



# Eating Disorders

## MCQS



1) Which of the following is a diagnostic criterion for anorexia nervosa :

- a) A refusal to maintain a minimal body weight
- b) A pathological fear of gaining weight
- c) A distorted body image in which, even when clearly emaciated, sufferers continue to insist they are overweight
- d) All of the above

2) In Restricted Type anorexia nervosa, self-starvation is NOT associated with which of the Following :

- a) Concurrent purging
- b) Socialising
- c) Body dysmorphic issues
- d) Eating only certain food types

3) In Binge-Eating/Purging Type anorexia nervosa, self-starvation is associated with:

- a) Not eating to help control weight gain
- b) Not being bothered about weight gain
- c) Regularly engaging in purging activities to help control weight gain
- d) Eating only certain food types

4) High rates of comorbidity exist between anorexia and other Axis I and Axis II disorders. What percentage of anorexia sufferers who also have a lifelong diagnosis of major depression :

- a) 50-60%
- b) 30-40%
- c) 20-30%
- d) 70-80%

5) In Bulimia nervosa, the nonpurging sub-type, a behaviour which is used to compensate for bingeing is :

- a) Exercise
- b) Controlling intake of certain food types
- c) Withdrawing from social interaction
- d) Controlling carbohydrate intake

6) Pick one of the following familial factors that plays a role in the development of eating disorders:

- a) Parental attitudes to sex
- b) **Parental obesity**
- c) Parental attitudes to the media
- d) Parental attitudes to education

7) **Body dissatisfaction is associated with triggering bouts of:**

- a) Purging
- b) Binging
- c) **Dieting**
- d) Shopping

8) Which of the following is a prominent characteristic of individuals with eating disorders:

- a) High self esteem
- b) **Low self esteem**
- c) High levels of responsibility
- d) Narcissism

9) Which of the following characteristics has regularly been implicated in the aetiology of eating disorders:

- a) **Perfectionism**
- b) Narcissism
- c) Extraversion
- d) Introversion

10) Anorexia and bulimia are frequently comorbid with major depression, thus eating disorders have tended to be treated pharmacologically with which of the following:

- a) Antipsychotics
- b) Antibiotics
- c) Antihistamine
- d) **Antidepressants**

11) Which of the following is a common treatment for bulimia:

- a) Family therapy
- b) **Cognitive Behaviour Therapy**
- c) Psychodynamic therapy
- d) Humanistic therapy

12) In the DSM-IV-TR diagnostic criteria for anorexia nervosa, which of the following is considered to be a risk factor :

- a) Disturbance in the way in which one's body weight or shape is experienced
- b) Undue influence of body weight or shape on self-evaluation
- c) Denial of the seriousness of the current low body weight
- d) **All of the above**

**13) A binge-eating episode is associated with which of the following according to the DSM-IV-TR diagnostic criteria for binge eating disorder:**

- a) Eating much more rapidly than normal
- b) Eating until feeling uncomfortably ill
- c) Eating large amounts of food when not feeling physically hungry
- d) **All of the above**

**14) The Body Mass Index (BMI) measure indicates that one would be considered overweight "Pre-obese" with a BMI of:**

- a) 45-59.9
- b) 20.9-30.9
- c) **25-29.9**
- d) 55-69.9

**15) According to the DSM-IV-TR diagnostic criteria for anorexia nervosa, one of the objective levels for judging whether an individual is underweight is:**

- a) **Body weight less than 85% of that expected**
- b) Body weight less than 50% of that expected
- c) Body weight less than 70% of that expected
- d) Body weight less than 65% of that expected

**OR , According to the DSM, one of the diagnostic criteria for anorexia nervosa is that:**

- a) **Individuals have a body weight below 85% of their expected weight for their age and height.**
- b) Individuals have a body weight below 90% of their expected weight for their age and height.
- c) Individuals have a body weight below 65% of their expected weight for their age and height.
- d) Individuals have a body weight below 70% of their expected weight for their age and height.

