

Guideline: procedure for assigning thesis projects at the Chair of Nutritional Psychology

Dear students of the faculty 09,

Thank you for your interest in writing a bachelor or master thesis at the Chair of Nutritional Psychology. Please read this guide carefully. If you have any further organizational questions, please write to our address: ernaehrungspsychologie-lehre@fb09.uni-giessen.de.

We will be offering bachelor and master theses in the winter semester 2024/25. However, due to the small size of our working group, our supervision capacity is very limited. If you are interested in writing a thesis in nutritional psychology, please follow the procedure below.

We follow a standardised procedure for supervising thesis projects. Please note that due to the high demand for thesis projects in the field of nutritional psychology, we do not make any exceptions to this procedure. It is therefore important that you apply in time, as this is the only way we can consider your application.

Step 1) Consider a topic for your thesis. Topic suggestions and guidance can be found on page 2 of this document. Fill out the template, which you can find on our website. Once you have completed the template, please send us an email to the address above between **3 June 2024 and 16 June 2024** with the following information:

- Template
 - o Delete all comments in the template.
 - o Save the template as a PDF document with the following filename:
 - Bachelor-Lastname-First name-Interest
 - Master-Lastname-First name-Interest
- Studies: Attach the three studies as PDFs to the email.
- A brief cover letter in the email is sufficient!
- Note: Files with old Office extensions (e.g., ".doc", ".xls") will be intercepted for security reasons.

Step 2) We will then let you know by **28 June 2024** whether we can offer you a place at our information session. Please let us know within seven days whether you wish to accept the place. If you do not meet this deadline, we will give the place to another student.

Step 3) Attend the information session. The information session will take place on **31 July 2024, at 10:30 am** at the Zeughaus. Attending this session is a prerequisite for writing your thesis at our chair.

Step 4) After the information session, you can decide whether you want to write your thesis at our chair or not.

We appreciate your interest and exciting topic suggestions!

Best regards,

Sandra Köstler and Ulrike Gisch

Broad topic areas of the chair of Nutritional Psychology

The following topic areas are intended to serve as initial inspiration. You can also work on topics from other areas of nutritional psychology.

- Psychological factors in nutritional counselling
- The role of the body in nutritional counselling
- Nutritional counselling for eating disorders
- Weight-neutral programmes for people with obesity
- Why do we eat what we eat? Psychological determinants (eating behaviour styles, eating motives, health psychology models, personality factors...) of healthy eating behaviour and weight status
- Relationship between psychological determinants and sustainable eating behaviour
- Eating pathologically healthy? Orthorexia nervosa
- Intra- and intergenerational transmission of eating and nutritional behaviour
- Intra- and intergenerational transmission of body image
- The role of social media regarding eating behaviour
- Intuitive eating in the prevention of eating disorders
- Nutrition and eating behaviour in other psychiatric disorders
- Promoting a positive body image in children
- The relationship between the Covid-19 pandemic and eating behaviour
- Effects of food insecurity on psychological well-being
- ...

Topics that are currently being or have been worked on

Below you will find an overview of the topics that our BSc / MSc students are currently working on or have already worked on. This list helps to prevent topics that have already been assigned from being resubmitted. It is still possible to write theses on the same subjects if the questions and hypotheses can be clearly distinguished from each other.

- At odds with meat - how cognitive dissonance is related to meat consumption
- The bidirectional relationship between nutrient intake and depression
- The influence of social media on female anorexia nervosa symptoms, with a special focus on perfectionism
- Anorexia Athletica: What are risk factors of competitive sport?
- Fasting and intuitive eating: Development of a theoretical model for health promotion
- Veganism and political attitudes: An empirical research study based on the European Values Study and the Politbarometer
- Is there a relationship between a vegetarian diet in adolescence and the occurrence of anorexia nervosa?
- The link between vitamin D and depression
- Stigmatisation of obesity: Prevalence, effects and possible strategies
- Between muscle ideals, self-perception and eating disorders: An analysis of the psychological and behavioural dimensions of muscle dysmorphia
- The relationship between social media and the development of eating disorders
- Obesity in film and television: Portrayal, stigma, and potential health consequences
- The relationship between psychological constructs and binge-eating symptoms in people with obesity

- Stigmatisation of people with obesity in nutritional counselling: Extent and consequences for treatment
- The influence of a gluten-free diet on children with autism spectrum disorder
- The permissive parenting style in relation to the weight and eating behaviour of children and adolescents
- Effects of stress on eating behaviour and body weight in children and adolescents
- Health-related quality of life and psychosocial factors in adults with obesity after bariatric surgery
- How do the prevalence and severity of depression change in people with obesity after bariatric surgery?
- Evaluation of the effectiveness of family-based treatment (FBT) in children and adolescents with eating disorders

Assistance for finding a topic

- Peters, J. H. & Dörfler, T. (2019). Planning, Conducting, and Evaluating Thesis Projects in Psychology and Social Sciences (2nd, revised and updated edition). Munich: Pearson.
- Karmasin, M. & Ribing, R. (2017). Designing Academic Works (9th, revised and updated edition). Vienna: facultas. DOI: 10.36198/9783838548227
- Berger, H. (2022). Step by Step to the Thesis: Structuring - Formulating - Formatting (3rd, updated and expanded edition). Paderborn: Brill Schöningh. DOI: 10.36198/9783838558134
- Guidance for Topic Search by the Chair of Human Nutrition (Prof. Dr. Fasshauer, FB09, JLU): <https://www.uni-giessen.de/en/fbz/fb09/institute/nutritional-science/prof/human-nutrition/teaching/guidance>