

The Hebrew University of Jerusalem

Syllabus

APPROACHES IN THE TREATMENT OF OBESITY AND EATING DISORDERS - 65646

Last update 21-10-2018

HU Credits: 3

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Nutrition Sciences

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Rehovot

Course/Module Coordinator: Dr Mor Israely

Coordinator Email: misraely@hotmail.com

Coordinator Office Hours: By appointment

Teaching Staff:

Dr. Ayelet Harari

Dr. Mor Israely

Course/Module description:

Etiology, pathology, treatment and prevention of eating disorders and obesity

Course/Module aims:

To provide the students a basic theoretical and practical knowledge of eating disorders and obesity.

Learning outcomes - On successful completion of this module, students should be able to:

Recognize the etiology of eating disorders.

Describe the treatment of eating disorders.

Recognize the etiology, identify the genetic, social and behavioural factors involved in obesity and understand the pathophysiology of obesity.

Recognize obesity treatment.

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Frontal lectures, discussion of case studies and treatment conflicts with reference to the scientific literature.

Course/Module Content:

Eating disorders etiology and risk factors

Diagnostic criteria for Anorexia Nervosa, Bulimia nervosa, ED nos, Binge eating disorders

Diseases description and consequences

Treatment of Eating Disorders, Nutritional, medical, emotional and family treatment.

Body and self image

Identification of ED

ED in males

Diabetes and ED

Feeding problems as a cause of disordered eating and obesity.

Attention deficit disorder and disordered eating.

Adult obesity: Epidemiology and etiology
Children and adolescents obesity: Epidemiology and etiology
Factors affecting energy homeostasis
Diagnosis and measurement of obesity
Body composition and adipose tissue distribution: metabolic implications
Pathophysiology of obesity
Physical and mental health consequences of obesity
Treatment approaches for obesity
Behavioral therapy of adult obesity, nutritional therapy, lifestyle intervention and physical activity
Characteristic of success in weight loss maintenance
Treatment approaches of children and adolescents obesity
Bariatric surgery: weight loss, possible complications and dietary treatment
Pharmacotherapy of obesity

Required Reading:

Will be given during the class

Additional Reading Material:

Eating Disorders:

1. Rachel Bryant-Waugh, Bryan Lask. *Eating Disorders: A Parents' Guide*, Second Edition, 2013.
2. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.
3. Salvador Minuchin, Bernice L. Rosman, Lester Baker. *Psychosomatic families: anorexia nervosa in context*, Harvard University Press, 1978.
4. American Psychiatric Association Work Group on Eating Disorders. *Practice guideline for the treatment of patients with eating disorders (revision)*. *American Journal of Psychiatry*, 2000; 157(1 Suppl): 1-39.
5. Position of the American Dietetic Association: *Nutrition Intervention in the Treatment of Eating Disorders*. *J Am Diet Assoc*. 2011;111:1236-1241.
6. Thompson, Ron A. and Roberta Trattner Sherman, *Helping Athletes with Eating Disorders*, Human Kinetics Publishers, 1993.
7. Andersen AE. *Eating disorders in males*. In: Brownell KD, Fairburn CG, eds. *Eating disorders and obesity: a comprehensive handbook*. New York: Guilford Press, 1995; 177-87.
8. Zerbe, Kathryn J., *The Body Betrayed: a deeper understanding of women, Eating Disorders, and treatment*, Gurze Books, 1995.
9. Miller, WR, and Rollnick, S. *Motivational Interviewing: Preparing People To Change*, 1991.

