

Publications Lena M. Wieland

Peer reviewed Articles

2020 Wieland, L. M., Ebner-Priemer, U. W., Limberger, M. F., & Nett, U. E. (2020). *Predicting Delay in Goal-Directed Action: An Experience Sampling Approach Uncovering Within-Person Determinants Involved in the Onset of Academic Procrastination Behavior* [Manuscript submitted for publication]. Department of Applied Psychology, Mental mHealth Lab, KIT, Germany.

Wieland, L. M., Hoppe, J. D., Wolgast, A., & Ebner-Priemer, U. W. (2020). *Task Ambiguity and Academic Procrastination: An Experience Sampling Approach* [Manuscript under review]. Department of Applied Psychology, Mental mHealth Lab, KIT, Germany.

Reichert, M., Braun, U., Gan, G., Reinhard, I., Giurgiu, M., Ma, R., Zang, Z., Hennig, O., Koch, E., Wieland, L., Schweiger, J., Inta, D., Hoell, A., Akdeniz, C., Zipf, A., Ebner-Priemer, U., Tost, H., & Meyer-Lindenberg, A. (2020). A neural mechanism for affective wellbeing: Subgenual cingulate cortex mediates real-life effects of non-exercise activity on energy. *Science Advances*, 6(45), Article eaaz8934. <https://doi.org/10.1126/sciadv.aaz8934>

Reichert, M., Giurgiu, M., Koch, E. D., Wieland, L. M., Lautenbach, S., Neubauer, A. B., von Haaren-Mack, B., Schilling, R., Timm, I., Notthoff, N., Marzi, I., Hill, H., Brüßler, S., Eckert, T., Fiedler, J., Burchartz, A., Anedda, B., Wunsch, K., Gerber, M., Jekauc, D., Woll, A., Dunton, G. F., Kanning, M., Nigg, C. R., Ebner-Priemer, U. W., Liao, Y. (2020). Ambulatory assessment for physical activity research: State of the science, best practices and future directions. *Psychology of Sport and Exercise*, 50. <https://doi.org/gg2mnr>

2019 Reichert, M., Schlegel, S., Jagau, F., Timm, I., Wieland, L., Ebner-Priemer, U. W., Hartmann, A., & Zeeck, A. (2019). Mood and dysfunctional cognitions constitute within-subject antecedents and consequences of exercise in eating disorders. *Psychotherapy and Psychosomatics*, 8, 1-3. <https://doi.org/10.1159/000504061>

2018 Wieland, L. M., Grunschel, C., Limberger, M. F., Schlotz, W., Ferrari, J. R., & Ebner-Priemer, U. W. (2018). The ecological momentary assessment of procrastination in daily life: Psychometric properties of a five-item short scale. *North American Journal of Psychology*, 20(2), 315-339.

Conference Talks & Posters

2020 Wieland, L. M., Capelle, J. D., Rottweiler, A.-L., Seithe, A., Ebner-Priemer, U. W., Nett, U. E., Fries, S., & Grunschel, C. (2020, March). *Videogestützter Transfer von Forschungsergebnissen in die Hochschulpraxis SriAS2Practice Transferprojekt zur Selbstregulation im Alltag von Studierenden* [Poster presentation]. Annual Conference of the German Society for Didactics in Higher Education (DGHD), Berlin, Germany [Online Session].

2019 Wieland, L. M., Nett, U. E., & Ebner-Priemer, U. W. (2019, June). *Understanding how mechanisms of motivational change contribute to the manifestation of dilatory behavior in students' daily lives* [Conference Session – Talk]. The 6th Conference of the Society for Ambulatory Assessment (SAA), Syracuse, NY, U.S.A. [Attendance funded by the German Academic Exchange Service, DAAD].

- 2018 Wieland, L. M., Grunschel, C., Limberger, M. F., & Ebner-Priemer, U. W. (2018, September). E-MAPS: Ein Instrument zur alltagsnahen Erfassung von Prokrastinationsverhalten. In C. Grunschel & M. Dresel (Chairs), *Prokrastination in Alltagssituationen und im Verlauf des Studiums* [Symposium]. The 51st Conference of the German Society for Psychology (DGPs). Frankfurt a.M., Germany.
- 2017 Wieland, L. M., Dominok, E., Limberger, M. F., & Ebner-Priemer, U. W. (2017, October). *Evaluation und evidenzbasierte Progression technikgestützter Interventionsmethoden zur Reduktion von Prokrastinationsverhalten im Studienalltag* [Conference Session – Talk]. The congress on professionalizing Key-Qualification-Courses. House of Competence, KIT, Karlsruhe, Germany.
- Wieland, L. M., Limberger, M. F., & Ebner-Priemer, U. W. (2017, September). Die Vorhersage akuten Aufschiebeverhaltens im Alltag von Studierenden: Was sind die Antreiber der Aufschieber? In U. Nett & C. Grunschel (Chairs), *Selbstregulation in der heißen Lernphase– Experience-Sampling Studien zum Lernverhalten von Studierenden* [Symposium]. The joint congress of the DGPs professional groups for Developmental and Pedagogical Psychology (PAEPSY). Münster, Germany.
- Wieland, L. M., Grunschel, G., Limberger, M. L., Ebner-Priemer, U. W. (2017, July). *It is about time: Predicting postponements in real-life by dynamic intra-individual change-processes* [Conference Session – Talk]. The 10th Biennial Procrastination Research Conference. Chicago, IL, U.S.A. [Attendance funded by the German Academic Exchange Service, DAAD].
- Wieland, L. M., Limberger, M. F., & Ebner-Priemer, U. W. (2017, June). *Unravel the roots of procrastination: Predicting the postponement of goal-directed actions in students' everyday lives* [Poster presentation]. The 5th Conference of the Society for Ambulatory Assessment (SAA). Luxembourg.
- 2016 Wieland, L. M., Limberger, M. F., Dominok, E., & Ebner-Priemer, U. W. (2016, September). *Wann versagt die Selbstkontrolle? Bedingungen und Folgen von Prokrastination im Studienalltag* [Conference Session – Talk]. The 50th Conference of the German Society for Psychology (DGPs). Leipzig, Germany.
- 2015 Dominok, E., Wieland, L. M., Limberger, M., Holstein, S., & Ebner-Priemer, U. W. (2015, July). *From “Pro” to “Anti” crastination – Ambulatory Assessment Intervention (AAI) to reduce procrastination in daily life* [Poster presentation]. The 9th Biennial Procrastination Research Conference. Bielefeld, Germany.

Additional Publications: Audiovisual Work

- 2020 Wieland, L. M., Capelle, J. D., Rottweiler, A.-L., Seithe, A., Ebner-Priemer, U. W., Nett, U. E., Grunschel, C., & Fries, S. (2020). *Selbstregulation im Alltag von Studierenden (SriAS) – Einleitung in Forschung und Befunde* [Self-regulation in students' everyday lives (SriAS) – insights into research and results] [Video Series, Part 1]. House of Competence & ZML, Karlsruhe Institute of Technology (KIT). <https://doi.org/10.5445/IR/1000125784>
- Wieland, L. M., Seithe, A., Ebner-Priemer (2020). *Selbstregulation im Alltag von Studierenden (SriAS) – Prokrastinationsverhalten* [Self-regulation in students' everyday lives (SriAS) – Procrastination behavior] [Video Series, Part 3]. House of Competence & ZML, Karlsruhe Institute of Technology (KIT). <https://doi.org/10.5445/IR/1000125788>

