

Quiz Chapter 9: Eating Disorders and Obesity

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question(20 points).

- 1) How do you distinguish between the binge-eating/purging type of anorexia nervosa and bulimia nervosa, purging type? 1) _____
- A) People with the bulimic type are normal weight, people with the anorexic type are underweight.
 - B) Altered eating and exercise habits result in missed periods in the bulimic type only.
 - C) The bulimic type involves throwing up and the anorexic type involves fasting.
 - D) The bulimic type results in more severe health consequences than the anorexic type.
- 2) Rates of eating disorders tend to be much lower in black women than in white women. However, one factor that can increase risk in black women is 2) _____
- A) their age - younger black women have higher rates of eating disorders than older.
 - B) whether or not they were recent immigrants.
 - C) assimilation into white culture and middle class values.
 - D) their weight - very overweight black women have the same rates of eating disorders as whites do.
- 3) All of the following are dangers associated with obesity EXCEPT 3) _____
- A) heart attack.
 - B) cancer.
 - C) high blood pressure.
 - D) diabetes.
- 4) Which of the following is a potential consequence of anorexia nervosa? 4) _____
- A) memory loss
 - B) muscle atrophy
 - C) hair loss
 - D) death
- 5) What cyclical pathway can develop that eventually leads to obesity? 5) _____
- A) A child eats because of feelings of depression and low self-esteem, gains weight, is rejected by peers, binges and continues to gain weight.
 - B) A child binges because of depression and low self-esteem, purges and feels better, then feels safe to binge again.
 - C) A child eats normally and is of normal weight but is teased about their weight and begins to diet.
 - D) A child stops eating because of low self-esteem, becomes anorexic and then is successfully treated but still has negative feelings about her/himself.

- 6) According to set-point theory 6) _____
- A) the body weight that is maintained in the absence of dieting is the one at which health is maximized.
 - B) anorexics have successfully adjusted their bodies to a new lower set point.
 - C) behavioral means of altering body weight can never overcome the body's ability to compensate physiologically.
 - D) hunger serves to maintain the body at its established set point.
- 7) What neurotransmitter seems to be involved in both eating disorders and depression? 7) _____
- A) GABA B) norepinephrine C) serotonin D) dopamine
- 8) Which of the following is characteristic of the binge-eating/purging type of anorexia? 8) _____
- A) 30 to 50 percent of those who begin by binge-eating and purging become restricting type anorexics
 - B) efforts to restrict food intake
 - C) the use of laxatives
 - D) body weight is within normal range
- 9) Which of the following is a controversial aspect of the diagnostic criteria for anorexia nervosa? 9) _____
- A) denial
 - B) amenorrhea
 - C) refusal to maintain normal body weight
 - D) distorted perception of body size and shape
- 10) Our current knowledge of the efficacy of treating eating disorders 10) _____
- A) is much more detailed for anorexia nervosa than for bulimia nervosa.
 - B) is quite thorough because there are many controlled studies comparing long-term outcomes.
 - C) suggests that hospitalization is most effective for long-term maintenance of treatment gains.
 - D) suggests that cognitive-behavioral therapy is the treatment of choice.
- 11) Which statement about the treatment of eating disorders is most accurate? 11) _____
- A) There are very few options available in the treatment of eating disorders.
 - B) There are virtually no situations in which hospitalization is necessary to treat eating disorders.
 - C) Family support and the patient's commitment to change are important to lasting recovery.
 - D) Family involvement in treatment tends to undercut the chances of lasting recovery in the patient.
- 12) Which of the following is most commonly found in families of girls with anorexia? 12) _____
- A) Parents who emphasize rules, control, and good physical appearance.
 - B) Children who reduce psychological tension in the family by dominating their parents.
 - C) Sibling rivalry that breaks out into physical and verbal aggression.
 - D) Parents who are unconventional, dramatic, and antisocial.

- 13) Which of the following accounts for more morbidity and mortality than all eating disorders combined? 13) _____
A) bulimia nervosa B) anorexia nervosa
C) obesity D) binge-eating disorder
- 14) The most common quality of parents' interactions with their daughters who have eating disorders is 14) _____
A) control. B) lack of direction and rules.
C) unconditional love and acceptance. D) neglect.
- 15) In addition to altering the eating patterns of clients with Binge Eating Disorder, therapist using cognitive-behavioral therapy will also 15) _____
A) provide factual information about eating and dieting.
B) help the client to emotionally separate from her family.
C) teach the clients to be greater risk-takers.
D) educate the clients that fat people have certain character flaws.
- 16) Which of the following do those with anorexia nervosa and bulimia nervosa have in common? 16) _____
A) a need for control B) restricted eating
C) below normal weight D) fear of being or becoming fat
- 17) Families of people with anorexia 17) _____
A) do not have any characteristic features. B) exhibit tendencies towards perfectionism.
C) tend to provide few rules and limits. D) emphasize individuality.
- 18) What disorders are often comorbid with eating disorders? 18) _____
A) depression and personality disorders
B) post-traumatic stress disorder and depression
C) panic disorder and personality disorders
D) generalized anxiety disorder and substance abuse
- 19) Family therapy for anorexia appears to be most effective when it is used to treat 19) _____
A) those with comorbid depressive and/or anxiety symptoms.
B) men.
C) adolescents.
D) adults.
- 20) A common sign of bulimia nervosa, purging type is 20) _____
A) lanugo. B) damaged teeth and mouth ulcers.
C) kidney failure. D) intolerance to cold.