

## Eating Disorders (CLP 4110) - Fall 2023

**Instructor:** Lindsey Maeshima, M.Ed. (she/her) [lindseymaeshima@ufl.edu](mailto:lindseymaeshima@ufl.edu)

Office hours are by appointment over Zoom. *The best way to contact me is through email. Please allow at least 24 hours for me to respond to your emails during the weekdays, and emails sent over the weekend will be responded to during the following weekdays.*

**Undergraduate TAs (Available via Canvas messenger):**

Tyler Favier

Maddy Gastador

Marissa Kasch

Rachel Warren

### **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.

### **PREREQUISITE KNOWLEDGE AND SKILLS: PSY2012**

### **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**. 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](mailto: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 **Thursday 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**. 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**. A rubric is included online.

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

### **Policy for Disputing a Grade**

You will have one week (including weekends and holidays) after any course material grade has been posted to dispute your grade. The exception will be the LAST post/quiz because there won't be enough time to complete disputes and turn grades in. Disputes will NOT be accepted after that date. If you want to dispute a grade you will need to write a paragraph explaining the dispute. For quizzes, write out the question on the quiz and a paragraph explaining why your answer is correct with references to the material in the text for each question or writing assignment you are disputing. Then send a private email with this information to the instructor's e-mail address.

**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](http://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.

**Sexual Harassment & Disclosures of Sexual Violence:** Sexual Harassment is not tolerated in this class, in the Department of Psychology, or at the University of Florida. Sexual harassment includes: the inappropriate introduction of sexual activities or comments in a situation where sex would otherwise be irrelevant. Sexual harassment is a form of sex discrimination and a violation of state and federal laws as well as of the policies and regulations of the university. All UF employees and students must adhere to UF's sexual harassment policy which can be found here: <https://hr.ufl.edu/forms-policies/policies-managers/sexual-harassment/>. Please review this policy and contact a university official if you have any questions about the policy.

As mandatory reporters, university employees (e.g., administrators, managers, supervisors, faculty, teaching assistants, staff) are required to report knowledge of sexual harassment to UF's Title IX coordinator. Title IX violation includes sexual harassment, sexual assault, stalking, domestic/intimate partner violence, etc. For assistance or to inform Title IX any incident(s) that may constitute a Title IX violation, please complete the Title IX Information Form here: <https://titleix.ufl.edu/title-ix-reporting-form/>, or email [inform@titleix.ufl.edu](mailto:inform@titleix.ufl.edu), or call 352- 273-1094.

**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:

Grading Criteria/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%)
<b>Total</b>	<b>600 Points (100%)</b>

### INFORMATION ON CURRENT UF GRADING POLICIES FOR ASSIGNING GRADE POINTS:

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

### GRADING SCALE:

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

**COURSE SCHEDULE:****A WEEKLY SCHEDULE OF TOPICS AND ASSIGNMENTS:**

WEEK	DATES	TOPICS	READINGS	ASSIGNMENTS
1	8/28-9/3	Syllabus	Look over the course orientation site.	Course orientation quiz (Due 9/3 at 11:59PM)
2	9/4-9/10	Introduction to eating disorders (Module 1)	(Keel) Chapter 1 Guidelines for Non-handicapping Language in APA Journals (Links to an external site.) APA - Eating Disorders (Links to an external site.) APA - Eating Disorders Handout	Chapter 1 quiz (Due 9/10 at 11:59 PM) Assignment 1: Case Study Reflection (Due 9/10 at 11:59 PM)
3	9/11-9/17	Introduction to feeding disorders (Module 2)	(Keel) Chapter 2	Chapter 2 quiz (due 9/17 at 11:59 PM) Discussion Post 1 (Your answer due by 9/14 at 11:59 PM, response to peer due 9/17 at 11:59 PM) Module 1 & 2 quiz (due 9/17 at 11:59 PM)
4	9/18-9/24	Eating disorders: Demographic s (Module 3)	(Keel) Chapter 3 Weight Stigma Affects Men Too	Chapter 3 quiz (Due 9/24 at 11:59 PM) Assignment 2: Case Study (Due 9/24 at 11:59 PM)
5	9/25-10/1	Eating Disorders: Research (Module 4)	(Keel) Chapter 4	Chapter 4 quiz (Due 10/1 at 11:59 PM) Discussion post 2 (Your answer due by 9/28 at 11:59 PM, response to peer due 10/1 at 11:59 PM) Module 3 & 4 quiz (Due 10/1 at 11:59 PM)

