



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

**PSYCHOLOGY OF BODY IMAGE
PSYCHOLOGY 380Y, SECTION 001
Summer Term I, 2021
May 10 – June 25, 2021**

INSTRUCTOR: Kaylee Misener, MA, PhD Candidate

Office Hour: By appointment

Email: kaylee.misener@ubc.ca

Prerequisites: PSYO 111, PSYO 121, and 6 credits of 200-level Psychology

COURSE FORMAT:

The course will include online pre-recorded lectures, live activities (assigned and moderated virtual discussion groups), and time-limited activities (online quizzes and surveys). Lecture slides and accompanying video will be uploaded on Canvas. Lecture slides will serve as an outline of the course content and additional information will be presented throughout the video presentation. Media will be used to bring the course material to life. It is expected that you watch the online lectures and complete the required reading during the week they are posted to ensure you are prepared for the midterms and final.

COURSE DESCRIPTION:

The course pertains to the psychology of body image. Themes of the course include theories and measurement of body image, negative and positive body image, the development and prevention of body dissatisfaction, and eating disorders. Throughout, we will discuss how a variety of factors, such as age, gender, and ethnicity, relate to body image. Students who complete this course will develop a greater understanding for how body image develops and how individuals can make efforts to develop a more positive body image. Each lecture will begin with specific learning outcomes.

LEARNING OUTCOMES:

After completing this course, students should be able to:

1. Demonstrate knowledge and understanding of major theories of body image.
2. Demonstrate knowledge and understanding of empirical evidence supporting or contradicting the theories.
3. Demonstrate the ability to apply the theoretical knowledge in understanding the development of body image.
4. Demonstrate knowledge and understanding of how a variety of social and psychological factors influence the development of body image.
5. Demonstrate knowledge and understanding of how individuals can make choices that influence the development of positive body image.

REQUIREMENTS FOR ONLINE DELIVERY

In order to engage with this course online, students are required to **have a laptop or desktop computer and a stable internet connection**. While the lectures will be pre-recorded and posted, this course also includes live activities (assigned and moderated virtual discussion groups) which will **require a microphone; a camera is recommended**. Tests will be completed online during a set time (e.g., 1pm Kelowna time). Please email me if you do not have any of these requirements.

PRIVACY IN THE CONTEXT OF THE COURSE

Please respect the necessity for privacy. Throughout the discussions of course material, students and the instructor may choose to share or disclose personal information. As such, it is important in the context of this course to ensure that each student understands and can agree to respect privacy of their classmates and the instructor. Self-disclosure is optional and not required to participate in discussions of course content however, the ability to maintain this stance is necessary to ensure the safety of all individuals. As such, the discussions, self-disclosures, and personal information should not be divulged to any persons outside of the class and will be viewed as a breach of privacy. No parts of the discussion groups shall be recorded (unless required as per the Disability Resource Centre) in order to maintain privacy.

EVALUATION CRITERIA AND GRADING:

This course is graded on a numeric (percentage) basis. Students will be asked to complete assignments, a midterm, and a final exam for evaluation to demonstrate they have met the learning objectives. Late assignments will be docked 10% per day unless suitable justification is provided.

Evaluation criteria (more detail provided below):

1. Online discussion group (5%)
2. Completing online quizzes (Canvas) and online surveys (Mentimeter) (5%)
3. Activism Assignment (30%)
4. Midterm (30%)
5. Final Exam (30%)
6. SONA (BONUS 2%)

1. Online discussion group (5%)

Students will be assigned to 1 of 6 groups of approximately 10 students. Each group will have an assigned discussion group date (see schedule below) in which they will meet with the instructor via Zoom and participate in a group discussion. Each student is required to **prepare and submit two discussion questions to the instructor by 12:30 pm PDT the day before** their discussion group. In addition, students are expected to **participate in the group discussion**, via Zoom, to demonstrate critical thinking and engagement with the course content. Students are expected to contribute to these discussions in a meaningful and respectful way, making active connections with the topics presented in lecture. Students are encouraged to use Canvas discussion boards to communicate in their groups in order to prevent overlap in the discussion questions submitted. The **discussion questions created should align with the course topics and lecture presented the week of the discussion group**. The topics of each discussion group are outlined below. Students within the same group are not required to stick to the same topic. For example,

for group 1, some students may create discussion questions related to stigma while others create questions related to the theories introduced in the first lecture.

Group number	Date	Time	Eligible Topics
Group 1	May 20 th	8:30 am – 9:15 am PDT	Introduction and theories; Weight stigma; & Culture
Group 2	May 20 th	9:15 am – 10:00 am PDT	Introduction and theories; Weight stigma; & Culture
Group 3	May 27 th	9:15 am – 10:00 am PDT	Women’s body image; & Media
Group 4	June 10 th	8:30 am – 9:15 am PDT	Men’s body image; Prevention, intervention and body positivity; & Age, ethnicity, social class, and sexuality
Group 5	June 10 th	9:15 am – 10:00 am PDT	Men’s body image; Prevention, intervention and body positivity; & Age, ethnicity, social class, and sexuality
Group 6	June 17 th	9:15 am – 10:00 am PDT	Eating disorders; & Sports and exercise

2. Completing online quizzes (Canvas) and online surveys (Mentimeter) (5%)

Both the online Canvas quizzes and Mentimeter surveys will be for completion marks only (i.e., participation grades are earned through participation, regardless of content of responses). Students will be notified when Canvas quizzes and Mentimeter survey links are available and they will have **48 hours to complete them**. For menti surveys, students will be asked to enter their student ID to ensure participation marks are assigned accordingly.

3. Activism Assignment (30%)

This assignment consists of two parts. First, students will write a 3-page research-based paper on a specific body image topic (20%). The paper will summarize the literature, address personal learning, and explain the role of advocacy in furthering their topic. Second, students will distill the literature into their own Instagram-appropriate slideshow on their topic (10%). The slideshow should be designed to educate and promote action.

4. Midterm (30%)

The midterm will consist of multiple-choice questions and short-answer questions. Questions will be drawn from lecture content and assigned readings.

5. Final Exam (30%)

The final exam will consist of multiple-choice questions and short-answer questions. Questions will be drawn from lecture content and assigned readings. The exam will be

cumulative with the material after the midterm weighted more heavily. The exam date will be set by the Registrar's Office within the period of June 21, 2021 to June 25 2021.

Note: Midterm & Final Exam: All tests are to be written on the date specified below. If you are unable to write the midterm at the specified time, written documentation (i.e., medical note detailing how your illness rendered you incapable of writing the exam) is **required** and I must be notified **before** the midterm. **The final exam must be completed at the specified time.** Requests for changing/making up final exams must go through the dean's office.

6. SONA (BONUS 2%): See below for explanation of how to participate in SONA.

Grading

<u>Percent</u>	<u>Letter Grade</u>
90 - 100	A+
85 - 89	A
80 - 84	A-
76 - 79	B+
72 - 75	B
68 - 71	B-
64 - 67	C+
60 - 63	C
55 - 59	C-
50 - 54	D
0 - 49	F

SONA/ADDITIONAL RESEARCH ACTIVITY (2% Bonus)

Students earn Sona credit from participating in research activity. This can be either through direct participation in research through the Sona online volunteer subject pool (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities.

Research Participation (Option 1)

As a participant in one of numerous Psychology Department Subject Pool experiments posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation at UBCO. Hence, participation requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

Important Requirements

You may participate in more than one experiment in order to accrue credits. It is important to sign up for experiments early in the semester in order to increase the odds that a timeslot is available. If you wait until late in the semester, all timeslots may be taken. **IMPORTANT:** Please note, due to concerns related to COVID-19, only online studies will be hosted on Sona.

Logging On To The System

Sona is only open for those students who are registered in a psychology course offering Sona credit. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login

information you remember to log in. You can locate the Psychology Department Sona webpage here: <http://ubco.sona-systems.com>

Missed Appointments & Penalties

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the experiment and will lose the credit value of the study from possible marks associated with participation in research.

