, C. (2004). The conceptualization and assessment of health-related social control. *Journal of Social and Personal Relationships*, 21, 669-687.
- Lewis, M. A., & Rook, K. S. (1999). Social control in personal relationships: Impact on health behaviours and psychological distress. *Health Psychology*, 18, 63-71.
- Lindenmeyer, J. (2001). Therapie Alkoholabhängiger. In F. Tretter & A. Müller (Hrsg.), *Psychologische Therapie der Sucht: Grundlagen, Diagnostik, Therapie* (S. 363- 393). Göttingen: Högrefe.

- Little, R. J. A., & Rubin, D. B. (1987). *Statistical Analysis with Missing Data*. New York: Wiley.
- Luszczynska, A. (2004). Change in breast self-examination behavior: Effects of intervention on enhancing self-efficacy. *International Journal of Behavioral Medicine*, 11, 95-103.
- Luszczynska, A., Mazurkiewicz, M., Ziegelmann, J. P., & Schwarzer, R. (2008). Recovery self-efficacy and intention as predictors of running or jogging behavior: A cross-lagged panel analysis over a two-year period. *Psychology of Sport and Exercise*, 8, 247-260.
- Luszczynska, A., & Schwarzer, R. (2003). Planning and self-efficacy in the adoption and maintenance of breast self-examination: A longitudinal study on self-regulatory cognitions. *Psychology and Health*, 18, 93-108.
- MacKinnan, D. P., Krull, J. L. & Lockwood, C. M. (2000). Equivalence of the mediation, confounding and suppression effect. *Prevention Science*, 1, 173-181.
- MacKinnan, D. P., Lockwood, C. M., Hoffman, J. M., West, S. G., & Sheets, V. (2002). A comparison of methods to test mediation and other intervening variable effects. *Psychological Methods*, 7, 83-104.
- Maes, S., & Karoly, P. (2005). Self-regulation assessment and intervention on physical health and illness: A review. *Applied Psychology: An International Review*, 54, 267-299.
- Malinowski, P., & Münch, U. (1975). *Soziale Kontrolle: Soziologische Theoriebildung und ihr Bezug zur Praxis der sozialen Arbeit*. Neuwied: Luchterhand.
- Marlatt, A. G. (1996). Taxonomy of high-risk situations for alcohol relapse: Evolution and development of a cognitive-behavioral model. *Addiction*, 91, 37-49.
- Marlatt, G. A., & Gordon, J. R. (Eds.) (1985). *Relapse prevention: Maintenance strategies in the treatment of addictive behaviors*. New York, NY: The Guilford Press.
- Marlatt, A. G., Baer, J. S., & Quigley, L. A. (1995). Self-efficacy and addictive behavior. In A. Bandura (ed.), *Self-efficacy in changing societies* (pp. 289-315). New York: Cambridge University Press.
- Martire, L. M., Stephens, M. A. P., Druley, J. A., & Wojno, W. C. (2002). Negative reactions to received spousal care: Predictors and consequences of miscarried support. *Health Psychology*, 21, 167-176.
- Maruyama, G. M. (1998). *Basics of Structural Equation Modeling*. Thousand Oaks, CA : Sage.
- Maassen, G. H., & Bakker, A. B. (2001). Suppressor variables in path models: Definition and interpretation. *Sociological Methods and Research*, 30, 241-270.

- McAuley, E., Jerome, G. J., Marquez, D. X., & Elavsky, S. (2003). Exercise self-efficacy in older adults: Social, affective, and behavioral influences. *Annals of Behavioral Medicine, 25*, 1-7.
- McBroom, W. H., & Reid, F. W. (1992). Toward a reconceptualization of attitude-behaviour consistency. *Social Psychology Quarterly, 55*, 205-216.
- McKeeman, D., & Karoly, P. (1991). Interpersonal and intrapsychic goalrelated conflict reported by cigarette smokers, unaided quitters, and relapsers. *Addictive Behaviors, 16*, 543-548.
- Meier, R. F. (1982). Perspectives on the concept of social control. *Annual Reviews of Sociology, 8*, 35-55.
- Messer, K. L., Hines, S. H., Raghunathan, T. E., Seng, J. S., Diokno, A. C., & Sampselle, C. M. (2007). Self-efficacy as a predictor to PFMT adherence in a prevention of urinary incontinence clinical trial. *Health Education and Behavior, 34*, 942-952.
