

PSY 206: HUMAN FEEDING BEHAVIOR & EATING DISORDERS

Dr. Emily Fox-Kales

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Content:

This course will first present description, identification, and etiology of anorexia, bulimia, and obesity, followed by discussion of the psycho-social and developmental factors (sexuality, body image, family, dynamics) leading to their emergence as major health concerns. The second half of the course will examine recent biochemical and behavioral research on eating disorders. It will conclude with study of the clinical aspects of the field, including diagnosis, treatment, and prevention.

Course Requirements:

Class lectures, films, and selected readings will provide course content. **Grades** are based on an objective quiz (25%); essay midterm examination (35%); and comprehensive final examination (45%) held during final exam week, in addition to class participation and attendance. Review sessions and study guides will be provided prior to examinations. *There will be no make-up exams.* In addition, students may earn extra-credit through oral reports and class projects on selected topics throughout the semester.

Required Texts:

Goodman, W.C. *Invisible Woman: Confronting weight prejudice in America.* Gurze Books, 1995.

Keel, P. *Eating Disorders: New Directions in Treatment,* 2005.

Capaldi, E. *Why We Eat What We Eat.* Washington, D.C: APA Press, 2002.(selected chapters; on reserve)

Fairburn & Brownell. *Eating Disorders & Obesity,* 2nd edition. (on reserve in Snell Library)

Policies/Protocol:

If you must leave before class officially ends, please inform me in advance. *Turn off all cell phones & pagers before entering class.*

Unexcused absences will result in grade penalty. Refer excused absences and late arrivals to the T.A.

Students with disabilities who need classroom or academic accommodations should see me as soon as possible.

PSY 206 Lectures & Readings:

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
Jan. 9	Introduction: history, prevalence	Keel, 1-2
Jan. 12	Psychosocial factors	Goodman, 1-4
Jan. 19	Politics of “fat” and “thin”	Goodman, 5-7
Jan. 23	Psychodynamics: personality, development	Keel, 7
Jan. 26	Family structure and systems theory	Keel, 6
Jan. 30	Media and Body Image	Keel, 5
Feb. 2	History of Dieting	TBA
Feb. 6	Dietary Restraint	TBA
Feb. 9	Food and Mood: carbohydrate craving and Sugar “addiction”	Capaldi, 4
Feb. 13	Hunger/Satiety; Taste Psychophysiology	Capaldi,6,7,10
Feb. 16	QUIZ Anorexia: Overview	
Feb. 23	Anorexia: Diagnosis and biochemistry	Keel, 8
Feb. 27	<i>Eating Disorders Awareness Week</i>	Presentations
March 2	Film: <i>Dying to be Thin</i>	
March 13	Bulimia: Diagnosis & physiology	Keel, 11
March 16	AN & BN: Treatment	Keel, 9
March 20	MIDTERM EXAM	

March 23	Junk Food Nation	TBA
March 27	Athletes and Eating Disorders	
March 30	Males & Eating Disorders; Cross-Cultural	Keel, 3
April 3	Obesity: Myths and Realities	F&B, 68-70
April 6	Film on Obesity; Obesity & Genetics	
April 10	Obesity: Drugs and the Diet Industry	F&B, 75-76
April 13	Obesity: Treatment Conclusions	F&B. 98-102