



NP 310: Theoretical Models and Foundations in Nutritional Psychology (APA/CDR)

7.5 CE
\$199 USD

Nutritional Psychology (NP) is the scientific field of study that examines the two-way relationship between nutrition and psychological processes, including cognition, emotion, behavior, psychosocial functioning, interoception (internal experience), and mental health outcomes. It includes the application of psychological theories to explain both typical and atypical eating behaviors, building a foundation for understanding how diet influences how we think, feel, and experience.

This course **uses psychological theories and constructs from the psychological sciences** to explain, understand, and investigate major aspects of human eating behavior and the diet-mental health relationship. By integrating these theories and approaches into NP, this course sets the foundation for a robust theoretical foundation of nutritional psychology within the psychological sciences.

You'll explore the **major psychological theories, models, and frameworks** that underlie the emerging field of nutritional psychology. Core domains of inquiry include **personality, motivation, emotion, cultural influences, attachment, and behavior change**, all of which influence our understanding of how dietary factors impact psychological health and well-being and can support the development of real-world interventions in eating behavior, mental health, and dietary behavior change.

By integrating nutritional psychology's theoretical basis within the psychological sciences, this course provides a robust theoretical foundation for the discipline, and supports learners in developing the capacity to critically evaluate how psychological constructs shape dietary patterns, mental health outcomes, and behavior change processes.

NP 310 serves as a cornerstone in your Nutritional Psychology curriculum. Together with *NP 110: Introduction to Nutritional Psychology Methods* and *NP 320: Neobiological Foundations in Nutritional Psychology*, this course completes the **Theoretical Foundations (NP-F) Certificate** in Nutritional Psychology, which leads to the completion of the upcoming Micro-degree in NP.

CNP is approved by the American Psychological Association (APA) to sponsor Continuing Education for Psychologists, Registered Dietitian/Nutritionists (RD/RDN) and DTRs under Activity Type 742 Eligible Enduring through the Commission on Dietetic Registration (CDR). CNP maintains responsibility for this program and its content.

LEARNING OBJECTIVES

- Explain the Biopsychosocial Model and how it integrates biological, psychological, and social influences on eating behavior

Describe one key principle of the Theory of Planned Behavior

Name two major psychological theories relevant to NP

Explain one way attachment theory provides a developmental framework for understanding emotional regulation and its impact on dietary intake behaviors across the lifespan
- Describe one key function of the Microbiota-Gut-Brain Axis (MGBA) in regulating appetite, cravings, or mood

Explain one way in which behavior change theories support nutritional interventions

Name the three psychological needs proposed by the Self-Determination Theory

Describe two mechanisms (e.g., emotion dysregulation, depressive symptoms, intergenerational factors) linking attachment insecurity and disordered eating

COURSE DEVELOPERS

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COURSE POLICY

- Target Audience:** Mental health, nutrition and allied health professionals and interested individuals.
- OPTIONAL DOWNLOADABLE COURSE WORKBOOK:** An interactive, follow-along, fill-in-the-blank companion workbook with an answer key designed to reinforce your knowledge of key principles and concepts can be purchased to support your learning in this course. Purchasing this workbook provides **three (3) additional Continuing Education (CE)** for **\$50 USD**. Completion of all sections in this workbook is required to earn 3 CE. No partial credit. Workbooks must be completed and emailed to admin@nutritional-psychology.org for review/approval to receive CE. Purchase this additional downloadable companion workbook on the course page.
- CE does not include meals or breaks. Course certificates are awarded upon successful completion of the course and its evaluation. If students do not receive their certificate they can email admin@nutritional-psychology.org. CNP maintains course records for 7 years.
- NP 310 is accessible for 3 months (90 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 admin@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.