Please email psyc.ubco.research@ubc.ca with any questions or concerns that you may have regarding the Sona system, including unassigned bonus credits. Your professor does NOT have access to this information.

Research Summary Assignment (Option 2)

As an alternative to participating in a Psychology Subject Pool experiment, you may obtain subject pool credit by completing library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits.

Important Requirements

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.
 - A “recent” article has been published within the past 12 months.
 - A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it cannot be a news item, an article from a popular magazine, a notice, or a letter to the editor.
 - A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review cannot be a book review, literature review, or summary article.
 - The research article must relate to body image and have “Body Image” as one of its key words.

2. You must choose an article published by one of the following agencies:
 - The American Psychological Society - Psychological Science, Current Directions in Psychological Science, Psychological Science in the Public Interest, or Perspectives on Psychological Science.
 - The American Psychological Association - www.apa.org/journals/by_title.html has a full listing.
 - The Canadian Psychological Association - Canadian Psychology, Canadian Journal of Behavioural Science, or Canadian Journal of Experimental Psychology.
 - Other journals: Body Image or International Journal of Eating Disorders,

3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the Publication Manual of the American Psychological Association (7th ed.). The review will be graded on a pass – fail basis (2% or 0%). **At least 14 days before the end of classes each term**, submit the following to the course instructor:

- the article summary
- a copy of the article

- a title page that specifies your name, student number, email address, and word count of the summary.
- the course title and number

REQUIRED READINGS:

Textbook: Grogan, S. (2016). *Body image: Understanding body dissatisfaction in men, women and children* (3rd ed.). doi: 10.4324/9781315681528

You can view an e-book version free of charge from the library using your CWL login. There are no restrictions on how many students may view the text at one time. Please note that while lectures will draw from the textbook, only some chapters are assigned for student reading. Students who prefer to obtain a hard copy can do so by ordering online; the book is available on Amazon.

Other required readings/podcasts: Students are asked to familiarize themselves with the key conclusions of the podcasts and other required readings below prior to viewing the lecture recordings. Readings are listed in the schedule and PDF versions of the readings are available on Canvas for students to review at their discretion. Please keep in mind that reading and podcast-based questions are testable exam material.

1. Craddock, N. (Producer). (2021, January). *Appearance Matters Episode 55: Body Dissatisfaction is a Public Health Issue*. [Audio podcast]. Retrieved from <https://soundcloud.com/appearance-matters/55-body-dissatisfaction-is-a-public-health-issue>
2. Matheson, E. M., King, D. E., & Everett, C. J. (2012). Healthy lifestyle habits and mortality in overweight and obese individuals. *Journal of the American Board of Family Medicine*, 25, 9-15. doi:10.3122/jabfm.2012.01.110164
3. Tylka, T. L., Annunziato, R. A., Burgard, D., Daniélsdóttir, S., Shuman, E., Davis, C., & Calogero, R. M. (2014). The weight-inclusive versus weight-normative approach to health: Evaluating the evidence for prioritizing well-being over weight loss. *Journal of Obesity*, 983495-18. doi:10.1155/2014/983495
4. Cifelli, C. (Producer). (2020, September). *Love Your Bod Pod: #99 Weight Science & Stigma: Why it's So Hard to Lose Weight and Keep it Off with Dr. Janet Tomiyama, UCLA Researcher*. [Audio podcast]. Retrieved from <https://anchor.fm/love-your-bod-pod/episodes/99-Weight-Science--Stigma-Why-Its-So-Hard-to-Lose-Weight-and-Keep-It-Off-with-Dr--Janet-Tomiyama--UCLA-Researcher-ejvk37>
5. Anderson-Fye, E. P. (2011). Body images in non-Western culture. In T.F. Cash & L. Smolak (Eds.), *Body image: A handbook of science, practice, and prevention* (2nd ed., pp. 244-253), Guilford Press. <https://ebookcentral.proquest.com>
6. Craddock, N. (Producer). (2018, July). *Appearance Matters Episode 28: Male Body Image* [Audio podcast]. Retrieved from <https://soundcloud.com/appearance-matters/episode-28-male-body-image>
7. Craddock, N. (Producer). (2018, December). *Appearance Matters Episode 32: Positive Body Image* [Audio podcast]. Retrieved from <https://soundcloud.com/appearance-matters/episode-32-positive-body-image>
8. Ricciardelli, L. A., & Yager, Z. (2016). Preventing body dissatisfaction and promoting positive body image. In *Adolescence and body image: From development to preventing dissatisfaction*. London: Routledge Ltd. doi:10.4324/9781315849379
9. Harrison, C. (Producer). (2019, May). Food Psych Podcast: #196 Diet Culture's Racist Roots with Sabrina Strings, Sociologist and author of *Fearing the Black Body* [Audio

