

CURRICULUM VITAE

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Education

1997 PhD in Psychology, University of Sheffield

1988 MA in Psychology, First Class, University College Dublin

1984 BA (Hons) in Psychology, Upper Second Class, University College Dublin

Professional Experience

September 2014-date Adjunct Professor, Gillings School of Public Health, University of North Carolina – Chapel Hill

July 2013-date Professor, Social Psychology Program, Department of Psychology and Neuroscience, University of North Carolina – Chapel Hill

July 2013-date Member, Lineberger Comprehensive Cancer Center

July 2003, July 2004 Visiting Professor, School of Psychology, University of Konstanz, Germany.

Oct 2002-June 2013	Professor of Psychology, Department of Psychology, University of Sheffield
Nov 1999-Sept 2002	Reader in Psychology, Department of Psychology, University of Sheffield
April 1998-Oct 1999	Senior Lecturer in Social Psychology, Department of Psychology, University of Sheffield
Jan 1992-April 1998	Lecturer in Social Psychology, Department of Psychology, University of Sheffield
May 1990-Dec 1991	Research Fellow, Department of Psychology, University of East London.
Jan-April 1990	Research Fellow, Institute of Social and Applied Psychology, University of Kent at Canterbury.
Jan-Dec 1989	Research Officer, Department of Psychology, University of Dundee.
Oct-Dec 1988	Lecturer in Psychology, Department of Psychology, University College Dublin.

Honors

August 2016	Elected <i>Fellow</i> of the Society for Personality and Social Psychology
August 2014	NIH Merit Award “For exceptional advances in integrating cognitive, affective, and social processes into cancer control research” (group award to members of CASPHR (see http://cancercontrol.cancer.gov/brp/casphr/))
June 2013	Elected <i>Fellow</i> of the Association of Psychological Science
Aug 2012	Elected <i>Fellow</i> of the European Health Psychology Society
Feb 2012	Elected <i>Fellow</i> of the British Psychological Society
Jan 2011	Elected <i>Academician</i> of the Academy of Social Sciences
Sept 2010	Elected <i>Fellow</i> of the Society of Experimental Social Psychology
2000-2013	<i>Feynman Award</i> for “Outstanding Teacher of Psychology” (received an award every year from 2000 to 2013)

Bibliography

Books and Chapters

1. Avishai-Yitshak, A. & Sheeran, P. (in press). Implicit processes and health behavior change. In K. Sweeny & M. Robbins (Eds.), *Wiley Encyclopedia of Health Psychology*. New York: Wiley.
2. Bartlett, K. Y., & **Sheeran, P.** (in press). Behavioral health. In H. L. Miller (Ed.), *The SAGE encyclopedia of theory in psychology*. New York: Sage.
3. Gollwitzer, P. M., Bieleke, M., & Sheeran, P. (in press). Enhancing consumer behavior with implementation intentions. In C. Jansson-Boyd & M. Zawisza (Eds.), *International Handbook of Consumer Psychology*. London: Routledge.
4. Abraham, C., & **Sheeran, P.** (2015). The health belief model. In M. Conner & P. Norman (Eds.), *Predicting health behavior (3rd ed., pp. 30-69)*. New York: McGraw-Hill.
5. Prestwich, A., & **Sheeran, P.**, Webb, T. L., & Gollwitzer, P. M. (2015). Implementation intentions. In M. Conner & P. Norman (Eds.), *Predicting health behavior (3rd ed., pp. 321-357)*. New York: McGraw-Hill.
6. Webster, R., Thompson, A. R., Webb, T. L., & **Sheeran, P.** (2014). Self-help treatments and stepped care. In P. Emmelkamp & T. Ehring (Eds.), *The Wiley Handbook of Anxiety Disorders* (pp. 1242-1255). London: Wiley.
7. **Sheeran, P.**, & Webb, T. L. (2012). From goals to action. In H. Aarts & A. J. Elliot (Eds.), *Frontiers of social psychology: Goal-directed behavior* (pp. 172-202) New York: Psychology Press.
8. Gollwitzer, P. M., Jaudas, A., Parks, E. & **Sheeran, P.** (2008). Flexible tenacity in goal pursuit. In J. Shah & W. Gardner (Eds.), *Handbook of Motivation Science* (pp. 325-341). New York: Guilford.
9. Martijn, C., Alberts, H., Peters, G.J.Y, Mikolajczak, J., De Vries, N.K., & **Sheeran, P.** (2007). Wanneer het niet lukt: Over de bijdrage van implementatie-intenties aan volharden gedrag [When it does not work out: The contribution of implementation intentions to persistent behaviour]. In C. van Laar, R. Ruiter, J. Karremans, W. van Rijswijk, & F. van Harreveld (Eds.), *Jaarboek sociale psychologie 2006*, (pp. 281-292). Groningen, The Netherlands, Aspo pers.
10. Abraham, C., & **Sheeran, P.** (2007). Health belief model. In S. Ayers, A. Baum, C. McManus, S. Newman, K. Wallston, J. Weinman, & R. West (Eds.). *Cambridge Handbook of Psychology, Health, & Medicine* (pp. 97-101). Cambridge: Cambridge University Press.
11. Webb, T. L., **Sheeran, P.** & Armitage, C. J. (2006). Implementation intentions: Strategic automation of food choice. In R. Shepherd & M. Raats (Eds.). *The Psychology of Food Choice* (pp. 329-344). Wallingford, UK: CABI Publishing.
12. **Sheeran, P.**, Webb, T. L. & Gollwitzer, P. M. (2006). Implementation intentions: Strategic automation of goal striving. In D. de Ridder & J. de Wit (Eds.). *Self-regulation in health behavior*. (pp. 121-146). London: Wiley.

13. **Sheeran, P.**, Milne, S., Webb, T. L. & Gollwitzer, P. M. (2005). Implementation intentions. In M. Conner & P. Norman (Eds.). *Predicting Health Behaviour: Research and Practice with Social Cognition Models*, 2nd edition (pp. 276-323). Buckingham: Open University Press.
14. Abraham, C., & **Sheeran, P.** (2005). The health belief model. In M. Conner & P. Norman (Eds.). *Predicting Health Behaviour: Research and Practice with Social Cognition Models*, 2nd edition (pp. 28-80). Buckingham: Open University Press.
15. Trafimow, D., & **Sheeran, P.** (2004). A theory about the translation of cognition into affect and behavior. In G. Haddock & G. Maio (Eds.), *Contemporary Perspectives on the Psychology of Attitudes* (pp. 57-76). Hove, UK: Psychology Press.
16. Orbell, S., & **Sheeran, P.** (2002). Changing health behaviours: The role of implementation intentions. In D. R. Rutter & L. Quine (Eds.). *Changing Health Behaviour: Intervention and Research with Social Cognition Models* (pp. 123-137). Buckingham: Open University Press.
17. Abraham, C., & **Sheeran, P.** (2000). Introduction: From health beliefs to self-regulation. In & P. Norman, C. Abraham & M. Conner (Eds.). *Understanding and Changing Health-Related Behaviour: From Health Beliefs to Self-Regulation* (pp. 3-26). London: Harwood.
18. **Sheeran, P.**, & Orbell, S. (1998). Social cognition: Self, attitudes and attributions In P. J. Scott & C. P. Spencer (Eds.). *The Blackwells Introduction to Psychology* (pp. 425-466). Oxford: Blackwells.
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21. Flowers, P., Smith, J. A., **Sheeran, P.**, & Beail, N. (1996). Identities and understanding gay men's sexual decision-making. In P. Aggleton, P. Davies & G. Hart (Eds.). *AIDS: Activism and Alliances*. (pp. 192-212). London: Taylor Francis.
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23. Brumfitt, S. & **Sheeran, P.** (1999). *The Visual Analogue Self-Esteem Scale (VASES)*. London: Winslow Press.
[Norwegian translation published by Bredtvet in 2005]
[Relaunched in CD-ROM format by Speechmark Publishing in 2010]

Journal Special Issues

1. **Sheeran, P.** & Bosch, J. A. (Eds.) (2016). Special Issue: Implicit Processes in Health Psychology.” *Health Psychology* , 35(8), 761-928 (167pp) .

Refereed Journal Articles

1. Ferrer, R. A., Klein, W. M. P., Persoskie, A., Avishai-Yitshak, A., & **Sheeran, P.** (in press). The tripartite model of risk perception (TRIRISK): Evidence that perceived risk has deliberative, affective, and experiential components. *Annals of Behavioral Medicine*.
2. Hall, M. G., **Sheeran, P.**, Noar, S. M., Ribisl, K. M., Bach, L. E., & Brewer, N. T. (in press). Reactance to health warnings scale: Development and validation. *Annals of Behavioral Medicine*.
3. **Sheeran, P.**, Maki, A., Montanaro, E., Avishai-Yitshak, A., Bryan, A., Klein, W. M. P., Miles, E., & Rothman, A. J. (in press). The impact of changing attitudes, norms, and self-efficacy on health-related intentions and behavior: A meta-analysis. *Health Psychology*.
4. **Sheeran, P.**, Klein, W. M. P., & Rothman, A. J. (in press). Health behavior change: Moving from observation to intervention. *Annual Review of Psychology*.
5. **Sheeran, P.**, & Webb, T. L. (in press). The intention-behavior gap. *Social and Personality Psychology Compass*.
6. Hagger, M. S., Luszczynska, A., de Wit, J., Benyamini, Y., Burkert, S., Chamberland, P.-E., Chater, A. M., Dombrowski, S., van Dongen, A., French, D. P., Gauchet, A., Hankonen, N., Karekla, M., Kinney, A. Y., Kwasnicka, D., Lo, S. H., López-Roíg, S., Meslot, C., Marques, M. M., Neter, E., M., Plass A., Potthoff, S., Rennie, L., Scholz, U., Stadler, G., Stolte, E., A., ten Hoor G., Verhoeven, A. A. C., Wagner, M., Oettingen, G., **Sheeran, P.** and Gollwitzer, P. M. (in press). Implementation intention and planning interventions in health psychology: Recommendations from the Synergy expert group for research and practice. *Psychology & Health*, 31(7), 814-839.
7. Hague, B., Kellett, S., & **Sheeran, P.** (2016). Testing the generalizability of impulse control problems in compulsive buying. *Journal of Social and Clinical Psychology*, 35(4), 269-287.
8. Harkin, B., Webb, T. L., Chang, B. P. I., Prestwich, A., Conner, M. T., Kellar, I., Benn, Y., & **Sheeran, P.** (2016). Does monitoring goal progress promote goal attainment? A meta-analysis of the experimental evidence. *Psychological Bulletin*, 142(2), 198-229.
9. Kypri, K., Wilson, A., Attia, J., **Sheeran, P.**, Miller, P., & McCambridge, J. (2016). Social desirability bias in the reporting of alcohol consumption: A randomized trial. *Journal of Studies on Alcohol and Drugs*, 77(3), 526-531.
10. Miles, E., **Sheeran, P.**, Baird, H. M., Macdonald, I., Webb, T. L., & Harris, P. R. (2016). Does self-control improve with practice? Evidence from a 6-week training program. *Journal of Experimental Psychology: General*, 145(8), 1075-1091.
11. **Sheeran, P.**, Bosch, J. A., Crombez, G., Hall, P. A., Harris, J. L., Papies, E. K., & Wiers, R. W. (2016). Implicit processes in health psychology: Diversity and promise. *Health Psychology*, 35(8), 761-766.

