

Eating Disorders (CLP 4110)

Summer A 2023

INSTRUCTOR: Gianella Perez, M.H.S., M.S. (she/her)
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OFFICE HOURS: By appointment (*online through zoom*)

COURSE TA'S: Sarah Morey (*sarahmorey@ufl.edu*)
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**The best way to contact me is via my email address above. Please allow 24 hrs. to respond to your email during the weekdays, and emails sent on the weekend will be responded during the following weekdays.*

REQUIRED TEXTBOOK:

Keel, P. K. (2017). Eating disorders (2nd ed.). New York: Oxford University Press.

COURSE DESCRIPTION:

Overview of the causes and treatments associated with the full range of recognized eating disorders, including anorexia, bulimia and binge eating disorder, as well as a variety of subclinical forms of problematic eating behaviors and their surrounding factors and issues.

COURSE GOALS AND OBJECTIVES:

By the end of this course, students will:

1. Be able to identify the range of eating disorders, their characteristics and criteria.
2. Be able to describe several factors that contribute to the developments and maintenance of disordered eating.
3. Learn how eating disorders manifest in different populations.
4. Identify several treatment strategies for those with eating disorders.
5. Become familiar with the professional and scientific literatures related to understanding and treating disordered eating.

INSTRUCTIONAL METHODS:

There are recorded lectures posted to the course site. You will be responsible for watching these lectures and for reading all associated materials.

COURSE POLICIES:

Attendance Policy: Class is virtual. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Quizzes/Exams Dates and Policies: There will be **11 Chapter Quizzes (20 points each)** and 6 Module Quizzes (30 points each). Chapter Quizzes will close on Sundays at 11:59 PM. You will have 30 minutes to complete Chapter Quizzes. Module Quizzes will also close on Sundays at 11:59 PM (**Other than Week 6-see course schedule**). You will have 60 minutes to complete Module Quizzes. **Your lowest Chapter Quiz grade will be dropped at the end of the semester.**

Make-up Policy: If you have a university-excused absence, you will be able to make up assignments and quizzes without penalty. **Otherwise, we do not accept late assignments.** If something goes wrong while you are taking a quiz or you are completing an assignment, contact the Help desk immediately (helpdesk@ufl.edu) to get a ticket number. If you do not have a ticket number, I cannot allow you make-up assignments or quizzes. I highly recommend taking quizzes at places with strong Wi-Fi or on campus if possible. Please see the section below titled "Getting Help."

Assignment Policy: There are two types of assignments this semester. The first are **6 Discussion Posts (5 points each)**. These include an original post and a response post. A rubric is included online. Discussion posts will be open throughout the semester. Original posts will be due by Friday night at 11:59 PM of each corresponding week. The response posts will be due by Sunday night of each week at 11:59 PM. (**Other than Week 6-see course schedule**) The second type of assignments are the **6 Case Study Reflection Assignments (30 points each)**. These will all be opened at the beginning of the semester and will be due Sunday of the respective week by 11:59 PM (**Other than Week 6-see course schedule**). A rubric is included online.

Extra credit opportunities may be offered as needed. These opportunities are offered to the whole class to facilitate learning.

Course Technology: The course site is on Canvas through <https://elearning.ufl.edu/>.

If you need support in accessing course materials, please visit or call the Help Desk:

- <http://helpdesk.ufl.edu>
- (352) 392-HELP - select option 2

Any requests for make-ups due to technical issues **MUST** be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You **MUST** e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

Online Course Evaluation: Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semesters, but students

will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

UF POLICIES:

University Policy for Students with Disabilities: Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

University Policy on Academic Conduct: UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Class Demeanor or Etiquette: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions, and chats. Rude behavior or harassment will not be tolerated. If someone is making you feel uncomfortable or unsafe, please contact the instructor team or the UFPD (911) if it is an emergency.

Other resources are available at <http://www.distance.ufl.edu/getting-help> for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.