- podcast]. Retrieved from <https://christyharrison.com/foodpsych/6/the-racist-roots-of-diet-culture-with-sabrina-strings-sociologist-and-author-of-fearing-the-black-body>
10. Keel, P. K. (2017). Introduction: What are eating disorders? In *Eating disorders* (2nd ed.) (pp. 1-15). New York: Oxford University Press.
 11. Craddock, N. (Producer). (2021, April). *Appearance Matters Episode 57: Eating Disorders and Recovery in Lockdown* [Audio podcast]. Retrieved from <https://soundcloud.com/appearance-matters/57-eating-disorders-recovery-lockdown>
 12. Petrie, T. A. & Greenleaf, C. (2012). Body image and sports/athletics. In T.F. Cash (Eds.), *Encyclopedia of body image and human appearance* (pp. 160-165), Academic Press. doi:10.1016/B978-0-12-384925-0.00018-3
 13. Santos, L. (Producer). (2021, January). *The Happiness Lab with Dr. Laurie Santos: Move More... But for the Right Reasons*. [Audio podcast]. Retrieved from <https://www.happineslab.fm/2021-new-year-mini-season/episode-4-move-more-but-for-the-right-reasons>

COURSE SCHEDULE:

The below schedule should be considered tentative as the pace of the course and content covered each class may vary throughout the semester. The examination dates will remain fixed. All assigned readings are to be completed before viewing the recorded lecture they correspond with.

Date	Topic	Readings/Podcasts	Notes
May 10th	Introduction to Body Image	Chapter 1; Appearance Matters Episode 55: Body Dissatisfaction is a Public Health Issue	
May 13 th	Weight Stigma and Body Image	Matheson et al., 2012; Tylka et al., 2014; Love Your Bod Pod: #99 Weight Science & Stigma	
May 17 th	Culture and Body Image	Chapter 2; Anderson-Fye, 2011	
May 20 th	Women and Body Image	Chapter 3	Discussion Group 1: 8:30 am – 9:15 am PDT Discussion Group 2: 9:15 am – 10:00 am PDT
May 24 th	(NO LECTURE)	-	-
May 27 th	Media Effects	Chapter 5	Discussion Group 3: 9:15 am – 10:00 am PDT
May 31 st	Midterm Exam	Material up to this point	Must be completed between 8:30 – 10:00 am PDT
June 3 rd	Men and Body Image	Chapter 4; Appearance Matters Episode 28: Male Body Image	
June 7 th	Prevention, Intervention, and Body Positivity	Ricciardelli & Yager, 2016 and Appearance Matters Episode 32: Positive Body Image	
June 10 th	Age, Ethnicity, Social Class, and Sexuality	Chapter 6; Food Psych Podcast: #196 Diet Culture's Racist Roots	Discussion Group 4: 8:30 am – 9:15 am PDT Discussion Group 5: 9:15 am – 10:00 am PDT
June 15 th	Eating Disorders	Keel, 2017; Appearance Matters Episode #57: Eating Disorders and Recovery in Lockdown	Activism Assignment Due
June 17 th	Body Image, Sports and Exercise	Petrie & Greenleaf, 2012; The Happiness Lab with Dr. Laurie Santos: Move More... But for the Right Reasons.	Discussion Group 6: 9:15 am – 10:00 am PDT
June 21 st – June 25 th	Final Exam Period	Cumulative	Exam Date TBA

