

Eating Disorder Quiz

1. You are concerned about a friend who has been bingeing on food and then and “throwing up”. You explain that an eating disorder is a:

- A. Strong desire to lose weight because of seeing such thin women in the media
- B. Fad, a phase, or a lifestyle choice for eating or dieting that is hard to change
- C. Warped body image in girls that leads to refusal to eat, or purging
- D. A. Serious, treatable illness that affects physical and emotional health

2. You are upset when your depressed friend refuses to eat and she is taken to the hospital to have a feeding tube put in. You believe that:

- A. The risk for falls, injuries, even death is very high without nutrition
- B. It is only OK to force nutrition on someone who is depressed if they are young
- C. People who are ill and aging usually become more isolated and “waste away”
- D. Your neighbor doesn’t want you to see her like that, so it’s best not to visit her

3. Your friend was able to eat again and the feeding tube was removed. As she was being discharged from the hospital, the nurse explained how to continue her treatment at home by:

- A. Using relaxation skills if “stressed out” from a need for constant supervision
- B. Taking medicine or alcohol to help with appetite, anxiety and sleep problems
- C. Using your care team, and community resources to find support
- D. Avoiding contact with other people during times of stress or disordered eating