



NP 150 Part I:

Mechanisms in the Diet-Mental Health Relationship (DMHR)

\$299 USD

39.25 CE /37.25 for NCC

NP 150 Part I introduces the comprehensive mechanisms structure of the DMHR, spanning **biological, neurobiological, neuroimmunological, psychoneuroimmunological, psychological, behavioral, social, environmental, and developmental mechanisms**. It explores the scope, significance, and historical evolution of DMHR, tracing connections between nutrition and mental health from Hippocrates to the present. The MGBA and blood sugar regulation are used to illustrate the DMHR's biological components. Emphasis is placed on informed research and evidence-based practices in nutritional psychology, blending historical insights with modern evidence for real-world applications.

We then examine the **biological** mechanisms underpinning DMHR, including **macronutrients, micronutrients, dietary patterns, nutritional deficiencies, phytonutrients, neuroactive compounds, hormones** (insulin, leptin, ghrelin, cortisol), **neuroendocrine pathways, early-life nutrition, the gut-brain connection, neurotransmitter synthesis, cognitive regulation, stress resilience, and energy balance**.

Neurobiological mechanisms involve **DMHR-related brain regions like the amygdala, hippocampus, prefrontal cortex, hypothalamus, and striatum**. Processes like **neurotransmitters, neurogenesis, neural repair, neuroplasticity, neurotrophins, neuropeptides, and neuroinflammation** are explored, showing how nutrients and dietary patterns foster brain resilience and health.

Finally, we explore **neuroimmunological** mechanisms, emphasizing the immune system's role in mental health and how diet affects this interplay. It examines immune dysregulation's role in mental disorders, immunomodulatory effects of nutrients, and links between inflammation, oxidative stress, and mental health. Topics include **microglia, neuroinflammation, the blood-brain barrier, and mitochondria**, highlighting how dietary choices influence these components and brain health.

CNP is approved by the American Psychological Association (APA) to sponsor Continuing Education for Psychologists, the California Association of Marriage and Family Therapists (Provider # 1000102) for LMFTs, LCSWs, LPCCs, and LEPs, RDs/DTRs under Activity Type 742 Eligible Enduring through the Commission on Dietetic Registration (CDR) , and NCCs through the National Board of Certified Counselors (NBCC). CNP maintains responsibility for this program and its content.

SELECT LEARNING OBJECTIVES

Define **psychoneuroimmunology** and its role in DMHR

State two implications of prolonged activation of the **HPA axis** on mental health

Identify three ways the **microbiota-gut-brain axis (MGBA)** is physiologically linked to stress responses

Identify one way **stress** influences dietary choices and one way diet affects stress responses

Define **emotional eating** and state three common triggers for this behavior

Identify three **cognitive distortions** that can negatively impact dietary habits

Name three **mindfulness practices** and their effects on eating behaviors

Define the habit loop and state two of its neural pathways

Define **food addiction** and describe three of its components

Define **food noise** and identify three intrusive food-related thoughts associated with it

List the major regions involved in the **brain's reward system**

Identify three negative effects of **food marketing** that influence dietary intake behavior.

Identify three factors related to economic **accessibility** impacting the DMHR

Define dietary **acculturation** and identify two DMHR implications

State two ways **loneliness** impacts eating patterns

COURSE DEVELOPMENT

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COURSE POLICY

NP 150 Part I is the fourth of five courses in the NP 100 Introductory Certificate in Nutritional Psychology. It is recommended that Learners begin the NP 100 Series with NP 110, progress to NP 120 Parts I & II, then complete this course and continue on to NP 150 Part II. Completion of these five courses leads to the Introductory Certificate in Nutritional Psychology through The Center for Nutritional Psychology (CNP).

This course is accessible for **four months (120 days)** from the date of enrollment. The **course itself cannot be downloaded**, However, "**Module Download Kits**" with key information from each Module can be downloaded while enrolled in the course. Questions, concerns, or grievances may be directed to the course authors via the course messaging platform. Failing a timely resolution, learners may contact the course editor (**Editor@nutritional-psychology.org**), or follow instructions in the course *Conflict Resolution Procedure*.

The one-time course fee payment is due at the time of enrollment and is considered non-refundable. Exception for a partial refund (up to 75%) will be considered should the learner have proof of severe circumstances leaving them unable to complete the course. Learners who have completed the course's first module will not be refunded.

CNP reserves the right to refuse requests. In the case of non-attendance, a refund will not be issued unless the student satisfies the above circumstances. Learners needing accommodations may write to **Editor@nutritional-psychology.org**.

