

Food, Eating and Obesity

The
psychobiological
basis of appetite
and
weight
control

David J. Mela and Peter J. Rogers



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Food Eating And Obesity The Psychological Basis Of Appetite And Weight Control

Wolfgang Stroebe



Food Eating And Obesity The Psychological Basis Of Appetite And Weight Control:

Food, Eating and Obesity David J. Mela, P. J. Rogers, 2013-11-11 Although the exact prevalence of overweight and obesity are dependent upon the definition used these conditions are generally accepted to be widespread and increasing problems by health authorities and the public in most western nations The proportion of the UK and US populations which are overweight or obese by any measure has substantially risen over the past decade and similar increases have been observed in other western nations as well as rapidly modernizing societies Hodge et al 1996 The physiological psychological and social environmental factors which may be implicated in the aetiology maintenance and treatment of these conditions have been the subject of an extraordinary volume of human and animal research scientific conferences and technical and popular literature This book focuses specifically on the role of food and eating in overeating and obesity emphasizing the relationships between people and food which may give rise to positive energy balance and the potential contributions of specific components foods or groups of foods The intent is to integrate the psychobiological and cognitive psychological aspects of appetite food preferences and food selection with physiological and metabolic outcomes of eating behaviours The ingestion of a particular quality and quantity of food is a voluntary behaviour and that act its determinants features and sequelae are explored here considering wider academic thought but guided by potential practical implications **The**

Psychology of Eating Jane Ogden, 2011-09-20 With its primary focus on the psychology of eating from a social health and clinical perspective the second edition of The Psychology of Eating From Healthy to Disordered Behavior presents an overview of the latest research into a wide range of eating related behaviors Features the most up to date research relating to eating behavior Integrates psychological knowledge with several other disciplines Written in a lively accessible style Supplemented with illustrations and maps to make literature more approachable **Understanding Consumers of Food**

Products Lynn Frewer, Hans Van Trijp, 2006-12-22 In order for food businesses scientists and policy makers to develop successful products services and policies it is essential that they understand food consumers and how they decide which products to buy Food consumer behaviour is the result of various factors including the motivations of different consumers the attributes of specific foods and the environment in which food choices occur Recognising diversity between individual consumers different stages of life and different cultural contexts is increasingly important as markets become increasingly diverse and international The book begins with a comprehensive introduction and analysis of the key drivers of consumer food choices such as the environment and sensory product features Part two examines the role of consumers attitudes towards quality and marketing and their views on food preparation and technology Part three covers cultural and individual differences in food choice as well as addressing potentially influential factors such as age and gender Important topics such as public health and methods to change consumers preferences for unhealthy foods are discussed in part four The final section concludes with advice on developing coherent safety policies and the consumers responsibility for food production

and consumption Understanding consumers of food products is a standard reference for all those in the food industry concerned with product development and regulation Develop an understanding of buyer behaviour to assist developing successful products Recognise the diversity between consumers and learn how to cater for their needs Covers cultural and individual differences in food choice **The Psychology of Eating and Drinking** Alexandra W. Logue, 2013-02 Logue grounds her investigation into the complex interactions between human physiology environment eating habits in laboratory research up to date scientific information **Weight-control the Basis of Health** Eugene Christain, 1910

Conocimientos actuales sobre nutrición, 8va edición, 2003 Incluye temas de actualidad tales como el papel de la nutricion en la prevencion de las enfermedades cronicas y las consecuencias de la sobrealimentacion y el aporte de la genetica y de la ciencia molecular campos en los que todavia se debe seguir investigando Expertos en nutricion clinicos personal de los servicios de salud quienes disenar politicas de nutricion academicos docentes y estudiantes encontraran de gran utilidad esta obra ya clasica **Proceedings of the Nutrition Society**, 2002 Dr Luc's Promise Luc Evenepoel, 2014-12-18 Why is the butter in a croissant not actually the worst part for you Why can diet drinks make you gain weight Why might going to the gym less be exactly the thing you need to do to lose those extra pounds In this groundbreaking book Dr Luc Evenepoel answers all these questions and more explaining why the basic ideas we are fed about dieting are often the very reason that we cannot lose weight Dr Luc s Promise will give you the tools to re engineer what you think you know about diets and dieting allowing you to finally understand what is preventing you from attaining your ideal weight You ll learn why juice is not any better than cola why pasta is probably better than bread but only if it s not overcooked and why you should never skip breakfast You ll learn why you can lose weight from spending more time sleeping how you can lose 15 kilos in a year by simply changing your crockery why fussing about food is worse than relaxing about it and why diets don t work and slimming pills neither Luc Evenepoel obtained his medical degree from the University of Louvain Belgium his home country and his degree of specialist in anaesthesia and intensive care from the University of Cape Town South Africa He lives and practices in Cape Town *Cambridge Handbook of Psychology, Health and Medicine* Carrie D. Llewellyn, Susan Ayers, Chris McManus, Stanton Newman, Keith J. Petrie, Tracey A. Revenson, John Weinman, 2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects of conflict and war on health and wellbeing advancements in assisted reproduction

technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice [Catalog Food and Nutrition Information Center \(U.S.\)](#),1974 [The Goal Conflict Model of Eating Behavior](#) Wolfgang Stroebe,2017-10-16 In the World Library of Psychologists series international experts present career long collections of what they judge to be their finest pieces extracts from books key articles salient research findings and their major practical theoretical contributions In this volume Overweight and obesity rates have increased dramatically in most industrialized countries even though more and more people are chronically dieting Dieters can manage to lose substantial amounts of weight while actively dieting but most regain it within a few years So why do most chronic dieters have such difficulty controlling their weight and why is there only a small minority of successful dieters To address these questions Stroebe developed the goal conflict model of eating behavior a social cognitive theory that attributes the difficulty of chronic dieters to a conflict between two incompatible goals eating enjoyment and weight control Although chronic dieters are motivated to pursue their weight control goal most fail in food rich environments Surrounded by palatable food cues that activate thoughts of eating enjoyment incompatible weight control thoughts are inhibited and weight control intentions are forgotten For successful dieters probably due to past success in exerting self control tasty high calorie food has become associated with weight control thoughts For them exposure to palatable food makes weight control thoughts more accessible enabling them to control their body weight in food rich environments This book contains the key articles of a research program by Stroebe and collaborators to assess the validity of this theory They succeeded in tracing the processes that lead from temptation to a breakdown of dieting intentions They also demonstrated that these theoretical principles can be used to develop effective weight loss interventions The book should be of value for all researchers students and clinicians involved in obesity research and treatment [Research Awards Index](#) ,1983 **Catalog. Supplement** Food and Nutrition Information Center (U.S.),1973 Includes bibliography and indexes subject personal author corporate author title and media index **Psychiatric Mental Health** Cathy Melfi Curtis,Carol Norton Tuzo,2016-06-01 oo much information Too little time Here s everything you need to succeed in your psychiatric mental health nursing course and prepare for course exams and the NCLEX Succinct reviews of content in outline format focus on must know information while case studies and NCLEX style questions develop your ability to apply your knowledge in simulated clinical situations A 100 question final exam at the end of the book , **DeGroot's Endocrinology, E-Book** R. Paul Robertson,2022-09-29 Thoroughly updated to reflect today s recent advances in adult and pediatric endocrinology DeGroot s Endocrinology 8th Edition remains the comprehensive international reference of choice for today s endocrinologists and fellows A full peer review of the previous edition conducted by a largely new group of renowned editors was used to update this trusted two volume resource In depth coverage of both basic and clinical aspects of endocrinology and up to date information on the treatment and management of endocrine disorders are provided by a diverse group of expert contributors from six continents A full color format and helpful

algorithms summarize clinical decision making and practical approaches to patient management Organizes content by all the glands that regulate the endocrine system while integrating basic science and clinical presentations of disease Includes new chapters Anatomy and Physiology of the Hypothalamus and Pituitary Differentiated Thyroid Cancer Medullary Thyroid Cancer Drugs that Affect Thyroid Function Genetic Disorders of the Adrenal Cortex Adrenal Pathology Primary Aldosteronism Transgender Healthcare Erectile Dysfunction Prevalence and Causes of Male Infertility Sexual Dysfunction in the Female Glucose Toxicity and Oxidative Stress Emphasizes basic science and evidence based practice throughout Features extensive updates to content on thyroid and adrenal dysfunction endocrine disrupting chemicals and human disease clinical management of diabetes and advances in genetics Includes algorithms to outline effective treatment protocols Contains new emphasis boxes that highlight key points in each chapter Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Neuroscientific Insights and Therapeutic Approaches to Eating Disorders Kukreja, Jyoti, Tewari, Veena, M., Geetha, Chandra Poonia, Ramesh, R. Verma, Rahul, 2024-07-23 In the complex landscape of binge eating disorders a pervasive and intricate challenge unfolds Binge eating characterized by Binge eating disorders is a difficult challenge that requires a nuanced understanding of the underlying neuroscientific mechanisms for effective prevention and intervention strategies There is a pressing need to bridge the gap between cutting edge neuroscientific research and the evolving therapeutic landscape To address this our groundbreaking book is tailored for academic scholars in the neuroscientific community We offer a transformative journey into the heart of binge eating disorders unraveling the mysteries that govern neural circuits genetic factors hormonal imbalances and more Neuroscientific Insights and Therapeutic Approaches to Eating Disorders is a beacon for researchers clinicians and mental health professionals seeking to deepen their comprehension of eating disorders It addresses the present day challenges posed by binge eating and presents a roadmap for future research and clinical applications This comprehensive resource synthesizes the latest findings in neuroscience with innovative therapeutic approaches ultimately paving the way for improved outcomes Episodes of excessive food consumption and loss of control demand a nuanced understanding of the underlying neuroscientific mechanisms for effective prevention and intervention strategies Our present reality is marked by a pressing need to bridge the gap between cutting edge neuroscientific research and the evolving therapeutic landscape The intricate relationship between the brain and eating disorders calls for a comprehensive resource that not only dissects the neurobiological foundations but also illuminates the path toward innovative therapeutic approaches

