



Co-funded by the
Erasmus+ Programme
of the European Union



Breaking WEIGHT BIAS

Promoting Health without
harming through digital
training tools

Project number:

2020-1-UK01-KA204-
079106

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 Self-determination 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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