Fall 2018

Course: Eating and Weight Disorders

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Evaluation: Take-home final examination, consisting of short essay questions.

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http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/

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Texts

Required:


Recommended:


Useful Websites

[www.niddk.nih.gov](http://www.niddk.nih.gov)/WIN (Weight Information Network)

[www.uconnruddcenter.org](http://www.uconnruddcenter.org/)
Seminar 1

**Topic:** Obesity: Definition; Prevalence; Health and Psychosocial Consequences

**Readings:**


Seminar 2

**Topic:** Is obesity an eating disorder? A mental disorder? A disease? An addiction?

**Readings:**


Seminars 3 and 4

Topic: Obesity: Causes

Readings:


Leibl, R. (April 26, 2013). Genetics of obesity. UCONN Rudd Center podcast


Video link: http://www.youtube.com/watch?feature=player_embedded&v=-BdFkK-HufU

Toxic Environment

Ppt handout
Seminars 5 - 7

Topic: Obesity Treatment: Dietary and Behavioral Interventions

Readings:


Leibel, R. (April 26, 2013) Why is losing weight so difficult? Podcast, UCONN Rudd Center


Seminar 8

Topic: Obesity Treatment: Pharmacological and Surgical Interventions

Readings:


Seminar 9

Topic: Obesity: Prevention

Readings:


Seminar 10
Topic: Eating Disorders: Diagnosis and Classification; Prevalence; Distribution, and Causes

Readings

DSM-5 handout


Seminars 11 - 12

Topic: Assessment and Treatment: of Bulimia Nervosa

Readings:


Seminars 13 - 14

Topic: Eating Disorders and Recurrent Binge Eating

Readings:


Seminar 15

Topic: Eating Disorders: Prevention

Readings:


Stice, E., Rohde, P., Butryn, M. L., Shaw, H. & Marti, C. N. (2015); Effectiveness trial of