

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
LEARNING SUPPLEMENTS	PSYCHIATRY AND NUTRITION	3º	2º	6	Optative
<b>LECTURER(S)</b>			<b>Postal address, telephone nº, e-mail address</b>		
<ul style="list-style-type: none"> <li>Pablo José González Domenech (Coordinator)</li> <li>Sara Jiménez Fernández</li> </ul>			Department of Psychiatry. Faculty of Medicine (Tower A, floor 9 <sup>th</sup> ) Web page: <a href="http://psiquiatria.ugr.es/">http://psiquiatria.ugr.es/</a> Email address: <a href="mailto:pgdomenech@ugr.es">pgdomenech@ugr.es</a>		
<b>DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT</b>					
Human Nutrition and Dietetics					
<b>PREREQUISITES and/or RECOMMENDATIONS (if necessary)</b>					
Have studied the subjects Biology It is recommended to take the subject in the third year of the Degree in Human Nutrition and Dietetics					
<b>BRIEF ACCOUNT OF THE SUBJECT PROGRAMME</b>					
Nutrition and brain. Neurobiological, psychological and social factors of mental disorders and their relationship with eating behaviour. Psychiatric implications of nutritional disorders; eating disorders: anorexia nervosa and bulimia nervosa. Psychiatric aspects of obesity. Psychiatric disorders and disturbed eating. Psychopharmacological and psychotherapeutic treatments in eating disorders. Dietitian-patient relationship.					
<b>GENERAL AND PARTICULAR ABILITIES</b>					



CG1, CG2, CG3, CG4, CG5, CG6, CE74, CE75, CE76, CE77, CE.78, CE.79, CE.80, CE.81, CE.82, CE.83, CE.84, CE.85, CE.86, CE.87, CE.88, CE.89, CE.90

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

- Acquire basic and fundamental knowledge about the biological, psychological and socio-family factors involved in the origin of mental disorders and their relationship with eating behaviour.
- Know basic aspects of human psychopathology.
- Identify and evaluate eating disorders taking into account the etiopathogenic, clinical, therapeutic and preventive aspects.
- Learn the basic knowledge of the relationships between other psychiatric disorders and eating disorders, both in clinical aspects and in psychopharmacological therapeutic repercussions.
- Recognize the diagnostic and therapeutic importance of the dietitian-patient relationship in professional practice

### **DETAILED SUBJECT SYLLABUS**

#### **UNIT 1. CONCEPTUAL BASES OF PSYCHIATRY**

- Evolution of the different conceptions of the psychic patient. Concept of normality and psychic abnormality. Principles of nosology and classification in Psychiatry. Principles of epidemiology. Relations between Psychiatry and Nutrition

#### **UNIT 2. BIOLOGICAL, PSYCHOLOGICAL AND SOCIAL FACTORS OF MENTAL DISORDERS AND THEIR IMPLICATION IN EATING BEHAVIOR**

- Neurobiological factors. Anatomical substrate. Neurochemical modulation
- Psychological factors: structure and development of the personality
- Normal and pathological eating behaviour
- Social factors: sociocultural aspects of food

#### **UNIT 3. MENTAL DISORDERS AND DISTURBED EATING**

- Psychopathology of psychic functions (I)
- Psychopathology of psychic functions (II)
- Personality disorders. Implications in eating behaviour.
- Anxiety disorders. Implications in eating behaviour.
- Affectivity disorders. Implications in eating behaviour.
- Sleep and eating disorders
- Mental disorders due to the consumption of alcohol and other toxins. Implications in eating behavior.
- Schizophrenia and other psychotic disorders. Implications in eating behaviour.
- Neurodevelopmental disorders. Implications in eating behaviour.
- Dementias and other organic mental disorders. Implications in eating behaviour.

#### **UNIT 4. EATING DISORDER**

- Psychology and psychopathology of corporality
- Psychopathology of eating behaviour
- Eating disorders throughout life
- Anorexia nervosa: Concept. Epidemiology. Etiopathogenesis. Clinical. Treatment
- Bulimia nervosa and binge eating disorder: Concept. Epidemiology. Etiopathogenesis. Clinical. Treatment.
- Obesity: Concept. Epidemiology. Etiopathogenesis. Clinical complications. Psychiatric comorbidity. Psychiatric aspects of medical and surgical treatment
- Childhood obesity: etiopathogenesis, treatment and prevention.



## UNIT 5. PSYCHOLOGICAL ASPECTS IN PROFESSIONAL PRACTICE

- Healthcare communication. Nutritionist-patient relationship.
- Individualized nutritional advice.

### PRACTICAL SYLLABUS

Seminars / Workshops (based on clinical cases and problem solving)

- Seminar 1-workshop 1: Affective disorders
- Seminar 2-workshop 2: Psychosis
- Seminar 3-workshop 3: Eating disorders (I)
- Seminar 4-workshop 4: Eating behaviour disorders (II)
- Seminar 5-workshop 5: Cinema-forum

### **READING**

- Cervilla, J. (2020). *Compendio de Psiquiatría* (Edición revisada). Granada: Editorial FLEMING.
- Rodríguez-Santos, F., Aranceta, J., Serra, L. (2008). *Psicología y Nutrición*. Barcelona: Masson.
- Morante, G., Graell, M., Blanco, A. (2014). *Trastornos de la conducta alimentaria y obesidad. Un enfoque integral*. Madrid: Editorial Médica Panamericana.
- Rubio Valladolid, G. (2014). *Fundamentos de Psiquiatría: bases científicas para el manejo clínico*. Madrid: Editorial Médica Panamericana.
- American Psychiatric Association, ed. (2014). *Guía de consulta de los criterios del DSM-5* (2013). Madrid: Editorial Médica Panamericana.
- Benton, D. (2011). *Lifetime nutritional influences on cognition, behavior and psychiatric illness*. Cambridge: Woodhead Publishing.
- Adriaanse, M.A., de Ridder, D. T., & Evers, C. (2011). Emotional eating: Eating when emotional or emotional about eating? *Psychology & Health*, 26(1), 23-39.
- Barnes, R.D., Masheb, R.M., White, M.A., & Grilo, C.M. (2011). Comparison of methods for identifying and assessing obese patients with binge eating disorder in primary care settings. *The International Journal of Eating Disorders*, 44 (2), 157-163.
- Davies, D. (2011). *Child development. A practitioner's guide* (3<sup>rd</sup> ed.). New York: The Guilford Press.
- Arsuaga J.L. (2002). *Los aborígenes. La alimentación en la evolución humana*. Barcelona: RBA.
- Campillo, J.E. (2004). *El mono obeso. La evolución humana y las enfermedades de la opulencia: diabetes, hipertensión y arteriosclerosis*. Barcelona: Crítica Drakontos.

### **RECOMMENDED INTERNET LINKS**



**About mental disorders**

<http://www.1decada4.es/>

<https://www.youtube.com/watch?v=rwxpzm2MU>

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**Health promotion in people with severe mental disorder. Situation analysis and recommendations on balanced diet and physical activity. Health counseling. Junta de Andalucía**

<http://www.siiis.net/documentos/ficha/205671.pdf>

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**Plan for the Promotion of Physical Activity and Balanced Eating. Health counseling. Junta de Andalucía**

<http://www.juntadeandalucia.es/salud/pafae>

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**Healthy habits in mental illness**

[http://www.zonahospitalaria.com/noticias/zh\\_39/habitos\\_saludables](http://www.zonahospitalaria.com/noticias/zh_39/habitos_saludables)

