

Appendix: Overview of dissemination activities TEMPEST entire reporting period

Dissemination activities in period 3 are highlighted.

1. International peer-reviewed publications & articles in-press

Cislak, A., Safron, M., Pratt, M., Gaspar, T., & Luszczynska, A. (2011). Family-related predictors of body weight and weight-related behaviors among children and adolescents: A systematic umbrella review. *Child: Care, Health & Development*, 28, 321-331.

De Ridder, D.T.D, De Vet, E., Stok, F.M., De Wit, J.B.F., & Adriaanse, M.A. (2012). Obesity, overconsumption, and self-regulation failure: The unsung role of eating appropriateness standards. *Health Psychology Review*. doi:10.1080/17437199.2012.706987

With commentaries from:

Dewitte, S. (2012). Eating standards fade in the wake of emerging food abundance – commentary on De Ridder, De Vet, Stok, Adriaanse & De Wit. *Health Psychology Review*. doi: 10.1080/17437199.2012.747121

Herman, C.P., & Polivy, J. (2013). Can clear standards of appropriate intake reverse the obesity epidemic? Commentary on De Ridder, De Vet, Stok, Adriaanse & De Wit. *Health Psychology Review*. doi: 10.1080/17437199.2012.728001

Response:

De Ridder, D.T.D., De Vet, E., Stok, F.M., De Wit, J.B.F., & Adriaanse, M.A. (in press). Appropriateness standards can help to curb the epidemic of overweight. Reponse to Dewitte and to Herman and Polivy. *Health Psychology Review*.

De Vet, E., De Ridder, D., & De Wit, J (2011). Environmental contributors to childhood overweight and obesity: a systematic review of reviews. *Obesity Reviews*, 12, e130–e142. doi:10.1111/j.1467-789X.2010.00784.x

De Vet, E., De Wit, J.B.F., Luszczynska A., Gaspar T., Stok, F.M., Wardle, J., & De Ridder, D.T.D (2013). Access to excess: How do youngsters deal with unhealthy foods in their environment. *European Journal of Public Health, Epub ahead of print*. doi:10.1093/eurpub/cks185

Dewitte, S. (2013). From willpower breakdown to the breakdown of the willpower model. The symmetry of self-control and impulsive behavior. *Journal of Economic Psychology, Epub ahead of print*. doi: 10.1016/j.joep.2012.06.004

Grubliauskiene, A., Verhoeven, M., Dewitte, S. (2012). The joint effect of tangible and non-tangible rewards on sustainable healthy food choices in children. *Appetite*, 59, 403–408.

Johnson, F., Pratt, M., & Wardle, J. (2011). Dietary restraint and self-regulation in eating behavior. *International Journal of Obesity*, 36, 665-674.

Luszczynska, A., de Wit, J. B. F., de Vet, E., Januszewicz, A., Liszewska, N., Johnson, F., Pratt, M., Gaspar, T., Gaspar de Matos, M., & Stok, F. M. (2013). At-home environment, out-of-home environment, snacks and sweetened beverages Intake in preadolescence, early and mid-Adolescence: The interplay between environment and self-regulation. *Journal of Youth and Adolescence*, Epub ahead of print. doi:10.1007/s10964-013-9908-6

Safron, M., Cislak, A., Gaspar, T., & Luszczynska, A. (2011). Effects of school-based interventions targeting obesity-related behaviors and body weight change: A systematic umbrella review. *Behavioral Medicine*, 37, 15-25.

Safron, M., Cislak, A., Gaspar, T., & Luszczynska, A. (2011). Micro-environmental characteristics related to body weight, diet, and physical activity of children and adolescents: A systematic umbrella review. *International Journal of Environmental Health Research*, 21, 317-330.

Schupp, H.T., & Renner, B. (2011). Food deprivation: A neuroscientific perspective. In V. Preedy (Ed.), *International Handbook of Behavior, Diet and Nutrition* (pp. 2239-2257). New York: Springer-Press.

Schupp, H.T. & Renner, B. (2011). The implicit nature of the anti-fat bias. *Frontiers in Human Neuroscience*. 5:23.

Sproesser, G., Strohbach, S., Schupp, H., & Renner, B. (2011). Candy or apple? How self-control resources and motives impact dietary healthiness in women. *Appetite*, 56, 784-787.

Stok, F.M., De Ridder, D.T.D., Adriaanse, M., & De Wit, J.B.F. (2010). Looking cool or attaining self-rule: Different Motives for Autonomy and Their Effects on Unhealthy Snack Purchase. *Appetite*, 54, 607-610.

Stok, F.M., De Vet, E., De Ridder, D.T.D., & De Wit, J.B.F. (2012). "I should remember I don't want to become fat": Adolescents' views on self-regulatory strategies for healthy eating. *Journal of Adolescence*, 35, 67-75.

Stok, F.M., De Ridder, D.T.D., De Vet, E., & De Wit, J.B.F. (2012). Minority talks: The influence of descriptive social norms on fruit intake. *Psychology & Health*, 27, 956-970.

Stok, F.M., De Ridder, D.T.D., De Vet, E., & De Wit, J.B.F. (2013). Don't tell me what I should do, but what others do: The influence of descriptive and injunctive peer norms on fruit consumption in adolescents. *British Journal of Health Psychology*, Epub ahead of print. doi: 10.1111/bjhp.12030

Tăut, D., Renner, B., & Baban, A. (2012). Reappraise the situation but express your emotions: impact of emotion regulation strategies on *ad libitum* food intake. *Frontiers in Emotion Science*, 3: 359.

2. Submitted to international peer-reviewed journals

De Boer, C., Grubiauskienė, A., De Vet, E., De Ridder, D.T.D., & Dewitte, S. Sour grapes: Pre-exposure to temptations enduringly reduces the attractiveness of temptation in children. *Submitted to Journal of Consumer Psychology*.

De Vet, E., De Ridder, D.T.D., Stok, F.M., Brunso, K., Baban, A., Gaspar, T. Assessing self-regulation Strategies: development and validation of the Tempest Self-Regulation Questionnaire for Eating (TESQ-E) in adolescents. *Under revision with Journal of Personality Assessment*.

De Vet, E., Stok, F.M., & De Ridder, D.T.D. Is it better to steer health behavior with explicit rules or with milder suggestions? *Submitted to Health Psychology*.

Grubliauskienė, A., Dewitte, S., & Warlop, L. Exposure to temptation reduces subsequent consumption in children. *Submitted to Health Psychology*.

Sørensen, B., Nureeva, L., & Brunsø, K. Cross-cultural validity of the TESQ-E scale in nine countries. *Submitted to Psychological Assessment*.

Stok, F.M., Verkooijen, K., De Vet, E., De Ridder, D.T.D., & De Wit, J.B.F. How norms work: the mediating effect of self-identification, attitude and self-efficacy on the relation between descriptive social norms and vegetable intake. *Submitted to Psychology & Health*.

Prinsen, S., De Ridder, D.T.D., & De Vet, E. Eating by example: Effects of environmental cues on eating decisions. *Under revision with Appetite*.

Taut, D., Craciun, C., & Baban, A. The role of food worry, self-regulation and gender in adolescents' unhealthy snacking: A moderated mediation analysis. *Submitted for publication in Journal of Adolescence*.

3. Planned for international peer-reviewed journals

Chu, M.T., Stok, F.M., Nureeva, L., Johnson, F., & Wardle, J. (in preparation). Adolescents' spending on snacks and soft drinks.

Chu, M.T., Johnson, F., de Wit, J.B.F., de Vet, E., Stok, F.M., & Wardle, J. (in preparation). Association between adolescents' perception of food advertising and their food and drink intake and spending.

Baban, A., Taut, D., Gaspar, T., & Nureeva, L., & De Ridder, D.T.D. (in preparation). Development aspects of self-regulation: A cross-country comparative look.

De Ridder, D.T.D., De Vet, E., & Stok, F.M. (in preparation). Food worries in adolescents.

De Vet, E., De Ridder, D.T.D., Stok, F.M., Nureeva, L., Baban, A., Gaspar, T., & Wit, J.B.F. (in preparation). Self-regulation strategies can help to counteract strong snacking habits.

De Vet, E., Stok, F.M., De Wit, J.B. F., & De Ridder, D.T.D. (in preparation). Don't stop thinking about tomorrow: future time perspective supports eating self-regulation in children.

De Wit, J.B.F., Stok, F.M., Luszczynska, A., & De Ridder, D.T.D. (in preparation). Family food culture, self-regulation and eating behavior.

De Wit, J.B.F., Stok, F.M., Nureeva, L., Luszczynska, A., & De Vet, E. (in preparation). Young people's perceptions of overweight prevention interventions.

Dewitte, S., Ramanathan, S., Bruyneel, S.D., & Van Der Lans, R. (in preparation). Gaze fixation during choice reveal preference editing in conflictuous choices.

Dewitte, S., Ramanathan, S., Bruyneel, S.D., & Van Der Lans, R. (in preparation). Reward sensitivity turns approach-approach conflicts hot.

Grubliauskiene, A., Dewitte, S., & Warlop L. (in preparation). Smooth self-regulation. Ignoring tempting features across consecutive exposures to temptations.

Grubliauskiene, A., Dewitte, S., & Warlop L. (in preparation). Exposure to temptations increases subsequent attention to healthy options during choice among children.