**16) Anorexia nervosa is usually associated with a number of biological symptoms which are effects of the self-imposed starvation regime. Which of the following is NOT a symptom of anorexia :**

- a) Tiredness
- b) Dry skin and brittle hair
- c) Hypothermia
- d) **High blood pressure**

**17) Bulimia displays significantly fewer physical symptoms than anorexia. Which of the following is a common physical sign of bulimia :**

- a) Permanent loss of dental enamel as a result of regular induced vomiting
- b) Scarring on the backs of the hand
- c) Menstrual irregularity
- d) **All of the above**

**18) Eating disorders are very much associated with which of the following :**

- a) Positive affect
- b) **Negative affect**
- c) Dysphemia
- d) Dyslexia

19) In eating disorders more significant treatment gains are reported if antidepressant medication is combined with:

- a) Physical exercise
- b) Hospitalisation
- c) Psychological treatments
- d) Educational programs

20) According to research, females are ..... as likely to develop an eating disorder than males :

- a) Ten times
- b) Twenty times
- c) Thirty times
- d) Twice

21) Bulimia nervosa is characterised by recurrent binge eating and inappropriate use of compensatory behaviours. An example of a compensatory behaviour is :

- a) Self-induced vomiting.
- b) Use of laxatives.
- c) Excessive exercising.
- d) All of the above.

22) What health complication is often seen in bulimia nervosa:

- a. Hearing loss.
- b. Loss of smell.
- c. Dental erosion.
- d. Inability to taste.

23) One of the primary goals of any treatment for anorexia nervosa is to:

- a. Reduce weight to normal levels.
- b. Replace binge eating with other behaviours.
- c. Stop the individual exercising.
- d. Increase weight to normal levels.

24) Where anorexia nervosa and depression occur together, an appropriate treatment could be:

- a. An antipsychotic medication such as clozapine.
- b. Electro-convulsive therapy.
- c. An antidepressant medication such as fluoxetine.
- d. Implosion therapy.

25) Which of the following is not a method used by someone with the purging type of bulimia:

- A) abuse of laxatives
- B) excessive exercise
- C) self-induced vomiting
- D) abuse of diuretics

26) Which of the following eating disorders does not involve binge eating:

- A) bulimia (purging type)
- B) bulimia (non-purging type)
- C) anorexia (binge-purge type)
- D) anorexia (restricting type)

27) The treatment for eating disorders noted for the greatest and most enduring improvements in several studies, is :

- A) interpersonal therapy.
- B) supportive-expressive psychodynamic therapy.
- C) behavior therapy.
- D) cognitive-behavioral therapy.

28) A critical goal in the early stages of the treatment of a person with anorexia nervosa is to:

- A) increase the patient's weight to her goal body weight within the first month.
- B) establish regular meal patterns.
- C) increase the patient's weight to raise metabolic rate to normal and to reverse as many physical signs of the weight loss as possible..
- D) get the patient to realize how unattractive her body has become

29) Bulimia nervosa patients often have a problem with:

- A) recognizing nutritious food choices.
- B) eating enough food to maintain a healthy body weight.
- C) extreme obesity.
- D) an inability to control responses to impulse and desire

30) Which of the following is not a common feature of Anorexia Nervosa :

- a) Binge eating
- b) Amenorrhoea
- c) Self perception of being 'fat'
- d) Under weight

- Binge eating is a common feature of bulimia. It is rarely seen in anorexia nervosa.

31) Female between age of 12-21 are in fear of getting obese give rise to disease called:

- a) obesity
- b) bulimia nervosa
- c) anorexia nervosa
- d) rickets

32) Ratio of body's mass to body's height is :

- a) mass index
- b) height index
- c) **body mass index**
- d) none of above

- Obesity elevates the risk for : Hypertension and Stroke Cardiovascular diseases Diabetes and cancer
- Obesity is caused when more calories are consumed than burned .
- Obesity can be evaluated by BMI

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