C8839 Psychology of Appetite
Convenor: Martin Yeomans

Essay (60%):
One 2000 word essay selected from the titles below:
1. Critically evaluate different factors that contribute to a person feeling “hungry”.
2. Evaluate different learning models underlying how we develop flavour preferences, and how these models may be utilised to encourage a healthy diet.
3. Discuss the role of genetics in determining body size, both in relation to obesity and eating disorders.
4. Describe and contrast psychological and biological models of binge eating.
5. Discuss the relevance of the concepts of “wanting” and “liking” to normal and abnormal eating behaviour.
6. How has ingestion of carbohydrates been hypothesized to alter human mood and cognitive performance? And to what extent does the evidence support these hypotheses?

Presentation PRJ (20%) - PowerPoint Presentation:
Prepare and submit a short (c. 10 minute) PowerPoint presentation, with a maximum of 8 content slides, plus one with your reference list, on one of the following 4 topics:
   a) The role of oxyntomodulin in appetite control and obesity
   b) Parental influences on food preference development
   c) The influence of the menstrual cycle on food preferences
   d) The role of perfectionism in anorexia nervosa
Report REP (20%) - 1,000 words (excluding references):

Please select ONE of the target articles listed below (copies of all papers will be available on the module Study Direct web-page). Read the article and then use this to write a report that consists of:

a) a summary of the key ideas and findings in the paper

b) an evaluation of the impact and implications of these ideas, both in terms of shaping our understanding of the broader research area and informing any relevant nonacademic beneficiaries (e.g. consumers, clinical practice, dieters, food providers etc.)

Resit Exercise target articles:


