

List of research articles included in the thesis

Elsborg, P., Wikman, J. M., Nielsen, G., Tolver, A., & Elbe, A.-M. (2016). Development and Initial Validation of the Volition in Exercise Questionnaire (VEQ). *Measurement in Physical Education and Exercise Science*, 3, 1-12.

Elsborg, P. & Elbe A.-M. The importance of exercise specific volition and motivation for weight loss maintenance following an intensive lifestyle intervention. *Submitted to Health Psychology*.

Elsborg, P., Bundgaard Nielsen, J., Pfister, G., Dümer, V., Jacobsen, A., Elbe, A.-M. How volition and motivation influence the difficult task of weight maintenance - A qualitative study *Submitted to Health Psychology*.

Additional publications not included in the thesis

Dandanell, S., Elbe, A.-M., Pfister, G., **Elsborg, P.**, & W, H. J. (2017). Relationship between volition, physical activity and weight loss maintenance: Study rationale, design, methods and baseline characteristics. *Scandinavian Journal of Public Health*.