Johnson, F., Croker, H., Gardner, B., & Wardle, J. (in preparation). Novel approaches to obesity management: Insights from psychological science.

Nureeva, L., Brunsø, K., & Lähtenmäki, N., (in preparation). I know what healthy food is, but how do I manage to eat it. Exploring adolescent self-regulation strategies with a concept mapping method.

Renner, B., Schupp, H., Taut, D., & Ollila, H. (in preparation). Changing social images of food and related consumption patterns in children.

Stok, F.M., De Ridder, D.T.D., De Vet, E., Chu, M.T., & De Wit, J.B.F. (in preparation). Taming the power of food: self-regulatory competence moderates external food cues' influence on adolescent eating.

Stok, F.M., De Vet, E., De Ridder, D.T.D., Dewitte, S., De Boer, C., Chu, M.T., & Wardle, Jane (in preparation). Cross-cultural robustness of the behavioral vaccination effect.

4. National scientific publications

Dissemination activities in period 3 are highlighted.

Craciun, C., Taut D., & Baban, A. (2012). Self-regulatory strategies for eating behaviour in children and adolescents: A concept mapping approach. *Cognition, Brain, Behavior. An Interdisciplinary Journal*. Vol. XVI, No.1, p. 1-16.

Gaspar, T. & Matos, M.G. & TEMPEST EUROPEAN GROUP. (2011). Self-regulation and eating behaviour in children and adolescents: Concept mapping methodology Portuguese Case Study. *Journal of Child and Adolescent Psychology*, 4.

Gaspar, T., Matos, M.G.; Santos, T.; Albergaria, F. & TEMPEST EUROPEAN GROUP (2012). O Projecto Europeu TEMPEST (Auto-Regulação para a Prevenção da Obesidade em Crianças e Adolescentes) – Análise de Esquemas de Incentivo em Portugal. [The European TEMPEST Project (Self-Regulation for the Prevention of Obesity in Children and Adolescents) - Analysis of Incentive Schemes in Portugal]. *Revista de Psicologia da Criança e do Adolescente [Journal of Child and Adolescent Psychology]*, 3, 169-185.

Grubliauskiene, A. (2012). Kaip atsilaikome pries maisto pagundas? [How do we resist to temptations?] *As ir Psichologija [Me and Psychology]*, 4.

Januszewicz, A. & Luszczynska, A. (2011). Czy teoria jest stosowana w praktyce? Aplikacje modeli zachowań zdrowotnych w programach prewencji otyłości wśród dzieci i młodzieży realizowanych w Polsce w latach 2005-2009. [Theory and practice: Applications of health behavior change models in obesity prevention programs for children and adolescents in Poland (years 2005-2009)]. *Przegląd Psychologiczny*, 54, 13-26.

Matos, M.G., Santos, T., Gaspar, T., & TEMPEST EUROPEAN GROUP (2012). Promoção da saúde nos adolescentes portugueses: orientações técnicas e políticas para uma intervenção – Exercício Delphi. [Health promotion in the Portuguese adolescents : technical and political guidelines to an intervention – A Delphi exercise]. *Revista de Psicologia da Criança e do Adolescente [Journal of Child and Adolescent Psychology]*, 3, 137-155.

Matos, M.G., Gaspar, T., & Ferreria, M. (2013). *Aventura social no CED* [Social Adventures in CED – Self regulation promotion from 5 to 15]. Lisbon, Portugal: FMH/UTL & CMDT/UNL.

Ollila, H., Forsman, H., & Absetz, P. (2013). Itsesäätely koululaisten hyvien ruokailutottumusten tukena. Tuloksia Suomen TEMPEST-hankkeen koululaistutkimuksesta. [Self-regulation supports healthy eating among school-aged children and adolescents. Finnish results from TEMPEST-project]. *Työpaperi*.

Santos, T., Gaspar, T., & Matos, M.G. (2012). O Projeto TEMPEST. [The TEMPEST Project]. *Revista Psicologia Actual*.

Stok, F.M. (2012). Het TEMPEST-project: Jongeren in de obesogene voedselomgeving. [The TEMPEST Project: Youth in the obesogenic food environment]. *Voeding Nu*, 3.

Tăut, D., Crăciun, C., Damian, L., & Băban, A. Gender differences in self-control, eating self-regulatory competency and eating patterns in children and adolescents. *Under review with the Romanian Journal of Applied Psychology.*

5. (Scientific) Presentations at conferences, seminars or other meetings

Dissemination activities in period 3 are highlighted.

Absetz, P. & Ollila, H. (2011, September). *Associations of age, SES and self-control with eating habits in Finnish school children*. Paper presented at the 25th Conference of the European Health Psychology Society, Crete, Greece.

Chu, M., Johnson, F., & Wardle, J. (2013, April). *Knowledge of advertising and the effect of food marketing on children's and adolescents' eating and spending behaviours*. Poster accepted for presentation at the Society of Research in Child Development Biennial Meeting, Seattle, US.

Damian, L., Taut, D., Baban, A. (2011, September). *Gender differences in self-control, eating self-regulatory competency and eating habits in children and adolescents*. Paper presented at the 25th Conference of the European Health Psychology Society, Crete, Greece.

De Boer, C., & Dewitte, S. (2012, October). *Reducing eating motivation by intensifying prior temptations*. Paper presented at the Association for Consumer Research North-American Conference, Vancouver BC, Canada.

De Ridder, D.T.D. (2011, March). *Zelfregulatie van Gezondheidsgedrag: Wanneer en Waarom werkt het?* [Self-regulation of health behavior: When and why does it help?] Invited presentation at the Community Health Service Amsterdam, The Netherlands.

De Ridder, D.T.D. (2011, March). *Radijsjes of chocoladekoekjes: Over de psychologie van zelfbeheersing*. [Radishes or chocolate cookies: The psychology of willpower]. Invited presentation at the Rietveld High School, Utrecht, The Netherlands.

De Ridder, D.T.D. (2011, November) *Radijsjes of chocoladekoekjes: Over de psychologie van zelfbeheersing*. [Radishes or chocolate cookies: The psychology of willpower]. Invited presentation at the Bonifatius High School, Utrecht, The Netherlands.

De Ridder, D.T.D., De Vet, E., Stok, F.M., & Prinsen, S. (2011, December). *To eat or not to eat? Reliance on environmental cues that signal 'eating appropriateness'*. Paper presented at the first conference of the Association for Research on Psychology and Health, Lunteren, the Netherlands.

De Ridder, D.T.D. (2012, March). *What's in a nudge?* Presentation at the TEMPEST & WeVo Symposium on Nudging, Utrecht, The Netherlands.

De Ridder, D.T.D. (2012, April). *Effortless self-control: A contradiction in terms or a smart self-regulation strategy?* Presentation at Kurt Lewin Workshop on Self-regulation. Amsterdam, The Netherlands.

De Ridder, D. T. D. (2012, May). *What's in a nudge? Strategies for overweight prevention*. Symposium of the Scientific Council of the Dutch Government, The Hague, The Netherlands.

De Ridder, D. T. D. (2012, May). *Smart strategies for dealing with food temptations*. Presentation at the Anti-Dieting Day Meeting, Utrecht, The Netherlands.

De Ridder, D. T. D. (2012, May). *Food temptations and the role of self-regulation strategies*. Boerhaave Lecture, Leiden, The Netherlands.

De Ridder, D.T.D. (2012, December). *Who determines what you eat*. Debate with adolescents about healthy eating organized by the Netherlands Nutrition Centre, Project Healthy School Canteens. The Hague, The Netherlands.

De Ridder, D.T.D. (2013, March). *Dealing with food temptations: Better be smart if you don't have enough willpower*. Studium Generale Lectures on Healthy Eating. Utrecht, The Netherlands.

De Ridder, D.T.D. (2013, April). *Willpower: The power of effortless self-control*. Studium Generale Lectures on self-control. Wageningen, The Netherlands.

De Vet, E., Gawrilow, C., Mann, T., Nederkoorn, C., Oenema, A., & De Ridder, D.T.D. (2010, May). *A selfregulation perspective on overweight among youth*. Roundtable presented at the Eight Conference on Psychology and Health, Lunteren, The Netherlands

De Vet, E., De Ridder, D.T.D., Stok, F.M., De Wit, J.B.F. (2011, September). *Future time perspective and self-regulatory competence among youth*. Paper presented at the 25th Conference of the European Health Psychology Society, Crete, Greece.

De Vet, E. (2011, October). *How the environment influences self-regulation of eating behavior*. Invited presentation at the ASPO Herfstsymposium on long-term psychology. Tilburg, The Netherlands.

De Vet, E. (2011, November). *Nudging: over nut en noodzaak van subtiele omgevingsaanpassingen*. [Nudging: about the benefits and necessity of subtle environmental adaptations]. Invited presentation at the Overijsselse Sportontmoeting, Nijverdal, The Netherlands.

De Vet, E., De Ridder, D.T.D., Evenhuis, I., Stok, F.M. (2011, December). *"You are not allowed to eat the chocolate": adverse effects of explicitly restricting food choice*. Paper presented at the first conference of the Association for Research on Psychology and Health, Lunteren, the Netherlands.

De Vet, E. (2012, March). *Van expliciet gebod naar subtiele suggestie: Waarom nudges nodig zijn* [From explicit rules to subtle suggestions: Why we need nudges]. Presentation at the TEMPEST & WeVo Symposium on Nudging, Utrecht, The Netherlands.

