COURSE DETAIL

PSYCHOLOGY OF BEHAVIOR CHANGE
Country Netherlands
Host Institution Wageningen University and Research Center
Program(s) Wageningen University
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology Health Sciences
UCEAP Course Number 138
UCEAP Course Suffix
UCEAP Official Title PSYCHOLOGY OF BEHAVIOR CHANGE
UCEAP Transcript Title PSYC BEHAVIR CHANGE
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course teaches the psychological processes that inform eating behavior, and the challenges in changing these behaviors. Receive a recent model to explain how many people can display eating behaviors that run counter to their intentions. This model is used to connect biological, sensory, consumer-level, and psychological processes to understand eating behavior. This course focuses in depth on the different psychological processes that explain differences in people's eating behavior with a strong emphasis on automatic processes that steer behavior in the moment of food choice and eating, and how these contribute to current difficulties to behavior change. The course. focuses on the question of how people's eating behavior can be changed by employing psychological insights and interventions, and how to deal with psychological resistance to change. Learn how these psychological insights can be applied and integrated in two distinct approaches to behavior change: 'Nudging' and 'Boosting'. Learn to design strategies to change behavior and reflect on the applied and ethical implications of the two different approaches by literature self-studies, quiz learnings, and groupwork assignments. Basic knowledge of biology, psychology, nutrition and/or health sciences required. This course is part of the minor Psychobiology of Eating Behavior.

Language(s) of Instruction
English

Host Institution Course Number
CHL35806

Host Institution Course Title
PSYCHOLOGY OF BEHAVIOUR CHANGE

Host Institution Course Details
https://wur.osiris-student.nl/onderwijscatalogus/extern/cursus

Host Institution Campus
Wageningen University and Research Center

Host Institution Faculty
Host Institution Degree
Host Institution Department
Course Last Reviewed 2025-2026

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