

## **Seminar on Eating Disorders and Obesity – Summer Session A PSYC 461**

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Office Hours: Thursdays from 10-12

**This class will meet MTWR from 12:00-2:15 in Robinson Hall A101**

**May 20- June 21**

**Mason Official Policy:** Mason uses electronic mail to provide official information to students. Examples include communications from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their mason e-mail account, and are required to activate that account and check it regularly

### **Disabilities:**

If you are a student with disability and you need academic accommodations, please see me and contact the Disability Resource Center (DRC) at 709-993-2474. All academic accommodations must be arranged through that office. Please note that accommodations **MUST BE MADE BEFORE** grades are assigned. I cannot adjust your grade after the fact.

This course is designed to provide you with information on eating disorders, obesity, and biological and psychosocial influences on eating behavior. Students are expected to familiarize themselves with the required readings for each day of class and participate fully in discussion.

### **Objectives:**

1. Develop an understanding of current and historical classification schemes for eating pathology
2. Develop an understanding of the current state of empirical research on influences on human eating behavior, from a physiological, social, and cognitive perspective
3. Develop an understanding of the current state of empirically supported treatments for eating pathology

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

### **Grades**

Your grade will be based on points earned through five activities. Each graded activity is described below. Your grade is calculated out of a total of 200 points. **Please note:** In order to maintain a consistent and fair grading policy for everyone enrolled in the course, I will *not* make changes to any of the grading policies outlined below. **Written assignments may be emailed to me, but I must receive them prior to the start of class on the day that they are due.**

A = 179.5 – 200 points

B = 159.5-179.4 points

C = 139.5 – 159.4 points

D = 119.5 – 139.4 points

F = 119.4 points and below

### **Exams**

**Exam = 50 points - Thursday, June 20**

This exam is a multiple choice, fill in the blank format exam. It will have 25 questions, covering the material presented in class through Wednesday, June 19. You may not use laptops, phones, notes, or articles during this exam.

### **Exam Make Up Policy**

In the event that you miss the exam, you have the opportunity to make it up if you inform me IN ADVANCE if you will miss the exam.

**Media Presentation = 40 points – scheduled throughout the course**

Each member of the class is required to find one current mention of eating disorders, weight, or obesity in a newspaper, online blog, or magazine- preferably during the month in which we are meeting for class. Print out or copy this article/blogpost. What have you learned in class that negates or validates the information presented in popular media? Is the information accurate, based on your understanding of the scientific literature on eating disorders, weight, and obesity? You will be asked to bring in the media piece, share it with the class, as well as the other information that you have found. Each person in class will present once, throughout the session. Therefore, we will likely have presentations on most of the days that we meet. **Note:** You do not need to prepare anything written to turn into me for this assignment, you will just inform the class about what you found and we will discuss.

### **Media Presentation Make Up Policy**

In the event that you miss the day that you are scheduled to present, you may present on a different day if you inform me IN ADVANCE that an illness or other emergency has prevented you from attending

class. If you do not show up to class or contact me in advance on the day that you are scheduled to present, you will receive ZERO points for this assignment.

### **Class Discussion = 36 points**

Please write one question on a note card or piece of paper about the article that you read for class for that day. Questions can range from 'What does this word mean?' all the way to 'The findings of this paper contrast with the findings from the paper that we just read...' to anything in between. Every day that you turn in a question you will receive two points.

### **Class Discussion Make Up Policy**

In order to points for this part of the course, you must be in class on the day that we discuss the articles and turn in your question. If you are not in class, you will not get points for that day.

### **Food Journal – 37 Points – This assignment may be typed or hand written- Due on May 30**

1. Keep a record of what you eat for one week. This includes the date, time, location, and what you actually ate.
2. What did you notice about your eating patterns over the week? What influenced the choices that you made? For example, do you eat on a schedule? Do you eat when stressed? Do just eat things that you like without any self-judgements?
3. What was it like to keep a food diary? Did you actually fill it out every day? If not, what made it difficult to fill out every day?
4. How have the following factors influenced the development of your eating patterns?
  - A. Your family growing up – for example, did your parents cook or teach you to cook?
  - B. Your family culture – for example, does your family celebrate their cultural history with a certain type of food?
  - C. Region of the country
  - D. Peers/ teams/ friends
5. Do you think your eating patterns will change as you grow older? How?

**\*\*\* If you would prefer not to keep a food diary, or not to turn it in to me, please email me so that we can discuss an alternative assignment.\*\*\***

**Policy for Late Assignments:** 5 points will be deducted from your total for the assignment for every day that it is turned in late.

### **Magazine Comparison – 37 Points – Due on June 10**

Pick one magazine that is considered a popular mainstream women's fashion/culture magazine. Examples include Elle, Cosmopolitan, etc...

Pick one magazine that is specifically designed to appeal to African American women. Examples include Ebony or Jet.

Read through both issues.

Answer the following questions – use one to three pages total.

1. Where did you find this magazine (bookstore, grocery store) and where was it located in the store? Was it in the checkout aisle, or was it in an aisle in another area of the store?
2. What ethnicity are the women that are represented in each magazine?
3. Compare and contrast the photographs of the clothing or fashion or women modeling clothing or fashion in the magazines. What similarities and differences do you notice?
4. Compare and contrast the content of the articles in the magazine. What similarities and differences do you notice?
5. Compare and contrast the advertising in the magazine.
6. What messages are being sent to the readers, both implicitly and explicitly, in these magazines?
7. Can you think of any women's magazines that are targeted specifically to Latin American or Asian American women?

**Policy for Late Assignments:** 5 points will be deducted from your total for the assignment for every day that it is turned in late.

### **Extra Credit**

One extra credit opportunity will be offered during the course. There will not be any alternatives or make ups offered for this extra credit activity – if you miss it, you just miss it.

### **Required Readings**

Required readings are listed for each day. You should read the articles prior to class on that day. They are available online via the library or the Blackboard for the course.

#### **May 20 – Introduction; Definitions, Medical Conditions, History, Epidemiology**

Treasure, J., Claudino, A. M., & Zucker, N. (2010). Eating Disorders. *Lancet*, 375, 583-593. **Note: You do NOT need to read this article for the first day – it is just a good summary article about Eating Disorders.**

#### **May 21 – Classification and DSM-V**

Keel, P. A., Brown, T. A., Holm-Denoma, J., & Bodell, L. P. (2011). Comparison of DSM-IV vs. Proposed DSM-5 diagnostic criteria for eating disorders: Reduction of eating disorder not otherwise specified and validity. *International Journal of Eating Disorders*, 44, 553-560

Becker, A. E., Eddy, K. T., & Perloe, A. (2009). Clarifying criteria for cognitive signs and symptoms for eating disorders in DSM-V. *International Journal of Eating Disorders*, 42, 611-619.

### **May 22 – Risk Factors for Eating Disorders**

Keel, P. K., & Klump, K. L. (2003). Are eating disorders culture bound syndromes? Implications for conceptualizing their etiology. *Psychological Bulletin, 129, 5, 747-769.*

### **May 23 – Genetics**

Klump, K. L., Suisman, J. L., Burt, S. A., McGue, M., & Iacono, W. G. (2009). Genetic and environmental influences on disordered eating: An adoption study. *Journal of Abnormal Psychology, 118, 4, 797-805.*

### **Monday, May 27 – Memorial Day, no class**

### **May 28 – Media/ Cultural Environment**

Levine, M. & Murnen, S. K. (2009). Everybody knows that mass media are/are not (pick one) a cause of eating disorders: A critical review of evidence for a causal link between media, negative body image, and disordered eating in females. *Journal of Social and Clinical Psychology, 28, 1, 9-42.*

### **May 29 Restraint Theory**

Polivy, J., & Herman, C. P. (1985). Dieting and Binging: A causal analysis. *American Psychologist, 40, 2, 193-201.*

### **May 30 – Dieting and Weight Loss**

Coelho, J. S., Polivy, J., Herman, C. P. (2006). Selective carbohydrate or protein restriction: Effects on subsequent food intake and cravings. *Appetite, 47, 352-360.*