12. Wood, C., Conner, M. Miles, E., Sandberg, T., Taylor, N, Goin, G., & **Sheeran, P.** (2016). The impact of asking intention or self-prediction questions on subsequent behavior: A meta-analysis. *Personality and Social Psychology Review*, *20*(3), 245-268.
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14. Cameron, D. S., Bertenshaw, E. J., & **Sheeran, P.** (2015). The impact of positive affect on health cognitions and behavior: A meta-analysis of the experimental evidence. *Health Psychology Review*, *9*, 345-365.
15. Cameron, D., Epton, T., Norman, P., **Sheeran, P.**, Harris, P. R., Webb, T. L., Julious, S. A., Brennan, A., Thomas, C., Petroczi, A., Naughton, D., & Shah, I. (2015). A theory-based online health behaviour intervention for new university students (U@Uni:LifeGuide): Results from a repeat randomised controlled trial. *BMC Trials*, *16*: 555.
16. Epton, T., Harris, P. R., Kane, R., van Koningsbruggen, G. M., & **Sheeran, P.** (2015). The impact of self-affirmation on health behavior change: A meta-analysis. *Health Psychology*, *34*, 187-196.
17. Hallam, G. P., Webb, T. L., **Sheeran, P.**, Miles, E., Wilkinson, A. D., Hunter, M. D., Barker, A. T., Woodruff, P. W. R., Totterdell, P., Lindquist, K. A., & Farrow, T. F. D. (2015). The neural correlates of emotion regulation by implementation intentions. *PLoS One*, *10*(3).
18. Hanson, K., Webb, T. L., **Sheeran, P.**, & Turpin, G. (2015). Attitudes and preferences towards self-help treatments for depression: Comparisons with psychotherapy and antidepressant medication. *Behavioural and Cognitive Psychotherapy*, *20*, 1-11.
19. Koole, S. L., Webb, T. L., & **Sheeran, P.** (2015). Implicit emotion regulation: Feeling better without knowing why. *Current Opinion in Psychology*, *3*, 6-10.
20. Kypri, K., Wilson, A., Attia, J., **Sheeran, P.**, & McCambridge, J. (2015). Effects of study design and allocation on self-reported alcohol consumption: Randomized trial. *BMC Trials*, *16*, 127.
21. Rothman, A. J., Gollwitzer, P. M., Grant, A., Neal, D., **Sheeran, P.**, & Wood, W. (2015). Hale and hearty: How psychological science can create and maintain healthy habits. *Perspectives on Psychological Science*, *10*(6), 701-705.
22. Bartlett, Y. K., **Sheeran, P.**, & Hawley, M. S. (2014). Effective behaviour change techniques in smoking cessation interventions for people with Chronic Obstructive Pulmonary Disease (COPD): A meta-analysis. *British Journal of Health Psychology*, *19*, 181-203.
23. Epton, T., Norman, P., Dadzie, A-S., Harris, P. R., Webb, T. L., **Sheeran, P.**, Julious, S. A., Ciravegna, F., Brennan, A., Meier, P. A., Naughton, D., Petroczi, A., Kruger, J., & Shah, I. (2014). A theory-based online health behaviour intervention for new university students (U@Uni): Results from a randomised controlled trial. *BMC Public Health*, *14*, 563.
24. Epton, T., Norman, P., Harris, P. R., Webb, T. L., Snowsill, F. A. & **Sheeran, P.** (2014). Development of theory-based health messages: Three-phase programme of formative resesarch. *Health Promotion International*. doi: 10.1093/heapro/dau005

25. Hallam, G. P., Webb, T. L., **Sheeran, P.**, Miles, E., Wilkinson, I. D., Hunter, M. D., Woodruff, P. W. R., Totterdell, P., & Farrow, T. F. D. (2014). The neural correlates of regulating another person's emotions: An exploratory fMRI study. *Frontiers in Human Neuroscience*, *8*, 376.
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28. Lo, S. H., Good, A., **Sheeran, P.**, Baio, G., Rainbow, S., Vart, G., von Wagner, C. & Wardle, J. (2014). Pre-formulated implementation intentions to promote colorectal cancer screening: A cluster-randomized trial. *Health Psychology*, *33*, 998-1002.
29. **Sheeran, P.**, Harris, P., & Epton, T. (2014). Does heightening risk appraisals change people's intentions and behavior? A meta-analytic review of the experimental evidence. *Psychological Bulletin*, *140*(2), 511-543.
30. Taylor, C., Webb, T. L., & **Sheeran, P.** (2014). "I deserve a treat!:" Justifications for indulgence undermine the translation of intentions into action. *British Journal of Social Psychology*, *53*, 501-520.
31. Wieber, F., Gollwitzer, P. M., & **Sheeran, P.** (2014). Strategic regulation of mimicry effects by implementation intentions. *Journal of Experimental Social Psychology* *53*, 31-39.
32. Wood, C., Conner, M., Sandberg, T., Godin, G., & **Sheeran, P.** (2014). Why does asking questions change health behaviours? The mediating role of attitude accessibility. *Psychology and Health* , *29*, 390-404.
33. Conner, M., Godin, G., **Sheeran, P.**, & Germain, M. (2013). Some feelings are more important: Cognitive attitudes, affective attitudes, anticipated affect, and blood donation. *Health Psychology*, *32*, 264-272.
34. Cooke, R., & **Sheeran, P.** (2013). Properties of behavioral intentions: Factor structure and consequences for behavior, information processing, and resistance to attack. *Journal of Applied Social Psychology*, *43*, 749-760.
35. Epton, T., Norman, P., **Sheeran, P.**, Harris, P. R., Webb, T. L., Ciravegna, F., Brennan, A., Meier, P., Julious, S. A., Naughton, D., Petroczi, A., Dadzie, A-S., & Kruger, J. (2013). A theory-based online health behavior intervention for new university students: Study protocol. *BMC Public Health*, *13*, 107. doi: 10.1186/1471-2458-13-107
36. Godin, G., Amireault, S., Vézina-Im, L-A., **Sheeran, P.**, Conner, M., Germain, M., & Delage, G. (2013). Implementation intention intervention among temporarily deferred novice blood donors. *Transfusion*, *53*, 1653-1660.

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39. Niven, K., Totterdell, P., Miles, E., Webb, T. L., & **Sheeran, P.** (2013). Getting the same for less: Improving mood depletes glucose for people with poor (but not good) emotion control. *Cognition and Emotion, 27*, 133-140.
40. Ravis, A., & **Sheeran, P.** (2013). Automatic risk behavior: Direct effects of drinker stereotypes on drinking behavior. *Health Psychology, 32*, 571-580.
41. **Sheeran, P.**, Gollwitzer, P. M., & Bargh, J. A. (2013). Nonconscious processes and health. *Health Psychology, 32*, 460-473.
42. **Sheeran, P.**, Harris, P., Vaughan, J., Oettingen, G., & Gollwitzer, P. M. (2013). Gone exercising: Mental contrasting promotes physical activity among overweight, middle-aged, low-SES fishermen. *Health Psychology, 32*, 802-809.
43. de Bruin, M., **Sheeran, P.**, Hiemstra, A., Kok, G., Hospers, H. J., Prins, J. M., & van Breukelen, G. J. P. (2012). Self-regulatory processes mediate the intention-behavior relation for adherence and exercise behaviors. *Health Psychology, 31*, 695-703.
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55. Martin, J., Slade, P., **Sheeran, P.**, Wright, A., & Dibble, T. (2011). If-then planning in one-to-one behaviour change counseling is effective in promoting contraceptive adherence in teenagers. *Journal of Family Planning and Reproductive Health Care*, *37*, 85-88.
56. Abraham, C., **Sheeran, P.**, & Henderson, M. (2011). Extending social cognition models of health behaviour. *Health Education Research*, *26*, 624-637.
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- activity in Dutch adults. *International Journal of Behavioral Nutrition and Physical Activity*, 6, 11.
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Refereed Conference Presentations

1. Ferrer, R. A., Jones, K., Klein, W. M. P., Persoskie, A., Avishai-Yitshak, A., & **Sheeran, P.** (2016). Why does risk perception only modestly predict motivation to act. *Annual Convention of the Association for Psychological Science, Chicago, May.*
2. **Sheeran, P.**, Avishai-Yitshak, A., Macdonald, I., Miles, E., Webb, T. L. & Baird, H., & Harris, P. R. (2015) Invoking identity to promote behavior change: A randomized controlled trial and three experimental tests. *29th Conference of the European Health Psychology Society, Limassol, Cyprus, August.*
3. Hall, M. G., **Sheeran, P.**, Noar, S. M., Ribisl, K. M., Bach, L. E., & Brewer, N. Y.T. (2015). Does reactance to pictorial cigarette pack warnings weaken their impact? *Society for Research on Nicotine and Tobacco, Washington, DC, March.*
4. **Sheeran, P.**, Miles, E., Baird, H., Tidswell, K., Webb, T. L. & Harris, P. R. (2014) Self-control over the influence of implicit associations on behavior. *17th General Meeting of the Association of Social Psychology, Amsterdam, Netherlands, July.*
5. **Sheeran, P.**, Miles, E., Baird, H., Macdonald, I., Webb, T. L. & Harris, P. R. (2014) The operation and control of implicit influences on health decisions and action. *28th Conference of the European Health Psychology Society, Innsbruck, Austria, August.*
6. Bartlett, Y. K., Hawley, M. S., **Sheeran, P.**, & Webb, T. L. (2013). Could persuasive technology be used to increase physical activity in people with COPD? Opinions of the target population and other stakeholders. *British Psychological Society, Division of Health Psychology Annual Conference, Brighton, UK, September.*
7. Conner, M., Sandberg, T., Wood, C., **Sheeran, P.**, & Godin, G. (2013). Question-Behavior Effect: Mediating role of attitude accessibility. Poster presented at Society for Personality and Social Psychology, New Orleans, 17-19 January 2013.
8. Wood, C., Conner, M., Sandberg, T., Godin, G., & Ferrer, R. A., Klein, W. M. P., Persoskie, A., Avishai-Yitshak, A., & **Sheeran, P.** (2014). Why does asking questions change health behaviours? The mediating role of attitude accessibility. Paper presented at the *British Psychological Society Social Section Conference, Edinburgh, 5-7 September 2012.*
9. Conner, M., Godin, G., & Sheeran, P. (2012). Cognitive Attitudes, Affective Attitudes, Anticipated Affect and Blood Donation. Paper presented at European Health Psychology Society Annual Conference, Prague, 20-24 August 2012.
10. Conner, M., Godin, G., Norman, P., & Sheeran, P. (2012). Using the Question-Behavior Effect to Promote Behavior Change: Two Experimental Studies. Poster presented at *Society for Personality and Social Psychology, San Diego, 26-28 January 2012.*
11. Hanson, K., Webb, T. L., **Sheeran, P.**, & Turpin, G. T. (2013, September). Examining the five areas approach as an unguided self-help intervention for depression. *43rd Annual Congress of the European Association of Behavioural and Cognitive Psychotherapies, Marrakech, Morocco, September.*