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10. *Addictive Behavior*. New York: Guilford Press.
 11. *Eating disorders of infancy and childhood: definition, symptomatology, epidemiology, and comorbidity* Nicholls D, Bryant-Waugh R. *Child Adolesc Psychiatr Clin N Am*. 2009, 18, 17-30.
 12. Ellyn Satter, *Child of mine*, Bull company, 2000.
 13. *Narrative practice- Biting the hand that starves you*, 2004.
 14. Maine, Margo, Ph.D., *Father Hunger: fathers, daughters, and food*, Gurze Books, 1991.& revised Ed, 2004.
 15. Monika Woolsey, MS, RD. *Eating Disorders: A Clinical Guide to Counseling and Treatment*. American Dietetic Association, 2002.
 16. Becker AE, Grinspoon SK, Klibanski A, Herzog DB. *Eating disorders*. *New England Journal of Medicine*, 1999; 340(14): 1092-8.
 17. Giorgio Narddone, Tiziana Verbitz, Roberta Milanese. *Prison of food: Research & treatment of Eating Disorders*. Karnac Books, 2005
 18. Spitzer RL, Yanovski S, Wadden T, Wing R, Marcus MD, Stunkard A, Devlin M, Mitchell J, Hasin D, Horne RL. *Binge eating disorder: its further validation in a multisite study*. *International Journal of Eating Disorders*, 1993; 13(2): 137-53.
 19. Sullivan PF. *Mortality in anorexia nervosa*. *American Journal of Psychiatry*, 1995; 152(7): 1073-4.
 20. Bruce B, Agras WS. *Binge eating in females: a population-based investigation*. *International Journal of Eating Disorders*, 1992; 12: 365-73.
 21. Apple RF, Agras WS. *Overcoming eating disorders. A cognitive-behavioral treatment for bulimia and binge-eating disorder*. San Antonio: Harcourt Brace & Company, 1997.
 22. Strober M, Freeman R, Lampert C, Diamond J, Kaye W. *Controlled family study of anorexia nervosa and bulimia nervosa: evidence of shared liability and transmission of partial syndromes*. *American Journal of Psychiatry*, 2000; 157(3): 393-401.
 23. Walters EE, Kendler KS. *Anorexia nervosa and anorexic-like syndromes in a population-based female twin sample*. *American Journal of Psychiatry*, 1995; 152(1): 64-71.
 24. Randi E, Ph.d. McCabe, Traci L, Ph.d. McFarlane, Marion P, , Ph.d. Olmstead. *Overcoming Bulimia: Your Comprehensive, Step-By-Step Guide to Recovery*. New Harbinger Self-Help Workbook, 2004.
 25. Cooper, M. *The Psychology of Bulimia Nervosa: A cognitive perspective*. Oxford, Oxford University Press, 2004.
 26. Allison, D. *Handbook of assessment methods for eating behaviors and weight and related problems*. Thousand Oaks, Calif.: Sage, 1995.
 27. Stollefson, Eileen J. *Winning the war within: nutrition for anorexia and bulimia nervosa*. Lake Dallas, TX, 1999.
 28. James Lock, Daniel Le Grange. *Help Your Teenager Beat an Eating Disorder* ,2004.
 29. James Lock, Daniel Le Grange. *Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach*, 2012.
 30. Janet Treasure, Gráinne Smith, Anna Crane. *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method* ,2007.
 31. Daniel Le Grange, James Lock. *Treating Bulimia in Adolescents: A Family-Based*

Approach, 2009.

32. קלוד פגי. השפה הסודית של הפרעות אכילה: כתר 1997

33. הפחד לתפוס מקום. איתן בכר, ירושלים 2001

34. Fairburn, C. G. *Cognitive Behavior Therapy and Eating Disorders*. New York: Guilford Press, 2008.

35. Fairburn, C. G., Cooper, Z., & Shafran, R. *Cognitive behaviour therapy for eating disorders: A "transdiagnostic" theory and treatment*. *Behaviour Research and Therapy*, 2003, 41, 509-528.

Obesity:

1. Spear, B.A., et al., *Recommendations for treatment of child and adolescent overweight and obesity*. *Pediatrics*, 2007.120 Suppl 4: p. S254-88.

2. Hoelscher, D.M., et al., *Position of the Academy of Nutrition and Dietetics: interventions for the prevention and treatment of pediatric overweight and obesity*. *J Acad Nutr Diet*, 2013. 113(10): p. 1375-94.

3. Lee, M.J., Y. Wu, and S.K. Fried, *Adipose tissue heterogeneity: implication of depot differences in adipose tissue for obesity complications*. *Mol Aspects Med*, 2013.34(1): p. 1-11.

4. Daniels, S.R., et al., *Overweight in children and adolescents: pathophysiology, consequences, prevention, and treatment*. *Circulation*, 2005.111(15): p. 1999-2012.

5. Foster, G.D., A.P. Makris, and B.A. Bailer, *Behavioral treatment of obesity*. *Am J Clin Nutr*, 2005. 82(1 Suppl): p. 230S-235S.

