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Faculty of Psychology

Colloquium lecture by Prof. Gudrun Sproesser

Health Behavior: Multidimensional and Potential of a Positive Perspective

Everyday messages in the area of health behaviors often contain generic statements about problematic behaviors, often reduce these to health aspects and there is often a negative focus. In this presentation, I would like to use the example of eating behavior to show that a differentiated view of health behavior is often necessary, that it has multiple functions in addition to health aspects, and that new insights for health promotion are possible by taking positive aspects into account.

Prof. Dr. Gudrun Sproesser

JKU Linz

**This lecture takes place at Liebiggasse 5, 1010 Vienna,
Lecture Hall G 2nd Floor and will be streamed.**

Thursday, December 12, 2024, 3pm