12. Webb, T. L. & **Sheeran, P.**, Baird, H., Miles, E., Macdonald, I. & Harris, P. R. (2013) Do implicit attitudes predict smoking behaviour after controlling for intentions, self-efficacy, and explicit attitudes? A meta-analysis. *27th Conference of the European Health Psychology Society, Bordeaux, France, July.*
13. Webb, T. L., Harkin, B., **Sheeran, P.**, Conner, M., Prestwich, A., Kellar, I., Chang, B., & Benn, Y. Does prompting self-monitoring of physical activity engender behaviour change? A meta-analysis of the experimental evidence. *27th Conference of the European Health Psychology Society, Bordeaux, France, July.*
14. Norman, P., Epton, T., Dadzie, A-S., **Sheeran, P.**, Harris, P. R., Webb, T. L., Ciravegna, F., Julious, S. A., Brennan, A., Meier, P., Kruger, J., Naughton, D., & Petroczi, A. (2013, July). A theory-based online intervention to promote health behaviour in new university students: One-month follow-up data. *27th Conference of the European Health Psychology Society, Bordeaux, France, July.*
15. Miles, E., **Sheeran, P.**, Webb, T. L., & Harris, P. R. (2013). Executive function and emotion regulation: People with poor executive skills can take a different route to success. *Society of Personality and Social Psychology Annual Conference, New Orleans, USA, January.*
16. Montanaro, E., Maki, A., Bryan, A., Rothman, A., & **Sheeran, P.** (2013). Does the effectiveness of interventions that change attitudes, norms, and self-efficacy depend upon the class of health behavior? *34th Annual Meeting of the Society of Behavioral Medicine, San Francisco, March.*
17. Harris, P. R., **Sheeran, P.** & Epton, T. (2012). Does changing people's risk perceptions and feelings change their behavior? A meta-analysis of the experimental evidence. *Society of Personality and Social Psychology Annual Conference, San Diego, USA, January.*
18. Miles, E., Tidswell, K., Webb, T. L. & **Sheeran, P.** (2012). Self-regulation of implicit avoidance tendencies. A meta-analysis of the experimental evidence. *24th Annual Convention of the Association for Psychological Science, Chicago, May.*
19. **Sheeran, P.**, & Ravis, A. (2012). Automatic risk behaviour: Direct effects of binge drinker stereotypes on drinking behaviour. *26th Conference of the European Health Psychology Society, Prague, Czech Republic, August.*
20. **Sheeran, P.**, Tidswell, K., Miles, E., Webb, T. L., & Harris, P. (2012). Overcoming the behavioural impact of implicit attitudes. *26th Conference of the European Health Psychology Society, Prague, Czech Republic, August.*
21. **Sheeran, P.**, Martin, J., Slade, P., Wright, A., & Dibble, A. (2011). Implementation intentions have durable effects on contraceptive outcomes: Reduced pregnancy rates at two years. *Society of Personality and Social Psychology Annual Conference, San Antonio, USA, January.*
22. Niven, K., Totterdell, P., Miles, E., **Sheeran, P.**, & Webb, T. L. (2011). Identifying individuals who may be more susceptible to the depleting effects of emotional labor. *European Congress of Work and Organisational Psychology, Maastricht, Netherlands, May.*

23. Webb, T. L., Miles, E., & **Sheeran, P.** (2011). Effectiveness of strategies derived from the process model of emotion regulation: A meta-analysis. Paper presented at the *International Society for Research on Emotion (ISRE) Conference, Kyoto, Japan, July*.
24. Miles, E., Webb, T. L., & **Sheeran, P.** (2011). Effectiveness of emotion regulation strategies derived from the process model: A meta-analysis. *Poster presented at the 23rd Annual Convention of the Association for Psychological Science, Washington, DC, June*.
25. Martijn, C., Webb, T. L., Roefs, A., & **Sheeran, P.** (2011). Justifying indulgence: The role of excuses in unhealthy food-choice and consumption. *16th Conference of the European Association of Social Psychology, Stockholm, Norway, July*.
26. Taylor, C. S., Webb, T. L., & **Sheeran, P.** (2011). Justifying indulgence: The role of excuses in unhealthy food-choice and consumption. *16th Conference of the European Association of Social Psychology, Stockholm, Norway, July*.
27. Webb, T. L., **Sheeran, P.**, Totterdell, P., Mansell, W. & Baker, S. (2010). Overcoming the effect of mood on risky and impulsive behaviour. *Society of Personality and Social Psychology Annual Conference, Las Vegas, USA, January*.
28. **Sheeran, P.** & Webb, T. L. (2010). When one's head and one's heart collide: Using if-then plans to influence the weight attached to thoughts versus feelings in guiding health behaviors. *Association for Psychological Science, 22nd Annual Conference, Boston, May*.
29. **Sheeran, P.** & Webb, T. L. (2010). Predicting behavior from cognitive versus affective attitudes: Situational and strategic determinants. *Society of Personality and Social Psychology Annual Conference, Las Vegas, USA, January*.
30. Hallam, G. P., Webb, T. L., **Sheeran, P.**, Wilkinson, I. D., Woodruff, P. W. R., Totterdell, P., & Farrow, T. F. D. (2010). Neuroimaging of emotion regulation of others and self. *Human Brain Mapping Conference, Barcelona, Spain, June*.
31. Webb, T. L., **Sheeran, P.**, Ononaiye, M., Reidy, J., Lavda, A., & Varley, R. (2010). Using implementation intentions to promote the effective self-management of anxiety. *The 38th Annual Conference of the British Association of Behavioural and Cognitive Psychotherapy, Manchester, UK, July*.
32. **Sheeran, P.**, & Webb, T. L. (2009). Control of behaviour by thoughts versus feelings: Situational and strategic determinants. *23rd Conference of the European Health Psychology Society, Pisa, Italy, September*.
33. Gollwitzer, P. M. & **Sheeran, P.** (2009). When intentions go public. *Society for Experimental Social Psychology Annual Conference, Portland, Maine, October*.
34. **Sheeran, P.** & Webb, T. L. (2009). If-then plans control behaviour priming effects. *BPS Social Psychology Section Annual Conference, University of Sheffield, September*.

35. **Sheeran, P.**, Rivis, A., Webb, T. L., & Gollwitzer, P. M. (2008). From stereotypes to binge drinking: Routes and reroutes. *Society of Personality and Social Psychology Annual Conference, Albuquerque, USA, February.*
36. Webb, T. L. & **Sheeran, P.** (2008). Mechanisms of implementation intention effects: The role of intention, self-efficacy, and accessibility of plan components. *Society of Personality and Social Psychology Annual Conference, Albuquerque, USA, February.*
37. Webb, T. L., **Sheeran, P.**, & Haddock, G. (2008). Women, Muslims, science, and peace: Using implementation intentions to modify implicit attitudes. *BPS Social Section Conference, Dublin, Ireland, April.*
38. **Sheeran, P.**, Armitage, C. J., Mann, E., & Abraham, C. (2008) Does changing attitudes, norms, or self-efficacy cause health behaviour change? *International Congress of Psychology, Berlin, July.*
39. **Sheeran, P.**, Brown, I., & Reuber, M. (2008). Motivation, ability, and planning: Using implementation intentions to translate medication intentions into adherence among patients with epilepsy. *International Society of Behavioral Medicine, Tokyo, August.*
40. Webb, T. L., **Sheeran, P.**, & Luszczynska, A. (2008). Breaking unwanted habits: The role of goal intentions and implementation intentions. *International Society of Behavioral Medicine, Tokyo, August.*
41. Brown, I., **Sheeran, P.**, & Reuber, M. (2008). A randomized controlled study of an implementation intention intervention to enhance adherence with antiepileptic drug treatment. *8th European Congress on Epileptology, Berlin, September.*
42. Webb, T. L., **Sheeran, P.**, & Luszczynska, A. (2008). Understanding and tacking the intention-behaviour ‘gap’. *10th Annual Conference of the Society for Research on Nicotine and Tobacco, Rome, September.*
43. Webb, T. L., **Sheeran, P.**, Onanaiye, M., Reidy, J., & Lavda, S. (2007). Using implementation intentions to strategically automate attentional processes in social anxiety. *Society of Personality and Social Psychology Annual Conference, Memphis, USA, January.*
44. **Sheeran, P.** (2007). The role of intending and planning in promoting health goal attainment. *Society of Behavioral Medicine Conference, Washington, USA, March.*
45. Webb, T. L., Ononaiye, M. S. P., **Sheeran, P.**, Reidy, J. G., & Lavda, A. (2007). Using implementation intentions to modify attentional biases in social anxiety. *World Congress of Behavioural and Cognitive Psychotherapies Conference, Barcelona, Spain, July.*
46. **Sheeran, P.** (2007). Impact of behavior change interventions: The role of the intervention’s theoretical basis, mode of delivery, and behaviour change techniques. *21st Conference of the European Health Psychology Society, Maastricht, The Netherlands, August.*

47. Godin, G., **Sheeran, P.**, Conner, M., & Germain, M. (2007). Moderating effect of past behaviour on cognition-intention and cognition-behaviour relationships. *21st Conference of the European Health Psychology Society, Maastricht, The Netherlands, August.*
48. Webb, T. L. & **Sheeran, P.** (2006). What factors predict when people acquiesce? *Society of Personality and Social Psychology Annual Conference, Palm Springs, California, January.*
49. Martijn, C., Alberts, H., **Sheeran, P.**, Peters, G. J. & de Vries, N. K. (2006). Frustrated actions, persistent minds: Implementation intentions affect tenacious goal striving. *European Social Cognition Network Conference, Pultusk, Poland, September.*
50. **Sheeran, P.** & Gollwitzer, P. M. (2006). Effective striving for health goals: The role of implementation intentions. *International Congress of Applied Psychology, Athens, Greece, July.*
51. Webb, T. L. & **Sheeran, P.** (2006). Comparing interventions: A meta-analysis of effects on intentions and behaviour. *20th Conference of the European Health Psychology Society, Warsaw, Poland, September.*
52. Webb, T. L. & **Sheeran, P.** (2006). Planning to be happy: Implementation intentions as an affect regulation strategy. *BPS Social Psychology Section Annual Conference, Birmingham, September.*
53. Ciesielski, R., Davies, J. & **Sheeran, P.** (2006). Implementation intentions and the self-regulation of affect. *BPS Social Psychology Section Annual Conference, Birmingham, September.*
54. Webb, T. L. & **Sheeran, P.** (2005). Intention “causes” behavior: A meta-analysis of the experimental evidence. *Society of Personality and Social Psychology Annual Conference, New Orleans, USA, January.*
55. **Sheeran, P.** & Webb, T. L. (2005). How do implementation intentions promote goal achievement? Tests of component processes. *14th General Meeting of the European Association of Experimental Social Psychology, Würzburg, Germany, July.*
56. Webb, T. L. & **Sheeran, P.** (2005). Control of unwanted habits by implementation intentions. *14th General Meeting of the European Association of Experimental Social Psychology, Würzburg, Germany, July.*
57. Godin, G., Conner, M., **Sheeran, P.**, & Germain, M. (2005). Asking questions changes behaviour: The mere-measurement effect in the field of blood donation. *19th Conference of the European Health Psychology Society, Galway, Ireland, September.*
58. Ravis, A. & **Sheeran, P.** (2005). Prototypes and adolescent health behaviour: Reasoned action, social reaction, and goal contagion. *19th Conference of the European Health Psychology Society, Galway, Ireland, September.*
59. Giner-Sorolla, R. & **Sheeran, P.** (2005). When does compunction help or hinder self-control? The role of guilt and shame proneness. *19th Conference of the European Health Psychology Society, Galway, Ireland, September.*