De Vet, E., (2012, March). *Nudging: how to use the environment to facilitate healthy eating*. Presentation at course for dieticians, The Netherlands.

De Vet, E., Stok, F.M., & De Ridder, D.T.D. (2012, September). *It is better to suggest than to dictate behaviour change: following explicit instructions costs self-control*. In E. de Vet and A.A.C. Verhoeven (Chairs). *Frequently used behaviour change techniques: when do they work?* Symposium conducted at the 26th Conference of the European Health Psychology Society, Prague, Czech Republic.

De Vet, E., (2012, September). *Nudging: how to use the environment to facilitate healthy eating*. Colloquium presented at the Department of Consumer Behavior and Marketing, Wageningen University

De Wit, J.B.F., De Vet, E., de Ridder, D.T.D. (2010, September) *Environmental influences on young people's weight-related behaviors: A comprehensive review of reviews*. Paper presented at the 24th conference of the European Health Psychology Society, Cluj-Napoca, Romania.

Dewitte, S. (2010, June). *Are consumers competent? It depends on their view. Perceptual distortion enhances consumer self-regulation*. Invited presentation at the INSEAD Marketing Summer Camp, Fontainebleau, France.

Dewitte, S. (2011, January). *Temptation culture. Can school policy affect self-regulatory competence?* Invited presentation at the Colloquium Series of the Clinical and Health Psychology Department, Utrecht University, The Netherlands.

Dewitte, S. (2011, April). *Temptations make us strong. Self-control and preference editing*. Invited presentation at the Management Department of Antwerp University, Belgium.

Dewitte, S. (2011, October). *Gaze patterns reveal preference editing during self-control choices*. Paper presented at the Association for Consumer Research North-American Conference, Jacksonville, FL, United States.

Dewitte, S. (2012, February). *From willpower breakdown to the breakdown of the willpower model*. Invited contribution to the “conversations” at the Annual Conference of the Society of Consumer Psychology, Las Vegas, United States.

Dewitte, S. (2012, April). *From willpower breakdown to the breakdown of the willpower model*. Invited presentation at the KLI Self-Regulation Workshop at VU University, Amsterdam, The Netherlands.

Dewitte, S. (2012, May). *From willpower breakdown to the breakdown of the willpower model*. Invited presentation at EMAC Annual Conference of the European Marketing Association, Lisbon, Portugal.

DeWitte, S. (2012, October). *Gaze patterns reveal preference editing during self-control*. Invited presentation at Tobii eye-tracking conference, Leuven, Belgium.

Dewitte, S. (2012, November). *Zelfregulatiecompetentie en obesitas*. [Self-regulatory competence and obesity.] Invited presentation at Medical Science Gasthuisberg, Leuven, Belgium.

Gaspar, T. & Matos, M. (2010, April). *Self-regulation and eating behaviour in children and adolescents: Concept mapping methodology Portuguese case study*. Paper presented at the 1st International Congress of Child and Adolescent Psychology: Intervention, Lisbon, Portugal.

Gaspar, T., & Matos, M.G. (2010, December). *Concept mapping methodology: Portuguese case study in European TEMPEST Project*. Paper presented at the 3º Congresso Nacional de Educação para a saúde e 1º Congresso Luso-Brasileiro de Educação para a Saúde [III Health Education National Congress and I Health Education Luso-Brasileiro Congress], Covilhã, Portugal.

Gaspar, T., Matos, M., Santos, T., Ferreira, M. & Equipa Aventura Social Projecto (2011, November) *Europeu TEMPEST - Auto-Regulação para a Prevenção da Obesidade em Crianças e Adolescentes*. [TEMPEST European Project – Self-regulations in obesity prevention in Children and Adolescents]. Presented at the Congresso Investigadores em Psicologia Spin-Offs e Desafios Profissionais em Tempos de Crise [Research in Psychology Spin-Offs and Professional challenges in crisis], University of Beira Interior e Alto Douro, Portugal.

Gaspar, T., Matos, M., Santos, T., Ferreira, M., & Equipa Aventura Social (2012, February). *TEMPEST: Auto-Regulação para a Prevenção da Obesidade em Crianças e Adolescentes* [TEMPEST: Self-Regulation for the Prevention of Obesity in Children and Adolescents]. Paper presented at the 9th National Congress of Health Psychology, Aveiro, Portugal.

Gaspar, T., Matos, M., Santos, T., Ferreira, M., & Equipa Aventura Social (2012, February). *Estratégias para um Comportamento Alimentar Saudável Identificadas pelas crianças e pelos Adolescentes Portugueses – Concept mapps* [Strategies for a Healthy Feeding Behavior Identified by children and adolescents Portuguese - Concept MAPPS]. Paper presented at the 9th National Congress of Health Psychology, Aveiro, Portugal.

Gaspar, T., Matos, M., Santos, T., Ferreira, M., & Equipa Aventura Social (2012, February). *Esquemas de Incentivo Existentes para a Prevenção da Obesidade em Portugal* [Existing incentive scheme for the Prevention of Obesity in Portugal]. Paper presented at the 9th National Congress of Health Psychology, Aveiro, Portugal.

Gaspar, T., Matos, M., Santos, T., Ferreira, M., & Equipa Aventura Social (2012, February). *Avaliação de competências de auto-regulação do comportamento alimentar em crianças e adolescentes* [Assessment of skills of self-regulation of eating behavior in children and adolescents]. Paper presented at the 9th National Congress of Health Psychology, Aveiro, Portugal.

Gaspar, T. & Matos, M.G. & Tempest European Group (2012, April). *Meso and macro level factors that influence self-regulation and eating behaviour in children and adolescents*. Paper presented at the II International Congress of Child and Adolescent Psychology, Lisbon, Portugal.

Grubliauskiene, A., Dewitte, S., and Warlop, L. (2012, February). *Exposure to food temptation improves children's resistance to similar food temptations*. Paper presented at the Society for Consumer Psychology Annual Winter Conference (SCP). Las Vegas, US.

Grubliauskiene, A., Dewitte, S., and Warlop, L. (2011, October). *Autonomous Self-control Reduces Consumption through Changing Product Perceptions*. Paper

presented at the North American Conference of the Association for Consumer Research (ACR). St. Louis, US.

Januszewicz, A., Safron, M., Cislak, A., Luszczynska, A. (2010, September). *School-based interventions that work: Characteristic of effective obesity prevention programs for children and adolescents*. Poster presented at the 24th European Health Psychology Conference, Cluj-Napoca, Romania.

Januszewicz, A., Luszczynska, A. (2011, May). *Applications of health behavior change models in obesity prevention programs for children and adolescents in Poland (years 2005-2009)*. Paper presented at the 8th National Conference, Lodz, Poland.

Januszewicz, A. : Liszewska, N., & Luszczynska, A. (2012, August). *Applications of health behavior change models in child obesity prevention: is theory applied in practice?* Poster presented at 26th Annual Conference of the European Health Psychology Society, Prague, Czech Republic.

Januszewicz, A., Liszewska, N., & Luszczynska, A. (2012, August). *Environmental determinants of child and adolescent diet: food availability, social norms and parenting practices*. Paper presented at the 26th Conference of the European Health Psychology Society, Prague, Czech Republic.

Januszewicz, A. (2012, October). *Overweight and obesity prevention programs in Poland (years 2005-2009) in the context of health psychology theories*. Paper presented at the Regional Conference about Children's Health, Wroclaw, Poland.

Johnson, F., Chu, M., De Ridder, D., & Wardle, J. (2013, May). *From willpower to weight: The role of self-regulation enhancement in eating control*. Poster accepted for presentation at the European Congress of Obesity, Liverpool, UK.

Liszewska, N., Januszewicz, A. & Luszczynska, A. (2012, August). *Self-regulation or environment? Predicting snack intake from preadolescence to late adolescence*. Poster presented at 26th Annual Conference of the European Health Psychology Society, Prague, Czech Republic.

Luszczynska, A., Safron, M., Cislak, A., Januszewicz, A. (2010, September). *Local environment, school, and family predictors of child and adolescent overweight, nutrition and physical activity: A review of systematic reviews*. Paper presented at the 24th European Health Psychology Conference, Cluj-Napoca, Romania.

Matos, M. & Social Adventure Team (2011, April). *“Trunfos” pessoais e sociais na promoção da saúde e do bem-estar, em crianças e adolescentes* [Personal and social skills in health promotion and wellbeing in children and adolescents]. Poster presented at the II International Congress of Child and Adolescent Psychology, Lisbon, Portugal.

Ollila, H & Absetz, P (2011, September). *Weight control strategies in Finnish adolescents in relation to smoking, body image and self-regulation*. Paper presented at the 25th Conference of the European Health Psychology Society, Crete, Greece.

Ollila H. (2012, May). *Mitä uutta lasten ja nuorten ylipainon ehkäisyssä?* [What is new in prevention of childhood and adolescent obesity?]. Presentation at the National Terve-SOS-fair, Tampere, Finland.

Nureeva, L. (2012, October). *An overview of TEMPEST findings*. Presentation at the 5th Annual Academic Conference on Contemporary Problems in Management: Exploring the Boundaries, Moscow, Russia.

