

People with dualist beliefs less likely to engage in healthy behaviours

August 03, 2012

Asian News International:

Washington: Researchers say dualist beliefs, that is, believing that the brain and the mind are two separate entities, can effect how we think and behave in everyday life.

Across five related studies, researchers Matthias Forstmann, Pascal Burgmer, and Thomas Mussweiler of the University of Cologne, Germany, found that people primed with dualist beliefs had more reckless attitudes toward health and exercise, and also preferred (and ate) a less healthy diet than those who were primed with physicalist beliefs.

Furthermore, they found that the relationship also worked in the other direction. People who were primed with unhealthy behaviours – such as pictures of unhealthy food – reported a stronger dualistic belief than participants who were primed with healthy behaviours.

Read the whole story: [*Asian News International*](#)