60. Rivas, A., **Sheeran, P.** & Armitage, C. J. (2005). Behaviour regulation, self-regulation, and adolescent cigarette smoking. *BPS Division of Health Psychology Annual Conference, University of Coventry, September.*
61. **Sheeran, P.** & Webb, T. L. (2005). Do interventions that change intentions change behaviour? Effect size and moderator analyses. *BPS Division of Health Psychology Annual Conference, University of Staffordshire, September.*
62. Giner-Sorolla, R. & **Sheeran, P.** (2004). When does compunction help or hinder self-control? The role of guilt or shame proneness. *Society of Personality and Social Psychology Annual Conference, Austin, Texas, January.*
63. Webb, T. L., **Sheeran, P.**, & Gollwitzer, P. M. (2004) The interplay between goal intentions and implementation intentions. *Social Section Pre-conference, British Psychological Society Annual Conference, Imperial College, London, April.*
64. Rivas, A., **Sheeran, P.** & Armitage, C. J. (2004). Prototypes and health goals: Reasoned action, social reaction or goal contagion? *18th Conference of the European Health Psychology Society, Helsinki, Finland, June.*
65. Basemans, S., Brug, J., Oenema, A. & **Sheeran, P.** (2004) Correlates of intention to increase physical activities to prevent weight gain and the impact of forming implementation intentions. *3rd Conference of International Society for Behavioral Nutrition and Physical Activity, Washington, USA, June.*
66. Cooke, R. & **Sheeran, P.** (2004) The structure of properties of behavioural intention and their capacity to moderate the intention-behaviour relationship. *18th Conference of the European Health Psychology Society, Helsinki, Finland, June.*
67. **Sheeran, P.** & Webb, T. L. (2004). Implementation intentions and goal achievement: Experimental tests of explanatory processes. *18th Conference of the European Health Psychology Society, Helsinki, Finland, June.*
68. Godin, G., Conner, M. & **Sheeran, P.** (2004). Bridging the intention-behaviour 'gap': The role of moral norm. *18th Conference of the European Health Psychology Society, Helsinki, Finland, June.*
69. Godin, G., **Sheeran, P.**, Conner, M., Blondeau, D., Germain, G., Beaulieu, D., Naccache, H., Lambert, L. & Gagné, C. (2004). Factors explaining the intention to give blood among the general population. *Conference of the American Association of Blood Banks, Baltimore, USA, October.*
70. Rivas, A. & **Sheeran, P.** (2003). Descriptive norms as an additional predictor in the theory of planned behaviour. *British Psychological Society Annual Conference, Bournemouth, March.*
71. Armitage, C. J. & **Sheeran, P.** (2003). Self-identity and norms as additional predictors in the theory of planned behaviour. *British Psychological Society Annual Conference, Bournemouth, March.*

72. Abraham, C. & **Sheeran, P.** (2003). Implications of goal theories for the theories of reasoned action and planned behaviour. *British Psychological Society Annual Conference, Bournemouth, March.*
73. **Sheeran, P.** (2003) Overcoming the intention-behavior gap through strategic automatization: Meta-analysis of implementation intentions. *2nd Conference of International Society for Behavioral Nutrition and Physical Activity, Quebec, Canada, July.*
74. Cooke, R. & **Sheeran, P.** (2003). Impact of temporal stability of intentions on information processing. *BPS Division of Health Psychology Annual Conference, University of Staffordshire, September.*
75. Rivas, A., **Sheeran, P.** & Armitage, C. J. (2003). The predictive validity of actor versus abstainer prototypes for young people's healthy and unhealthy intentions. *17th Conference of the European Health Psychology Society, Kos, Greece, September.*
76. Webb, T. L. & **Sheeran, P.** (2003). Can implementation intentions break habits? *17th Conference of the European Health Psychology Society, Kos, Greece, September.*
77. **Sheeran, P.**, Cooke, R. & Abraham, C. (2003). Temporal stability as an index of intention priority. *17th Conference of the European Health Psychology Society, Kos, Greece, September.*
78. **Sheeran, P.** & Gollwitzer, P. M. (2002). Meta-analysis of the impact of implementation intentions on behavioral performance. *13th General Meeting of the European Association of Experimental Social Psychology, San Sebastian, Spain, June.*
79. Rivas, A. & **Sheeran, P.** (2002). Integrating the prototype/willingness model and the theory of planned behavior: Evidence that prototypes directly predict behaviour. *13th General Meeting of the European Association of Experimental Social Psychology, San Sebastian, Spain, June.*
80. Milne, S. & **Sheeran, P.** (2002). Combining motivational and volitional interventions to prevent testicular cancer. Testing the interaction between protection motivation theory and implementation intentions.. *13th General Meeting of the European Association of Experimental Social Psychology, San Sebastian, Spain, June.*
81. Cooke, R. & **Sheeran, P.** (2002). Moderation of cognition-behaviour relations: A meta-analysis of properties of variables from the theory of planned behaviour. *13th General Meeting of the European Association of Experimental Social Psychology, San Sebastian, Spain, June.*
82. Webb, T. L. & **Sheeran, P.** (2002). Can implementation intentions help to overcome ego-depletion? *13th General Meeting of the European Association of Experimental Social Psychology, San Sebastian, Spain, June.*
83. Cooke, R. & **Sheeran, P.** (2002). The structure of properties of behavioural intention and their capacity to moderate the intention-behaviour relation. *BPS Division of Health Psychology Annual Conference, University of Sheffield, September.*
84. **Sheeran, P.** & Milne, S. (2002). Implementation intentions and habitual behaviour. *16th Conference of the European Health Psychology Society, Lisbon, Portugal, October.*

85. Milne, S. & **Sheeran, P.** (2002). Making good implementation intentions: Comparing associative learning and prospective memory in remembering intentions. *16th Conference of the European Health Psychology Society, Lisbon, Portugal, October.*
86. Webb, T. L. & **Sheeran, P.** (2002). Are the effects of implementation intentions goal-dependent? *16th Conference of the European Health Psychology Society, Lisbon, Portugal, October.*
87. **Sheeran, P.** (2001) A meta-analysis of the effectiveness of implementation intentions in promoting behaviour. *Centenary Conference of the BPS, Glasgow, March.*
88. Conner, M., Trafimow, D. & **Sheeran, P.** (2001) Multidimensionality of perceived behavioural control within the theory of planned behaviour. *Centenary Conference of the BPS, Glasgow, March.*
89. Webb, T. L. & **Sheeran, P.** (2001). Getting things done: What factors determine the achievement of personal goals? *BPS Social Section Annual Conference, University of Surrey, July.*
90. Cooke, R. & **Sheeran, P.** (2001). Accessibility and temporal stability as moderators of cognition-behaviour relations in the theory of planned behaviour. *BPS Social Section Annual Conference, University of Surrey, July.*
91. Ravis, A. & **Sheeran, P.** (2001). Integrating the theory of planned behaviour and the prototype/willingness model: Evidence that prototypes directly affect behaviour. *BPS Social Section Annual Conference, University of Surrey, July.*
92. Cooke, R. & **Sheeran, P.** (2001). Predictive validity of properties of attitudes and intentions: A meta-analysis. *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September, 2000.*
93. Ravis, A. & **Sheeran, P.** (2001). Social influences on physical activity: The role of prototypes and exemplars *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September, 2000.*
94. **Sheeran, P.** (2001). Implementation intentions and health behaviours: A meta-analysis. *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September, 2000.*
95. Milne, S. & **Sheeran, P.** (2001). Combining motivational and volitional interventions to prevent testicular cancer. Testing the interaction Between protection motivation theory and implementation intentions.. *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September.*
96. Rise, J., Synnøve, M. I., & **Sheeran, P.** (2001). Self-identity and moral norm in the theory of planned behaviour: The case of smoking. *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September.*

97. Armitage, C. J., **Sheeran, P.**, Arden, M., & Conner, M. (2001) Stages of change versus changes of stage. *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September.*
98. **Sheeran, P.** & Armitage, C. J. (2001). Promoting health-protective intentions and behaviour: A minimal intervention based on the social judgement literature. *Joint Conference of the European Health Psychology Society and the BPS Division of Health Psychology, University of St Andrews, September.*
99. **Sheeran, P.** & Silverman, M. (2000) The theory of planned behaviour and the benefits of specific plans. *British Psychological Society Annual Conference, Winchester, April.*
100. Abraham, C. & **Sheeran, P.** (2000) How bad will I feel if I don't? Anticipated regret, the theory of planned behaviour, and exercise behaviour. *British Psychological Society Annual Conference, Winchester, April.*
101. **Sheeran, P.** & Trafimow, D. (2000) Salient goals, attitudes, and behaviour. *European Association for Experimental Social Psychology Small Group Meeting on Attitudes, Newtown, Wales, July.*
102. Ravis, A. & **Sheeran, P.** (2000) Predicting young people's binge drinking behaviour: A test of the prototype/willingness model. *British Psychological Society Division of Health Annual Conference, University of Kent, September.*
103. **Sheeran, P.**, Conner, M., & Norman, P. (2000) Can the theory of planned behaviour predict patterns of health behaviour change? *British Psychological Society Division of Health Annual Conference, University of Kent, September.*
104. **Sheeran, P.** & Trafimow, D. (2000) Salient goals, attitudes, and behaviour. *14th Conference of the European Health Psychology Society, Leiden, August.*
105. **Sheeran, P.**, Orbell, S. & Norman, P. (1999) Degree of intention formation and intention-behaviour relationships. *12th Conference of the European Association for Experimental Social Psychology, University of Oxford, July.*
106. Orbell, S. & **Sheeran, P.** (1999) Volitional strategies and the intention-behaviour relationship. *12th Conference of the European Association for Experimental Social Psychology, University of Oxford, July.*
107. **Sheeran, P.** & Orbell, S. (1999) Self-schemas and health: Self-regulation of the intention-behaviour relationship. *BPS Division of Health Psychology Society Annual Conference, University of Leeds, September.*
108. Orbell, S. & **Sheeran, P.** (1999) Volitional strategies and health-related behaviour: Explaining and improving the translation of intentions into action. *BPS Division of Health Psychology Society Annual Conference, University of Leeds, September.*
109. **Sheeran, P.** & Orbell, S. (1999) Self-schemas, intentions and health behaviour. *13th Conference of the European Health Psychology Society, Florence, October.*