Nureeva, L. (2012, December). *An overview of TEMPEST findings*. Presentation at the Children and Teen Consumption Conference, University of Milan, Italy.

Reuter, T. Schupp, H. & Renner, B. (2010). *Social images of food in children and adolescents*. Paper presented at the Chinese-German Workshop “Coping With Stress and Adversity: Implications and Interventions from a Mental and Physical Health Perspective”, Berlin, Germany.

Reuter, T., Renner, B. & Schupp, H. (2011, August). *Kann man Popularität essen? Soziale Vorstellungsbilder von gesunden und ungesunden Nahrungsmitteln im Kindes- und Jugendalter*. Paper presented at the 10th Conference Division Health Psychology of the German Psychological Society, Berlin, Germany.

Rutkauskaite, A., DeWitte, S., & Warlop, L. (2010, September). *Self-regulation enhances self-regulatory performance over time because it reduces the preference for the temptation*. Paper presented at the 24th European Health Psychology Conference, Cluj-Napoca, Romania.

Rutkauskaite, A., Dewitte, S., and Warlop, L. (2011, September). *Exposure to food temptation improves children's resistance to similar food temptations*. Paper presented at the 25th European Health Psychology Conference, Hersonissos, Greece.

Rutkauskaite, A., Dewitte, S., and Warlop, L. (2011, May). *Self-inferred norms reduce desire and consumption through changing product perceptions*. Paper presented at the European Marketing Academy (EMAC) 24nd doctoral colloquium, Ljubljana, Slovenia.

Rutkauskaite, A., Dewitte, S., and Warlop, L. (2011, May). *Nudging consumers to infer a norm yields more durable self-control enhancement than imposing the norm*. Paper presented at the Annual European Marketing Academy (EMAC) Conference, Ljubljana, Slovenia.

Rutkauskaite, A., Dewitte, S., and Warlop, L. (2011, February). *Self-inferred norms reduce desire and consumption through changing product perceptions*. Paper presented at the Society for Consumer Psychology Annual Winter Conference. Atlanta, US.

Rutkauskaite, A., Dewitte, S., and Warlop, L. (2010, December). *Suggesting 'don't eat' enhances self-control better than requesting it*. Paper presented at the Health Psychology Symposium, Utrecht, Netherlands.

Rutkauskaite, A., Dewitte, S., and Warlop, L. (2010, September). *Self-regulation enhances self-regulatory performance over time because it reduces the preference for the temptation*. Paper presented at the 24th European Health Psychology Conference, Cluj-Napoca, Romania.

Safron, M., Cislak, A., Luszczynska, A. (2010, September). *Family variables, body weight and weight-related behavior among children and adolescents: An umbrella review*. Paper presented at the 24th European Health Psychology Conference, Cluj-Napoca, Romania.

Safron, M., Januszewicz, A., Cislak, A., Luszczynska, A. (2011, May). *Local environment, school, and family predictors of child and adolescent overweight, nutrition and physical activity: A review of systematic reviews*. Paper presented at the 8th National Conference, Lodz, Poland.

Safron, M., Luszczynska, A., & Januszewicz, A. (2011, August). *Mesoenvironmental predictors of child and adolescents' overweight and obesity-related behaviors: a review of systematic reviews*. Poster presented at the 3rd Central European Congress on Obesity. Olsztyn, Poland.

Safron, M., Januszewicz, A., & Luszczynska, A. (2011, September). *Czynniki rodzinne, środowisko szkolne oraz otoczenie społeczno-fizyczne jako determinanty masy ciała i aktywności fizycznej u dzieci i młodzieży – systematyczny parasolowy przegląd badań* [Family, school, and socio-physical environmental factors as determinants of body mass and physical activity among children and adolescents : A systematic umbrella review]. Paper presented at the 34th Congress of the Polish Psychological Association, Katowice, Poland.

Santos, T., Gaspar, T., & Matos, M.,G. (2012, April). *Projecto Europeu TEMPEST – Auto-Regulação para a Prevenção da Obesidade em Crianças e Adolescentes* [European TEMPEST Project – self-regulation for the prevention of obesity in children and adolescents]. Presented at the 1st National Conference of the Ordem dos Psicólogos Portugueses, Lisbon, Portugal.

Schupp, H. & Renner, B. (2011). *How are obese individuals perceived? Direct and indirect measures of an anti-fat bias*. Paper presented at the Chinese-German Workshop “Coping With Stress and Adversity: Implications and Interventions from a Mental and Physical Health Perspective”, Beijing, China.

Sproesser, G., Strohbach, S., Schupp, H. & Renner, B. (2011, August). *Wer isst unter Stress mehr? Differentielle Effekte von Stress auf das Ernährungsverhalten*. Paper presented at the 10th Conference Division Health Psychology of the German Psychological Society, Berlin, Germany.

Stok, F.M., De Ridder, D.T.D., Adriaanse, M.A., & De Wit, J.B.F. (2010, May). *Looking cool or attaining selfrule: Different Motives for Autonomy and Their Effects on Unhealthy Snack Purchase*. Poster presented at the 4th Self-Determination Theory Conference, Ghent, Belgium.

Stok, F.M., De Vet, E., De Ridder, D.T.D., & De Wit, J.B.F. (2010, May). *Descriptive social norms influence fruit intake*. Paper presented at the Eight Conference on Psychology and Health, Lunteren, The Netherlands.

Stok, F.M., De Vet, E., De Ridder, D.T.D., & De Wit, J.B.F. (2010, August). *Descriptive social norms influence consumer behavior: a fruit consumption study*. Paper presented at TIBER, Tilburg, The Netherlands.

Stok, F.M., De Vet, E., Ridder, D.T.D., & De Wit, J.B.F. (2010, September). *'I should remember I don't want to become fat': Adolescents' ideas about self-regulatory strategies for healthy eating*. Paper presented at the 24th European Health Psychology Conference, Cluj-Napoca, Romania.

Stok, F.M. (2011, September). *Minority talks: The influence of descriptive social norms on fruit intake*. Presented at the 25th Annual Conference of the European Health Psychology Society, Hersonnisos, Greece.

Stok, F.M. (2011, July). *The influence of descriptive social norms on consumer behavior: A fruit consumption study*. Poster presented at the 16th European Association of Social Psychology Conference, Stockholm, Sweden.

Stok, F.M. (2011, April). *Regulating food norms: social norms and self-regulation in adolescent eating*. Invited presentation at the IDEa center colloquium, Goethe University, Frankfurt am Main, Germany.

Stok, F.M. (2012, March). *Minority talks: The influence of descriptive social norms on fruit intake*. Poster presented at the Annual Meeting of the British Feeding and Drinking Group, Brighton, United Kingdom.

Stok, F.M. (2012, April). *Youth and their eating habits*. Presentation at dietician course, Utrecht, The Netherlands.

Stok, F.M. (2012, May). *Minority talks: The influence of descriptive social norms on fruit intake*. Presented at the Annual International Society for Behavioral Nutrition and Physical Activity Meeting, Austin TX, United States.

Stok, F.M. (2013, January). *Regulating the impact of social norms on eating behavior: The mediating role of self-regulatory competence*. Presented at the Second Conference of the Association for Research in Psychology & Health, Enschede, The Netherlands.

Stok, F.M. (2013, February). *Minority talks: The influence of descriptive social norms on fruit intake*. Invited presentation at the ASCOR Lecture Series, University of Amsterdam, The Netherlands.

Taut, D., Baban, A., Craciun, C. (2012, August). *"One size doesn't fit all": Goal versus temptation-focused self-regulation strategies in managing adolescents' eating habits*. Paper presented at the 26th Conference of the European Health Psychology Society, Prague, Czech Republic.

Taut, D., Baban, A., Renner, B. (2012, August). *Social images of healthy versus unhealthy eaters influence adolescents' food choices*. Paper presented at the 26th Conference of the European Health Psychology Society, Prague, Czech Republic.

Wardle, J. (2010, July). *Could restrained eating play a role in obesity prevention?* Paper presented at the International Congress on Obesity, Stockholm, Sweden.

6. National symposia and meetings

1. Belgium

TEMPEST national conference

Date: May 8, 2012

Title: Take the candy out of the cupboard! How we can help children and adolescents deal with unhealthy nutrition.

Participants: 30 professionals (dietitians, nutrition specialists, health care workers, general practitioners, insurance workers)

Speakers: Siegfried Dewitte, Cara De Boer, Kelly Geyskens

2. Denmark

TEMPEST national conference

Date: August 31, 2012

Title: TEMPEST

Participants: 40 professionals, researchers in nutrition and adolescence, food industry representatives, public health departments in public services, and consultants in consumer behavior and health

Speakers: Liliya Nureeva, Klaus Grunert, John Ulhøi, & John Thøgersen.

3. Finland

TEMPEST national conference

Tempest was presented in two major national professional meetings in Finland.

May 2012: Tempest findings were presented at the TerveSOS-fair. The targeted audience is social and health care professionals from all around Finland. The fair is organized yearly and ca. 5000 professionals participate each year, because there is no admission-fee. Along with the Tempest findings, the new National guideline for prevention of childhood obesity under the title “What is new in prevention of childhood and adolescent obesity?” was presented.

October 2012: Tempest-findings about enhancing self-regulation competence to support healthy eating habits were presented. The targeted audience is social and health care professionals working in child and maternity health clinics and other professionals working with mainly pre-school-aged children. The conference is organized yearly and it attracts 600 - 700 participants.

