

# FOOD & MOOD

## Psychotherapists' Awareness and Integration of Nutrition in the Therapy Room

### Participants Wanted | Ireland & UK

#### About the Study

Growing evidence suggests a relationship between nutrition and mental health, particularly in relation to mood-related distress such as anxiety and depression.

However, there is limited research examining how psychotherapists understand this relationship or how nutrition is navigated within therapeutic practice.

#### Research Aims to:

- Assess practitioners' awareness of links between nutrition and mood-related distress
- Explore how, if at all, nutrition is discussed or integrated into psychotherapeutic practice
- Identify barriers, facilitators, and training needs related to this topic

#### Who Can Take Part?

- Qualified or pre-accredited psychotherapists and counsellors
- Practising in Ireland or the UK
- Working with adult clients
- Registered with a recognised professional body (e.g. IACP, IAHIP, BACP)

#### What's Involved?

- Phase 1: Anonymous online survey (5–10 minutes)
- Phase 2 (optional): Online focus group (90–120 minutes)

#### Ethics & Confidentiality

Participation is voluntary. All data are anonymous or anonymised and handled in line with GDPR and institutional ethics approval.

#### Why take part?

Contribute practitioner insight to an under-researched area and inform future training and practice.



#### Take Part

Scan the QR code to access the survey

✉ Contact: [aconneely@gmail.com](mailto:aconneely@gmail.com)  
📅 Recruitment closes: **28 February 2026**