- Michie, S., & Abraham, C. (2004). Interventions to change health behaviours: Evidence-based or evidence-inspired? *Psychology and Health, 19*, 29-49.
- Milne, S., Orbell, S., & Sheeran, P. (2002). Combining motivational and volitional interventions to promote exercise participation: Protection Motivation Theory and implementation intention. *British Journal of Health Psychology, 7*, 163-184.
- Norman, P., Abraham, C., & Conner, M. (2000). *Understanding and changing health behaviour: From health beliefs to self-regulation*. Amsterdam: Harwood.
- Oakley, A., Fullerton, D., Holland, J., Arnold, S., France-Dawson, M., Kelley, P., & McGrellis, S. (1995). Sexual health education interventions for young people: A methodological review. *British Medical Journal, 310*, 158-162.
- Oesterling, J.E., Jacobsen, S.J., Chute, C.G., Guess, H. A., Girman, C. J., Panser, L. A., & Lieber, M. M (1993). Serum prostate-specific antigen in a community-based population of healthy men. Establishment of agespecific reference ranges. *Journal of the American Medical Association, 270*, 860-864.
- Okazaki, R. K., King, A. C., & Young, D. R. (1995). Sources of social support as predictors of exercise adherence in women and men ages 50 to 65 years. *Women's Health, 1*, 161-175.
- Orbell, S., Hodgkins, S., & Sheeran, P. (1997). Implementation intentions and the Theory of Planned Behavior. *Personality and Social Psychology Bulletin, 23*, 945-954.
- Orbell, S., & Sheeran, P. (1998). 'Inclined abstainers': A problem for predicting health-related behaviour. *British Journal of Social Psychology, 37*, 151-165.

- Otto, U., Grosemans, P., Hoffmann, W., & Dombo, O. (1998). Rehabilitation in der urologischen Onkologie. *Der Urologe*, 38, S35-S40.
- Quellette, J. A. & Wood, W. (1998). Habit and intention in everyday life: The multiple processes by which past behaviour predicts future behaviour. *Psychological Bulletin*, 124, 54-74.
- Parekh, A. R., Feng, M. I., Kirages, D., Bremner, H., Kaswick, J., & Aboseif, S. (2003). The role of pelvic floor exercises on post-prostatectomy incontinence. *The Journal of Urology*, 170, 130-133.
- Perrez, M., Schoebi, D., & Wilhelm, P. (2000). How to assess social regulation of stress and emotions in daily family life? A computer-assisted family self-monitoring system (FASEM-C). *Clinical Psychology and Psychotherapy*, 7, 326-339.
- Persky, I., Spring, B., Vander Wal, J. S., Pagoto, S., & Hedeker, D. (2005). Adherence across behavioural domains in treatment promoting smoking cessation plus weight control. *Health Psychology*, 24, 153-160.
- Pienta, K. J., & Esper, P. S. (1993). Risk factors for prostate cancer. *Annals of Internal Medicine*, 118, 793-803.
- Preacher, K. J., & Hayes, A. F. (2008). Asymptotic and resampling strategies for assessing and comparing indirect effects in multiple mediator models. *Behavior Research Methods*, 40, 879-891.
- Preacher, K. J., Rucker, D. D., & Hayes, A. F. (2007). Addressing moderated mediation hypotheses: Theory, methods, and prescriptions. *Multivariate Behavioral Research*, 42, 185-227.
- Prestwich, A., Conner, M., Lawton, R., Bailey, W., Litman, J., & Molyneaux, V. (2005). Individual and collaborative implementation intentions and the promotion of breast self-examination. *Psychology and Health*, 20, 743-760.
- Prestwich, A., Lawton, R., & Conner, M. (2003). The use of implementation intentions and the decision balance sheet in promoting exercise behaviour. *Psychology and Health*, 18, 707-721.
- Prochaska, J. O. (1996). A stage paradigm for integrating clinical and public health approaches to smoking cessation. *Addictive Behaviors*, 21, 721-732.
- Raven, B. H. (1988). Social power and compliance in health care. In S. Maes, C. D. Spielberger, P. B. Defares, & I. G. Sarason (Eds.), *Topics in Health Psychology*. London: Wiley & Sons.

- Renneberg, B., & Lippke, S. (2006). Lebensqualität. In B. Renneberg & P. Hammelstein (Hrsg.), *Gesundheitspsychologie* (S. 29-33). Heidelberg: Springer.