Important UBC Policies and Resources

Missed Graded Work

Students who, because of unforeseen events, are absent during the term and are unable to complete tests or other graded work, should normally discuss with their instructors how they can make up for missed work, according to written guidelines given to them at the start of the course. Instructors are not required to make allowance for any missed test or incomplete work that is not satisfactorily accounted for. If ill health is an issue, students are encouraged to seek attention from a health professional. Campus Health and Counselling will normally provide documentation only to students who have been seen previously at these offices for treatment or counselling specific to conditions associated with their academic difficulties. Students who feel that requests for consideration have not been dealt with fairly by their instructors may take their concerns first to the Head of the discipline, and if not resolved, to the Office of the Dean. Further information can be found at:

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

Academic Integrity

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at

<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>

Final Examinations

The examination period for **Term 1 of Summer 2020 is June 21, 2021 to June 25, 2021**. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

Grading Practices

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record. <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

Student Service Resources**UBC Okanagan Disability Resource Centre**

UBC Okanagan Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in Commons Corner in the University Centre building (UNC 227).

UNC 227A 250.807.9263

email earllene.roberts@ubc.ca

Web: www.ubc.ca/okanagan/students/drc

UBC Okanagan Equity and Inclusion Office

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity and Inclusion Office.

UNC 227C 250.807.9291

email: equity.ubco@ubc.ca

Web: www.ubc.ca/okanagan/equity

Health & Wellness

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

UNC 337 250.807.9270

email: healthwellness.okanagan@ubc.ca

Web: www.students.ok.ubc.ca/health-wellness

UBCO Virtual Walk-in Well-Being Clinic

A barrier-free wellness clinic, accessible without an appointment to students, staff, faculty and community members. Complete a brief meeting with a graduate clinician supervised by a registered psychologist for 30 minutes to develop the right wellness plan for you. Services are free of charge. Must be in British Columbia to receive services. Tuesdays 10:00 – 4:00 PM Pacific Daylight Savings Time (Kelowna time)

Email: ipc.ok@ubc.ca

Voicemail: (250) 807-8241

Web: <https://psych.ok.ubc.ca/psychology-clinic/thrive-thursdays/>

PUMPS: Prevention, Understanding, Motivation, Power and Skills to Heal

PUMPS provides support to individuals that may be challenged with disordered eating or excessive exercise behaviours. PUMPS is an education, awareness and support program offered through the Nutrition Education Centre in the School of Health and Exercise Sciences at UBC Okanagan campus. Drs. Sally Willis-Stewart and Mary Jung are dedicated to this initiative along with the support of other experts on campus and in the community.

<https://hes.ok.ubc.ca/pumps/>

Services:

- **Resources**
 - Our Nutrition Education Centre is located in ART 179 and has numerous handouts, pamphlets, books, videos and other resources for you to take or sign out for reading and viewing. Hours of operation TBA and will be posted on the centre door.
- **Awareness and Education**
 - Drs. Willis-Stewart and Jung are available for discussions to help educate and refer with prevention and healing in mind. Your phone calls and emails are confidential. Please call before your situation worsens. If you would like to be added to the list for the proposed support group, please let us know.
 - Dr. Sally Willis-Stewart: sally.willis-stewart@ubc.ca 250-807-9684
 - Dr. Mary Jung: mary.jung@ubc.ca 250-807-9670

Hotlines

24 Hour Crisis line 1-800-784-2433 (1-800-SUICIDE)

Interior Crisis Line (1-888-353-2273)

24 Hour Nurses Help Line 811

National Eating Disorder Information Center: 1-866-NEDIC-20 (1-866-633-4220)

Monday to Friday 6:00 am – 6:00 pm

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Access to the *Canvas* course site is limited to students currently registered in this course. Under no circumstance are students permitted to provide any other person with means to access this material. Anyone violating these restrictions may be subject to legal action. Permission to electronically record any course materials must be granted by the instructor. Distribution of this material to a third party is forbidden.