

Applied Diet Psychology: Keys to Successful Diets

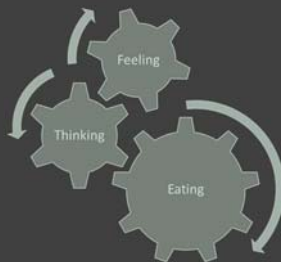
DR. GABRIELLE FUNDARO, CISSN, CHC
RENAISSANCE PERIODIZATION

Overview

Understanding Diet Psychology and Behavior Change
Enhance Motivation, Set Goals, and Increase Self-Efficacy
Identify Obstacles to Success and Plan for Relapses

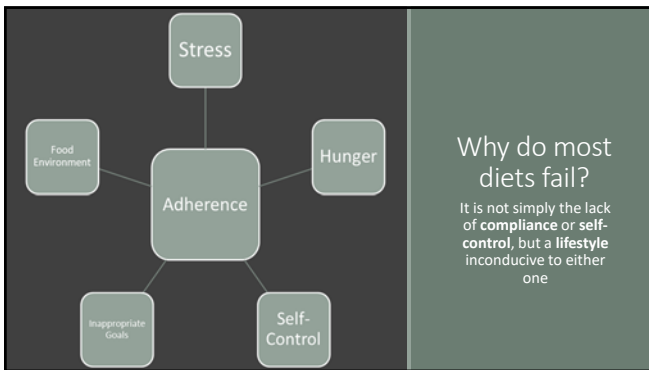
What is Diet Psychology?

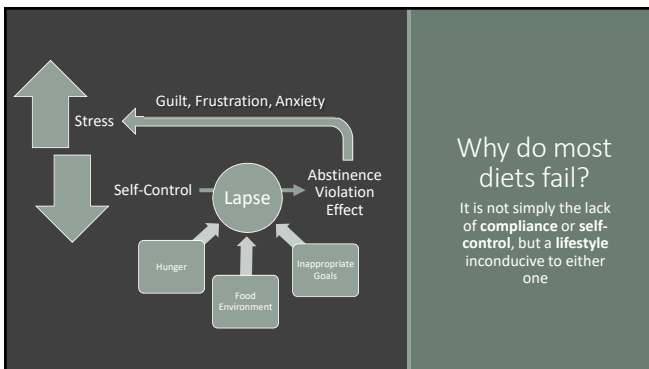
The science of food-related **behaviors** and **thought patterns**



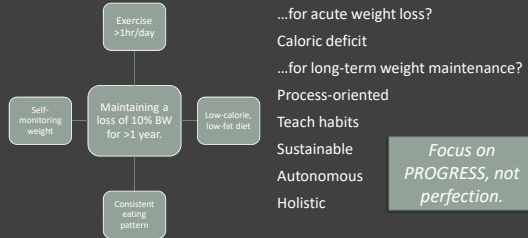


Weight management is about *thought* and *behavior* management.

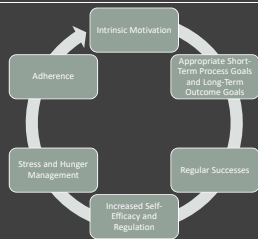




Why do some diets succeed?



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Coaches don't cause change. They foster an environment that facilitates change.

Facilitating Behavior Change

...for success with any phase of dieting or weight maintenance:

1. Build rapport, if you are a coach working with a client. Find social support, if you are pursuing this independently.
2. Shift to intrinsic motivation.
3. Set appropriate short- and long-term goals.
4. Build self-efficacy through regular success.
5. Focus on the process, plan for obstacles, and recover after lapses.
6. Aim for progress, not perfection!

Why do people decide to adopt and adhere to a healthy lifestyle?

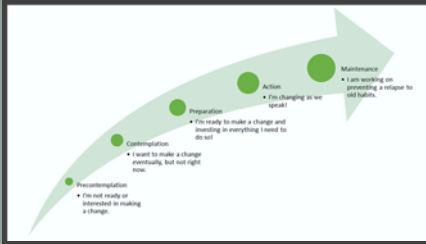


Why do people decide to adopt and adhere to a healthy lifestyle?



The TTM in Practice

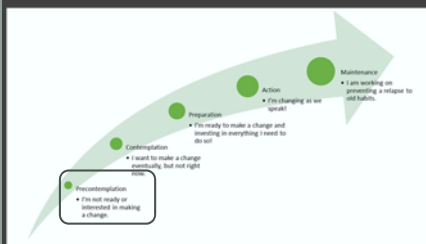
Identifying the stage of change aids in the most appropriate coaching approach.



The TTM in Practice

Clients may be in two separate stages (i.e., exercising regularly with no interest in diet).

