

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, COSCA, UKCP)

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 or click on link below

 Survey link:

<https://forms.office.com/r/1Ut1GmnwPM>

 Contact: aconneely@gmail.com

 Recruitment closes: **28 February 2026**