

## **Eating Disorders (CLP 4110) - Spring 2024**

Sections 18997 and 18998

**Instructor:** Sumaiya Nusrath MA, MS (she/her) s.nusrath@ufl.edu

Individual meetings are available by appointment over Zoom (<https://ufl.zoom.us/j/98551694841>). 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 will maintain the same boundaries with emails.

### **Undergraduate TAs (Available via Canvas email):**

- Allison Comite
- Vanessa Chery
- Brynn Foster
- Benjamin Korn

TA office hour: Wednesday at 12pm on Zoom (<https://ufl.zoom.us/j/91874499320>)

**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 literature 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 ASSIGNMENTS:**

**Chapter Quizzes:** There will be 11 Chapter Quizzes (2.5 points each) spread throughout the semester. Chapter Quizzes will close on Sundays at 11:59 PM. You will have 30 minutes to complete each one. Your lowest Chapter Quiz will be dropped at the end of the semester.

**Module Quizzes:** There will also be 6 Module Quizzes (4.16 points each) during the semester. Module Quizzes will close on Sundays at 11:59pm. You will have 60 minutes to complete each one.

**Article Responses:** Students are expected to submit 10 500-word article responses (2.5 points each) during the semester. The reflections are due on Sundays at 11:59 PM of their respective week. There will be 13 articles distributed throughout the semester and students may choose which weeks they choose to submit a reflection. A rubric is included online.

**Case Study Reflections:** There will be 6 2-page case study reflections (4.17 points each) for the semester. These will all be opened on Monday and will be due Friday of the respective week by 11:59 PM. A rubric is included online.

**Extra Credit:** There will be at least 4 extra credit opportunities offered this semester for a total of 5 points. Additional opportunities may be offered as needed to the entire class.

- **Syllabus Quiz:** Students will receive 1 extra credit point for completing the syllabus quiz.
- **Podcast Reflection:** Students will be given the opportunity to gain 2 extra credit points if they submit a 1-page summary and response to the podcast episode assigned during week 2 of the semester. The reflection is due at 11:59pm on Sunday January 21, 2024.
- **Chapter Reflections:** Students are asked to submit a 1-page response/reaction to the chapter "Rise of anorexia in Hong Kong" in the book "Crazy Like Us: The Globalization of the American Psyche" by Ethan Watters. This assignment will be open throughout the semester and is due on Friday April 19, 2024 at 11:59 PM. Students will receive 2 extra credit points for completing this assignment.

#### **GRADING SUMMARY:**

Assignment	Points
Chapter Quizzes	25 Points (25%)
Module Quizzes	25 Points (25%)
Article Responses	25 Points (25%)
Case Study Reflections	25 Points (25%)
Total	100 Points (100%)

#### **COURSE SCHEDULE:**

WEEK (TA Office Hour)	DATES	TOPICS	READINGS	ASSIGNMENTS
1	1/8-1/14	Syllabus	Look over the Canvas site.	Syllabus quiz Extra Credit due 1/14 at 11:59 PM
2 (AC)	1/15-1/21	Orientating Ourselves	<a href="#">Guidelines for Non-handicapping Language in APA Journals</a>  <a href="#">The "Silent Epidemic" of Eating Disorders Podcast Episode</a>	

			Article Response: Claydon et al., 2020	Podcast Reflection Extra Credit due 1/21 at 11:59pm.
3 (VC)	1/22-1/28	Introduction to Eating Disorders (Module 1)	Keel -Chapter 1  Article Response: Christensen et al., 2021	Case Study Reflection 1 due 1/19 at 11:59 PM  Chapter 1 Quiz due 1/28 at 11:59 PM
4 (BF)	1/29-2/4	Introduction to Feeding Disorders (Module 2)	Keel -Chapter 2  Article Response: Samuels et al., 2019	Chapter 2 Quiz due 2/4 at 11:59 PM  Module 1 + 2 Quiz due 2/4 at 11:59 PM
5 (BK)	2/5-2/11	Demographics (Module 3)	Keel -Chapter 3  Article Response: Yu et al., 2021	Chapter 3 Quiz due 2/11 at 11:59 PM  Case Study Reflection 2 due 2/9 at 11:59 PM
6 (AC)	2/12-2/18	Research (Module 4)	Keel -Chapter 4  Article Response: Nagata et al., 2020a	Chapter 4 Quiz due 2/18 at 11:59 PM  Module 3 + 4 Quiz due 2/18 at 11:59 PM
7 (VC)	2/19-2/25	Media (Module 5)	Keel -Chapter 5  Article Response: Melisse et al., 2020	Chapter 5 Quiz due 2/25 at 11:59 PM
8 (BF)	2/26-3/3	Relationships (Module 6)	Keel-Chapter 6  Article Response: Harrop et al., 2020	Chapter 6 Quiz due 3/3 at 11:59 PM  Module 5 +6 Quiz due 3/3 at 11:59 PM

9 (BK)	3/4-3/10	Psychological Factors (Module 7)	Keel -Chapter 7  Article Response: Burke et al., 2021	Chapter 7 Quiz due 3/10 at 11:59 PM  Case Study Reflection 3 due 3/8 at 11:59 PM
10	3/11-3/17	<b>Spring Break (no assignments)</b>		
11 (AC)	3/18-3/24	Biological Factors (Module 8)	Keel -Chapter 8  Article Response: Striegel-Moore et al., 2011	Chapter 8 Quiz due 3/24 at 11:59 PM  Module 7 + 8 Quiz due 3/24 at 11:50 PM
12 (VC)	3/25-3/31	Treatment (Module 9)	Keel -Chapter 9  Article Response: Nagata et al., 2020b	Chapter 9 Quiz due 3/31 at 11:59 PM  Case Study Reflection 4 due 3/29 at 11:59 PM
13 (BF)	4/1-4/7	Prevention (Module 10)	Keel -Chapter 10  Article Response: Goel et al., 2021	Chapter 10 Quiz due 4/7 at 11:59 PM  Module 9 +10 Quiz due 4/7 at 11:59 pm
14 (BK)	4/8-4/14	Long-Term Outcomes (Module 11)	Keel -Chapter 11  Article Response: Good et al., 2019	Chapter 11 Quiz due 4/14 at 11:59 PM  Case Study Reflection 5 due 4/12 at 11:59 PM
15	4/15-4/21	Final Thoughts (Module 12)	Keel- Chapter 12	Module 11 + 12 Quiz due 4/21 at 11:59 PM  Case Study Reflection 6 due 4/19 at 11:59 PM  Chapter Reflection Extra

			Article Response: Patmore et al., 2019	Credit due 4/19 at 11:59pm.
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### **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>

**Late Policy:** Quizzes and assignments will be allowed to be submitted up to three days late. 5% of the total points that an assignment is worth will be deducted for each day the assignment is late.

**Make-up Policy:** If you have a university-excused absence, you will be able to make up assignments and quizzes without penalty. 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.

**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.

**Policy on Observing Religious Holidays:** Observing religious/cultural holidays is important and I am here to work with you on how you can observe them without falling behind or being penalized in this course. Please let me know as soon as possible (at least 2 weeks before) a holiday you wish to observe, and we will come up with an alternate deadline for any assignments due during this period. Please see the UF Religious Holidays Policy here: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/#religiousholidaystext> .

**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.

### **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.