

Table 1

Inclusion and exclusion criteria used in the sorting process of items

Inclusion criteria	Exclusion criteria
The title, summary, or labels of the article contained at least one of the terms <i>self-control</i> , respectively <i>self-regulation</i> ; Average age of participants between 14-21 years; Studies based on field data processing; Results oriented towards the relationship between self-control and risky behaviors.	The title, summary, or labels of the article did not contain any of the terms <i>self-control/self-regulation</i> ; Participants in developmental periods other than adolescence (e.g. children, adults, the elderly); Studies such as systematic review or meta-analysis; Clinical peculiarities of the sample (e.g. pregnant women); Results of therapeutic interventions or prevention programs.