

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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