

**Psychology U536 : Developing Education & Intervention Programs for Eating Disorders**  
**Spring 2008**

**Dr. Emily Fox-Kales**

**233 Ni Hall ext.3389 Office hours: Th 3-4 and by appt.**

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Students in this course will have the opportunity to apply the concepts learned in Psy U364 and U206 about body disturbance and disordered eating and exercise behaviors in college populations to both their own campus and other settings. Each student will conduct a research project in which they design and implement an education, information, and prevention program for at-risk groups, including school athletes, dormitory residents, and students coping with academic/social stresses. Those class members interested in early intervention as well as obesity prevention may focus on K-12 school curricula and family/community models, while others will develop media, Internet, and other education materials designed to promote awareness and behavioral change.

Course participants also serve as members of NEWCOPE, a student organization which provides peer counseling, in-service training to campus residential, athletic, and social organizations, as well as community outreach about problematic eating behavior. Students are also trained in running the NEWCOPE referral and resource drop-in center.

**Course Requirements:**

Grades are based on task force performance, including the preparation of two progress reports (20%); participation in the drop-in center and campus events (10%) and class attendance and participation. (10%). Students will submit a proposal (5%) prior to submitting a final research paper (35%) due the last day of class on their intervention and prevention project. Students will also prepare an interactive presentation of their project to the class (20%).

**Texts: (Required)** *Preventing Eating Disorders* ed.Piran et al.(Brunner Mazel 1999)

**Supplemental:** *Eating Disorders: Innovative Directions in Research & Practice*, ed. Striegel-Moore & Smolak, (APA, 2001)

*Handbook of Eating Disorders & Obesity*, ed. K. Thompson (John Wiley, 2004)

**Dates to Note:**

January 10- Site visit to Drop-In Center (234 CSC)/Task force selection

January 15- Drop-In Center begins

February 14-Task Force Progress Reports due

February 21- Research Proposals due

February 22-28 *National Eating Disorders Awareness Week* at NU

February 25- Presentation to Psy 306

March 10- Oral Presentations begin

April 16- Last day of class: Final Projects due!