

## Lecture Series

Tuesday,  
23<sup>rd</sup> January  
2018

12:15 - 13:15

Campus Biotech  
Room H8.01.D (144.165)  
9, chemin des Mines  
Geneva

## Habit: From Overt Action to Mental Events

Prof. Bas Verplanken

(University of Bath)

Habits are “unseen” elements of everyday life. In spite of the fact that many of the behaviours which are of interest to social, health, consumer and environmental psychologists are highly repetitive, habit has not received the attention it deserves. I will focus on questions such as why habits are important to study, how habits relate to prevalent attitude-behaviour models, and which implications habits may have for interventions to change behaviours. I then move on to habits of thinking, and present some research that demonstrates why such habits matter and relate to a range of issues, such as body image and eating disorder problems, self-esteem, or worry and anxiety. I will end this talk on a positive note, and show some benefits of habitual worrying ■

Swiss Doctoral School in Affective Sciences

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