In both events the “Know and act” information sheets, developed based on Tempest findings, were distributed.

4. Germany

TEMPEST national conference

Tempest was presented in two major national professional meetings in Germany.

November 2010: Prof. Renner gave an invited keynote lecture about the determinants of nutrition behavior at the aid-Forum of the Federal Ministry of Food, Agriculture

and Consumer Protection, Bonn (<http://www.aid.de/>). About 500 participants consisting of nutritionists, health professionals, policy makers, and scientists were present. The forum is officially certificated as education and training for members of the DGE, VDD, VDOE, VFED e.V. and QUETHEB e.V.

August 2011: Symposium organised about social and individual influences on eating behavior in childhood, adolescence and adulthood at the 10th Conference Division Health Psychology of the German Psychological Society, Berlin, Germany. The symposium was chaired by Tabea Reuter and Gudrun Sproesser.

5. Netherlands

TEMPEST national conference

Date: March 6, 2012.

Title: Nudging: the role of the environment in the regulation of health behavior

Participants: 115 from different organizations (research institutions, health promotion institutes, regional health organizations, policy makers)

Speakers: Prof.dr. Denise de Ridder, Dr. Stef Kremers, Dr. Remco Havermans, Dr. Erica van Herpen, Dr. Willemijn Vermeer, Dr. Emely de Vet, Marijn Stok Msc, Roel Hermans Msc.

Debate: An interactive debate was also conducted, with a panel discussion and statements on which participants could vote.

6. Poland

TEMPEST national conference

Date: April 21, 2012

Title: TEMPEST

Audience: professionals, policy makers (89 participants)

Speakers: Lech Lenkiewicz, Aleksandra Luszczynska, Anna Januszewicz, Magda Safron, Natalia Liszewska

Other

June, 2011: Dr. Aleks Luszczynska gave a presentation and consultations at the open event and meeting for the local community and community organizers of Wroclaw and Lower Silesia Province, Poland, organized by the City Council of Wroclaw; title of the event: "You'll find your health here". Participants were approximately 100 local community organizers, teachers, city council members, and local community members.

7. Portugal

TEMPEST national conference

Date: April 17, 2012

Title: Self-regulation and eating behaviour in children and adolescents

Speakers: Prof Denise De Ridder, Prof Margarida Gaspar de Matos, Prof Tania Gaspar, Dra. Isabel Baptista, Dr. Vasco Prazeres.

Other:

April 2011: Prof. Margarida Gaspar de Matos and Prof. Tania Gaspar led a Special Session at the II International Congress of Child and Adolescent Psychology Lisbon, with national guest specialists. The aim of the session was creating a consensus document regarding the promotion of health behaviors in children and adolescents, taking into consideration macro, meso and individual factors. The target population consisted of psychologists, health professionals, educational professionals, policy makers and scientists.

February 2012: Organization of the Symposium ‘TEMPEST – Self regulation and obesity in children and adolescents’ at the 9th National Congress of Health Psychology, Aveiro, Portugal. Participating authors: Tania Gaspar, Margarida Gaspar de Matos, Teresa Santos, Mafalda Ferreira & Equipa Aventura Social.

January 2013: The final Tempest meeting was organized and the Tempest manual was launched. This event results in an invitation (from the SSSY) to undergo several national wide events in order to take TEMPEST manual to Portuguese schools and local authorities and discuss it with children, teachers and parents. The Secretary of State of Sports and Youth (SSSY) was present as National Honorary committee. Speakers were Prof. Margarida Gaspar de Matos, Prof. Tania Gaspar, Prof Gina Tomé, Dr Teresa Santos and the Secretary of State of Sports and Youth (Dr Alexandre Mestre).

8. Romania

TEMPEST national conference

Date: November 8th 2012

Title: Self-regulation of eating behavior in children and adolescents: measurement, improvement strategies, and policy development

Participants: 50 researchers, practitioners (school psychologists and counselors), health and education policy makers.

Speakers: Adriana Baban, Ana Maria Popescu, Diana Taut, Alina Cosma, Lavinia Damian, Catrinel Craciun.

Workshop: a workshop entitled ‘Obesity prevention strategies in children and adolescents: tools for teachers, counselors, and parents’ was also held during the conference.

9. United Kingdom

TEMPEST national conference

Date: 23 November 2012

Title: Resisting temptation: Could we do better?

Audience: health professionals, academics and other interested members of the public

Speakers: Dr Fiona Johnson Dr Maria Chu, Prof Jane Wardle

Chair: Vivienne Parry OBE

Other

Jan 2012: Dr Fiona Johnson gave evidence on self-regulation to an Inquiry held by the UK Parliamentary Group on Body image. Among the 11 participants in this session of the Inquiry were UK members of parliament, representatives of the weight control industry, body image campaigners, and academics. The session was also open to the public and there were approximately 60 observers.

7. Exploitation plan

The TEMPEST final conference resulted in a call to action to various stakeholders to incorporate main TEMPEST findings in their activities. The following recommendations were given for each of the parties influencing adolescent eating behavior:

Parents: Family meals, which (amongst other important functions) facilitate communication about eating behavior, are quintessential and should continue right through adolescence.

Schools: Concrete strategies for school-based interventions should be developed, including increasing self-regulatory competence and creating a health-supportive choice architecture. These interventions will then need to be rigorously tested to build evidence of their long-term effectiveness in promoting healthy eating using a range of appropriate indicators (e.g. use of self-regulation strategies, eating practices, weight). This evidence building should also address whether beneficial effects generalize to other health domains.

Prevention and health promotion: The evidence-base needs to be strengthened and more research is required. Testing of interventions in real-life settings should be done in a multi-disciplinary way, taking into account the local and cultural context, and should be included in ongoing initiatives (such as EPODE, JOGG, healthy schools network). Promising venues for research are: pre-exposure to food temptations; social images and food advertising; negative effects of restrictions; and training self-regulation capacities and transfer of these capacities in different domains (food, being active, alcohol use, studying).

Food industry: In order to be more appealing to industry, TEMPEST findings (especially regarding social images and focusing on healthy choices rather than unhealthy options) need to be replicated in a professional manner in a joint effort with industry.

Government: Based on TEMPEST findings, the government should invest in finding ways to promote self-regulatory competence in a variety of manners, especially in underprivileged groups.

TEMPEST Handbook: The Handbook will be used for developing new healthy eating interventions in schools by the Netherlands Nutrition Centre (in collaboration with Dutch researchers from the TEMPEST consortium). In addition, the *National Institute for Public Health and the Environment Center for Nutrition, Prevention and Health Services* (Netherlands) will use the Handbook as a starting point to develop new intervention policies for promoting healthy living in general.

The Handbook will also be used by Weight Concern, a registered charity concerned with weight management in UK, to develop on-line resources on healthy eating for adolescents and families, as well as to design and deliver weight management workshops for adolescents and their families.

Implementation activities: The TEMPEST consortium participates in the OPEN (Obesity Prevention through European Network) network that supports and facilitates implementation of findings from European research projects on childhood obesity prevention through tailored capacity building workshops, open symposia aimed at best practice sharing, and make guidelines for social marketing campaigns to disseminate results. There will be a presentation of TEMPEST findings at the first OPEN symposium in Bucharest, Romania (scheduled October, 2013). Also, researchers from the TEMPEST consortium (e.g., University of Konstanz, Warsaw School of Social Psychology, Utrecht University) participate in DEDIPAC (Determinants of diet and physical activity). DECIPAC is the first action of the Joint Programming Initiative (JPI) “A healthy diet for a healthy life”. In the framework of DECIPAC, a network of selected research groups and scientists from 12 JPI member states will conduct a program of joint multidisciplinary activities for a better understanding on how individual, social and environmental determinants influence food and physical activity choices.

New research projects: researchers from the TEMPEST consortium collaborate in the Marie Curie initial training network CONCORD project (PI DeWitte, KUL). CONCORD is centered around the theme of consumer competence, i.e., a broad set of abilities, intuitions, knowledge and skills consumers need in order to make decisions that help them navigate successfully in the economic environment. Experts in behavioral economics, health psychology, and consumer science, join with pioneers in advanced behavioral measurement techniques to build a theoretical foundation to the study of consumer competence, create interventions to enhance it, and document spontaneous occurrence of consumer competence. Improving healthy eating from a consumer competence perspective is an important component of CONCORD as three projects of the CONCORD address this topic, following up on TEMPEST findings by highlighting the role of self-regulation in response to environmental cues (e.g., using distance to foods as a nudge to improve self-regulatory competence).

Partners of the TEMPEST consortium (UU, KUL) have, in collaboration with other European partners (Denmark, Norway, Portugal), prepared a proposal for a research program on novel interventions that builds on the main findings of TEMPEST, highlighting the concept of nudges (subtle environmental cues) as a way to speak to self-regulatory competence regarding weight-related behaviors (eating and physical activity/sedentary behavior). Specifically, the HINTS (Health Improvement through Nudging Techniques in the Social environment) was submitted to the FP7-HEALTH-2013-INNOVATION-1 call (final evaluation expected in May 2013). Finally, TEMPEST researchers from the Netherlands have prepared a national research program in collaboration with main partners from the food industry that operate on a global scale (Unilever, FrieslandCampina) to promote healthy eating by the use of nudges. Collaboration between academic and food industry partners was inspired by findings from the TEMPEST research project, as is witnessed by presentations of Unilever R&D at the final TEMPEST conference.

