



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR-280	Nutrition Behavioral Management	6
<b>Department</b>	<b>Semester</b>	<b>Prerequisites</b>
Life & Health Science	Spring	None
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Nutrition	English /Greek
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
Undergraduate	2 <sup>nd</sup>	Eleni Andreou
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
face-to-face	N/A	None

### Objectives of the Course:

The main Objectives of the Course are to:

- Addresses the behavioral factors affecting health and health care treatment throughout the various stages of life in the context of how people's emotional needs may influence eating behaviour and responses to health related dietary change.
- The course uses a developmental framework to consider establishment of normal feeding and eating behaviours and development of feeding problems and eating disorders.
- Emphasis is placed on emotional aspects of acute and chronic illnesses and behavior modification regarding eating habits within the family that may affect interventions.
- The format of the course will be 3h/w lectures.

### Learning Outcomes:

After completion of the course students are expected to be able to:

1. Define health psychology and the biopsychosocial model underlying human's behaviors of eating.
2. Understand the psychological models and theories that are used to explain what causes or influences food preferences and biases
3. Understand the importance of personality, social, and contextual factors in predicting maladaptive cognitions and behaviors concerning foods, eating and our bodies.
4. Understand how behavioral and cognitive methods can help individuals cope with stress related to maladaptive eating behavior and weight controlling
5. Understand how psychological methods, theories and principles can be applied to enhance a dietitian's approach to promoting better nutrition and help
6. Critically examine empirical research studies in health psychology as related to food nutrition and dieting.
7. Acquire an understanding of the difficulty people with food disorders experience in seeking professional help
8. Become aware of the impact of food disorders on patient and their families
9. Use critical thinking to analyze eating related abnormal behaviour.

Course Contents:

1. Developmental models of food choice
2. Cognitive models of food choice
3. Psychophysiological models of food choice.
4. Food and pleasure and sexuality
5. Feeding in infancy; infant-parent relationship
6. Development and presentation of eating problems in children under 5.
7. Eating problems in prepubescent children
8. Adolescent eating problems; treating children and adolescent
9. Eating Disorders
10. Body dissatisfaction; Eating problems in adulthood (obesity)
11. Problems with restraint theory; consequences of dieting
12. Eating problems in adulthood (early eating problems)
13. Serious eating disorders; culture, femininity
14. Chronic illness (GI track, diabetes, Cardiovascular) and trauma

Teaching Methods:

Lectures, Class discussion, Assignments, Review Questions, Handouts

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
<a href="#">Jane Ogden</a>	<b>The Psychology of Eating: From Healthy to Disordered Behavior</b>	Blackwell Publishing, Incorporated	2002	0631233741
<a href="#">David Booth</a>	<b>The Psychology Of Nutrition (Library</b>	Taylor & Francis; 1	1994	074840158X

	<b>Binding)</b>	edition		
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Recommended Textbooks/Reading:

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Nutritional Counseling for Lifestyle Change	Linda Snetselaar	Taylor & Francis Group	2007	
«Διατροφή για προαγωγή της υγείας και πρόληψη των χρόνιων ασθενειών»	Αντώνης Γ. Καφάτος,	ΤΥΠΟΚΡΕΤΑ ABE	2007	
«Υγεία και διατροφή κατά την περίοδο της εγκυμοσύνης»,	Αντώνης Γ. Καφάτος	ΤΥΠΟΚΡΕΤΑ ABE	2007	
«Υγιεινή διατροφή για άσκηση και αθλητισμό με ιδιαίτερη έμφαση στο παιδί και στον έφηβο»,	Ελένη Ανδρέου Γιωργάκη & Χριστιάνα Φιλίππου Χαριδήμου	LNK Global Print	2008	ISBN: 978-9963-8446-1-6