6. Butryn, M.L., V. Webb, and T.A. Wadden, *Behavioral treatment of obesity*. *Psychiatr Clin North Am*, 2011. 34(4): p. 841-59.

7. Ogden, C.L., et al., *Prevalence of obesity in the United States, 2009-2010*. *NCHS Data Brief*, 2012(82): p. 1-8.

8. Torres, A.J. and M.A. Rubio, *The Endocrine Society's Clinical Practice Guideline on endocrine and nutritional management of the post-bariatric surgery patient: commentary from a European Perspective*. *Eur J Endocrinol*, 2011. 165(2): p. 171-6.

9. Jensen, M.D., et al., *2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society*. *J Am Coll Cardiol*, 2013.

10. Snyder-Marlow, G., D. Taylor, and M.J. Lenhard, *Nutrition care for patients undergoing laparoscopic sleeve gastrectomy for weight loss*. *J Am Diet Assoc*, 2010. 110(4): p. 600-7.

11. Gillman, M.W. and D.S. Ludwig, *How early should obesity prevention start?* *N Engl J Med*, 2013. 369(23): p. 2173-5.

12. Wadden, T.A., et al., *Lifestyle modification for obesity: new developments in diet, physical activity, and behavior therapy*. *Circulation*, 2012.125(9): p. 1157-70.

13. Fabricatore, A.N., *Behavior therapy and cognitive-behavioral therapy of obesity: is there a difference?* *J Am Diet Assoc*, 2007. 107(1): p. 92-9.

14. Dalle Grave, R., et al., *Major factors for facilitating change in behavioral strategies to reduce obesity*. *Psychol Res Behav Manag*, 2013. 6: p. 101-110.

15. Tchernof, A. and J.P. Despres, *Pathophysiology of human visceral obesity: an update*. *Physiol Rev*, 2013.93(1): p. 359-404.

16. Shai, I., et al., *Weight loss with a low-carbohydrate, Mediterranean, or low-fat*

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- diet. *N Engl J Med*, 2008. 359(3): p. 229-41.
17. Look, A.R.G., et al., Cardiovascular effects of intensive lifestyle intervention in type 2 diabetes. *N Engl J Med*, 2013. 369(2): p. 145-54.
18. Knowler, W.C., et al., Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*, 2002. 346(6): p. 393-403.
19. Beauchamp, M.R., Myths, presumptions, and facts about obesity. *N Engl J Med*, 2013. 368(23): p. 2235-6.
20. Satter E., *Your child's weight helping without harming*. 2005, Kelcy press.
21. Hill J.O., Catenacci V.A., Wyatt H.R. Obesity: Etiology. In *Modern Nutrition in Health and Disease*, 2006 (Shils M.E., Shike M., Ross B., Caballero B. and Cousins R.J. editors). Baltimore: Lippincott Williams & Wilkins.
22. Wadden A.T., Byrne K., Ewing K.S., Obesity: Management. *Modern Nutrition in Health and Disease*, 2006. (Shils M.E., Shike M., Ross B., Caballero B. and Cousins R.J. editors). Baltimore: Lippincott Williams & Wilkins.
23. World Health Organization (WHO): Obesity: Preventing and Managing the Global Epidemic. Report of a WHO Consultation on Obesity. Geneva, 3-5 June 1997. *World Health Organ Tech Rep Ser*. 2000;894:i-xii, 1-253.
24. Willyard; The family roots of obesity. *Nature*, 2014 508(S58).
25. Position of the academy of nutrition and dietetics: interventions for the treatment of overweight and obesity in adults. *Journal of the Academy of Nutrition and Dietetics*. 2016;116(1):p.129-147.
26. Umuk v. et al. European Guidelines for Obesity Management in Adults, *Obes Facts* 2015;8:p.402-424
27. Braet C. et al. The assessment of eating behaviour in children who are obese: a psychological approach. A position paper from the European childhood obesity group, *Obes Facts*. 2014;7(3):p.153-64.
28. Golden NH, Schneider M, Wood C., Preventing Obesity and Eating Disorders in Adolescents. *Pediatrics*, 2016. Volume 138 (3).

מעריך הטיפול התזונתי במטופלים בריאטרים, מסמך מטעם עמותת עתיד, 201629.

Course/Module evaluation:

End of year written/oral examination 85 %

Presentation 15 %

Participation in Tutorials 0 %

Project work 0 %

Assignments 0 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

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