Expedition Utrecht University

Date: March 28, 2013

Title: Demonstration of the behavioral inoculation principle

Participants: 500 employees from Utrecht University and their families

8. Handbook titles / websites

1. Belgium

Fluitend door de chocoladefabriek: Hoe jongeren hun weg vinden in de verleidelijke voedselomgeving. Den Haag: Stichting Voedingscentrum Nederland. ISBN 978-90-7084-024-2.

2. Denmark

TEMPEST-håndbogen: Strategier til at hjælpe unge mennesker til at spise sundt. Aarhus: Aarhus University.

3. Finland

Keinoja nuorten ruokailutottumusten tukemiseksi - Käsikirja TEMPEST-tutkimuksesta. Online publication at <http://urn.fi/URN:ISBN:978-952-245-823-0>.

4. Germany

Survival Guide fürs Schlaraffenland: Tipps und Tricks, wie Eltern Kinder und Jugendliche bei einer gesunden Ernährung unterstützen können. Baden-Baden: Deutscher Wissenschafts-Verlag. ISBN 978-3-86888-054-0.

5. The Netherlands

Fluitend door de chocoladefabriek: Hoe jongeren hun weg vinden in de verleidelijke voedselomgeving. Den Haag: Stichting Voedingscentrum Nederland. ISBN 978-90-7084-024-2.

6. Poland

Strategie wspierania zdrowych zwyczajów żywieniowych u młodzieży: Prodręcznik TEMPEST. Warszawa: SOWA. ISBN 978-83-60660-86-7.

7. Portugal

O manual TEMPEST: Estratégias de apoio para uma alimentação saudável dos adolescentes. Lisbon, Portugal: Cafilesa Soluções Gráficas. ISBN: 978-989-95849-8-3.

8. Romania

Strategiile de suport pentru o alimentație sănătoasă la adolescenți. Cluj-Napoca, Romania: Editura ASCR. ISBN 978-606-8244-64-8.

9. United Kingdom

TEMPEST: Strategies to support healthy eating in adolescents. Online publication at <http://www.weightconcern.org.uk/node/298>.

At the moment of preparing this appendix, 350 copies were sold (450 distributed) in The Netherlands. In the UK, 179 downloads have been registered, and 90 in Finland. In Portugal, 400 copies were distributed; 100 copies are distributed in Denmark. So far, 234 copies have been distributed in Poland, 66 Romania and 40 in Germany.

9. Final conference and pre-conference workshops

National dissemination conferences have been organized in each of the participating countries in 2012 to discuss TEMPEST findings with an audience of scientists and health professionals. Some meetings were organized in collaboration with ongoing national conferences or other activities relating to obesity prevention. These meetings were held in the Netherlands (Utrecht, March), Poland (Wroclaw, April), Portugal (Lisbon, April), Belgium (Leuven, May), Finland (Helsinki, May & October), Denmark (Aarhus, August), Romania (Cluj, October), Germany (Konstanz, October), and UK (London, October). The total number of guests in these national conferences amounted to about 2000.

Furthermore, the final TEMPEST project conference has been organized in Utrecht, Netherlands, on 25 January 2013. This conference hosted a broad audience of about 100 participants (policy, science, health professionals) from nine countries and aimed to inform them about the main findings of the project and their potential for dissemination in health promotion. The program included a keynote address by Pierre Chandon, Professor of Marketing and Director of the INSEAD Research Centre, Fontainebleau (France) on 'How food marketing distorts portion size perceptions and preferences'. Main findings from the TEMPEST project were presented and discussed by the WP leaders. In addition to the presentation of these findings, there were dissemination seminars, discussing the implications of TEMPEST findings for a variety of settings, including family, school, health promotion, food industry, and government, and resulting in a *call to action* that has been published on the TEMPEST website and in the TEMPEST newsletter. Moreover, TEMPEST findings were addressed in a discussion panel including Karin Bemelmans (Netherlands Nutrition Centre), Theresa Marteau (Cambridge University, UK), Pierre Chandon (INSEAD, France), Laura Fernández Celemin (European Food Information Council, Belgium) and Sirpa Sarlio-Lähteenkorva (Ministry of Social Affairs and Health, Finland).

The final conference was preceded by preconference workshops (January 24, 2013) discussing TEMPEST findings in an interactive format in small groups of participants. Workshop topics included 'Social Images of Food: We are What Others Eat'; 'Food Culture in the Family Environment: Meals as Social Events or TV Dinners'; 'Protection from Food Temptations: Behavioral Inoculation in Schools'; 'Implementation Intentions for Healthy Eating'; 'Nudging in School Cafeterias: Placing Foods at a Distance'; and 'Responsible Food Industry' (in collaboration with Unilever R&D). About 60 attendees participated in these workshops which were very well received.

10. Newsletters

Newsletter 1: March, 2010

Newsletter 2: November, 2011

Newsletter 3: March, 2013

Copies of the Newsletters are available from the TEMPEST website.

11. Website

The website was visited by about 5.372 (unique) visitors during the course of the four year run of the TEMPEST project. The website includes information on important achievements of the project, project publications (in PDF format), the TESQ-E questionnaire in eight languages (in PDF format), columns by TEMPEST researchers and general information about the project for kids, parents, teachers, professionals and scientists.

12. TESQ-E translations

Translated versions of the TESQ-E are available on the website in eight languages: Danish, Dutch, English (UK), German, Finnish, Polish, Portuguese and Romanian.

Please note: back-translations are available upon request.

13. Broadening contacts with policy makers, health professionals, (organizations of) schools, parents, and children/adolescents

Dissemination activities in period 3 are highlighted.

1. All countries

Contacts with experts in the field and with schools. Distribution of Tempest-pens (1.000) and brochures in 2009 and the first half of 2010. Another set of 11.000 pens was distributed with the WP2 data collection in autumn 2010.

2. Denmark

Dissemination of TEMPEST news and activities by e-mail to the list of contact persons provided earlier in 2010.

Presentation of concept-mapping results to a number of teachers and institution leaders in schools/adolescents' free-time institutions: Schools in Denmark were visited and informed about the project and its purposes (headmasters, pedagogic leaders, some of the teachers or some of the parents were contacted).(October-December 2010).

Brochures with information about the project and link to the website were distributed. Schools in Denmark were contacted by e-mail or telephone and got a description of the project and its purposes (headmasters, pedagogic leaders or some of the teachers were contacted).(October-December 2010).

An article was published about TEMPEST by the Aarhus University Communications department. The article was published on the university's news page and distributed through social media (2012).

3. Finland

In 2009 and 2010: Discussion of Tempest project with Finnish experts in the field of public health and obesity (Pekka Puska, MD; Aulikki Nissinen, MD; Marja-Leena Ovaskainen, Ph.D.; Sirpa Sarlio-Lahteenkorva, Ph.D.)

A national Tempest-report has been published in the publication series of the National Institute for Health and Welfare in 2012. The national report focuses on the Finnish results, but describes also the whole project. It is targeted mainly to teachers and social and health care professionals working with school-aged children and adolescents, but it also provides information to a larger audience.

A short (two-sided A4) "Know and act" sheet for parents and educators, concerning self-regulation eating and the Tempest-project, was developed and sent out to about 150 teachers, headmasters and representatives of educational counsels in 2012.

4. Germany

Dissemination of results regarding social images of (un)healthy foods as well as self-regulatory competencies to approximately 2000 children and 130 school teachers in 35 schools (2010).

Graf, J. (2011). Interview with Prof. Dr. Renner in uni'kon 41/11 'Warum wir essen, was wir essen' [Why we eat, what we eat]. <http://www.aktuelles.uni-konstanz.de/uni-kon/archiv/>

Graf, J. (2011). Interview with Prof. Dr. Renner in uni'kon 41/11 'Beliebtheit kann man essen' [We can eat popularity]. <http://www.aktuelles.uni-konstanz.de/uni-kon/archiv/>

Summer 2011: Exhibition in the framework of the public platform "Year of Science" - promoting exchange between science and the general public funded by the Federal Ministry of Education and Research (BMBF), Island Mainau, Germany.

Feedback circles with pupils and teachers in schools which participated in the study. All school received additionally written feedback: Friedrich-Hecker-Gymnasium, Friedrich-Wöhler-Gymnasium, GHS Steißlingen, Primo-Levi-Oberschule, Sartre-Gymnasium, Gebhardschule Konstanz, Geschwister-Scholl-Schule, Gymnasium Überlingen, Hegau-Gymnasium, Justus-von-Liebig Schule, Liebig-Schulem, Richardschule, Silberstein-Schule, Siebte Integrierte Sekundarschule Berlin, Alt-Lankwitzer Grundschule, Dr. Johannes-Faust-GHR Schule Knittlingen, Konrad-Wachsmann Schule, Lessing-Gymnasium Winnenden, alschule Markgröningen, Robert-Havemann-Oberschule, Edith-Stein-Gymnasium, Friedrich WöhlerGymnasium, Theodor-Heuss-Realschule

Report for the Ministry of Education Baden-Württemberg (Ministerium für Kultus, Jugend und Sport Baden-Württemberg). (2011). TEMPEST: Temptations to Eat Moderated by Personal and Environmental Self-regulatory Tools.

