CENTER FOR CHANGE
Specialized Treatment for Eating Disorders
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Title: *Eating Disorders & Type 1 Diabetes: A Complicated Relationship*
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Credit: One (1) Continuing Education Credit Awarded

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

1. Based on the DiaTribe graphic, how many factors affect blood glucose?
   A) 1
   B) 2
   C) 3
   D) 42

2. What percentage of females with type 1 diabetes have some form of disordered eating or weight control behaviors?
   A) 2%
   B) 4%
   C) 5%
   D) 32.4%

3. What is an eating disorder screening tool for diabetes patients?
   A) Ask "Are you eating?"
   B) Ask "Did you take your insulin?"
   C) Ask "Did you exercise?"
   D) Diabetes and Eating Problem Survey – Revised (DEPS-R)

4. 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%

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

6. 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

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

8. 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

9. 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

10. Instead of using the word "compliant" with diabetes patients, providers can use all of the following terms **except**:
   A) Engagement
   B) Participation
   C) Involvement
   D) Adherent