

Role osobnosti ve výživě

Další materiály k přednášce

Studie:

- Shieh et al. (2015): Association of Self-Efficacy and Self-Regulation with Nutrition and Exercise Behaviors in a Community Sample of Adults
- Lunn et al. (2013): Does personality affect dietary intake?
- Verstuyf et al. (2022): Motivational dynamics of eating regulation: a self-determination theory perspective
- Coxon et al. (2023): Personality, dietary identity, mental and sleep health in vegans and vegetarians: A preliminary cross-sectional study
- Esposito et al. (2021): The Association Between Personality Traits and Dietary Choices: A Systematic Review
- Spence (2022): What is the link between personality and food behavior?

Články:

- <https://www.forbes.com/sites/traversmark/2024/01/11/what-your-food-choices-say-about-your-personality-according-to-science/>