Schäfer, S. (2012). Mahlzeit! *Zeit Wissen*, 12(5), 13-16. <http://www.zeit.de/zeit-wissen/2012/05/Ernaehrung-Besser-Essen-Psychologie>.

5. Netherlands

De Ridder, D.T.D. (2012, December). *Self-regulation and food temptations*. Radio interview for 'Hoe?Zo!' ['How?So!'] on Radio 5.

De Ridder, D.T.D. (2013, January). *Self-regulation and food temptations*. Radio interview for Utrecht Science Café in collaboration with NTR Radio.

De Vet, E., (2013, February). Afvallen: psyche of voeding? [*Losing weight: psychology or nutrition?*] Dutch Magazine for Nutrition and Dietetics.

Stok, F.M. (2012, April). Zijn pubers te verleiden tot gezond eetgedrag? [*Can adolescents be seduced to eat healthily?*] Dutch Magazine for Nutrition and Dietetics.

2009, May: Discussion of Tempest project with members of the Expert Group Eating Behavior of the Dutch Research Institute for Psychology and Health.

2010: Discussions of Tempest project with the Dutch Nutrition Council to explore possibilities for collaboration and implementation of prevention of overweight aimed at children and adolescents (Supershopper).

Public debate :

September 2010: "Waking up with science". In a series of interviews held by children with scientists, one episode pertained to food temptations and regulation of eating behavior. Children interviewed Marijn Stok. Links to short movies (in Dutch):

<http://www.youtube.com/watch?v=8bzhGONo9gU>

http://www.youtube.com/watch?v=oqQF_dUDDMA

<http://www.youtube.com/watch?v=HLceAftwPh8>

Stok, F.M. (2011, May). *Hoe chocolade je slank houdt en andere voedselsprookjes* [How chocolate keeps you slim and other food fairytales]. Radio interview for 'Hoe?Zo!' ['How?So!'] on Radio 5.

November 2011: Nudging: over nut en noodzaak van subtiele omgevingsaanpassingen [Nudging: about the benefits and necessity of subtle environmental adaptations].

Author: Emely de Vet. <http://www.sportknowhow.nl/OpenPodium/6406>

February 2012: De beste nudge: alleen chips op zaterdagavond [The best nudge: crisps only at Saturday nights].

Authors: Denise de Ridder, Emely de Vet, Marijn Stok, Marieke Adriaanse

Published on:

-<http://www.socialevraagstukken.nl/site/2012/02/20/de-beste-nudge-alleen-chips-op-zaterdagavond/>

-<http://sargasso.nl/archief/2012/02/21/de-beste-nudge-alleen-chips-op-zaterdagavond/#more-141819>

-<http://www.brabantsdagblad.nl> published Saturday February 25th, 2012

December 2012: De Vet contributed to an educational movie about healthy eating for the Achmea Association:

<http://www.facebook.com/photo.php?v=450186281712860&set=vb.141243295940495&type=3&theater>

Relevant conversations and discussions:

-Date November 2010

-Name: Dr. Carolien Plevier and Josien Phelix, Municipal Health Service

-Topic: advice about self-regulation interventions for children and adolescents

-Date October 2011

-Name and position ir. Karin Bemelmans, Voedingscentrum

-Topic Dissemination of Tempest results via Voedingscentrum Website

-Date December 2011

-Name: Lot Schaap, teacher at higher vocational training for dietitians

-Topic: teaching dietitians about the importance of self-regulation

-Date January 2012

-Name and position Lea Walter, coordinator Epoque international network

-Topic Dissemination of Tempest results

-Date January 2012

- Name and position Monique l'Hoir, Ph.D., senior researcher Child Health at TNO, The Netherlands
- Topic Implementation of Tempest results

6. Poland

Articles and presentations for professionals and parents

Januszewicz, A. (September, 2010). "Obesity prevention across the lifespan" Workshop for local community organizers and school teachers. Swidnica, Lower Silesia, Poland.

Januszewicz, A. (September, 2010). "Preventing child and adolescent overweight: the context of self-regulation, social and cultural factors". Workshop for parents. Rogoznica, Lower Silesia, Poland.

Luszczynska, A., Januszewicz, A. (June, 2011). Meeting with the City Council of Wroclaw, Health and Social Work Department. Childhood obesity prevention issues in Lower Silesia Province. Present: Ms. Anna Szarycz, Director of Health and Social Work Department, City Council of Wroclaw, representatives of departments of Health Promotion and Marketing.

Luszczynska, A. (2011). Prevention of overweight and obesity among children and adolescents. *Ogólnopolski System Ochrony Zdrowia*, 2011/5, 28-29. (a publication in a professional magazine published monthly for professionals in healthcare system, including doctors, nurses, dieticians, public health specialists, healthcare managers ; circulation: 10 000)

Januszewicz, A. (2011). Before you reach for the candy bar(Zanim sięgniesz po batonik). *Głos Nauczycielski*, 2011 /8. (a publication in a professional magazine published weekly for teachers; circulation: 53 000)

Satel, A. (2012). Eating norms lead to child obesity (Normy żywieniowe receptą na otyłość dzieci). *Dyrektor Szkoły*, 2012/6. (a publication in a professional magazine for school headmasters, published monthly; journal's title: *School Headmaster*; circulation: 9000)

Januszewicz, A. (2012). Editorial: Children eat too much sweets (Dzieci jedzą za dużo słodczy). *Przegląd Piekarski i Cukierniczy*, 2012/6 (a publication in a professional magazine for producers and distributors of bakery and confectionery products; journal's title: *Bakery and Confectionery Review*; circulation 5500)

Rajca, H. (2012). Grammar School nr 10 changes school catering (SP Dziesiątka reformuje sklepik). *Konkrety – Tygodnik Społeczny*, 2012, 24. (a publication in a social magazine for a community in Lower Silesia; journal's title: *Hard evidence – Weekly Magazine on Social Issues*; circulation: 9100).

Television exposure

TV channel: Polish Television Program 2, news program name: Panorama; Date: 13.07.2012, hour: 18:24:32

TV channel: Polish Television Program 1; program name: Coffee or Tea; Date: 01.06, 2012. Hour: 06:46:14

TV channel: Polish Television Program 2; program name: Question for Breakfast; Date: 09.05.2012. hour: 10:10:10

Radio exposure

Polskie Radio Wrocław (broadcasting station)– Anna Januszewicz; statement on the radio about TEMPEST research and prevention of overweight and obesity among children and adolescents April 2011

Tok FM Wrocław (broadcasting station)– Anna Januszewicz statement on the radio about TEMPEST research and prevention of overweight and obesity among children and adolescents April 2011

Tok FM Wrocław (broadcasting station)– Anna Januszewicz; statement on the radio about TEMPEST research and prevention of overweight and obesity among children and adolescents April 2011

Polish Radio Program 1 (broadcasting station) – Interview with Anna Januszewicz about TEMPEST research and prevention of overweight and obesity among children and adolescents, 30.05. 2011, 20 minutes during one of most popular morning blocks called “Four Seasons”

Tempest highlights mentioned on radio:

Polish Radio Program 4: Date: 14.07.12; hour: 13:00:25

Polish Radio Program 1: Date: 14.07.12, hour: 15:01:29

Radio Kampus: date: 14.07.12 Hour: 13:30:30

Radio Warszawa: date: 14.07.12; hour: 14:01:07

PR Rzeszów date: 14.07.12 hour: 14:02:09

PR Bydgoszcz: Date: 14.07.12; hour: 17:04:44

PR Olsztyn; Date 14.07.12, Hour: 18:04:13

PR Lublin, Date 14.07.12, hour: 20:01:47

PR Krakow, Date 14.07.12; hour: 20:03:15

PR Gdansk: date: 14.07.12 hour: 21:02:21

PR Białystok: 14.07.12; hour: 22:06:28

Newspapers

Interviews with Anna Januszewicz about TEMPEST research and prevention of overweight and obesity among children and adolescents in Gazeta Wyborcza - the most popular newspaper in Poland; circulation 50 000 -1 200 000 copies:

Żuchowicz, M. (2011). Ni z gruszki ni z pietruszki (Neither apple nor orange). Gazeta Wyborcza, 2011/89, 2

Żuchowicz, M. (2011). Living on a sweets and fast food. (Na słodyczach i fast foodach). Gazeta Wyborcza, 2011/178, 2

Złakowska, A. (2012). Healthy diet for children – it is possible (Zdrowe odżywianie dzieci – to możliwe). Gazeta Wyborcza, 2012, 16th June.

