

Aim of the Thesis

The review of studies investigating motivation and volition's importance for weight-loss maintenance in the period following an intensive lifestyle intervention, presented above, illustrates that there is a gap in the existing weight-loss literature in which the importance of volition and motivation for weight-loss maintenance has been investigated in the same study. Moreover, there is a clear void in literature wherein the period following an intensive life style intervention has been investigated. Therefore the overall research question of this thesis was:

How do motivation and volition influence weight loss maintenance in the period following an intensive life style change intervention for individuals battling obesity?

To answer the overall research question, three studies were conducted. The aim of the first study was to develop and validate an instrument that measures exercise specific volition. The aim of the second study was to investigate if exercise specific volition and motivation can predict weight loss maintenance following an intensive life style intervention. The aim of the third study was to investigate how these two psychological mechanisms interact in the period following an ILI, where an individual focuses on weight-loss maintenance. The three different studies were conducted with three different samples and different methods. For description of the methods, see the respective method sections of the research studies.