Outline
Body Image: Theory, Research, and Practice; 0246-400-03 & 0246-606-35
Fall, 2006
Department of Psychology
University of Windsor

Day: Wednesday Time: 6:00 - 8:50 PM Location: 53-2 CHS

Professor: Office Hours: GA: Treena Blake
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Prerequisite for this course: 115, 116, and four of second, third, of fourth year courses. Restricted to psych major.

September 13 Introduction, overview, theme distribution, and schedule negotiation
September 20 Body Image Satisfaction
September 20 BI Investment
October 4 Perceptual Distortion
October 11 Body Image and Eating Disorders
October 18 Body Image and the Media
October 25 Body Image and Social Comparison
November 1 Self-esteem and Body Image
November 8 Body Dysmorphic Disorder
November 15 Body Image in Men
November 22 Body Image Measurement
November 29 Body Image Treatment
December 6 Integration
**Objectives:** In this course, students will be expected to discuss the various components of body image and their relationship, both in men and in women. Similarly, students will be expected to fluently discuss the variously identified sources of body image disturbances, both in terms of environmental risk factors and in terms of predisposing factors, and their consequences. Students will also be expected to describe the various approaches to body image assessment and treatment. Finally, students will be expected to comment on the impact of various research methodologies on theories of body image disturbance.

**Evaluation:**
Students will be evaluated on the basis of the three following components:

- **30% Seminar 1:** presentation on selected readings
- **30% Seminar 2:** presentation on selected readings
- **40% One paper due at the end of the semester**

**Seminars:**
Students are expected to prepare and deliver two, one hour, formal presentations of a summary of selected readings. These presentations should be prepared in Power Point format. Each presentation should start with a broad definition of the chosen theme and then specialize in the specific treatment of that theme chosen by the student. In these seminars, students are to show mastery of their topic and should be prepared to engage their classmates in meaningful discussing points. It is not acceptable for the presenting student to bring forward a discussion point that they, themselves, do not understand. The spirit of the seminar is to actually teach other students the specific topic chosen by the presenting student.

**Paper:**
This paper will be due on December 13, 2006. This paper should conform to APA guidelines for theoretical/review papers. This means that it should include the following elements:

1. An abstract outlining the goal of the paper
2. The method of literature collection
3. An introduction section
4. A method section where the approach to the literature search is described
5. A result section divided into meaningful subtitles
6. A discussion section extracting meaning from the literature review
7. A reference section

Papers are expected to be no more than 12 double-spaced pages in length with 2.5 cm margins and 12 point font, preferably Time New Roman. Papers will be judged on the capacity to pose a question of interest to the field of body image, and the quality of the work performed to answer this question. This includes comprehensiveness of literature review, organization of the material in meaningful sections, and articulation of the meaning of the review findings. Papers will also be assessed on the quality of the writing and presentation. Incomplete sentences, spelling errors, and poor grammar will not be assets. Be sure to use your word processing software’s spell checker and grammar check.
Marking: Each student will receive individualized written feedback on their paper detailing point by point the strength and weaknesses of their work.

Note:
Students are NOT to use WEB pages as sources of scholarly material for their seminar presentation or for their paper. Students will be required to gather information from the published scientific literature. This includes electronic journals.

Reading List
Note: All papers included in this reading list must be read by all students as standard preparation for class time. When more than 4 papers appear under a theme, mandatory readings for the class are indicated with an asterisk. Papers not marked by an asterisk are optional and are meant to assist the presenting student in their literature review.

Body Image Satisfaction

Body Image Investment

Body Image Distortion


**Body Image and Eating Disorders**


**Body Image and the Media**


Hargreaves, D., & Tiggemann, M. (2003b). Longer-term implications of responsiveness to 'thin-


**Body Image and Social Comparison**


**Body Image and Self-esteem**


**Body Dysmorphic Disorder**


**Body Image in Men**


Body Image Measurement


Body Image Treatment


Prevention. Special Issue: Body experience, 3(2), 175-182.


Plagiarism and Examination Make-up Policies

(This Policy will be appended to all course outlines in the Faculty of Arts and Social Sciences)

1. Plagiarism

Plagiarism is a very serious academic offense. Students who plagiarize are dishonestly and fraudulently using someone else's work as their own. In the preparation of essays, papers, reports, and any other types of assignments, students must necessarily rely on the work of others. However, the source of any ideas, wording, or data obtained from others must be disclosed and properly acknowledged by citations, quotation marks, and bibliographic references in the proper format. Using the work of others without acknowledgement is plagiarism.

Plagiarism includes, but is not limited to:

a) Copying material, for example, from the Internet, or purchasing material and submitting it as
one's own;
b) Paraphrasing (changing some of the words) the ideas and concepts of others without proper referencing
c) Using a passage or passages of any length from published or unpublished work of others without placing the passage(s) in quotation marks (or using indentation for long quotation(s)) and acknowledging their source;
d) Submitting work to more than one course, unless prior permission to do so has been given in writing;
e) Submitting work completely or largely identical to that of other students, unless group work and joint submissions are explicitly permitted by the instructor.

Consequences:
If the instructor finds that plagiarism has occurred, s/he assigns a grade of 0 (F-) to the work in question and reports the case to the Department Head, to the Associate Dean of the Faculty, and to the student(s) involved. Disciplinary proceedings may be initiated pursuant to Senate Bylaw 31, which could result in suspension or expulsion from the University in cases of repeated plagiarism. *Students will not be allowed to re-write or re-submit work to compensate for grades assigned as a result of plagiarism.* Students can appeal a finding of plagiarism to the Department Head or designate and/or to the Associate Dean of Student and Academic Affairs in the Faculty of Arts and Social Sciences, and ultimately to a judicial review panel at the University.

2. **Exam Makeup/Late Submission/Aegrotat/Incomplete Policy**

The Faculty of Arts and Social Sciences requires students to provide acceptable and documented medical (or equivalent compassionate) reasons to allow

- make-ups for scheduled tests, midterms, and final exams;
- the submission of late assignment;
- grades of Incomplete or Aegrotat.

Acceptable reasons include hospital stays, serious illness, family emergencies (such as serious accidents or illnesses, death) or similar circumstances outside the student's control. Normally, written documentation is required stating specific reasons and dates. Arrangements for make-up exams must be made as soon as possible. The instructor sets the date and format for make-up exams; the format will usually be different than the original exam.

*Plagiarism Policy: July, 2004*