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Promoting Health without harming through digital training tools

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## **Module 3. Weight Bias Internalisation**



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# Module 3. Weight Bias Internalisation

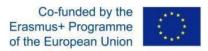
### **TRAINING CONTENT**

#### **Learning Objectives**

By reading this module, health care professionals will:

- provide knowledge on the internalisation of weight bias and factors that contribute to it, with reference to the moral dimension of weight bias and gender differences;
- introduce autonomous motivation versus controlled motivation in Selfdetermination theory;
- support health professionals in becoming more aware of the coping strategies and different ways that patients may respond to internalised body weight bias;
- encourage the identification of maladaptive coping strategies ;
- provide an overview of adaptive forms of coping that can be helpful for patients experiencing weight bias.





# **EXTERNAL RESOURCES**

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