

# PSYCHOLOGY OF EATING

Bachelor's Degree in Human Nutrition and Dietetics

Curso 2026-27

Code: 803980

Module: 1

Subject: Psychology

Type: Core Course (*Básica*)

Year: Second Year

Semester: Check academic calendar

Department: Legal Medicine, Psychiatry, and Pathology

Credits: 6 ECTS

## ACADEMIC STAFF

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## BRIEF DESCRIPTION

**To know and understand the psychological foundations of health and disease states, with a particular focus on their relationship with human behavioral disorders.**

## COMPETENCIES

These correspond to the Module and Subject to which this course belongs.

## GENERAL COMPETENCIES

C.G.1.1.  
C.G.1.2.  
C.G.1.3.  
C.G.1.4.  
C.G.2.1  
C.G.2.2  
C.G.2.3  
C.G.5.2.  
C.G.8.1.

## SPECIFIC COMPETENCIES

CE.M1.3  
CE.M1.4  
CE.M1.5  
CE.M1.7  
CE.M1.9  
CE.M4.22

## OBJECTIVES

- To know the psychological foundations and bio-psychosocial factors influencing human behavior.
- To know and understand the psychological basis of health and disease, identifying problems as well as preventive and clinical aspects of the individual.
- To know and understand the fundamental aspects of eating disorders to enable the evaluation, synthesis, and planning of nutritional aspects.
- To acquire knowledge and skills that facilitate the incorporation of professional ethical attitudes and values, developing the ability to integrate and apply the knowledge acquired.

## SYLLABUS (LECTURE TOPICS)

1. History of the relationship between brain, mind, and behavior: the importance of nutrition.
2. The stigma of mental illness.
3. Psychological normality and abnormality.
4. The medico-psychological interview.
5. General psychological reactions to illness.
6. Transference and countertransference. Iatrogenesis and the placebo effect. Lack of treatment adherence.
7. Stress and anxiety.
8. Personality and defense mechanisms.
9. Feelings, affections, emotions, and their alterations.
10. Impulse control.
11. Body experience (*The lived body*).
12. Mood disorders.

13. Dementias.
14. Psychotic disorders.
15. Somatization.
16. Sleep.
17. Personality disorders.
18. Drug addictions.
19. Eating Disorders: epidemiology, biological basis, and psychological factors.
20. Anorexia nervosa.
21. Bulimia nervosa.
22. Other eating disorders.

### SEMINARS

1. Biographical anamnesis. Case analysis.
2. The interview and patient relationship.
3. Ethical and legal aspects of mental illness.
4. Analysis of stigma, discrimination, and prejudice.
5. Health status assessment and personality assessment.
6. Feelings and their measurement (anxiety and depression).
7. Anorexia nervosa.
8. Bulimia nervosa.
9. The culture of thinness: is the current eating disorder epidemic real?
10. Supportive therapies and psychoeducational techniques applied to eating disorders.

### EVALUATION

- Written Exam: Essay-style questions covering the syllabus topics (75% of the final grade).
- Seminars: Continuous assessment based on mandatory attendance and active participation (15% of the final grade).
- Coursework: Students will complete a project on a specific topic from the program (10% of the final grade).
- Note: Passing each of the activities individually is a mandatory requirement to pass the course.

### BIBLIOGRAPHY

- Andreassen, N.; Gelder, M.; López-Ibor, J.J. (Eds.), Oxford Textbook of Psychiatry, Marzo, 2009.
- Eguíluz, I.; Segarra, R., Introducción a la Psicopatología, Editorial Médica Panamericana, 2013.
- Lahera, G; Gili M; Roca M (eds). Manual de Psicología Médica. Editorial Panamericana, Madrid, 2024.
- López Ibor, J.J.; López-Ibor Aliño, J.J., El cuerpo y la corporalidad, Editorial Gredos, 1974.
- López-Ibor Aliño, J.J.; Ortiz Alonso, T.; López-Ibor Alcocer, M.I., Lecciones de Psicología Médica, Editorial Masson, Barcelona, 1999.
- Trastornos de la conducta alimentaria. Nuevas generaciones en neurociencias, Editorial Masson, 2002.
- Trastornos mentales y del comportamiento: descripciones clínicas y pautas para el diagnóstico, Meditor, 1992.