110. Abraham, C. & **Sheeran, P.** (1999) Anticipated regret and self-regulation of exercise behaviour. *13th Conference of the European Health Psychology Society, Florence, October.*
111. Norman, P., **Sheeran, P.** & Orbell, S. (1997) Translating intentions into actions: The moderating role of action control. *BPS Social Psychology Section Annual Conference, University of Sussex, September.*
112. Jones, F., Harris, C., Abraham, C., Chrispin, A. & **Sheeran, P.** (1997) Cognitive correlates of sun protection behaviour: Risk perceptions, intentions, self-efficacy, goals and plans. *BPS Social Psychology Section Annual Conference, University of Sussex, September.*
113. Hodgkins, S., **Sheeran, P.** & Orbell, S. (1997). Prediction and intervention in health-related behaviour: A meta-analysis of protection motivation theory. *Annual Conference of the Special Group in Health Psychology, University of Southampton, July.*
114. Hodgkins, S., Orbell, S. & **Sheeran, P.** (1997). Can manipulating protection motivation theory variables change behaviour? The role of motivational and volitional interventions on health-related behaviour change. *BPS Social Psychology Section Annual Conference, University of Sussex, September.*
115. Duncan, B., **Sheeran, P.**, Spencer, C. & Hicks, D. (1997) Gender differences in explanations for condom non-use: A network analysis approach. *Annual Conference of the Special Group in Health Psychology, University of Southampton, July.*
116. Jones, F., Harris, C., Abraham, C., Chrispin, A. & **Sheeran, P.** (1997) Cognitive correlates of sun protection behaviour: Risk perceptions, intentions, self-efficacy, goals and plans. *Eleventh Conference of the European Health Psychology Society, Bordeaux, France, September.*
117. Brumfitt, S. & **Sheeran, P.** (1997) Development and validation of the Visual Analogue Self-Esteem Scale (VASES). *British Aphasiology Society Biennial international Conference. University of Manchester, September.*
118. **Sheeran, P.** & Orbell, S. (1996) Moderators of intention-behaviour consistency: A meta-analysis. *10th Conference of the European Health Psychology Society, Dublin, September.*
119. Abraham, C., **Sheeran, P.**, Norman P & Conner M (1996) Safer sex: Are good intentions enough? *10th Conference of the European Health Psychology Society, Dublin, September.*
120. Brumfitt, S. & **Sheeran, P.** (1996) An evaluation of short-term group therapy for aphasic people. *10th Conference of the European Health Psychology Society, Dublin September.*
121. Orbell, S. & **Sheeran, P.** (1996) A health state goal approach to asthma self-regulation. *10th Conference of the European Health Psychology Society, Dublin, September.*
122. Flowers, P., **Sheeran, P.**, Smith, J. A. & Beail, N. (1996) Combining quantitative and qualitative methods to understand unsafe sex amongst gay men. *International AIDS Conference, Montreal, July.*

123. Flowers, P., Smith, J. A., **Sheeran, P.** & Beail, N. (1996) Rethinking sex in sexual health psychology. *BPS Annual Conference, University of Sussex, Brighton, April.*
124. Langdridge, D., Connolly, K. J. & **Sheeran, P.** (1996) Why do infertile couples want children? A network analysis. *BPS Annual Conference, University of Sussex, Brighton, April.*
125. Rickett, B., Orbell, S., **Sheeran, P.** & Weyman, A. (1996) "The people question—a risky business: A review of psychological factors associated with safety behaviour and accidents in the workplace. *Annual Conference of the Special Group in Health Psychology, University of Ripon and York St John, York, July.*
126. Street, H., **Sheeran, P.** & Orbell, S. (1996) Integrating theories of depression: A multidimensional scaling analysis. *BPS Annual Conference, University of Sussex, Brighton, April.*
127. Street, H., **Sheeran, P.** & Orbell, S. (1996) Concepts of depression: British understandings of an international problem. *BPS London Conference, December.*
128. **Sheeran, P.** & Orbell, S. (1997) Implementation intentions: A volitional approach to creating a healthy habit. *BPS Social Psychology Section Annual Conference, University of Sussex, September.*
129. **Sheeran, P.**, Abraham, C. & Orbell, S. (1997) Psychological correlates of heterosexual condom use: A meta-analysis of the literature 1981-1996. *Annual Conference of the Special Group in Health Psychology, University of Southampton, July.*
130. Abraham, C., **Sheeran, P.**, Norman, P. & Conner M (1996) Modelling post-intention cognitive correlates of condom use. *BPS Social Psychology Section Annual Conference, University of Sussex, September.*
131. **Sheeran, P.** (1995) An empirical approach to the study of volition. *BPS Social Psychology Section Annual Conference, University of York, September.*
132. **Sheeran, P.** (1995) Idiography: Utility for quantitative health psychology. *Annual Conference of the Special Group in Health Psychology, University of Bristol, September.*
133. **Sheeran, P.** & Abraham, C. (1995) Predictors of heterosexual condom use: A meta-analytic review. *BPS Social Psychology Section Annual Conference, University of York, September.*
134. Abraham, C., **Sheeran, P.** & Wight, D. (1995) Developing research-based HIV-preventive interventions for young people in Scotland. *Annual Conference of the Special Group in Health Psychology, University of Bristol, September.*
135. Brumfitt, S. & **Sheeran, P.** (1995) The development of the Visual Analogue Self-Perception Scale (VASPS). *British Aphasiology Society Biennial International Conference, University of York, September.*
136. Flowers, P., Smith, J. A., **Sheeran, P.** & Beail, N. (1995) Gay men's understandings of sex: From the bedroom to the cottage. *Eighth Social Aspects of AIDS Conference, South Bank University, October.*

137. Norman, P., Lawton, W., Abraham, C., Conner, M. & **Sheeran, P.** (1995) Translating intentions into action: The example of condom use. *Ninth conference of the European Health Psychology Society, Bergen, Norway, July.*
138. Orbell, S. & **Sheeran, P.** (1995) "The Great Intender": Can we distinguish actors and abstainers on the basis of their intentions: *BPS Social Psychology Section Annual Conference, University of York, September.*
139. **Sheeran, P.**, Abraham, C. & van der Pligt J (1994) Theorising the intention-behaviour gap in young heterosexuals' condom use. *Eighth Conference of the European Health Psychology Society, Alicante, July.*
140. **Sheeran, P.** & Orbell, S. (1994) How confidently can we infer health beliefs from questionnaire responses? *Eighth Conference of the European Health Psychology Society, Spain, July.*
141. **Sheeran, P.**, Abraham, C. & van der Pligt, J. (1994) Safer sex intentions are not enough: Problems and possible solutions for health promotion. *Annual Conference of the Special Group in Health Psychology, University of Sheffield, September.*
142. **Sheeran, P.** & Abraham, C. (1994) Measuring heterosexual condom use: A critical review of the literature. *Annual Conference of the Special Group in Health Psychology, University of Sheffield, September.*
143. Abraham, C. & **Sheeran, P.** (1994) Advances in social cognitive theory: Implications for health promotion. *Annual Conference of the Special Group in Health Psychology, University of Sheffield, September.*
144. Abraham, C. & **Sheeran, P.** (1994) Using social cognitive theory to promote condom use among older teenagers. *BPS Social Section Conference, Cambridge University, September.*
145. Duncan, B., **Sheeran, P.**, Spencer, C. P. & Hicks, D. (1994) Delay in seeking treatment for sexually transmitted diseases: Application of protection-motivation theory. *Annual Conference of the Special Group in Health Psychology, University of Sheffield, September.*
146. Duncan, B. P., Spencer, C. P. & Hicks, D. (1994) Sexually transmitted infections - Health Psychology's forgotten disease. *Psychology Postgraduate Affairs Group Annual Conference, University of Sheffield, July.*
147. Flowers, P., **Sheeran, P.**, Beail, N. & Smith, J. A. (1994) Safer sex among men who have sex with men: A quantitative overview of findings. *Annual Conference of the Special Group in Health Psychology, University of Sheffield, September.*
148. Flowers, P., **Sheeran, P.**, Beail, N. & Smith, J. A. (1994) Understanding enactment: The adoption of safer sex in gay and bisexual men. *BPS London Conference, Institute of Education, December.*
149. Flowers, P., **Sheeran, P.**, Beail, N. & Smith, J. A. (1994) Combining qualitative and quantitative methods: Towards a pragmatic psychology of safer sex. *Psychology Postgraduate Affairs Group Annual Conference, University of Sheffield, July.*

150. Horsman, J. & **Sheeran, P.** (1994) Healthcare workers and HIV/AIDS: A critical overview. *Annual Conference of the Special Group in Health Psychology, University of Sheffield, September.*
151. Orbell, S. & **Sheeran, P.** (1994) Protection-motivation theory and intention-behaviour relationships. *Eighth Conference of the European Health Psychology Society, Alicante, July.*
152. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1992) Modelling the determinants of teenagers' use of condoms with new sexual partners: The irrelevance of good intentions and sensible health beliefs. *BPS Health Section Annual Conference, University of Nottingham, September.*
153. **Sheeran, P.**, Abraham, C., Abrams, D. & Spears, R. (1993) HIV-relevant beliefs and the prediction of condom use among Scottish teenagers. *Psychological Society of Ireland Annual Conference, Sligo, November.*
154. **Sheeran, P.** & Abraham, C. (1993) "Taking a bath with your socks on": A quantitative review of heterosexual condom use. *Annual Conference of the Special Group in Health Psychology, University of Nottingham, September.*
155. Duncan, B., **Sheeran, P.** & Spencer, C. P. (1993) Psychology and sexually transmitted disease: A review of the literature on heterosexual patients attending genitourinary clinics, 1970-1993. *Annual Conference of the Special Group in Health Psychology, University of Nottingham, September.*
156. Abrams, D., Spears, R., **Sheeran, P.** & Abraham, C. (1993) The social frame of reference for AIDS-related cognitions. *The Psychological Challenge of AIDS Conference, Madrid, March.*
157. **Sheeran, P.** & White, D. (1992) Contraceptive preference and beliefs about HIV. *Society for Reproduction and Infant Psychology Annual Conference, University of Strathclyde, September.*
158. Abraham, C. & **Sheeran, P.** (1992) Inferring cognitions, predicting behaviour: Two challenges for social cognition models. *BPS Health Section Annual Conference, University of St Andrews, September.*
159. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1992) Practice and persuasion in predicting teenage condom use: A test of the health belief model. *Sixth European Health Psychology Society Conference, University of Leipzig, August.*
160. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1992) condom use among sexually active teenagers: Practice and persuasion. *Second International Congress on Behavioural Medicine, University of Hamburg, July.*
161. Abrams, D., **Sheeran, P.**, Abraham, C. & Spears, R. (1992) The normative context of risky AIDS-related behaviours and consequences. *BPS Scottish Branch Conference on Health Psychology and Adolescence, University of Strathclyde, March.*

