



Research Interests

My research focuses on implementation intentions (if-then plans) and their role in supporting self-regulation, particularly in the context of eating behavior. I am interested in how different types of mental representations, modal (sensory-rich, concrete) versus amodal (abstract, distant), influence the effectiveness of if-then plans in promoting inhibitory control.

I am currently a researcher on Project B2 „Modal and Amodal Representations in Uncontrolled Eating Behaviour“ within the DFG-funded Research unit 2718 at the School of Psychology, University of Tübingen. My work examines how implementation intentions that emphasize different forms of mental imagery affect food-related decision-making and response inhibition. By integrating grounded cognition theory and construal level theory, I investigate whether psychological distance created through amodal if-then plans can facilitate self-control. This research aims to develop evidence-based mental strategies that can support individuals experiencing difficulties with eating regulation.

Current Research Projects

1. Modal vs. Amodal Implementation Intentions in Food-Related Inhibitory Control Stop-Signal Task Study

Investigating whether if-then plans that create psychological distance from food (amodal) facilitate response inhibition compared to plans that enhance sensory engagement (modal). This pre-registered experimental study examines the mechanisms underlying implementation intention effectiveness in food-related self-control.

2. Individual Differences in Implementation Intention Effectiveness

Exploring how personality traits (impulsivity, restraint eating, external eating) and motivational factors moderate the effectiveness of different types of if-then plans for eating regulation.

Opportunities for Bachelor & Master Theses

I welcome motivated students interested in implementation intentions, eating behavior, self-regulation, and cognitive psychology. There are several ways to develop your thesis with me:

Option 1: Work within my current research You can contribute to my ongoing projects by exploring specific aspects that interest you. For example:

- Analyze data from different angles (e.g., focus on individual differences, temporal dynamics, specific populations)
- Conduct follow-up studies testing specific mechanisms
- Develop extensions of current paradigms

Option 2: Propose your own research question If you have your own ideas related to implementation intentions, eating behavior, mental imagery, or self-regulation, I'm happy to discuss and develop them together. I welcome creative and novel approaches!

How to Get Started

If you're interested in writing your thesis with me, please send an email to rabia.dilawar@uni-tuebingen.de including:

- A brief introduction about yourself
- Your research interests and what aspects of my work appeal to you
- Whether you have initial ideas or would like to discuss possibilities
- Your preferred thesis type (Bachelor/Master, empirical/theoretical)