Holding an incremental theory of health leads to health-promoting attitudes and engaging in healthy behaviors more often (Schreiber, Job, & Dohle, 2018).

The purpose of this study was to examine the relationship between implicit theories of health and health-related new year’s resolutions.

Holding an incremental theory of health is especially important when one is confronted with setbacks (Burnette & Finkel, 2012).

Further studies should investigate potential factors that lead to changes in implicit theories of health.

References