162. Abrams, D., **Sheeran, P.**, Abraham, C. & Spears, R. (1991) Can the theory of planned behaviour predict AIDS-preventive action? *BPS Social Section Annual conference, University of Surrey, September.*
163. Abrams, D., Abraham, C., **Sheeran, P.** & Spears, R. (1991) AIDS: What young people know and what they do. *British Association for the Advancement of Science Annual Conference, Plymouth, August.*
164. Abrams, D., **Sheeran, P.**, Abraham, C. & Spears, R. (1991) Policy implications of the study of AIDS-relevant cognitions in Dundee and Kirkcaldy. *ESRC AIDS Initiative Conference, Kings' Fund, London, March.*
165. **Sheeran, P.**, White, D. & Phillips, K. (1991) Social psychological variables in HIV-prevention: A comparison of students' beliefs in Dublin and London. *Psychological of Society of Ireland Annual Conference, Galway, November.*
166. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1991) Teenagers' adaptive and maladaptive thinking in relation to the threat of AIDS. *Psychological Society of Ireland Annual Conference, Galway, November.*
167. **Sheeran, P.** (1990) Unemployment and depression: A social comparison theory approach. *BPS London Conference, December.*
168. **Sheeran, P.** (1990) The social construction of unemployment. *Psychological Society of Ireland Annual Conference, Kilkenny, November.*
169. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1990) Health beliefs and the promotion of HIV-preventive behaviour amongst teenagers. *First International Congress on Behavioural Medicine, University of Uppsala, June.*
170. Abrams, D., **Sheeran, P.**, Abraham, C. & Spears, R. (1990) AIDS-relevant preventive cognitions in Dundee and Kirkcaldy. *France/UK Conference on AIDS Research. Maison Française, University of Oxford, June.*
171. Abrams, D., **Sheeran, P.**, Abraham, C. & Spears, R. (1990) Social identity, normative context and vulnerability to HIV. *BPS Annual Conference, Swansea, April.*
172. **Sheeran, P.** (1989) A symbolic interactionist analysis of self-concept effects in unemployment. *BPS Social Section Annual Conference, University of Bristol, September.*
173. **Sheeran, P.** & McCarthy E (1989) Self-evaluation versus self-consistency accounts of well-being in unemployment. *BPS Health Section Conference, Cardiff, September.*
174. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1989) Young people finding out about AIDS: A study of beliefs and information sources. *BPS Health Section Annual Conference, Cardiff, September.*

175. **Sheeran, P.**, Abraham, C., Abrams, D. & Spears, R. (1989) The health belief model and HIV-preventive behaviour: A path analysis of students' use of condoms. *BPS Northern Ireland Branch Annual Conference, Virginia, Cavan, April.*
176. **Sheeran, P.** (1987) The acquisition of word-meaning from verbal context. *Tenth Annual Congress of Psychology Students in Ireland, Queens University Belfast, April.*

Unrefereed Works

1. Martijn, C., Alberts, H. J. E. M., & **Sheeran, P.** (2009). From vague resolutions to goal-oriented behaviour: On the use of implementation intentions. *De Psycholoog*, January, 5-11.
2. Maio, G. R., Verplanken, B., Stroebe, W., Manstead, A. S. R., **Sheeran, P.**, Conner, M., & Abraham, C. (2006, September). *Social psychological knowledge of lifestyle change: Report for the Foresight Obesity Project*. Report to the Foresight Office of the Department of Trade and Industry.
3. Hodgkins, S., Orbell, S. & **Sheeran, P.** (1996). *Experiences of asthma and asthma medications amongst students attending Sheffield University Health Service*. Report to the University Health Service, University of Sheffield.
4. Abraham, C., Tait, A., Bell, D. & **Sheeran, P.** (1995). *Design and Evaluation of a Community-Based HIV-Preventive Educational Program for Sexually Active Adolescents*. Health Services and Public Health Research Committee, Scottish Home and Health Department.
5. Orbell, S., Norman, P., Ogden, J., Abraham, C., Bennett, P., Conner, M. & **Sheeran, P.** (1994). Developments in social cognition and the prediction of health-related behaviour. *Health Psychology Update*, 18, 16-18.
6. Abraham, C., & **Sheeran, P.** (1993). Inferring cognitions, predicting behaviour: Two challenges for social cognition models. *Health Psychology Update*, 14, 18-23.
7. Abraham, C., Fife-Shaw, C., Ingham, R., Scott, S. & **Sheeran, P.** (1993). Quantitative and qualitative methods in health psychology. *Health Psychology Update*, 13, 15-18.
8. **Sheeran, P.**, White, D. & Phillips, K. (1993). Sexual activity and HIV-prevention among Irish undergraduates. *The Thornfield Journal*, 16, 51-53.
9. Abraham, C., **Sheeran, P.**, Abrams, D. & Spears, R. (1992). *Young People's HIV-Relevant Cognitions and Behaviours in the Dundee Area*. Duplicated Report for Tayside Health Board.
10. Abrams, D., Abraham, C., **Sheeran, P.** & Spears, R. (1992). Who's afraid of AIDS? *Science and Public Affairs*, Spring, 43-46.
11. Abrams, D., Abraham, C., **Sheeran, P.** & Spears, R. (1992). Education, rational decisions and false consensus: The implications of some basic evidence about young people's AIDS-relevant cognitions and behaviour. In P. Aggleton (Ed.). *Young People and HIV/AIDS Research*. London: ESRC.

Grants

- Jan 2016-March 2017 **\$95,800, Lineberger Developmental Funding Program Award.** “How can skin cancer best be prevented? Meta-analysis of behavior change techniques in randomized controlled trials.” P Sheeran (PI), A. Goldstein, & S. Noar.
- Jan 2016-Dec 2016 **\$94,500, Lineberger Developmental Funding Program Award.** “Relationships between little cigar and cigarillo packaging elements, perceptions of characterizing flavors, and use among young adults.” A. Goldstein (PI) & P Sheeran.
- Dec 2011-Oct 2015 **£272,738, John Templeton Foundation (#23145)** “Testing three strategies for overcoming unconscious influences and translating ‘good’ intentions into action” P. Sheeran (PI), T. L. Webb, P. Harris., & E. Miles.
- March 2012-April 2014 **£485,954, MRC (#MR/J000450/1)** "Time to change! Using the transition from school to university to promote healthy lifestyle habits in young people" Paul Norman (PI), P. Sheeran (Co-PI), P. Harris, T. L. Webb, F. Ciravegna, P. Meier, A. Brennan, & S. Julious
- Nov 2011-March 2012 **£36,134, Joint Information Systems Committee (JISC; #131900)** “Data management planning and storage for psychology” A. Thompson (PI) & P. Sheeran.
- Jan 2011-March 2013 **£22,144, Epilepsy Action** “Enhancing anti-epileptic drug adherence: a randomised controlled trial (follow-up)” P. Sheeran (PI), I. Brown, & M. Reuber.
- Jan 2011-April 2012 **€1,480,000, EU** “Coordination Action for the design and description of the FET Flagship candidate Robot Companions for Citizens (CA-RoboCom)” F. Cleyssens, T. Dodd, K. Gurney, M. Hawley, S. MacNeill, D. Mathews, R. Moore, R. Nicolson, J. Porrill, T. Prescott (PI), M. Siegal, P. Sheeran, A. Smith, T. Stafford, & T. L. Webb.
- Jan 2011-Dec 2014 **€225,000 NWO Netherlands** “Give us a smile and lighten us up: Novel strategies for enhancing body satisfaction”. C. Martijn (PI), P. Sheeran, & A. Jansen (University of Maastricht).
- Sept 2010-Aug 2011 **£7,500 British Academy (SG-52075)** “Factors influencing adherence to exercise and treatment in HIV-positive patients: A pilot study” A. Petroczi (PI, Kingston), D. Naughton, K. Hawkins, G. Jones, & P. Sheeran.
- Feb 2010-Jan 2013 **AUS\$178,000 Australian Research Council** “Experimental studies of the effects of the research process on participants’ behaviour”. K. Kypros (PI), J. McCambridge, J. Attia, S. Bowe, & P. Sheeran

- May 2010-May 2013 **£8,330, Improving Access to Psychological Therapies Sheffield** “Promoting attendance for IAPT using implementation intentions” P. Sheeran (PI).
- Oct 2009-Oct 2011 **£10,000, MRC (Addiction Research Cluster Development Contract)** “Developing evidence-based behaviour change interventions and policies for alcohol use reduction and misuse prevention among young people”. C. Abraham (PI), P. Sheeran (Co-PI), M. Conner, R. de Visser, T. Duka, T. Greitemeyer, M. Kelly, B. Krahe, A. Luszczynska, P. McCrystal, J. A. Smith, & R. Wiers.
- July 2009-Dec 2012 **£292,918, ESRC (RES-062-23-2220)** “Understanding and using self-generated validity to promote behaviour change” M. Conner (PI), P. Sheeran & G. Godin.
- Sept 2009-March 2011 **£94,871, ESRC (RES-00-22-3381)** “Does making people think they are at risk, or making them feel afraid or worried, change people’s behaviour? Analysing the experimental evidence” P. Harris (PI) & P. Sheeran.
- Nov 2008-Oct 2012 **£2,167,971, ESRC** “Emotion regulation of others and self (EROS): A collaborative research network” P. Totterdell (PI), P. Sheeran, W. Mansell, B. Parkinson, T. Farrow, D. Holman, T. L. Webb A. M. Lane, & R. Fearon.
- Oct 2006-Sept 2008 **CAN\$104,817 “The Bayer • Talecris • Canadian Blood Services • Hema-Quebec Fund I”**. “Evaluation of an intervention to increase repeated blood donation among new donors” G. Godin (PI), M. Germain, G. Delage, M. Conner, & P. Sheeran.
- March 2006-June 2007 **£97,175, ESRC (RES-000-22-1769)** “Using implementation intentions to modify attentional biases in social anxiety” T. L. Webb (PI), P. Sheeran, M. Onanaiye, & J. Reidy.
- April 2006-March 2008 **CAN\$39,197, Social Sciences and Humanities Research Council of Canada** “Moderators of the intention-behaviour relationship” G. Godin (PI), C. Gagné, M. Conner, & P. Sheeran.
- Feb 2006-May 2006 **£5395, Barnsley Hospital NHS Foundation Trust Research & Development**, “Gaining control over anxious thoughts via implementation intentions” A. Thompson (PI) & P. Sheeran.
- Nov 2004-Oct 2005 **£47,734 ESRC (RES-000-22-0847)** “Does changing attitudes, norms, or self-efficacy change intentions and behavior?” P. Sheeran (PI), C. J. Armitage, A. Ravis, & T. L. Webb.
- May 2003-June 2004 **£41,092, ESRC (RES-000-22-0260)** “Unconscious effects of prototypes on young people’s health and social behaviour.” P. Sheeran (PI), C. J. Armitage, & A. Ravis.

- Feb 1995-Oct 1995 **£8376, Sheffield University Research Initiatives Fund.** “The psychology of volition.” P. Sheeran (PI) & S. Orbell.
- Oct 1993 **£1095, British Council.** Travel grant awarded under the *UK-Dutch Joint Scientific Research Programme* to visit the Department of Social Psychology, University of Amsterdam (10-31 October, 1993).

Consultancy

- Sept 2012-Jan 2014 Unilever (confidential project).
- April 2012-May 2013 Department for Environment, Food, and Rural Affairs (subcontracted by Social Marketing Practice for project on energy consumption habits).
- Oct-Dec 2010 Unilever (confidential project).

Teaching Record

Teaching Commitments

I have approximately 420 contact hours per annum. This includes approximately 80 hours of lectures, seminars, laboratory classes, and tutorials that I deliver; research project and extended essay supervision forms the bulk of my undergraduate teaching (8-10 research projects; 12-15 hours per week). At undergraduate level, I teach *Social Psychology* (hypothesis testing in social psychology, attribution theory, attitudes and social cognition, stereotypes and prejudice, self and identity), *Research Methods*, and *Individual Differences*. At postgraduate level, I teach meta-analysis, and supervise MSc and MRes dissertations.

