Examination

1. For a conservative estimate, _______ of our teens (mostly females) will develop an eating disorder.
   a. 0.1% to 0.2%
   b. 1% to 2%
   c. 2% to 5%
   d. 5% to 10%
   e. 10% to 20%

2. All of the following statements are true EXCEPT
   a. About 85% to 90% of anorexia nervosa and bulimia cases occur in women.
   b. Eating disorders cross all ethnic groups and socioeconomic classes.
   c. Eating disorders primarily affect only white affluent women.
   d. An estimated 60% of binge eating cases occur in women.
   e. Nearly 2 million people in the United States have an eating disorder or a borderline condition.

3. Current research on causative factors for eating disorders points to a combination of all of the following EXCEPT
   a. psycho-developmental factors
   b. neurochemical issues
   c. substance abuse issues
   d. sociocultural factors
   e. genetic issues

4. Regarding genetic issues, the eating disorder results from the interaction of genetic predispositions and
   a. environmental factors
   b. underlying common medical diseases
   c. underlying genetic disorders, such as cystic fibrosis
   d. underlying substance abuse
   e. family history

5. To date no specific gene that causes an eating disorder to develop has been isolated; however, the _______ gene is showing promising research
   a. Duchenne muscular dystrophy
   b. neurofibromatosis
   c. cystic fibrosis
   d. hSKCa3 potassium channel
   e. Huntington's disease

6. Regarding neurochemical issues, there appears to be
   a. increased serotonin uptake in women with bulimia and decreased serotonin in women with anorexia nervosa.
   b. reduced serotonin uptake in women with bulimia and with anorexia nervosa.
   c. increased serotonin uptake in women with bulimia and with anorexia nervosa.
   d. increased serotonin uptake in women with bulimia but no pattern to the serotonin levels in women with anorexia nervosa.
e. reduced serotonin uptake in women with bulimia and increased serotonin in women with anorexia nervosa.

7. All of the following are psycho-developmental and sociocultural factors related to eating disorders EXCEPT
   a. A preoccupation over food and weight that evolves into more complex issues such as control and distorted body image.
   b. Troubled family and personal relationships and or difficulty expressing emotions and feelings.
   c. History of being teased or harassed based on size or weight.
   d. Diet restrictions related to chronic diseases such as phenylketonuria (PKU) or diabetes.
   e. Cultural pressures on the basis of physical appearance and not inner qualities and strengths.

8. All of the following are considered high-risk sports that may contribute to an eating disorder EXCEPT
   a. gymnastics
   b. baseball
   c. cheerleading
   d. jockeying
   e. weight-class football

9. _______ is an example of an existing medical condition that significantly restricts diet, which can have a negative impact on eating behavior and body image of teen-age girls.
   a. diabetes
   b. hypothyroidism
   c. asthma
   d. hyperthyroidism
   e. migraine headaches

10. Regarding the media, this article discussed the results of a study (performed by a leading magazine for teens, Seventeen) and reported that _____ of female readers were unhappy with their bodies.
    a. 12%
    b. 18%
    c. 26%
    d. 35%
    e. 46%

11. There are six focus areas in a screening process that if completed by clinicians will most likely detect a teen with an eating disorder and these include all of the following EXCEPT
    a. Body image and weight history
    b. Psychosocial evaluation
    c. Eating behaviors and meal patterns
    d. Family genetic history for inheritable diseases
    e. Physical exam

12. All of the following are examples of abnormal eating behaviors and meal patterns that could be a warning sign of an underlying eating disorder EXCEPT
    a. eating foods in certain orders
    b. hoarding/hiding food or the existence of wrappers and containers
    c. withdrawal from usual friends and activities
    d. frequent trips to the bathroom after meals
    e. excessive chewing or rearranging food on a plate

13. All of the following are examples of abnormal psychosocial aspects that could be a warning sign for an underlying eating disorder EXCEPT
    a. misuse of laxatives or diuretics
    b. perfectionism or obsessive-compulsive behavior
c. poor self-esteem
d. decreased interest in sex or fear of sex
e. history of abuse or traumatic life event

14. Under health history, a warning sign for a possible underlying eating disorder would be
   a. constipation from excessive narcotic use
   b. the absence of a menstrual cycle
   c. hyperthermia
   d. fainting spells
   e. complaints of frequent headaches

15. Regarding the physical exam, all of the following are warning signs for an underlying eating disorder EXCEPT
   a. loss of muscle mass
   b. unusual swelling of the cheeks or jaw area
   c. discoloration or staining of the teeth
   d. calluses on the back of the hands and knuckles
   e. Body Mass Index below the 25th percentile

16. Regarding ideal body weight charts, which of the following statements is TRUE
   a. Frame size was consistently measured and thus is a valid part of the tables
   b. It is believed that nearly all persons were actually weighed, which adds validity to the accuracy of the tables.
   c. The tables considered percentage of body fat and distribution.
   d. The people included were from a wide range of races and social classes.
   e. The numbers are okay for persons in their forties, but too heavy for younger persons and too light for older persons.

17. Ideal body weight is different for every individual and all of the following factors must be taken into consideration EXCEPT
   a. body fat content and distribution
   b. diet
   c. musculature
   d. age
   e. activity

18. Using the mathematical tool supplied in this article, the approximate ideal body weight for a female that is 5 feet 5 inches tall would be
   a. 100 lbs.
   b. 115 lbs.
   c. 125 lbs.
   d. 140 lbs.
   e. 150 lbs.

19. Using the mathematical tool supplied in this article, the approximate ideal body weight for a male that is 5 feet 10 inches tall would be
   a. 150 lbs.
   b. 166 lbs.
   c. 178 lbs.
   d. 184 lbs.
   e. 196 lbs.

20. A large percentage of eating disorders develop during adolescence and as quoted in this article, Erik Erickson (1963) stated that the central developmental task of adolescence is to
a. develop a sense of identity
b. create lasting friendships
c. feel they are accepted by society
d. determine what aspects of society interest them the most
e. not worry and enjoy life