Wu, T., Gao, X., Chen, M., & van Darn, R. M. (2009). Long term effectiveness of diet plus exercise interventions vs. diet only interventions for weight loss: A meta-analysis. *Obesity Reviews, 10, 313-323.*

### **June 3 – Emotion Regulation Theory**

Smyth, J. M., Wonderlich, S. A., Heron, K., Sliwinski, M. J., Crosby, R., Mitchell, J. E., & Engel, S. G. (2007). Daily and momentary mood and stress are associated with binge eating and vomiting in bulimia nervosa patients in the natural environment. *Journal of Consulting and Clinical Psychology, 75, 4, 629-638.*

O'Connor, d. B., Jones, F., Conner, M., McMillan, B. & Ferguson, E. (2008). Effects of daily hassles and eating style on eating behavior. *Health Psychology, 27, 1, S20-S31.*

### **June 4 - Physiology and Obesity**

Berthoud, H. R., & Morrison, C. (2008). The brain, appetite, and obesity. *Annual Review of Psychology*, 59, 55-92.

### **June 5 – Environment and Obesity**

Wadden, T. A., Brownell, K., & Foster, G. D. (2002). Obesity: Responding to the global epidemic. *Journal of Consulting and Clinical Psychology*, 70, 510-525.

Larson, N. I., Story, M. T., & Nelson, M. C. (2009). Neighborhood environments: Disparities in access to healthy foods in the U. S. *American Journal of Preventative Medicine*, 36, 1, 74-81.

### **June 6 – Treatment of Anorexia Nervosa**

Lock, J., le Grange, D., Agras, S., Moye, A., Bryson, S. W., & Booil, J. (2010). Randomized Clinical Trial Comparing family based treatment with adolescent focused individual therapy for adolescents with anorexia nervosa. *Archives of General Psychiatry*, 67, 1025-1032.

### **June 10 -Treatment of Bulimia Nervosa**

Fairburn, C. G., Cooper, Z., Doll, H. A., O'Connor, M. E., (2009). Transdiagnostic Cognitive-Behavioral Therapy for Patients With Eating Disorders. *The American Journal of Psychiatry*, 166, 3; 311

### **June 11- Treatment of Obesity**

Douketis, J. D., Macie, C., Thabane, L., & Williamson, D. F. (2005). Systematic review of long term weight loss studies in obese adults: Clinical significance and applicability to clinical practice. *International Journal of Obesity*, 29, 1153-1167.

### **June 12 -Prevention**

Neumark-Sztainer, D. (2009). Preventing obesity and eating disorders in adolescents: What can health care providers do? *Journal of Adolescent Health*, 44, 206-213.

Black-Becker, C., Bull, S., Schaumberg, K., Cauble, A., & Franco, A. (2008). Effectiveness of peer-led eating disorders prevention: A replication trial. *Journal of Consulting and Clinical Psychology*, 76, 347-354.

### **June 13 – Updates in Health news; Putting it all together**

Bacon, L., & Aphramor, L. (2011). Weight Science: Evaluating the evidence for a paradigm shift. *Nutrition Journal*, 10

Dansinger, M. L., Gleason, J. A., Griffith, J. L., Selker, H. P., & Schaefer, E. J. (2005). Comparison of the Atkins, Ornish, Weight Watchers, and Zone diets for weight loss and heart disease risk reduction: A randomized trial. *Journal of the American Medical Association*, 293, 43-53.

### **June 17 – Culture and Eating Pathology**

Murray, S. B., Rieger, E., Touyz, S. W., & Garcia, Y. d. I. G. (2010). Muscle dysmorphia and the DSM-V conundrum: Where does it belong? A review paper. *International Journal of Eating Disorders*, 43, 483-491.

Cummins, L. H., Simmons, A. M., & Zane, N. W. S. (2005). Eating disorders in Asian populations: A critique of current approaches to the study of culture, ethnicity, and eating disorders. *American Journal of Orthopsychiatry*, 75, 553- 574.

**June 18 – Case Conference**

**June 19 – Review**

**June 20 – Exam**