The LEAD Graduate School at the University of Tübingen invites you to attend the lecture by

**Prof. Dr. Jutta Mata**
(University of Mannheim, Max Planck Institute for Human Development)

**Happier, healthier, and a head start? Student health behaviors, well being, and academic performance**

Monday, January 16, 2017, 14:15-15:45pm
Psychologisches Institut, Room 4.333, Schleichstraße 4, 72076 Tübingen

**Abstract:** The effects of health behaviors such as regular exercise, sufficient sleep, or a balanced diet for physical health are well described. However, their importance for the promotion of mental health, well being, and other important areas of general functioning, such as academic or cognitive performance, are less well understood. In a series of studies we have tested the relation between such health behaviors, emotional well being, and academic performance. In intensive longitudinal studies over the first year at university, we found that regular exercise and good sleep were not only related to higher positive and lower negative affect; they also predicted exam grades at the end of the year and buffered against negative effects of stress experience. In related studies with participants who were acutely depressed or were remitted from depression we found that exercise can buffer against emotional stressors and generally improved mood. These findings point to the importance of health behaviors for mental health and general well-being.

**Biography:** Jutta Mata is professor of health psychology at the University of Mannheim, Germany, and adjunct research scientist at the Max Planck Institute for Human Development, Berlin, Germany. Her main research topics are understanding individual and environmental factors that determine weight-related health behaviors. She also studies how engaging in health behaviors affects emotions and general well being. Jutta studied psychology in Göttingen, Lisbon, and Berlin (1998-2004). She was a member of the International Max Planck Research School LIFE and received her PhD in 2008. After being a post-doctoral research fellow at both, the University of Lisbon, Portugal (2008), and Stanford University, USA (2008-2010), she worked as a research scientist at the University of Basel, Switzerland (2010-2012), and the Max Planck Institute for Human Development (2012-2014); from 2014-2015 she was an assistant professor of health psychology at the University of Basel.

**Important Publications:**


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