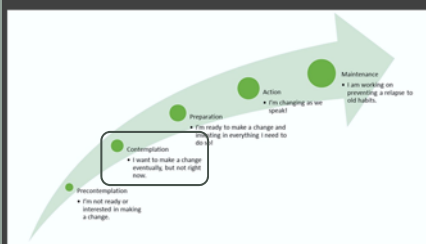
Precontemplation:
Encourage thoughts about change & find meaning



The TTM in Practice

Contemplation: Weigh pros and cons and provide basic cues to action

Listen for "change talk"



The TTM in Practice

Preparation: Develop a structured plan with frequent feedback

Action: Support, encouragement, celebration, and SMART or SMALL goals

Key phases for BMT and motivational interviewing and the HIGHEST risk of lapse

The TTM in Practice

Maintenance: Prevent relapse and build self-efficacy with shift to intrinsic motivation

Shift to Intrinsic Motivation

Autonomous & Effective

Extrinsic & Ineffective

Intrinsic Motivation: Engaging in a behavior because it is enjoyable—the most effective motivation for behavior change

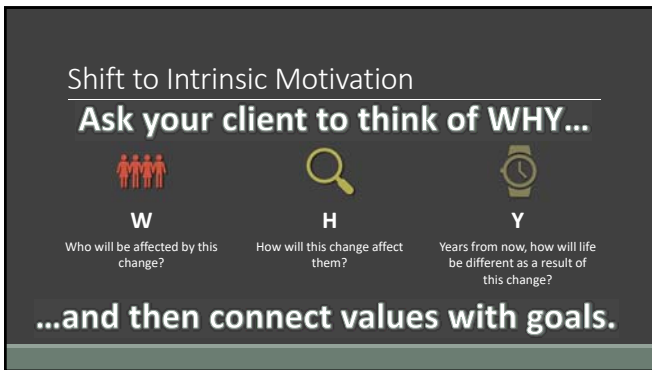
Integrated Regulation: Engaging in a behavior that has become part of one's identity

Identified Regulation: Engaging in a behavior that helps to reach an important goal, even if it isn't enjoyable

Introjected Regulation: Engaging in a behavior they don't enjoy in order to avoid guilt or shame

External Regulation: Engaging in behavior to avoid punishment or earn a reward—the least effective means of lasting behavior change





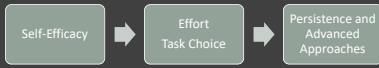


Greater Self-Efficacy Enhances Abilities

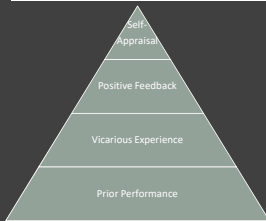
Situational self-confidence

More self-efficacy leads to greater effort towards more difficult tasks

- Exercise selection and intensity
- Nutrient periodization
- Advanced dietary strategies



Increasing Self-Efficacy



Self-Appraisal: Evaluation of one's physical, emotional, and imaginal experience

- I'm out of breath...I'm feeling invigorated!
- I'm feeling anxious...I'm feeling excited!
- People will judge me...People support me!

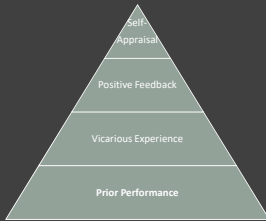
Positive Feedback: Teaching, coaching, encouraging

Vicarious Experience: Observing or learning about others' success

- Testimonials

Prior Performance: Most influential source

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Relapse Prevention

Lapse: Short-term cessation of healthy habits; normal part of healthy lifestyle

Relapse: Long-term cessation of healthy habits; may result in regression through TTM

- May regress back to contemplation
- May result in reduced self-efficacy & weight regain

Magnitude of weight regain during lapse or relapse dictates success at long-term maintenance

- *More weight gained = less success returning to previous weight*

Foster a lifestyle that reduces the risk of relapse and includes contingency plans



Coaches must relinquish control to clients to foster independence & self-reliance

Coaching Types: Authoritative

Providing information, suggestions, solutions, or challenges to the client.

Enhances coach-reliance

Prescriptive

“You should try meal prepping on Sunday night.”

Informative

“Many clients have had success with meal prepping ahead of time so they don’t have to worry about packing lunch in the morning.”

Confronting

“It sounds like you have a busy schedule! You might not have time to pack lunch in the morning. It would be best to meal prep ahead of time.”

Coaching Types: Facilitative

Helping the client find their own solutions.

Enhances self-reliance

Cathartic

- “It sounds like your morning schedule is making you feel really anxious. What are some of the concerns you have?”

Catalytic

- “Oh, I hear you—you are worried that you won’t be able to keep up with the healthy eating plan if you run out the door in the morning. Do you think there are any ways you could shift some of your prep work?”

Supportive

- “Wow, those are such great ideas! You get to spend more quality time with your kids while you pack snacks together on Saturday morning.”



A good coach leaves a client thinking, “My coach is awesome!”

A great coach leaves a client thinking, “I’m awesome!”

References

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