Handbook of the Biology and Pathology of Mental Disorders Colin R. Martin, Victor R. Preedy, Vinood B. Patel, Rajkumar Rajendram, 2025-08-30 Mental health disorders affect emotions behavior and thought processes which impact on the day to day functioning and well being of the individual and the family unit The consequences can be devastating and should be placed in the context that globally there are approximately 800 million people who have a mental health disorder of which

approximately 500 million have either depression or anxiety Approximately 45 million people have bipolar disorder and 20 million have schizophrenia Eating disorders affects 15 million people Substance use disorders affects nearly a billion people worldwide In many cases treatment can be carried out using pharmacological and nonpharmacological regimens However it is important to consider that the biological and pathological elements of these mental disorders are often overlooked understanding which platforms for diagnosis and treatments This comprehensive reference covers the full range of psychological disorders examining the biological aspects of what is displayed as behavior Each major psychological disorder receives its own chapter with information on genetic chemical and biological components that are key factors in the etiology and course of the pathology The interrelationship of human behavior and physical health is a complex but critical part of understanding the mental condition and this reference lays out a way of understanding the role of the biological mechanisms This handbook is designed for psychologists psychiatrists judicial professionals behavioral scientists pathologists psychologists psychiatric nurses and doctors neurologists health scientists general practitioners research scientists and all those interested in altered behavior mental health and disease It is also valuable as a personal reference book and for academic libraries that cover behavioral or medical sciences **Binge Eating** Guido K.W. Frank, Laura A. Berner, 2020-06-01

This book provides a comprehensive overview of our current understanding of binge eating which is characterized by the uncontrollable consumption of large amounts of food in a discrete time period Written by experts on eating disorders it first introduces the phenotype of binge eating including its epidemiology and assessment It then describes the underlying neurobiological alterations drawing on cutting edge animal models and human studies to do so In addition it extensively discusses current treatment models including medication psychotherapy self interventions and disease prevention Lastly an outlook on the future research agenda rounds out the coverage Given binge eating s current status as an under researched symptom but one shared across many eating disorders this book provides an up to date integrative and comprehensive synthesis of recent research and offers a valuable reference for scientists and clinicians alike

Encyclopedia of Endocrine Diseases ,2018-09-12 Encyclopedia of Endocrine Diseases Second Edition Five Volume Set comprehensively reviews the extensive spectrum of diseases and disorders that can occur within the endocrine system It serves as a useful and comprehensive source of information spanning the many and varied aspects of the endocrine end metabolic system Students will find a concise description of the physiology and pathophysiology of endocrine and metabolic functions as well as their diseases Each article provides a comprehensive overview of the selected topic to inform a broad spectrum of readers from advanced undergraduate students to research professionals Chapters explore the latest advances and hot topics that have emerged in recent years such as the molecular basis of endocrine and metabolic diseases mutations epigenetics signaling the pathogenesis and therapy of common endocrine diseases e g diabetes and endocrine malignancies new technologies in endocrine research new methods of treatment and endocrine toxicology disruptors Covers all aspects of

endocrinology and metabolism Incorporates perspectives from experts working within the domains of biomedicine e g physiology pharmacology and toxicology immunology genetics and clinical sciences to provide readers with reputable multi disciplinary content from domain experts Provides a one stop resource for access to information as written by world leading scholars in the field with easy cross referencing of related articles to promote understanding and further research

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