
Interventions Designed to Improve Self-Control

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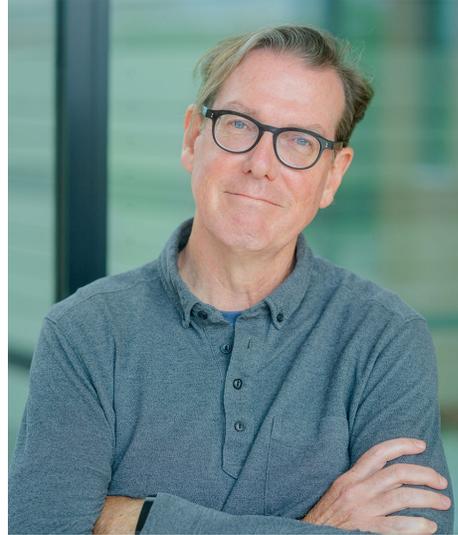
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At this Blue Plate Research event, [Dr. Gregory Madden](#) discussed interventions designed to improve self-control.

The event, held Friday, September 9 at Gallivan Hall in downtown Salt Lake City, featured a live presentation and question-and-answer session.

A researcher in the Department of Psychology at Utah State, Dr. Madden explores how we all hate to wait, and how extreme forms of this leads to habitually impulsive decision-making. Madden's research has applications for public health, including substance-use disorders, pathological gambling, and obesity. Impulsive decision-making patterns remain fixed over time, unless acted upon by an outside force, like an effective psychological intervention.

That's why Dr. Madden has spent the past 12 years studying how to improve self-control. Learn what he has learned and how it may be useful in preventing the poor decisions that negatively impact our health. You can also listen to Dr. Gregory Madden on the [Instead podcast](#).



Dr. Gregory Madden. Psychology. Department, Emma Eccles Jones College of Education and Human Services
