



Universitat de Lleida

DEGREE CURRICULUM  
**FOOD PSYCOPATHOLOGY**

Coordination: HUGUET MIGUEL, ANNA

Academic year 2023-24

**Subject's general information**

<b>Subject name</b>	FOOD PSYCOPATHOLOGY			
<b>Code</b>	100627			
<b>Semester</b>	1st Q(SEMESTER) CONTINUED EVALUATION			
<b>Typology</b>	<b>Degree</b>	<b>Course</b>	<b>Character</b>	<b>Modality</b>
	Bachelor's Degree in Human Nutrition and Dietetics	4	OPTIONAL	Attendance-based
<b>Course number of credits (ECTS)</b>	6			
<b>Type of activity, credits, and groups</b>	<b>Activity type</b>	PRACLIN	PRAULA	TEORIA
	<b>Number of credits</b>	1.5	1.5	3
	<b>Number of groups</b>	1	1	1
<b>Coordination</b>	HUGUET MIGUEL, ANNA			
<b>Department</b>	MEDICINE AND SURGERY			
<b>Teaching load distribution between lectures and independent student work</b>	Contact hours 60 - Master classes 40 - Practice 10 - Seminars 10  Non-classroom hours 90			
<b>Important information on data processing</b>	Consult <a href="#">this link</a> for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
HUGUET MIGUEL, ANNA	anna.huguet@udl.cat	6	

## Subject's extra information

### Learning objectives

Objectives:

#### Conceptual objectives:

- 1) Promote an analysis of psychopathological processes in general and in an introductory way to point out their involvement in human nutrition. Theoretical models will be presented that emphasize the importance of environmental factors and sociocultural aspects versus models determined by exclusively biological and organic approaches.
- 2) Know the psychological vocabulary in general, and of the subject in particular.
- 3) Know the basic concepts of the psychology of food, nutritional education and modification techniques.
- 4) Delve into the psychology of motivation: motivation against changes in eating habits.
- 5) Implication of emotions in eating.
- 6) Promote reflection on the psychopathology of food. Theoretical aspects and arguments based on scientific evidence that promote a conceptual change in the way of understanding and analyzing this subject will be presented and worked on.
- 7) Know the different eating behavior disorders.
- 8) Delve into the evaluation of eating behavior disorders taking into account all the variables involved.
- 9) Know the important aspects in the intervention of eating disorders and the main treatment strategies
- 10) Promotion of healthy eating habits.
- 11) Prevention of eating behavior disorders.

#### Procedure goals:

- 1) Analyze and interpret the results of scientific studies through the theoretical knowledge acquired and critical reflection.
- 2) Develop teamwork skills.

## Competences

### Basic competences:

CB1. Understand basic aspects on the topic of the subject.

CB2. Be able to apply the acquired knowledge in the work environment.

### General competences:

CG1. Develop the necessary skills inherent in the profession of nutritionist / dietitian.

CG2. Capacity to work in multidisciplinary teams and collaborate efficiently with other professionals.

CG3. Identify the needs of the recipients and adequately communicate the results of the tests and diagnoses performed

CG4. Differentiate amongst the multiple fields of application of human nutrition and dietetics in order to promote health and quality of life in individuals, groups, communities and organizations

### Specific competences:

#### **Detection of needs**

CE1. Identify and analyse the requirements and psychological needs of people who visit the nutritionist / dietitian

CE2. Define a set reasonable objectives and goals with the patients / clients

#### **Professional communication**

CE3. Communicate effectively, adapting to the patient/client's characteristics

CE4. Communicate in a professional manner with other service professionals

### Transversal competences

CT1. Acquire satisfactory oral and written understanding/expression skills in both Catalan and Spanish

CT2. Acquire basic knowledge on professional environments dynamics

CT3. Acquire essential notions of scientific reasoning

## Subject contents

CONTENTS

## Part I. CONCEPTUAL BASES

- Topic 1. Introduction to Psychopathology
- Unit 2. Concepts and models in Psychopathology
- Unit 3. Classification and diagnosis in Psychopathology

