Eating Disorders

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. Characteristics of eating disorders include all of the following EXCEPT:
   A. Serious disturbances in eating behavior
   B. Feelings of distress or extreme concern about body shape or weight
   C. Control over voluntary behaviors, such as eating smaller or larger amounts of food than usual
   D. Extreme and unhealthy reduction of food intake or severe overeating

2. Eating disorders are due to a failure of will or behavior and they are real, treatable medical illnesses in which certain maladaptive patterns of eating take on a life of their own.
   A. True
   B. False

3. Eating disorders frequently co-occur with other psychiatric disorders such as depression, substance abuse, and anxiety disorders and people who suffer from eating disorders can experience a wide range of physical health complications, including serious heart conditions and kidney failure which may lead to death.
   A. True
   B. False

4. Only an estimated ______ percent of people with anorexia or bulimia and an estimated _____ percent of those with binge-eating disorder are male.
   A. 3 to 10 percent; 20 percent
   B. 5 to 15 percent; 35 percent
   C. 7 to 20 percent; 40 percent
   D. 9 to 25 percent; 45 percent

5. All of the following are accurate statements about anorexia nervosa EXCEPT:
   A. There is a disturbance in the way in which one’s body weight or shape is experienced, or denial of the seriousness of the current low body weight
   B. An estimated 1.5 to 6.7 percent of females suffer from anorexia nervosa in their lifetime
   C. Anorexic females who have reached puberty often have infrequent or absent menstrual periods
   D. All of the above are accurate

6. Like individuals with anorexia, many people with bulimia may fear gaining weight, desire to lose weight, and feel intensely dissatisfied with their bodies, and most with the disorder are underweight.
   A. True
   B. False

7. All of the following are similarities between bulimia and binge eating EXCEPT:
   A. Binge eating with both disorders is associated with the regular use of inappropriate compensatory behaviors
   B. Both have recurrent episodes of binge eating, characterized by eating an excessive amount of food within a discrete period of time, and by a sense of lack of control over eating during the episode
   C. Binge eating is often done in secrecy and feelings of self-disgust and shame are common with both illnesses
   D. Both behaviors occur, on average, at least two times a week

8. Treatment of anorexia calls for a specific program that involves which one of the following phases:
   A. Treating psychological disturbances such as distortion of body image, low
   B. Achieving long-term remission and rehabilitation, or full recovery
self-esteem, and interpersonal conflicts
B. Restoring weight that was lost to severe dieting and purging
D. All of these phases must be included in the treatment

9. Establishment of a pattern of regular, non-binge meals, improvement of attitudes related to the eating disorder, encouragement of healthy but not excessive exercise, and resolution of co-occurring conditions such as mood or anxiety disorders are among the specific aims strategies to treat bulimia.
A. True
B. False

10. Which of the following is NOT a true statement regarding the use of medication to treat bulimia?
A. Those who have not responded adequately to psychosocial treatment alone may benefit from the use of medication
B. Psychotropic medications, primarily anticonvulsants, have been found to be helpful for people with bulimia
C. Medications may be helpful in preventing relapse and resolving mood and anxiety symptoms
D. All of the above are true statements