- Renner, B., Hahn, A., & Schwarzer, R. (1996). *Risiko- und Gesundheitsverhalten. Dokumentation der Messinstrumente des Forschungsprojekts Berlin Risk Appraisal and Health Motivation Study (BRAHMS)*. Berlin: Freie Universität Berlin, Institut für Arbeits-, Organisations- und Gesundheitspsychologie.
- Rivis, A., & Sheeran, P. (2003). Social influence and the Theory of Planned Behaviour: Evidence for a direct relationship between prototypes and young people's exercise behaviour. *Psychology and Health*, 18, 567-583.
- Rogers, R. W. (1975). A protection motivation theory of fear appeals and attitude change. *Journal of Psychology: Interdisciplinary and Applied*, 91, 93-114.
- Rohrbaugh, M. J., Shoham, V., Trost, S., Muramoto, M., Cate, R. M., & Leischow, S. (2001). Couple dynamics of change-resistant smoking: Toward a family consultation model. *Family Process*, 40, 15-31.
- Rook, K. S. (1990). Social networks as a source of social control in older adults' lives. In H. Giles, N. Coupland, & J. M. Wiemann (Eds.), *Communication, health and the elderly* (pp. 45-63). Manchester, England: Manchester University Press.
- Rosenstock, I. M. (1990). The health belief model: Explaining health behavior through expectancies. K. Glanz, F. M. Lewis, & B. K. Rimer (Eds.), *Health behavior and health education: Theory, research, and practice* (pp. 39-62). San Francisco, CA: Jossey-Bass.
- Roumeguere, T., Bollens, R., Van den Bossche, M., Rochet, D., Bialek, D., Hoffman, P., et al. (2003). Radical prostatectomy: a prospective comparison of oncological and functional results between open and laparoscopic approaches. *World Journal of Urology*, 20, 360-366.
- Ryan, R. M., & Deci, E. L. (2000). Self-determination-theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78.
- Sallis, J. F., Hovell, M. F., Hofstetter, C. R., & Barrington, E. (1992). Explanation of vigorous physical activity during two years using social learning variables. *Social Sciences & Medicine*, 34, 25-32.
- Salmon, J., Owen, N., Crawford, D., Bauman, A., & Sallis, J. F. (2003). Physical activity and sedentary behavior: A population-based study of barriers, enjoyment, and preference. *Health Psychology*, 22, 178-188.

- Saranchuk, J. W., Kattan M. W., Elkin, E., Touijer, A. K., Scardino, P. T., & Eastham, J. A. (2005). Achieving optimal outcomes after radical prostatectomy. *Journal of Clinical Oncology*, 23, 4146-4151.
- Sarason, B. R., Pierce, G. R., & Sarason, I. G. (1990). Social support: The sense of acceptance and the role of relationships. In B. R. Sarason, G. Sarason & G. R. Pierce (Eds.). *Social support: An interactional view* (pp. 97-128). Oxford, England: John Wiley & Sons.
- Sarason, B. R., Sarason, I. G., & Pierce, G. R., (1990). Traditional views of social support and their impact on assessment. In B. R. Sarason, G. Sarason & G. R. Pierce (Eds.). *Social support: An interactional view* (pp. 9-25). Oxford, England: John Wiley & Sons.
- Schafer, J. L. (1998). NORM – Version 2.02: Multiple imputation of incomplete multivariate data under a normal model [Computer software]. Available (07.09.2006): <http://www.stat.psu.edu/~jls/misoftwa.html>.
- Schill, W. B., Bretzel, R. G., & Weidner, W. (2005). *Das Männer-Buch*. München: Urban & Fischer.
- Schmid, L., Zellmann, K., Liedl, B., Clemm, C., & Weber, B. (2003) Rehabilitation. In B. Lieds (Hrsg.), *Manual des Tumorzentrums München der Ludwig-Maximilians-Universität und der Technischen Universität: Empfehlungen zur Diagnostik, Therapie und Nachsorge* (Bd. 3, überarb. Aufl.) (S. 159-166). München: Zuckschwerdt.
- Scholz, U., Sniehotta, F.F., Burkert, S., & Schwarzer, R. (2007). Increasing Physical Exercise Levels: Age-Specific Benefits of Planning. *Journal of Aging and Health*, 19, 851-866.
- Scholz, U., Sniehotta, F. F., & Schwarzer, R. (2005). Predicting physical exercise in cardiac rehabilitation: The role of phase-specific self-efficacy beliefs. *Journal of Sport and Exercise Psychology*, 2005, 135-151.
