



Self-Regulation and Ego Control

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Self-Regulation and Ego Control examines the physiological effects of depletion, the effects of psychological variables in self-control depletion effects, the role of motivational and goal states on self-control depletion effects, and a number of cognitive perspectives on self-control exertion. This insightful book begins with an introduction of self-control theories, ego depletion phenomena, and experimental examples of research in self-control, and concludes by delineating more inclusive and comprehensive models of self-regulation that can account for the full spectrum of findings from current research.

In recent years, researchers have had difficulty identifying the underlying resources responsible for depletion effects. Moreover, further research has identified several psychological and motivational factors that can ameliorate depletion effects. These findings have led many to question assumptions of the dominant strength model and suggest that capacity limitations alone cannot account for the observed effects of depletion. *Self-Regulation and Ego Control* facilitates discourse across researchers from different ideological camps and advances more integrated views of self-regulation based on this research.

- Covers the neuropsychological evidence for depletion effects, highlighting the roles of reward, valuation, and control in self-regulation
- Reviews the roles of willpower, expectancies of mental energy change, and individual differences in the modulation of self-control exertion
- Highlights the effects of various states such as positive mood, power, implementation intentions, mindfulness, and social rejection as moderators of depletion
- Provides clarification of the distinctions between self-control in the context of goal-directed behavior versus related terms like self-regulation, executive control, and inhibition
- Details the overlap between mental and physical depletion, and the potential interplay and substitutability of resources
- Challenges the view that depletion reflects capacity limitations and includes newer models that take a more motivational account of resource allocation
- Facilitates discourse across researchers from different ideological camps within the field.
- Informs and enriches future research and advances more integrated views of self-regulation

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