

## PSYK 140 Atferd, helse og ernæring:

### BØKER:

#### Adferd/mental helse:

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Kap.: 1, 2, 5- 7, 9, (10), 11- 18, 20- 23 Ca. 300 sider

#### Helsepsykologi:

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#### Spiseforstyrrelser:

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### ARTIKLER OG KAPITLER I KOMPENDIET:

#### Hjernefunksjon:

Sand, O., Sjaastad, O.V. & Haug, E. (2001). 'Menneskets Fysiologi'. Gyldendal, Kap. 3, s.104-122 og 130-150

#### Søvn, døgnrytmer og ernæring:

Grønli J og Ursin R. 'Basale Søvnmekanismer'. Tidsskrift for Den norske lægeforening, 2009; 129: 1758-61  
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Fairburn CG Cooper Z, Doll HA, O'Connor ME, Palmer RL, Dalle Grave R. Enhanced cognitive behaviour therapy for adults with anorexia nervosa: A UK-Italy study. *Behaviour Research and Therapy* 51 (2013) R2eR8

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Luttikhuis HO, Baur L, Jansen H, et al (2009): Interventions for treating obesity in children, *Cochrane database of systematic reviews*, Issue 1 (s. 1-18, NB kun innledning)

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Wadden, T.A., Crerand, C.E. & Brock, J. (2005). Behavioral treatment of obesity. *Psychiatric Clinics of North America*, Vol 28, Issue 1, 151-170