- Schulz, U., & Schwarzer, R. (2003). Soziale Unterstützung bei der Krankheitsbewältigung: Die Berliner Social Support Skalen (BSSS). *Diagnostica*, 49, 73-82.
- Schuessler, W. W., Schulam, P. G., Clayman, R. V., & Kavoussi, L. R. (1997). Laparoscopic radical prostatectomy: initial short-term experience. *Urology*, 50, 854-857.
- Schüz, B., Sniehotta, F. F., & Schwarzer, R. (2007). Stage-specific effects of an action control intervention on dental flossing. *Health Education Research*, 22, 332-341.
- Schwarzer, R. (1994). Optimistische Kompetenzerwartung: Zur Erfassung einer personalen Bewältigungsressource. *Diagnostica*, 40, 105-123.
- Schwarzer, R. (2002a). Health Action Process Approach. In R. Schwarzer, M. Jerusalem & H. Weber (Hrsg.), *Psychologie Gesundheitspsychologie von A bis Z* (S. 241-245), Göttingen: Hogrefe.

- Schwarzer, R. (2002b). Selbstwirksamkeitserwartung. In R. Schwarzer, M. Jerusalem & H. Weber (Hrsg.), *Psychologie Gesundheitspsychologie von A bis Z* (S. 521-524), Göttingen: Hogrefe.
- Schwarzer, R. (2004). *Psychologie des Gesundheitsverhaltens: Eine Einführung in die Gesundheitspsychologie* (3. Aufl.). Hogrefe: Göttingen.
- Schwarzer, R., Knoll, N., & Rieckmann, N. (2003). Social support. In A. Kaptein & J. Weinman (Eds.), *Introduction to health psychology* (pp. 158-182). Oxford: Blackwell.
- Schwarzer, R., Luszczynska, A., Ziegelmann, J. P., Scholz, U., & Lippke, S. (2008). Social-cognitive predictors of physical exercise adherence: Two longitudinal studies in rehabilitation. *Health Psychology*, 27, S54-S63.
- Schwarzer, R., & Renner, B. (2000). Social-cognitive predictors of health behavior: Action self-efficacy and coping self-efficacy. *Health Psychology*, 19, 487-495.
- Sheeran, P. (2002). Intention-behaviour-relations: A conceptual and empirical review. In M. Hewstone & W. Stroebe (Eds.), *European Review of Social Psychology* (Vol. 12, pp. 1-36). New York: Wiley & Sons.
- Sheeran, P., & Orbell, S. (1999). Implementation intentions and repeated behaviour: Augmenting the predictive validity of the Theory of Planned Behaviour. *European Journal of Social Psychology*, 29, 349-369.
- Sheeran, P., Orbell, S., & Trafinow, D. (1999). Does the temporal stability of behavioural intentions moderate intention-behavior and past behavior-future behaviour relations? *Personality and Social Psychology Bulletin*, 25, 721-730.
- Sheeran, P., Webb, T. L., & Gollwitzer, P. M. (2005). The interplay between goal intentions and implementation intentions. *Personality and Social Psychology*, 31, 87-98.
- Shrout, P. E., & Bolger, N. (2002). Mediation in experimental and nonexperimental studies: New procedures and recommendations. *Psychological Methods*, 7, 422-445.
- Snihotta, F. F., Nagy, G., Scholz, U., & Schwarzer, R. (2006). The role of action control on implementing intentions during the first weeks of behaviour change. *British Journal of Social Psychology*, 46, 87-106.
- Snihotta, F. F., Scholz, U., & Schwarzer, R. (2005). Bridging the intention-behavior gap: Planning, self-efficacy, and action control in the adoption and maintenance of physical exercise. *Psychology and Health*, 20, 143-160.
- Snihotta, F. F., Scholz, U., & Schwarzer, R. (2006). Action plans and coping plans for physical exercise: A longitudinal intervention study in cardiac rehabilitation. *British Journal of Social Psychology*, 11, 23-37

- Sniehotta, F. F., Scholz, U., Schwarzer, R., Fuhrmann, B., Kiwus, U., & Völler, H. (2005). Long-term effects of two psychological interventions on physical exercise and self-regulation following coronary rehabilitation. *International Journal of Behavioral Medicine*, 12, 244-255.
