Fall 2019

Course: Eating and Weight Disorders

Instructor: G. Terence Wilson

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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:**


Rudd Report: Weight Bias

Seminar 2

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

**Readings:**


convincing is the addiction model? *Nature Reviews, Neuroscience* 13, 279-286.

**Seminars 3 and 4**

**Topic:** Obesity: Causes

**Readings:**


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


Class video: Pima Indians and the Toxic Environment

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:** What to do now? 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:**


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Seminars 13 - 14

**Topic:** Eating Disorders and Recurrent Binge Eating

**Readings:**


**Seminar 15**

**Topic:** Eating Disorders: Prevention

**Readings:**
