

## **Psychologie obezity a hubnutí**

Další materiály k přednášce

Videa:

- [www.youtube.com/watch?v=DLYb3IgQ1Qk](https://www.youtube.com/watch?v=DLYb3IgQ1Qk)
- [https://www.ted.com/talks/mia\\_nacamulli\\_what\\_is\\_obesity?subtitle=en](https://www.ted.com/talks/mia_nacamulli_what_is_obesity?subtitle=en)
- [https://www.ted.com/talks/nancy\\_n\\_chen\\_the\\_inaccurate\\_link\\_between\\_body\\_ideals\\_and\\_health?subtitle=en](https://www.ted.com/talks/nancy_n_chen_the_inaccurate_link_between_body_ideals_and_health?subtitle=en)
- [https://www.ted.com/talks/jamie\\_oliver\\_teach\\_every\\_child\\_about\\_food?subtitle=en](https://www.ted.com/talks/jamie_oliver_teach_every_child_about_food?subtitle=en)
- <https://www.youtube.com/watch?v=SVSe2vaxXXM>
- [https://www.ted.com/talks/mads\\_tang\\_christensen\\_the\\_brain\\_science\\_of\\_obesity?subtitle=en](https://www.ted.com/talks/mads_tang_christensen_the_brain_science_of_obesity?subtitle=en)

Studie:

- Rindler et al. (2023): Associations between overweight, obesity, and mental health: a retrospective study among European adults aged 50+
- Braunerová & Hainer (2010): Obezita – diagnostika a léčba v praxi
- Fischer & Munsch (2012): Self-Regulation in Eating Disorders and Obesity – Implications for Treatment
- Hlúbik & Vosečková (2002): STRAVOVACÍ ZVYKLOSTI A PSYCHOLOGICKÉ ASPEKTY OBEZITY

Další:

- [https://is.muni.cz/auth/th/fxg4m/Efekt\\_kognitivne\\_behavioralni\\_terapie\\_obezity.PDF](https://is.muni.cz/auth/th/fxg4m/Efekt_kognitivne_behavioralni_terapie_obezity.PDF) (str. 25 a 26)