

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Module 1: Basic Training	Psychology	1º	2º	6	Mandatory
LECTURER(S)			Postal address, telephone nº, e-mail address		
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DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT					
Human Nutrition and Dietetics					
PREREQUISITES and/or RECOMMENDATIONS (if necessary)					
BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE VERIFICATION)					
Scientific principles of human behavior. Basic psychological processes involved in nutrition. Biological, psychological and social factors implied in nutrition. Food craving and emotional eating. Eating disorders: Etiological factors, clinical features and psychological treatment.					
GENERAL AND PARTICULAR ABILITIES					
Psychology of Nutrition contributes to the acquisition of the following general and specific skills: <ul style="list-style-type: none"> • General Competencies CG2.2. Understand, critically evaluate and know how to use and apply sources of information related to					



nutrition, food, lifestyle and health aspects.

CG4.2. Integrate and evaluate the relationship between food and nutrition in health and in pathological situations.

CG5.3. Being able to participate in health promotion and prevention of disorders and diseases related to nutrition and lifestyles, conducting food and nutrition education of the population.

- Specific Skills

CE1.3. Knowing the statistics applied to Health Sciences . Knowing the psychological bases and biopsychosocial factors affecting social human behavior.

CE1.4. Knowing the historical, anthropological and sociological food, nutrition and dietetics in the context of health and disease.

CE1.7. Acquire teamwork skills as a unit in which are structured multidisciplinary professionals and other staff involved in diagnostic evaluation and treatment of diet and nutrition.

OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)

The general objectives to achieve in the Psychology of Nutrition programme, expressed as a result of learning are:

1. Acquire knowledge about human behavior and the basic psychological processes involved in nutrition.
2. Acquire knowledge of psychopathology derived from nutrition (anorexia nervosa, bulimia nervosa, obesity, binge eating and other eating disorders which could be object of clinical care).
3. Know how to apply this knowledge to the diagnosis, evaluation and treatment of eating disorders.
4. Develop an empathic and assertive communication with patients, their families and other members of the multidisciplinary team.

DETAILED SUBJECT SYLLABUS

THEORETICAL TOPICS:

SECTION I. PSYCHOLOGY OF BASIC NUTRITION

Theme 1. **Scientific principles of human behavior: A historical perspective.** Behaviorism. Cognitive Psychology. Basic psychological processes involved in nutrition

Theme 2. **Nutritional Neuroscience (I): Macronutrients and micronutrients.** Introduction. Carbohydrats. Fats. Vitamins and minerals. Dietary supplements: Caffein.

Theme 3. **Nutritional Neuroscience (II): Cognitive and emotional processing.** Introduction. Intelligence and memory. Depression and Anxiety. Other disorders of childhood, adulthood and old age: Attention deficit hyperactivity disorder. Crime, delinquency and addictions. Eating Behaviour Disorders. Parkinson and Alzheimer.

Theme 4. **Biological, psychological and social factors involved in nutrition: A neuroscientific and psychophysiological approach.** Psychological factors: Behavioral, cognitive and



emotional. Neuropsychological and psychophysiological factors: Emotion and Motivation. Social factors: Standards, attitudes and roles.

SECTION II. PSYCHOLOGY OF PATHOLOGICAL NUTRITION

Theme 5. **Food craving and emotional eating.** Mechanisms explaining food craving. Factors predisposing food craving: Diet and emotions. Chocolate craving: Psychophysiological ç Mechanisms. Prevention of food craving: Nutritional information and emotional control.

Theme 6. **Eating disorders (I): Etiological factors.** Sociocultural factors. Family factors. Individual risk factors: Body dissatisfaction. Comorbidity.

Theme 7. **Eating Disorders (II): Clinical characteristics.** Pica. Rumination disorder. Avoidant/Restrictive Food Intake Disorder. Anorexia nervosa. Bulimia nervosa. Binge Eating Disorder. Other specified disorders of food intake and eating behavior. Other disorders under research.

Theme 8. **Psychological approach of eating disorders.** Preventive strategies on a personal level, family and society. Diagnostic and assessment instruments. Main components of the psychological treatment of eating disorders.

