

Call For Participants



People's Beliefs about the Nature of Self-control

10 min(s) to complete

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Online Questionnaire

Online

University of Sheffield

This study has been designed to investigate how people perceive self-control. Self-control is what enables people to stick to their intentions (e.g., to eat healthily, to save money for a holiday, keep studying, focusing or practicing sports), resist temptation (e.g., to eat too much cake or buy a pair of shoes you don't need), and to control their emotions (e.g. holding back tears, stopping 'freaking out' or keeping cool in front of a crowd).

Find out more online

Poster printed on 24/04/2024

Study expires on 18/12/2018

More info

by scanning the QR code
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