Student Feedback on Teaching

I have received a *Feynman Award* for “Outstanding Teacher of Psychology” from my department every year since the award was instituted in 2000. The award acknowledges exceptionally positive student evaluation of modules (i.e., an average score > 4.50 on a 1-5 scale). In my most recent feedback (May 2012), 77%, 75%, and 70% of Level 1, Level 2, and Level 3 students, respectively, gave me the highest possible rating for “Overall effectiveness as a teacher.”

Postgraduate Research Supervision (Completed)

- July 2016 Keenan Jenkins. Principal supervisor of PhD thesis on confronting prejudice.
- July 2013 Rachel Mandela. Principal supervisor of DCLinPsy thesis on overcoming avoidance of people with a mental illness.
- Sept 2012 Keith Gage. Principal supervisor of MSc thesis on control of rumination via implementation intentions.

- Sept 2012 Harriet Baird. Principal supervisor of MSc thesis on self-regulation of appearance-related social comparisons.
- Oct 2011 Catherine Taylor. Co-supervisor of PhD thesis on justifications for indulgence.
- July 2011 Carly Bagley. Co-supervisor of DClinPsy thesis on jumping to conclusions bias in paranoia.
- July 2011 Katharine Tidswell. Principal supervisor of DClinPsy thesis on self-regulation of behaviour towards a target person with schizophrenia.
- July 2010 Sarah Harper. Co-supervisor of DClinPsy thesis on anger control.
- Dec 2009 Rebecca Beeken. Co-supervisor of PhD thesis on shift in standards and quality of life assessment. *Funded by ESRC.*
- July 2009 Jilly Martin (nee Gibson). Co-supervisor of PhD thesis on implementation intentions and pregnancy prevention. *Funded by ESRC.*
- July 2009 Mary Oldham. Principal supervisor of DClinPsy thesis on attendance for group therapy.
- July 2009 Rebecca Fido. Co-supervisor of DClinPsy thesis on mental agility in elderly people.
- July 2009 Helen Walker. Principal supervisor of DClinPsy thesis on testing for HIV and Hepatitis C among illicit drug users.
- July 2009 Jane King. Co-supervisor of DClinPsy thesis on parenting style and eating disorders.
- July 2008 Rachel Varley. Principal supervisor of DClinPsy thesis on self-help in anxiety.
- July 2008 Alison Palayiwa. Principal supervisor of DClinPsy thesis on responses to stigmatisation.
- Oct 2007 John Pepper. Principal supervisor of MSc (Occupational Psychology) thesis on implicit attitudes to gender and super-ordinate/subordinate job roles.
- July 2007 Ian Brown. Principal supervisor of DClinPsy thesis on medication concordance in epilepsy.
- July 2007 Yvonne Melia. Principal supervisor of DClinPsy thesis on social contagion and self-harm among adolescents.
- Oct 2006 Jonathan Cowie. Principal supervisor of MSc (Occupational Psychology) thesis on implicit attitudes to skin colour and hiring decisions.
- Oct 2005 Charlotte Garrett. Principal supervisor of MRes thesis on implicit self-esteem. *Self-funded.*
- Sept 2004 Annette Haywood. Co-supervisor of PhD thesis “Psycho-social predictors of premenstrual syndrome” *Funded by ESRC.*

- Oct 2003 Thomas Webb. Principal supervisor of PhD thesis “Motivational and volitional aspects of self-regulation.” *Funded by ESRC.*
- July 2003 Richard Aubrey. Principal supervisor of DCLinPsy thesis “Determinants of attendance for psychotherapy.” *Funded by Trent Healthcare Trust.*
- Dec 2002 Amanda Ravis. Principal supervisor of PhD thesis “Role models, exemplars, and health behaviour.” *Funded by ESRC.*
- Nov 2002 Richard Cooke. Principal supervisor of PhD thesis “A critical assessment of the MODE model of attitude-behaviour relations.” *Funded by ESRC.*
- Jan 1999 Darren Langdridge. Co-supervisor of PhD thesis “Motivation for parenthood”. *Funded by ESRC.*
- June 1998 Helen Street. Principal supervisor of PhD thesis “Social cognitive processes in the onset and maintenance of depression.” *Funded by Howard Morton Trust*
- April 1998 Paul Flowers. Co-supervisor of PhD thesis “HIV-prevention among 'men who have sex with men' in South Yorkshire.” *Funded by Barnsley Community Health Trust.*
- March 1998 Sarah Milne. Co-supervisor of PhD thesis “An assessment of the utility of protection motivation theory for prediction and intervention in health-related behaviour”. *Fee waiver/self-funded.*
- January 1998 Barbara Duncan. Principal supervisor of PhD thesis “Social cognition and sexually transmitted disease”. *Funded by Barnsley Community Health Trust.*
- Dec 1997 Shelagh Brumfitt. Principal advisor for PhD thesis “Self-conception in aphasic patients”. *Staff candidate.*

All of my PhD students obtained lectureships (e.g., University of Western Australia, University of Bath, University of Glasgow, the Open University, Aston University, University of Nottingham, University of Manchester) or post-doctoral research positions (e.g., MRC Medical Sociology Unit, UCL Department of Public Health) in the wake of graduation. Thomas Webb’s PhD thesis won the BPS Social Psychology Section award for “Outstanding Thesis in Social Psychology” in 2004.

Professional Service

To Discipline

1. External Examining

- External Examiner for the Undergraduate Program in Psychology (*BSc*) at University College Dublin (2011-2014).
- External Examiner for the Masters in Applied Social Psychology (*MSc*) at the University of Sussex (2007-2010).

- External Examiner for the Masters in Psychological Research Methods (*MRes*) at the University of Manchester (2003-2006).
- I have acted as External Examiner for 10 PhD candidates: Elizabeth Cleobury (Swansea, 2012), Letitia Slabu (Kent, 2009), Grainne Cousins (RCSI Dublin, 2009), Sue Churchill (Sussex, 2008), Ian Kellar (Sussex, 2005), Thomas Huskinson (Cardiff, 2004), Andrew Prestwich (Leeds, 2004), Liz Steadman (Kent, 2002), Andrea Stevens (Leeds, 2002), Mark Bernard (Cardiff, 2002), Sian Williams (Sussex, 2002), Zoe Goodwin (Surrey, 2001).
- I have also examined overseas doctoral candidates: Hugo Alberts (Maastricht University, 2007), Velibor Bobo Kovacs (University of Oslo, 2008), Marieke Adriaanse (Utrecht University, 2009).

2. Professional Memberships/Editorial Work

- I am a member of the Cognitive, Affective, and Social Processes in Health Research Workgroup (CASPHR; <http://cancercontrol.cancer.gov/brp/casphr/index.html>) convened by the National Cancer Institute's Behavioral Research Program. CASHR comprises 8 experts charged with “advancing contributions that theories of cognitive, affective, and social processes can make to enhancing research and practice throughout the cancer continuum.” The workgroup holds conference calls monthly and in-person meetings twice per year. I lead on CASPHR's *Meta-Analysis Project* (http://cancercontrol.cancer.gov/brp/casphr/project_desc.html#2) and contribute to several other projects.
- I am a member of the following professional associations and societies (with dates):

1998-date	European Association of Social Psychology
1999-date	European Health Psychology Society
2003-date	Society for Personality and Social Psychology
2004-2010	American Psychological Association
2008-date	Association for Psychological Science
2009-date	Society for Experimental Social Psychology
2011-date	British Psychological Society (member of the Social Psychology Section and the Division of Health Psychology)
- Associate Editor, *European Journal of Social Psychology* (2009-2011).
- I serve(d) on the editorial boards of the following journals
 - *Personality and Social Psychology Bulletin* (2006-2009)
 - *Psychology and Health* (2001-date)
 - *Health Psychology Review* (2006-date)

- *British Journal of Health Psychology* (2006-date)
- *European Journal of Social Psychology* (2006-2009)
- *British Journal of Social Psychology* (2004-2008)
- *Annals of Behavioral Medicine* (2009-date)
- *Health Psychology* (2010-2013)
- *Frontiers in Eating Behavior* (2016-date)
- *Frontiers in Personality and Social Psychology* (2016-date)
- I review at least three papers per month for the following journals:
AIDS Care, Annals of Behavioral Medicine, Basic and Applied Social Psychology, British Journal of Health Psychology, British Journal of Social Psychology, European Journal of Social Psychology, Health Psychology, Health Psychology Review, Health Education Research, Journal of Applied Social Psychology, Journal of Experimental Social Psychology, Journal of Community and Applied Social Psychology, Journal of Health Psychology, Journal of Personality, Journal of Personality and Social Psychology, Journal of Reproductive and Infant Psychology, Journal of Social and Clinical Psychology, Personality and Social Psychology Bulletin, Psychology, Health and Medicine, Psychology and Health.
- I review grants or act as a rapporteur for ESRC, MRC, NIHR, NS UK Charities. I have also provided reviews for overseas funding bodies including the Research Council of Norway, NWO (The Netherlands), PNRA (France), and the Israeli Science Foundation. I was a Member of the College of Reviewers for Canada Research Chairs (2009).
- Member of the International Advisory Board for the best-selling European textbook *Social Psychology* by Michael Hogg and Graham Vaughan.
- I have reviewed book proposals for Longman, Sage, and Wiley.

3. *Invited Keynote Addresses*

1. **Sheeran, P.** (2016). Keynote Address: "From health beliefs to behavior change." *Southeastern Psychological Association Conference, New Orleans, April.*
2. **Sheeran, P.** (2013). Keynote Address: "Self-control over automatic attitudes and behavior." *Implicit Bias, Philosophy and Psychology Conference, Humanities Research Institute, April.*
3. **Sheeran, P.** (2011). Keynote Address: "Self-regulation in adverse social circumstances." *Biennial Conference of Social Psychology in Ireland, University of Limerick, April.*
4. **Sheeran, P.** (2010). Keynote Address: "Dual-process Models of Behavior: Implications for Intervention." *International Society of Behavioral Nutrition and Physical Activity, Minneapolis, USA, June.*
5. **Sheeran, P.** (2007). Keynote Address: "Reflective and Impulsive Routes to Health Behaviour." *4th Annual Conference of the Psychology Society of Ireland, Division of Health Psychology, Maynooth, Ireland, April.*

6. **Sheeran, P.** (2006). Keynote Address: “Does Changing Cognitions Change Health Behaviours?” *20th Conference of the European Health Psychology Society, Warsaw, Poland, August.*
7. **Sheeran, P.** (2005). Keynote Address: “Priorities and Plans: Shielding Ongoing Goal Pursuit from Unwanted Influences.” *British Psychological Society Division of Health Psychology Annual Conference, University of Coventry, September.*