6	10/2-10/8	Causes and correlates: Media (Module 5)	(Keel) Chapter 5	Chapter 5 quiz (Due 10/8 at 11:59 PM)  Discussion post 3 (Your answer due by 10/5 at 11:59 PM, response to peer due 10/8 at 11:59 PM)
7	10/9-10/15	Causes and correlates: Relationships (Module 6)	(Keel) Chapter 6	Chapter 6 quiz (Due 10/15 at 11:59 PM)  Assignment 3: Case study reflection (Due 10/15 at 11:59 PM)  Module 5 & 6 Quiz (Due 10/15 at 11:59 PM)  PLEASE COMPLETE MID COURSE SURVEY!
8	10/16-10/22	Causes and correlates: Psychological factors (Module 7)	(Keel) Chapter 7	Chapter 7 quiz (Due 10/22 at 11:59 PM)  Assignment 4: Case study reflection (Due 10/22 at 11:59 PM)
9	10/23-10/29	Causes and correlates: Biological factors (Module 8)	(Keel) Chapter 8	Chapter 8 quiz (Due 10/29 at 11:59 PM)  Discussion post 4 (Your answer due by 10/26 at 11:59 PM, response to peer due 10/29 at 11:59 PM)  Module 7 & 8 quiz (Due 10/29 at 11:59 PM)

<b>10</b>	10/30-11/5	Treatment (Module 9)	(Keel) Chapter 9	Chapter 9 quiz (Due 11/12 at 11:59 PM) Assignment 5: Case study reflection (Due 11/12 at 11:59 PM)
<b>11</b>	11/6-11/12	Prevention (Module 10)	(Keel) Chapter 10 Prevention of eating disorders: A systematic review and meta-analysis	Chapter 10 quiz (Due 11/19 at 11:59 PM) Discussion post 5 (Your answer due by 11/16 at 11:59 PM, response to peer due 11/19 at 11:59 PM) Module 9 & 10 quiz (11/19 at 11:59 PM)
<b>12</b>	11/13-11/19	Long-term outcomes (Module 11)	(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	Chapter 11 quiz (Due 11/26 at 11:59 PM)
<b>13</b>	11/20-11/26	Break week (no assignments 😊)		
<b>14</b>	11/27-12/3	Final Thoughts	(Keel) Chapter 12	Assignment 6: Case study reflection (Due 12/3 at 11:59 PM) Discussion post 6 (Your answer due by 11/30 at 11:59 PM, response to peer due 12/3 at 11:59 PM) Module 11 & 12 quiz (Due 12/3 at 11:59 PM) PLEASE COMPLETE COURSE EVAL (Closes on 12/8)!

**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.

## CAMPUS RESOURCES

### Health and Wellness

**U Matter, We Care:** If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.

**Counseling and Wellness Center:** [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

**Sexual Assault Recovery Services (SARS):** Student Health Care Center, 392-1161.  
**University Police Department:** 392-1111 (or 9-1-1 for emergencies).

**Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).

**University Police Department:** [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

**UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).

**GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

### ACADEMIC RESOURCES

**E-learning technical support:** Contact the UF Computing Help Desk at 352-392-4357 (select option 2) or e-mail to [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu). <https://helpdesk.ufl.edu/>

**Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services. <http://www.crc.ufl.edu/>

**Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources. <http://cms.uflib.ufl.edu/ask>

**Teaching Center:** Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>

**Writing Studio:** 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>

**Student Complaints Campus:** [Visit the Student Honor Code and Student Conduct Code](#)

[webpage](#) for more information.

**On-Line Students Complaints:** [View the Distance Learning Student Complaint Process](#)