- Sniehotta, F. F., Schwarzer, R., Scholz, U., & Schüz, B. (2005). Action planning and coping planning for long-term lifestyle change: Theory and assessment. *European Journal of Social Psychology*, 35, 565-576.
- Sutton, S. (1998). Predicting and explaining intentions and behaviour: How well are we doing? *Journal of Applied Social Psychology*, 28, 1317-1338.
- Tabachnick, B. G., & Fidell, L. S. (2001). *Using multivariate statistics* (4th ed.). Boston, MA: Allyn & Bacon.
- Taylor, A. B., MacKinnon, D. P., & Tein, J.-Y. (2008). Tests of the three-path mediated effect. *Organizational Research Methods*, 11, 241-269.
- Thrasher, J. F., Campbell, M. K., & Oates, V. (2004). Behavior-specific social support for healthy behaviours among African American church members: Applying optimal matching theory. *Health Education & Behavior*, 31, 193-205.
- Tucker, J. S., & Anders, S. L. (2001). Social control of health behaviors in marriage. *Journal of Applied Social Psychology*, 31, 467-485.
- Tucker, J. S., Elliott, M. N., & Klein, D. J. (2006). Social control of health behavior: Associations with conscientiousness and neuroticism. *Personality and Social Psychology Bulletin*, 32, 1143-1152.
- Tucker, J. S., & Mueller, J. S. (2000). Spouses' social control of health behaviors: Use and effectiveness of specific strategies. *Personality and Social Psychology Bulletin*, 26, 1120-1130.
- Türk, I., Deger, I. S., Winkelmann, B., Roigas, J., Schönberger, B., & Loening, S. A. (2001). Die laparoskopische radikale Prostatektomie. *Der Urologe*, 40, 199-206.
- Umberson, D. (1987). Family status and health behaviours: Social control as a dimension of social integration. *Journal of Health and Social Behavior*, 28, 306-319.
- Vahlensieck, W. (2008). Transrektal sonographiegesteuertes Biofeedback (TSB): Kontinenz-training nach radikaler Prostektomie. *Der Urologe*, 47, 707-711.
- van Dras, D. D., & Madey, S. F. (2004). The attainment of important health goals throughout adulthood: An integration of the Theory of Planned Behavior and aspects of social support. *International Journal of Aging and Human Development*, 59, 205-234.

- van Kampen, M., de Weerdt, W., van Poppel, H., de Ridder, D., Feys, H., & Baert, L. (2000). Effect of pelvic-floor re-education on duration and degree of incontinence after radical prostatectomy: A randomised controlled trial. *The Lancet*, 355, 98-102.
- Weber, B. A., Roberts, B. L., Yarandi, H., Mills, T. L., Chumbler, N. R., & Wajsman, Z. (2007). The impact of dyadic social support on self-efficacy and depression after radical prostatectomy. *Journal of Aging and Health*, 19, 630-645.
- Weinfurt, K. P. (2000). Repeated measures analysis: ANOVA, MANOVA, and HLM. In L. G. Grimm&P. R. Yarnold (Eds.), *Reading and understanding more multivariate statistics* (pp. 317-361). Washington, DC: APA.
- Westmaas, J. L., Wild, T. C., & Ferrence, R. (2002). Effects of gender in social control of smoking cessation. *Health Psychology*, 21, 368-376.
- Wiborg, G., Hanewinkel, R., Isensee, B., & Horn, W.-R. (2004). Entwicklung, Implementation und Evaluation eines Programms zur Entwöhnung vom Rauchen für jugendliche und junge erwachsene Raucher. *Gesundheitswesen*, 66, 433-438.
- Wille, S., Sobottka, A., Heidenreich, A., & Hofmann, R. (2003). Pelvic floor exercise, electrical stimulation and biofeedback after radical prostatectomy: Results of a prospective randomized trial. *The Journal of Urology*, 170, 490-493.
- Wirtz, M. (2004). Über das Problem fehlender Werte: Wie der Einfluss fehlender Informationen auf Analyseergebnisse entdeckt und reduziert werden kann. *Rehabilitation*, 43, 1-7.
- Ziegelmann, J. P., Lippke, S., & Schwarzer, R. (2006). Adoption and maintenance of physical activity: Planning interventions in young, middle-aged, and older adults. *Psychology and Health*, 21, 145-163.
- Ziegelmann, J. P., & Lippke, S. (2007). Planning and strategy use in health behavior change: A life span view. *International Journal of Behavioral Medicine*, 14, 30-39.