Editorial (2012). Youth hungry for health (Młodzież głodna zdrowia). Charaktery, 2012/7 (70 000 copies)

Karwowska, A. (2011). How do make our children fat. (Jak tuczymy nasze dzieci). Metro Warsaw, 2011/91,1 (384 000 copies) and Charaktery, a popular psychological magazine

Pisera, K. (2011). We can't promote a healthy lifestyle. (Nie umiemy promować zdrowego stylu życia). Dziennik Bałtycki, 2011/23, 1 (49 000 copies)

Pisera, K. (2011). We can't promote a healthy lifestyle. (Nie umiemy promować zdrowego stylu życia). Dziennik Łódzki, 2011/23, 1. (49 000 copies)
 Pisera, K. (2011). We can't promote a healthy lifestyle. (Nie umiemy promować zdrowego stylu życia). Głos Wielkopolski, 2011/131, 16 (57 000 copies)
 Pisera, K. (2011). We can't promote a healthy lifestyle. (Nie umiemy promować zdrowego stylu życia). Kurier Lubelski, 2011/131, 10 (12 000 copies)
 Editorial (2011). The epidemic of the obesity? (Epidemia otyłości?) Tygodnik Wrocławski. 2011/22, 8 (27 000 copies)
 Kacprowicz, A. (2012). Children and vegetables (Dzieci i warzywa). Magazyn 7 Dni Radom, 2012/335 (26 000 copies)

Websites

Publications presenting a summary of the results of the interviews with experts (WP4 aim 4.1) (a total of 19 articles)

At websites devoted to science news:

http://www.naukawpolsce.pap.pl/palio/html.run? Instance=cms_naukapl.pap.pl& PageID=1&s=szablon.depesza&dz=stronaGlowna&dep=382384&data=&lang=PL& CheckSum=-503936847

<http://www.naukowy.pl/przekonywanie-dzieci-do-zdrowego-zywienia-szwankuje-vt46921.htm#>

At Polish Press Agency (PAP) main website:

http://www.pap.pl/palio/html.run? Instance=cms_www.pap.pl& PageID=1&s=infopaket&dz=nauka&idNewsComp=185458&filename=&idnews=123761&data=infopaket& CheckSum=573990857

At websites devoted to women's issues:

<http://kobieta.wp.pl/kat,26377,title,Dlaczego-polskie-dzieci-nie-znaja-smaku-zdrowia,wid,13459862,wiadomosc.html?ticaid=1c714>

<http://kobieta.iso.pl/Wiadomo%C5%9Bci/Przekonywanie-dzieci-do-zdrowego-%C5%BCywienia-szwankuje-47718.html>

<http://www.babskicomber.pl/artykul/561,Przekonywanie-dzieci-do-zdrowego-zywienia-szwankuje-.html>

At nation-wide magazines and newspapers' websites:

<http://www.wprost.pl/ar/247317/Walka-z-otyloscia-mlodziezy-kuleje/>

http://www.perspektywy.pl/index.php?option=com_content&task=view&id=3927&Itemid=106

http://www.mp.pl/kurier/index.php?aid=60070&_tc=DB0F383C0A0E4ABEB47CB5D6A89405A1

At websites devoted to health issues (for patients and professionals):

<http://www.portalzdrowia.pl/przekonywanie-dzieci-do-zdrowego-zywienia-szwankuje.html,a,910>

<http://www.biomedical.pl/aktualnosci/zmierzamy-w-strone-epidemii-otylosci-2622.html>

<http://lekarz.biz/przekonywanie-dzieci-do-zdrowego-zywienia-szwankuje/>

<http://www.lekomaniak.pl/news/38/przekonywanie-dzieci-do-zdrowego-zywienia-szwankuje,5654.html>

At websites for parents:

<http://www.republikadzieci.pl/dla-rodzicow/o-dzieciach-napowowanie/zagrozenia/zdrowie/choroby-nasze-i-naszych-dzieci/4467-zmierzamy-w-stron-epidemii-otyloci.html>

Other websites:

<http://www.plasterek.pl/ZmierzamyWStroneEpidemii.html>
[http://www.agronews.com.pl/pl/0,21,9762,przekonywanie dzieci do zdrowego zywnienia_szwankuje.html](http://www.agronews.com.pl/pl/0,21,9762,przekonywanie_dzieci_do_zdrowego_zywienia_szwankuje.html)
<http://www.twojeinnowacje.pl/przekonywanie-dzieci-do-zdrowego-zywienia-szwankuje>
<http://www.pogodynka.pl/wiadomosci/nauka/przekonywanie-otylych-dzieci-do-zdrowego-zywienia-szwankuje-5351>
<http://www.smaki.pl/aktualnosci/id,247317/Walka-z-otyloscia-mlodziezy-kuleje.html>

Publications presenting a summary of the systematic reviews of the literature (WP4 aim 4.1-4.2). A total of 13 articles.

At websites devoted to science:

http://www.naukawpolsce.pl/palio/html.run? Instance=cms_naukapl.pap.pl& PageID=1&s=szablon.depesza&dz=szablon.depesza&dep=383371&data=&lang=PL& CheckSum=-857597966
<http://www.naukowy.pl/rodzice-szkoly-i-samorzdy-musz-wspdziaa-w-zapobieganiu-otyoci-dzieci-vt47415.htm>
<http://informacje-naukowe.re.pl/artukul/38424.html>
<http://badanianaukowe.pl/>

At websites for education specialists and parents:

http://natablicy.pl/wspolna-walka-z-otyloscia-dzieci-i-mlodziezy,artukul.html?material_id=4e1fe275b564da807f010000
<http://www.nauczyciele.mos.krakow.pl/index.php?id=1&p=news,168,show,430>
<http://blizejprzedszkola.pl/artukul-2003,walka-z-otyloscia-dzieci>

At nation-wide magazines and newspapers' websites:

<http://www.charaktery.eu/wiesci-psychologiczne/4352/Zdrowe-od%C5%BCywanie-dzieci/>
http://www.perspektywy.pl/index.php?option=com_content&task=view&id=4127&Itemid=1

At websites devoted to women's issues:

http://www.feminaexpo.pl/aktualnosci/Rodzice_szkoly_i_samorzady_musza_wspoldzialac_w_zapobieganiu_otylosci_dzieci.html

At websites devoted to health issues (for patients and professionals):

<http://www.domzdrowia.pl/czytelnia/page/1408,rodzice-szkoly-i-samorzady-musza-wspoldzialac-w-zapobieganiu-otylosci-dzieci>
<http://zdrowie.studentnews.pl/serwis.php?s=1952>

7. Portugal

2010: Discussion of Tempest project with representatives from the National School of Public Health (Prof Isabel Loureiro), the Portuguese Youth Institute (Dr. Susana Ramos), He Ministry of Education (Dr. Isabel Batista and Dr. Rui Lima), the Platform against Obesity (Prof João Breda), and Portuguese Obese and Ex-obese Association.

Tania Gaspar – Well-being and Health life styles under II International Congress of Child and Adolescent Psychology - Interview to SOL weekly news magazine

-Date March 2011

-Name and position SOL weekly news magazine

-Topic Well-being and Health life styles

Tania Gaspar & Social Adventure Team - Self- Regulation and Health
Paper in the following journal (News Psychology News) March 2011
-Date March 2011
-Name and position News Psychology News
-Topic Self- Regulation and Health

We went to five schools (São João da Madeira, Pombal, Aljezur, Sines and Lisboa) developing health promotion sessions related with health behavior in children and adolescents, including eating behavior, active life styles and emotional regulation; Tempest project were presented in those sessions.
October, November and December 2011

8. Romania

Audience: academics

Type: University Newsletter

UBB Newsletter: Adolescents' eating self-regulation. What do we know so far? - Evidence from the European FP7-Tempest Project

Audience: general

Type: Regional newspaper

Clujeanul:

What if David Beckham would eat a McDonalds Big Mac in order to keep in shape? Adolescents form impressions about others also depending on what others eat].

Audience: general

Type: National online news portal

Hotnews

Adolescents know what healthy eating consists of. Researchers though explain why they fail to keep it

Audience: medical staff

Type: Medical magazine,

Self-regulation of eating in adolescents. Strategies for promoting healthy eating habits

Audience: general

TV broadcasts: Transilvania live

Type: regional TV channel

Dietary patterns of Cluj adolescents and what can we do to improve them

Taut, D., & Craciun, C. (2010, July). Several meetings with parents of children aged 10 through 18 in which topics related to eating behaviors were approached.

Taut, D., & Craciun, C. (2010, August). Several meetings with children aged 10 through 18 in which messages related to eating behaviors were tested.

Taut, D., & Craciun, C. (2010, October-December). TEMPEST fliers and pens were distributed to children and teachers from 6 towns and villages in Romania.

Baban, A. (10 November 2012). Adolescents' dietary habits and social influences. National Romanian TV Channel (TVR1).

Dragota, G. (2012). Ce-i face pe copii sa manance nesanatos? [What makes children eat unhealthy?]. Published in the online edition of '*Monitorul de Cluj*'. The article largely discusses the TEMPEST project and findings and it is a follow-up article of the Tempest Conference in Cluj-Napoca (8th of November 2012). Available at: <http://www.monitorulcj.ro/actualitate/15866-ce-i-face-pe-copii-sa-manance-nesanatos>

9. United Kingdom

2010: Presentation in workshop on Preventative Public Policy and Childhood Obesity organised by ECOTEC.

2010: Seminar on Tempest project for health professionals and researchers within University College London.

2010: Participation in a 'obesity research mapping exercise' to construct a database of relevant obesity research across UCL.

October 2010 – Jan 2011

Information about TEMPEST was sent to pupils, parents and teachers in 13 secondary schools prior to their participation in data collection for Work Packages 2, 3 and 4.

November 2010

150 pupils aged 11-15 participated in a TEMPEST continuation workshop run following data collection for WP 3/4. The workshop focused on healthy eating, physical activity and environmental temptations through whole class and group discussions and creative activities.

July 2011

An update on the progress of the project, together with individual feedback was sent to the headteacher / TEMPEST contact at the 13 UK participating schools.