



Cofinanțat prin
programul Erasmus+
al Uniunii Europene



Breaking WEIGHT BIAS

Promovarea sănătății prin instrumente de formare
digitală fără a afecta starea de sănătate

Numărul proiectului:

2020-1-UK01-KA204-079106

Modulul 3. Internalizarea prejudecăților despre greutatea corporală





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CONȚINUT DE PREGĂTIRE

Internalizarea prejudecăților despre greutatea corporală

Obiective de învățare

După parcurgerea acestui modul, profesioniștii din domeniul sănătății vor reuși următoarele:

- să ofere informații despre internalizarea prejudecăților despre greutatea corporală și factorii care contribuie la aceasta, cu referire la dimensiunea morală a prejudecăților despre greutatea corporală și a diferențelor de gen;
- să introducă motivația autonomă versus motivația controlată în teoria autodeterminării;
- să sprijine alți profesioniști din domeniul sănătății să devină mai conștienți de strategiile de coping (gestionare) și de diferitele moduri în care pacienții pot răspunde la prejudecățile internalizate despre greutatea corporală;
- să încurajeze identificarea strategiilor de coping (gestionare) necorespunzătoare;
- să ofere o imagine de ansamblu asupra formelor adaptative de coping (gestionare) care pot fi utile pentru pacienții care se confruntă cu aceste prejudecăți.



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