4. *Invited Presentations: Overseas*

1. **Sheeran, P.** (2010). Behavior change beyond the cubicle: Self-regulation interventions. *Social Psychology and Motivation Group, New York University, October.*
2. **Sheeran, P.** (2010). If-then plans and the control of behaviour priming effects. *Department of Psychology, University of Utrecht, March.*
3. **Sheeran, P.** (2009) Towards a theory of risk behavior that incorporates dyads, individuals, and groups (DIG). *NIMH-Funded Conference: Theoretical Integration of HIV-Relevant Behavior Change Across Individuals, Families/Couples, and Community/Social Structures, Atlanta, USA, February.*
4. **Sheeran, P.** (2008) The role of goal intentions and implementation intentions in promoting health behaviors. *Master Panel on “Applying Social Psychological Theory to Behavioral Interventions” Sponsored by the U.S. National Cancer Institute. International Society of Behavioral Medicine, Tokyo, August.*
5. **Sheeran, P.** (2008) The ‘road to hell’: Problems translating intentions into action and the benefits of if-then plans. *NIH Conference on Decision making in Eating Behavior: Integrating perspectives from the individual, family, and environment, Bethesda, Maryland, USA, April.*
6. **Sheeran, P.** (2008) “Implementation intentions and problems in the initiation and shielding of goal striving.” *Dipartimento di Psicologia, Università Bicocca. Milan, Italy, March.*
7. **Sheeran, P.** (2007) “Reflective and impulsive routes to health behaviour change.” *Faculty of Psychology, University of Zurich, May.*
8. **Sheeran, P.** (2006) “Prototypes and health behaviors: Routes and re-routes.” *National Cancer Institute Health Cognitions Group, Tucson, USA, May.*
9. **Sheeran, P.** (2004) “Implementation intentions and nutrition goals.” *Joint Conference of the Departments of Nutrition and Health Education, University of Maastricht, The Netherlands, November.*
10. **Sheeran, P.** (2004) Benefits of automatisations: Implementation intentions and health goals. *International Research Seminar “New Perspectives on Health Behavior: The Role of Self-regulation.” Research Institute for Psychology and Health, University of Utrecht, The Netherlands, February.*

11. **Sheeran, P.** (2003) Overcoming the intention-behaviour “gap” through strategic automaticity: The role of implementation intentions. *Faculty of Physical Education, University of Edmonton, Alberta, Canada, November.*
12. **Sheeran, P.** (2003) Efficacy and mechanisms of implementation intentions. *School of Public Health, Erasmus Medical Centre, Rotterdam, The Netherlands, August.*
13. **Sheeran, P.** (2003) Goal intentions and implementation intentions. *Department of Psychology, University of Konstanz, Germany, July.*
14. **Sheeran, P.** (2002) The interplay between goals and implementation intentions. *School of Psychology, University of Bergen, Norway, August.*
15. **Sheeran, P.** (2001) Implementation intentions: Status, mechanisms, and prospects. *School of Psychology, University of Maastricht, The Netherlands, November.*
16. **Sheeran, P.** (1998) “Bridge over troubled waters”: Volitional strategies and the intention-behaviour relationship. *Department of Psychology, University of New Mexico, USA, September.*
17. **Sheeran, P.** (1992) Heterosexuals’ condom use: A quantitative review. *Vakgroep Social Psychologie, University of Amsterdam, October.*

5. *Invited Presentations: UK*

1. **Sheeran, P.** (2011). Interventions on the impulsive side. *Department of Psychology, Kings College London, January.*
2. **Sheeran, P.** (2010). If-then plans and overcoming behaviour priming effects. *Department of Psychology, University of Plymouth, March.*
3. **Sheeran, P.** (2009). “Supermodels don’t make me stupid!”: Overcoming behaviour priming effects. *Department of Psychology, University of Manchester, November.*
4. **Sheeran, P.** (2009). Repaving the ‘road to hell’: Mechanisms and effects of if-then plans. *Department of Psychology, University of Staffordshire, April.*
5. **Sheeran, P.** (2009). Repaving the ‘road to hell’: Mechanisms and impact of implementation intentions. *Department of Sports Science, University of Birmingham, March.*
6. **Sheeran, P.** (2008). Shielding goal striving from unwanted thoughts and feelings. *Department of Psychology, University of Sussex, November.*
7. **Sheeran, P.** (2008). Initiating, shielding, and safeguarding goal striving via implementation intentions. *Department of Psychology, Sheffield Hallam University, April.*
8. **Sheeran, P.** (2007). Shielding goal striving from unwanted thoughts and feelings. *Department of Psychology, University of Aberdeen, December.*

9. **Sheeran, P.** (2007). Reflective and impulsive routes to health goal attainment. *Department of Psychology, University of Derby, October.*
10. **Sheeran, P.** (2007). Shielding goal striving from unwanted thoughts and feelings. *Department of Psychology, University of Bath, November.*
11. **Sheeran, P.** (2007). Reflective and impulsive routes to health behaviour. *Department of Psychology, University of Wales Swansea, March.*
12. **Sheeran, P.** (2006) Implementation intentions and self-regulatory problems in goal striving. *Health Behaviour Unit, University College London, May.*
13. **Sheeran, P.** (2006) Implementation intentions and self-regulatory problems in goal striving. *Foresight Lifestyle Change Symposium, Royal Society of Arts, London, May.*
14. **Sheeran, P.** (2006) Implementation intentions and self-regulatory problems in goal striving. *Department of Psychology, University of Southampton, April.*
15. **Sheeran, P.** (2005) Implementation intentions and self-regulatory problems in goal striving. *Department of Psychology, UCL, November.*
16. **Sheeran, P.** (2004) From decisions to actions: Implementation intention effects and processes. *Department of Psychology, University of Surrey, March.*
17. **Sheeran, P.** (2004) From decisions to actions: Implementation intention effects and processes. *Department of Psychology, City University, March.*
18. **Sheeran, P.** (2002) Implementation intentions and ego-depletion. *School of Psychology, University of Cardiff, May.*
19. **Sheeran, P.** (2002) The interplay between goals and implementation intentions. *School of Psychology, University of Cardiff, May.*
20. **Sheeran, P.** (2002) Repaving the road to hell: Strategies for acting on “good” intentions. *Department of Psychology, University of Birmingham, April.*
21. **Sheeran, P.** (2002) Repaving the road to hell: Strategies for acting on “good” intentions. *Department of Psychology, University of Hertfordshire, January.*
22. **Sheeran, P.** (2002) Repaving the road to hell: Strategies for acting on “good” intentions. *School of Psychology, University of Nottingham, January.*
23. **Sheeran, P.** (2002) Repaving the road to hell: Efficacy and mechanisms of implementation intentions. *School of Psychology, University of Leeds, October.*
24. **Sheeran, P.** (2001) Repaving the road to hell: Strategies for acting on “good” intentions. *Department of Psychology, University of Sheffield, October.*

25. **Sheeran, P.** (2001) "Reasoned action vs. planned behaviour": A critique of the concept of perceived behavioural control. *School of Social Sciences, University of Sussex, October.*
26. **Sheeran, P.** (2000) Getting what you intend to do done. *Department of Psychology, University of Sunderland, November.*
27. **Sheeran, P.** (2000) Understanding the intention-behaviour "gap". *School of Psychology, University of Cardiff, November.*
28. **Sheeran, P.** (2000) "Bridge over troubled waters": Using implementation intentions to promote cervical cancer screening. *Department of Public Health, University of Cambridge, May.*
29. **Sheeran, P.** (1999) Translating intentions into action. *Department of Psychology, University of Warwick, October.*
30. **Sheeran, P.** (1999) Health behaviours: Decision making versus decision implementation. *UMDS, London, February.*
31. **Sheeran, P.** (1998) "What?" "Where?" "When?": Motivation and volition as phases of action.. *Department of Psychology, University of Staffordshire, November.*
32. **Sheeran, P.** (1998) "Troubled waters": Bridging the gap between intentions and behaviour. *Department of Psychology, University of Kent, February.*
33. **Sheeran, P.** (1997) "Mind the gap!": Intentions and health behaviour. *Department of Psychology, University of Manchester, October.*
34. **Sheeran, P.** (1997) "Mind the gap!": Intentions and health behaviour. *Department of Psychology, University of Southampton, March.*
35. **Sheeran, P.** (1996) Showers in raincoats: Meta-analysis of heterosexual condom use. *Department of Psychology, University of Staffordshire, November.*
36. **Sheeran, P.** (1996) Meta-analysis of heterosexual condom use. *School of Social Sciences, University of Sussex, October.*
37. **Sheeran, P.** (1995) "Taking a bath with your socks on": The psychology of safer sex promotion. *Sheffield Centre for Health and Related Research, University of Sheffield, November.*
38. **Sheeran, P.** (1994) Strong drink and soft lights: Understanding why safer sex intentions fail. *Psychology Society, Department of Psychology, University of Sheffield, November.*
39. **Sheeran, P.** (1993) "Taking a bath with your socks on": HIV, heterosexual condom use. *Department of Psychology, University of St Andrews, November.*
40. **Sheeran, P.** (1993) Condoms, cognition and context: Is there a cognitive psychology of the bedroom? *Psychology Society, Department of Psychology, University of Sheffield, November.*

41. **Sheeran, P.** (1992) Young heterosexuals' thinking about AIDS. *Department of Sociology, University of Sheffield, May.*
42. **Sheeran, P.** (1992) The health belief model and teenagers' condom use. *Clinical Psychology Student Seminars, Department of Psychology, University of Sheffield, March.*
43. **Sheeran, P.** (1991) Unemployment and psychological distress: An examination of social psychological accounts. *Psychological Society, University College Dublin, April.*
44. **Sheeran, P.** (1991) Role-taking and comparison processes in unemployment. *Spring Seminars, University of East London, January.*
45. **Sheeran, P.** (1990) Unemployment and self-conception. *Department of Community Medicine, University of Dundee, January.*

6. *Invited Workshops*

1. “Theories in health psychology” Two-day CPD workshop sponsored by the University of Aberdeen. (Facilitators: P. Sheeran & F. Sniehotta). University of Aberdeen, March 30-31, 2009.
2. “Behaviour change interventions: Design and evaluation” Two-day CPD workshop sponsored by the BPS Division of Health Psychology. University of Sheffield, July 23-24, 2009.
3. “Behavioural approaches to Knowledge Transfer: The intention-behaviour ‘gap’” Two-day workshop sponsored by the Improved Clinical Effectiveness through Behavioral Research Group (ICEBeRG) (Facilitators: P. Sheeran & F. Sniehotta). University of Ottawa, 16-17 October 2007.
4. “Behavioural interventions: Bridging the gap between theory, evidence, and intervention research.” Three-day *Synergy* workshop sponsored by the European Health Psychology Society (Facilitators: S. Michie, A. Rothman and P. Sheeran). Warsaw, Poland, 27-29 August 2006.

To University

1. University Appointments

2002-2004	Sub-Dean for Postgraduate Affairs, Faculty of Social Sciences
2011-2013	Member of University Senate

2. Departmental Appointments

2004-2013	Director of Research
2004-2007	Duals Tutor
2002-2003	Level 3 Tutor
1996-1998	Member of the Course Review Working Party

1995-2013	Chair of the Department Ethics Sub-Committee
1995-1998	Level 3 Projects Tutor
1995-1998	Member of the Psychology Teaching Committee
1995-1998	Member of the Staff Student Committee
1995-1996	Chair of the Staff-Student Committee
1994-1995	Member of the Departmental Equipment Committee
1993-1995	Undergraduate Admissions Tutor
1993-1995	Department Representative, Board of the Faculty of Social Sciences
1992-1995	Member of Departmental Ethics Sub-Committee