## Part II. EATING DISORDERS

- Topic 4. Introduction and historical review of eating disorders
- Topic 5. Incidence of culture and social media in eating disorders
- Unit 6. Epidemiology and Aetiopathogenesis of eating disorders
- Unit 7. Introduction eating disorders
- Unit 8. Anorexia nervosa
- Unit 9. Bulimia nervosa
- Unit 10. Differential diagnosis in eating disorders
- Unit 11. Body image and eating disorders
- Unit 12. Emotions and eating disorders
- Unit 13. Self-esteem and eating disorders

## Part III. THERAPEUTIC RELATIONSHIP AND CLINICAL INTERVIEW

- Unit 14. Therapeutic relationship. Verbal and nonverbal communication.
- Unit 15. Clinical interview
- Unit 16. Psychology of motivation

## Part III. TREATMENT

- Unit 17. Treatments of eating disorders
- Unit 18. Prevention of eating disorders

## Part IV. OTHER DISORDERS.

- Unit 19. Eating disorders in childhood
- Unit 20. Binge eating disorder
- Unit 21. Obesity
- Unit 15. Vigorexy, Orthorexia and new emerging pathologies

## Methodology

### Teaching methodology:

Master Classes.

Discussion of concepts in the field of food psychopathology through articles and audiovisual material.

Presentation of clinical cases and practical exercises.

## Evaluation

### 4. Evaluation

#### Continuous evaluation activities:

- Infographic basic concepts eating disorders. 10% of the Note.
- Preparation and presentation on a specific topic related to the psychopathology of eating (group work). 10% of the Note.
- Preparation and presentation of a psychoeducational program for the prevention of eating disorders. 10% of the Note.
- Study of a case with genogram, analysis and diagnostic orientation. 10% of the Note.
- First partial exam. 30% of the Note.
- Second partial exam. 30% of the Note.

#### Single assessment:

- Multiple choice final exam. 100% of the Note.

## Bibliography

1. American Psychiatric Association (APA) (2014). *Diagnostical and statistical manual of mental disorders (DSM-V)*. Barcelona: Elsevier-Masson.
2. Belloch A., Sandín B., Ramos F (2020). *Manual de Psicopatología, Vol. I* Madrid: McGraw-Hill.
2. Organización Mundial de la Salud (OMS) (1992). *The ICD-10 Classification of Mental and Behavioural Disorders: Diagnostics criteria for research (CIE-10)*. Madrid: Meditor.
3. Toro, J. (1996). *El cuerpo como delito. Anorexia, bulimia, cultura y sociedad*. Barcelona: Ariel.
4. Gómez del Barrio J.A., García Gómez, M<sup>a</sup>C., Corral Collantes P. (2009). *Convivir con los trastornos de la conducta alimentaria: anorexia, bulimia y trastorno por atracones*. Madrid: Panamericana.
5. Turón Gil, V.J. (2005). *Trastornos de la conducta alimentaria*. Palma de Mallorca: Intersalud, Internet y Salud (libro electrónico).
6. Hebebrand J., Herpertz-Dahlmann B. (2019). *Trastornos de la conducta alimentaria y obesidad en niños y adolescentes*. Madrid: Elsevier.
7. Morandé G. et al. (2021). *Trastornos de la conducta alimentaria y obesidad: un enfoque integral*. Madrid: Panamericana.
8. Raich RM. (2011). *Anorexia, bulimia y otros trastornos alimentarios*. Barcelona: Pirámide.
9. Almodóvar MA (2014). *El segundo cerebro*. Madrid: Espasa Libros.
10. Herrero G., Andrades C. (2020). *Psiconutrición: aprende a tener una relación saludable con la comida*. Madrid:

Almuzara.

11. Caballo V., Salazar I., Carrobles JA. (2014). Manual de Psicopatología y trastornos psicológicos. Madrid: Pirámide.

Recommended text book:

**Serra Arias, M. (2015) Los trastornos de la conducta alimentaria. Barcelona, Editorial UOC.**