



Title: *Eating Disorders & Type 1 Diabetes: A Complicated Relationship*

Presenter: Quinn Nystrom, MS

Title: *Creating Structure & Readiness for College Life: Considerations for Admissions and Daily Life for Students with an Eating Disorder*

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Credit: Three (3) Continuing Education Credits Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. Parents should be sponsoring an eating disorder free living environment in the following ways **except**:
 - A) No scales at home
 - B) Access to all foods/no diet food
 - C) Media could be anything and everything
 - D) Encourage eating in response to hunger
2. Which is **NOT** an indicator that parents are ready for their child to go to college?
 - A) Parents make college conditional on recovery stipulations
 - B) Parents are in communication with all treatment team members
 - C) Children are left without parental oversight or are too easily rescued
 - D) Parents have let go of biases for their own expectations for child's career or weight goals
3. Which assessment item is **NOT** an indicator of readiness with meal planning?
 - A) Client has been in recovery for over six months
 - B) Client never cooks for themselves
 - C) Client eats a variety of food in a variety of settings with others
 - D) Client feels comfortable grocery shopping
4. Which assessment item is **NOT** an indicator of readiness with exercise concerns?
 - A) Client cannot skip a day of exercise
 - B) Client doesn't exercise when injured
 - C) Client exercises for enjoyment
 - D) Client doesn't feel guilty if they miss a workout
5. Stressors of college include all of the following **except**:
 - A) Academic pressures
 - B) Show up to class whenever you want
 - C) Social pressures
 - D) Sexual/dating concerns
6. The prevalence of Major Depressive Disorder and Bulimia is:
 - A) 0%
 - B) 3%
 - C) 14%
 - D) 36-50%

7. The prevalence of Anxiety Disorder and Anorexia is:
 - A) 0%
 - B) 3%
 - C) 14%
 - D) 48-51%

8. What is the statistic for Anorexia and Any Substance Use Disorder?
 - A) 0%
 - B) 3%
 - C) 14%
 - D) 27%

9. What is the percentage of female college students who diet to lose weight?
 - A) 0%
 - B) 3%
 - C) 14%
 - D) 91%

10. Based on the study by Steinhausen HC, the percentage of American women who are dissatisfied with their appearance is...
 - A) 0%
 - B) 3%
 - C) 14%
 - D) 75%

11. The clinical term for eating disorders and type 1 diabetes is...
 - A) ED-DMT1
 - B) LMNOP
 - C) ABCDE
 - D) ABBA

12. Based on Ann Goebel-Fabbri's work, which item is **NOT** a component of Treatment and Recovery for ED-DMT1?
 - A) Multidisciplinary team
 - B) Baseball team
 - C) Diabetes informed treatment
 - D) Attainable glucose target goals

13. Which item is **NOT** considered "Most Helpful" when treating someone with ED-DMT1?
 - A) Validate
 - B) Listen
 - C) Judgmental
 - D) Encourage

14. Which item is **NOT** considered a Practical Application for Family and Friends?
 - A) Know warning signs of ED and symptoms of DKA
 - B) Refrain from fear tactics or shaming
 - C) Encourage "body talk"
 - D) Encourage flexible eating

15. Which item is **NOT** considered a Practical Application for diabetes treatment providers?
 - A) Take the fear of weight gain seriously
 - B) Don't bother to teach the symptoms of DKA
 - C) Gradual decreases in A1c
 - D) Focus on when the patient feels ready