



NP 150 Part II: Mechanisms in the Diet-Mental Health Relationship (DMHR) (APA/CDR/NBCC)

\$299 USD

20.25 CE APA/CDR/CAMFT or 18.25 NBCC

NP 150 Part II explores the physiological, psychological, behavioral, social, and environmental mechanisms influencing the DMHR. Learners uncover how stress, immune function, emotional and cognitive patterns, social contexts, and environmental factors dynamically interact within the diet-mental health relationship to influence eating behaviors, psychological experience, and brain and mental health outcomes.

Module 5 explores **psychoneuroimmunology**, highlighting the interactions between stress, the nervous system, and immune responses and the role of diet in modulating these processes to impact mental health. It investigates stress as both a physiological and psychological response, focusing on how early-life stress shapes dietary choices and mental well-being and the bidirectional relationship between stress and eating behaviors.

Module 6 explores the **psychological and behavioral mechanisms** that shape our relationship with food, focusing on how emotions, cognition, and habits influence dietary choices and mental well-being. It examines emotional eating, body image, cognitive distortions, mindfulness, and how habit formation, reward systems, and psychological dynamics like food noise and food addiction impact eating behaviors.

Module 7 explores the **social and environmental mechanisms** influencing the relationship between diet, mental health, and resilience (DMHR), moving beyond individual mechanisms to focus on broader contexts, including the interconnections between socioeconomic factors, cultural influences, social support, food environments, and urbanization on dietary choices and mental health outcomes.

CNP is approved by the American Psychological Association (APA) to sponsor Continuing Education for Psychologists, RDs/DTRs under Activity Type 742 Eligible Enduring through the Commission on Dietetic Registration (CDR), and National Certified Counselors through the National Board of Certified Counselors (NBCC). CNP maintains responsibility for this program and its content.

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 INSTRUCTORS

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COURSE DETAILS AND POLICY

- Target Audience: Mental health and nutrition professionals wanting to understand the evidence-based connection between diet and mental health.
- This course is part of **Certificate in Biological Mechanisms in Nutritional Psychology (NP-M)**. Other courses in the NP-M Certificate include NP 120 Part I, Part II and NP 150 Part I. This course is a follow-on to NP 150 Part I.
- CE hours do not include meals or breaks. Course certificates are awarded upon successful completion of the course and it's evaluation. If students do not receive their certificate they can email editor@nutritional-psychology.org. CNP maintains course records for 7 years.
- This course is accessible for **4 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 administrator, via the course messaging platform, or emailed to editor@nutritional-psychology.org. Failing a timely resolution, learners may 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. Learners needing accommodations write editor@nutritional-psychology.org

