

PSY 306: HUMAN FEEDING BEHAVIOR & EATING DISORDERS
Spring 2008

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 (20%); in-class midterm essay examination (30%); and comprehensive final examination (45%) held during final exam week, in addition to class participation and attendance(5%). **Unexcused absences will result in grade penalty.** Review sessions and study guides will be provided prior to examinations. *There will be no make-up exams. Pass/Fail is discouraged.* In addition, students may earn extra-credit points 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.

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

Policies/Protocol:

If you must leave before class officially ends, please inform us in advance. Turn off all cell phones & pagers before entering class. *Refer excused absences and late arrivals to the T.A.* Appropriate e-mail communication will be answered ASAP, week-ends excluded.

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

PSY 306 Lectures & Readings:

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
Jan. 7	Introduction: history, prevalence	Keel, 1-2
Jan. 10	Psychosocial factors	Goodman, 1-4
Jan. 14	Politics of “fat” and ‘thin’	Goodman, 5-7
Jan. 17	Psychodynamics: personality, development	Keel, 7
Jan. 24	Family structure and systems theory	Keel, 6
Jan. 28	Media and Body Image	Keel, 5
Jan. 31	History of Dieting	TBA
Feb. 4	Dietary Restraint	TBA
Feb. 7	Food and Mood: carbohydrate craving / Sugar “addiction”	Capaldi, 4
Feb. 11	Hunger/Satiety; Taste Psychophysiology	Capaldi
Feb. 14	QUIZ (through 2/15) Anorexia: Overview	
Feb. 21	Anorexia: Diagnosis and biochemistry	Keel, 8
Feb. 25	National Eating Disorder Awareness Bulimia: Diagnosis & physiology	Keel, 11
Feb. 28	AN & BN: Treatment	Keel, 9
March 10	Film: <i>Dying to be Thin</i>	
March 13	MIDTERM EXAM	
March 17	Junk Food Nation	TBA
March 20	Athletes and Eating Disorders	
March 24	Males & Eating Disorders	

	Cross-Cultural	Keel, 3
March 27	Obesity: Myths and Realities	F&B, 68-70
March 31	Obesity & Genetics	
April 3	Obesity: Drugs and the Diet Industry	F&B, 75-76
April 7	Obesity: Treatment	F&B. 98-102
April 10	Film on Obesity	
April 14	TBA	