

## Call for Abstracts

Dyadic Dynamics in Health Behavior Change: Interventions and Longitudinal Perspectives

Abstract Submission Deadline: Saturday, 31 January 2026

Full Manuscript Submission Deadline: Tuesday, 1 September 2026

Social relationships have a significant effect on health outcomes (e.g., Holt-Lunstad et al., 2010). In particular, people's health behavior (e.g., their diet, physical activity, smoking) is shaped by not only their own beliefs, but also by the beliefs and behavior of close others (Huelsenitz et al., 2021; vanDellen, 2019). To date, examination of pathways to health has been guided mainly by self-regulation models of health behavior change that focus on an individual's own cognitions and beliefs while largely neglecting the role of their partners and interpersonal processes (e.g., Rothman et al., 2020; Scholz et al., 2020). The study of health behaviors in the context of dyadic relationships has begun to delineate how both intrapersonal and interpersonal processes regulate people's behavior. Yet, to facilitate continued progress, researchers must grapple with several conceptual and methodological challenges. First, there is a strong focus on the behavior of romantic couples, but relatively less research focusing on behavior in other types of dyads (e.g., friends, parent-child, siblings). This narrow focus has limited our understanding of the diverse interpersonal dynamics that can shape health behavior change. Moreover, the underlying dimensions associated with different types of dyads (e.g., interdependence, power, trust) that might potentially explain differences in impact on the health behavior change in both or one dyad members are not well defined. Second, the design and interpretation of longitudinal dyadic studies — both correlational and experimental — is challenged by our limited theoretical understanding of how dyadic processes unfold over time and the methodological complexity of assessing and integrating both dyad members' health-relevant perspectives and behavior. Third, health behavior changes as well as the strategies used to promote change affect and are affected by both health and relational beliefs. Yet, the interplay between these two classes of beliefs remains understudied. Fourth, despite the steady growth in dyadic intervention studies, the term "dyadic intervention" is underspecified. An intervention may be dyadic in a number of distinct ways, including who is present or aware of the intervention, what type of intervention technique is utilized, what type of mechanism of action is targeted, and what are the intended outcomes. In each case, the feature may or may not be dyadic. Specifying these distinctions reveals that dyadic interventions can take on many forms; prompting opportunities to assess the relative effectiveness of different combinations. Finally, the specific dyadic behavior change techniques used in dyadic intervention studies are often not theory-driven and are poorly reported. The use of a common language for reporting the content of dyadic interventions is urgently needed (Di Maio, Villinger et al., 2024; Berli et al., 2025).

Thus, there is a clear and pressing need for innovative approaches that address these and other challenges in order to move the field of dyadic health behavior change forward. This special issue will showcase cutting-edge research that advances our theoretical and empirical understanding of dyadic processes that promote health behavior change. We

welcome contributions that engage the theoretical, methodological, and/or applied challenges outlined above and that, in particular, employ dyadic designs, including longitudinal correlational studies and intervention studies to address these questions.

Topics about dyadic processes in health behavior change include but are not limited to:

- Theory-based dyadic interventions in health behavior change;
- The interplay between dyadic processes and self-regulation in health behavior change;
- Methodological innovations in the assessment or analysis of dyadic health behavior data;
- Studies examining different types of dyads and their unique implications for health behavior change;
- Studies examining or comparing interpersonal influence in different types of dyads (e.g., romantic partners, parents-children, friends, etc.);
- How the interplay between health and relational beliefs affect and are affected by efforts to promote health behavior change.

Guest Editors:

Prof. Urte Scholz (Lead)  
University of Zürich,  
Switzerland

Prof. Jeffry Simpson  
University of Minnesota,  
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Prof. Alexander Rothman  
University of Minnesota,  
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### **Submission Guidelines/Instructions:**

**Abstract Submission Guidelines:** Interested contributors to the special issue "Dyadic Dynamics in Health Behavior Change: Interventions and Longitudinal Perspectives" should submit abstracts (around 500 words) by the abstract submission deadline, 31st January 2026, to the journal inbox, [BJHP@wiley.com](mailto:BJHP@wiley.com). Please use "Abstract Submission" as the subject line. The Guest Editors will respond to the abstracts within one month after the submission deadline.

**Full Manuscript Submission Instructions:** If you are invited to submit to a manuscript for consideration in this special issue, please refer to the Author Guidelines to prepare your manuscript. When submitting your manuscript, please answer the question "Is this submission for a special issue?" by selecting the special issue title from the drop-down list.