GRADING POLICIES:

Methods by which students will be evaluated and their grade determined:

Assignment	Points
Discussion Questions	30 Points (5%)
Case Study Reflection Questions	180 Points (30%)

Chapter Quizzes	200 Points (33%)
Module Quizzes	180 Points (30%)
Syllabus Quiz	10 Points (2%)
Total	600 Points (100%)

Information on Current UF Grading Policies for Assigning Grade Points:

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Grading Scale:

A	93% and Up	C	74 – 76%
A-	90 – 92%	C-	70 – 73%
B+	87 – 89%	D+	67 – 69%
B	84 – 86%	D	64 – 66%
B-	80 – 83%	D-	60 – 63%
C+	77 – 79%	F	59% and Below

COURSE SCHEDULE:

Weekly Schedule of Topics and Assignments

WEEK	DATES	TOPIC	READING	ASSIGNMENT
1	5/15-5/21	Syllabus Introduction to eating disorders (Module 1)	<ul style="list-style-type: none"> • Look over the course orientation site. • (Keel) Chapter 1 • Guidelines for Nonhandicapping Language in APA Journals (Links to an external site.) • APA - Eating Disorders (Links to an external site.) • APA - Eating Disorders Handout 	<ul style="list-style-type: none"> • Course orientation quiz (Due 5/21 at 11:59 PM) • Chapter 1 quiz (Due 5/21 at 11:59 PM) • Assignment 1: Case Study Reflection (Due 5/21 at 11:59 PM)
2	5/22-5/28	Introduction to feeding disorders (Module 2)	<ul style="list-style-type: none"> • (Keel) Chapter 2 • (Keel) Chapter 3 • Weight Stigma Affects Men Too 	<ul style="list-style-type: none"> • Chapter 2 quiz & Chapter 3 quiz (Both due 5/28 at 11:59 PM) • Discussion Post 1 (Your answers due by 5/26 at 11:59 PM, responses to peer due 5/28 at 11:59 PM) • Module 1 & 2 quiz (Due 5/28 at 11:59 PM) • Assignment 2: Case Study (Due 5/28 at 11:59 PM)

3	5/29-6/04	<p>Eating Disorders: Research (Module 4)</p> <p>Causes and correlates: Media (Module 5)</p> <p>Causes and correlates: Relationships (Module 6)</p>	<ul style="list-style-type: none"> • (Keel) Chapter 4 • (Keel) Chapter 5 • (Keel) Chapter 6 	<ul style="list-style-type: none"> • Chapter 4 quiz, Chapter 5 quiz, & Chapter 6 quiz (Due 6/04 at 11:59 PM) • Discussion post 2 & Discussion post 3 (Your answers due by 6/02 at 11:59 PM, responses to peer due 6/04 at 11:59 PM) • Module 3 & 4 quiz (Due 6/04 at 11:59 PM) • Module 5 & 6 Quiz (Due 6/04 at 11:59 PM) • Assignment 3: Case study reflection (Due 6/04 at 11:59 PM)
4	6/05-6/11	<p>Causes and correlates: Psychological factors (Module 7)</p> <p>Causes and correlates: Biological factors (Module 8)</p> <p>Treatment (Module 9)</p>	<ul style="list-style-type: none"> • (Keel) Chapter 7 • (Keel) Chapter 8 • (Keel) Chapter 9 	<ul style="list-style-type: none"> • Chapter 7 quiz, Chapter 8 quiz, & Chapter 9 quiz (Due 6/11 at 11:59 PM) • Discussion post 4 (Your answer due by 6/09 at 11:59 PM, response to peer due 6/11 at 11:59 PM) • Module 7 & 8 quiz (Due 6/11 at 11:59 PM) • Assignment 4: Case study reflection (Due 6/11 at 11:59 PM) • Assignment 5: Case study reflection (Due 6/11 at 11:59 PM)
5	6/12-6/18	<p>Prevention (Module 10)</p> <p>Long-term outcomes (Module 11)</p>	<ul style="list-style-type: none"> • (Keel) Chapter 10 • Prevention of eating disorders: A systematic review and meta-analysis • (Keel) Chapter 11 • Intro to Eating Disorders Special Edition of the Journal of Abnormal Behavior (Links to an external site.) • Future Directions to Eating Disorders Special Edition of the Journal of Abnormal Behavior 	<ul style="list-style-type: none"> • Chapter 10 quiz & Chapter 11 quiz (Due 6/18 at 11:59 PM) • Discussion post 5 (Your answer due by 6/16 at 11:59 PM, response to peer due 6/18 at 11:59 PM) • Module 9 & 10 quiz (Due 6/18 at 11:59 PM)

6	6/19-6/23	Final Thoughts	• (Keel) Chapter 12	<ul style="list-style-type: none">• Assignment 6: Case study reflection (Due 6/22 at 11:59 PM)• Discussion post 6 (Your answer due by 6/21 at 11:59 PM, response to peer due 6/22 at 11:59 PM)• Module 11 & 12 quiz (Due 6/22 at 11:59 PM)
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****Please note Week 6 schedule is different than previous weeks.***

Disclaimer: This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.