PRACTICAL TOPICS:

SECTION I. **Training in communication skills for a comprehensive approach for patients with special nutritional needs.** Practicing the following communication skills in different situations: 1) Being empathetic, 2) Being assertive, 3) Knowing how to listen actively, 4) Knowing how to reinforce appropriate behaviours, 5) Making / Receiving criticisms, 6) Making / Denying requests, and 7) Changing attitudes and behaviours.

SECTION II. **Basic training in psychological assessment and treatment of major eating disorders:** Using relevant instruments in psychological assessment. Knowledge of diagnostic classifications used in the psychopathology of eating behaviors. Implementation of some intervention techniques for the psychological treatment of eating disorders.

READING

ESSENTIAL BIBLIOGRAPHY

SECTION I. PSYCHOLOGY OF BASIC NUTRITION

1. Holford, P. (2013). *Nutrición óptima para la mente*. Barcelona: Robin Book.
2. Lieberman, H.R., Kanarek, R.B., y Prasad, C. (2005). *Nutritional Neuroscience*. Nutrition, Brain, and Behaviour. New Orleans: Taylor & Francis Group.
3. Ogden, J. (2005). *Psicología de la Alimentación*. Madrid: Morata.
4. Preedy, V. R., Watson, R. R., y Martin, C. R. (2011). *International Handbook of Behavior, Diet, and Nutrition*. New York: Springer.
5. Rodríguez-Santos, F., Aranceta, J., y Serra, Ll. (2008). *Psicología y Nutrición*. Barcelona: Ars Médica

SECTION II. PSYCHOLOGY OF PATHOLOGICAL NUTRITION



6. Fairburn, C.G., y Brownell, K.D. (2005, 2ª ed.). *Eating Disorders and Obesity: A comprehensive handbook*. New York: Guilford Press.
7. Gardner, D.M., y Garfinkel, P.E. (1997, 2ª ed.). *Handbook of Treatment for Eating Disorders*. New York: Guilford Press.
8. Moreno, S., Rodríguez-Ruiz, S., y Fernández-Santaella, M.C. (2009). *¿Qué es el ansia por la comida?, Manuales Prácticos*. Madrid: Pirámide.
9. Raich, R.M. (2011). *Anorexia, bulimia y otros trastornos alimentarios*. Colección ojos solares. Psicología. Madrid: Pirámide.
10. Vera, M.N. y Fernández-Santaella, M.C. (1989). *Prevención y Tratamiento de la Obesidad*, Serie Práctica. Barcelona: Martínez Roca.

SUPPLEMENTARY BIBLIOGRAPHY

SECTION I. PSYCHOLOGY OF BASIC NUTRITION

1. Cacioppo, J.T., Tassinary, L.G., Berntson, G.G.(2007). *Handbook of psychophysiology* (3ª ed.) New York : Cambridge University Press.
2. Holley, A. (2006). *El cerebro goloso*. Barcelona: Rubes Editorial.
3. Ortega-Roldán, B., Rodríguez-Ruiz, S., Moreno, S., Morandé, G. y Fernández-Santaella, M.C. (2009). How do emotions govern the binge eating decision? En N. Chambers (ed.), *Binge Eating: Psychological Factors, Symptoms, and Treatment* (pp. 239-265). New York: Novascience.
4. Vila, J., y Fernández-Santaella, M.C. (2004). *Tratamientos psicológicos. La perspectiva experimental*. Madrid: Editorial Pirámide.
5. Vila, J., y Guerra, P. (2009). *Introducción a la Psicofisiología Clínica* (2ª ed.). Madrid: Editorial Pirámide.

SECTION II. PSYCHOLOGY OF PATHOLOGICAL NUTRITION

6. Abilés, V., Rodríguez-Ruiz, S., Abilés, J., Mellado, C., García, A., Pérez de la Cruz, A., y Fernández-Santaella, M.C. (2010). Psychological characteristics of morbidly obese candidates for bariatric surgery. *Obesity Surgery*, 20, 161-167.
7. Moreno, S., Warren, C.S., Rodríguez-Ruiz, S., Fernández-Santaella, M.C., y Cepeda-Benito, A. (2009). Food Cravings Discriminate between Anorexia and Bulimia Nervosa: Implications for “Success” versus “Failure” in Dietary Restraint. *Appetite*, 52, 588-594.
8. Saldaña, C. (2004). Guía de tratamientos psicológicos eficaces para trastornos del comportamiento alimentario. En Pérez, M. (coord.), *Guía de Tratamientos Psicológicos Eficaces. Adultos I* (pp. 141-159). Madrid: Editorial Pirámide.
9. Rodríguez-Ruiz, S., Ruiz-Padial, E., Vera, M.N., Fernández-Santaella, M.C., Anllo-Vento, L., y Vila, J. (2009). Effect of heart rate variability on defensive reaction and eating disorder symptomatology in chocolate cravers. *Journal of Psychophysiology*, 23, 95-103.
10. Rodríguez-Ruiz, S., Guerra, P.M., Moreno, S., Fernández, M.C. & Vila, J. (2012). Heart rate variability modulates eye-blink startle in women with bulimic symptoms. *Journal of Psychophysiology*, 26, 10-19.

RECOMMENDED INTERNET LINKS

International Associations:



1. *Association for Behavioral and Cognitive Therapies* [ABCT]: <http://www.abct.org/dHome/>
2. *Society for Psychophysiological Research* [SPR]: <http://www.sprweb.org/>
3. *Eating Disorders Research Society* [EDRS]: <http://www.edresearchsociety.org/>
4. *Academy for Eating Disorders* [AED]: <http://www.aedweb.org/index.cfm>

National Associations:

5. Asociación Española para el Estudio de los Trastornos de la Conducta Alimentaria: <http://www.aetca.com/>
6. Asociación en Defensa de la Atención a la Anorexia Nerviosa y Bulimia: <http://www.adaner.org/>

Indexed bibliography:

7. *Nutrition in the prevention and treatment of disease*: <http://www.sciencedirect.com/science/book/9780121931551>
8. *Handbook of obesity: Clinical applications*: http://books.google.es/books?hl=es&lr=&id=tBXE9_KuNMUC&oi=fnd&pg=PA2&dq=handbook+of+obesity+clinical+applications&ots=y258us1Lsu&sig=GUu4gw-wFn6pnAV8YyWvoeo01Os#v=onepage&q=&f=false
9. *The outpatient treatment of eating disorders: A guide for therapists, dietitians, and physicians*: <http://0-site.ebrary.com.adrastea.ugr.es/lib/univgranada/docDetail.action?docID=10151235>

Documents:

10. *The marriage of psychology and nutrition?*: <http://www.encyclopedia.com/doc/1P3-70429448.html>
11. *Guía de Práctica Clínica sobre Trastornos de la Conducta Alimentaria*: http://www.guiasalud.es/GPC/GPC_440_Tt_Conduc_Alim_compl_%284_jun%29.pdf

Journals:

12. *Nutritional Neuroscience*: <http://web.ebscohost.com/ehost/results?vid=2&hid=113&sid=34cf7f41-1f4a-48d0-9ba2-797c5af69ee8%40sessionmgr111&bquery=%28JN+%22Nutritional+Neuroscience%22+and+DT+20100201%29&bdata=JmRiPXMzaCZ0eXBlPTEmc2l0ZT1laG9zdC1saXZl>
13. *Eating Behaviors*: <http://www.sciencedirect.com/science/journal/14710153>
14. *International Journal of Eating Disorders*: <http://www3.interscience.wiley.com/journal/34698/home?CRETRY=1&SRETRY=0>
15. *Appetite*: <http://www.sciencedirect.com/science/journal/01956663>

Videos:

7. Alimentación (Food Inc): <http://www.youtube.com/watch?v=xOKhFOzAYF4>
8. Nutrición y conducta: <http://www.youtube.com/watch?v=HfXq-X4gVhQ>
9. Mi cuerpo, mi enemigo: <http://www.youtube.com/watch?v=4P4XnN8Usew>
10. Obesidad (Más allá del peso): <http://www.youtube.com/watch?v=w2AUEKlanKo>





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