



**Title:** *What to Expect When You are Expecting: Expecting Mothers with Eating Disorder Concerns*

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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. Women with Anorexia Nervosa and Bulimia Nervosa experience:
  - a. More unplanned pregnancies than women without ED diagnoses
  - b. Gain weight faster than women with other ED diagnoses during pregnancy
  - c. Can get pregnant without regular menses cycles
  - d. All of the above
2. Women who have never experienced an eating disorder:
  - a. Can have an onset of Binge Eating during pregnancy
  - b. Gain weight slower than pregnant women with ED histories
  - c. Lose weight postpartum more slowly than women with ED in pregnancy.
  - d. All of the above
3. Fertility and ED
  - a. The process of reproduction is secondary to self-preservation
  - b. Restricting food can impact hormone balances such as LH and progesterone
  - c. Severe depressive symptomology can impact fertility
  - d. All of the above
4. Body image, pregnancy, and ED
  - a. Worry and concern over one's body image in pregnancy can correlate with dieting
  - b. Some women with ED feel better about weight gain and their body image during pregnancy
  - c. Research has found that some women will decrease ED symptoms during pregnancy because they worry for their baby's development
  - d. All of the above
5. Sleep and BED
  - a. Women with BED can have higher levels of cortisol which can impact sleep cycles
  - b. The postnatal period offers a time of increased sleep for mothers
  - c. Women with BED report more sleep issues before pregnancy than women without ED diagnosis
  - d. Answers A and C
6. Body image satisfaction can correlate with breastfeeding practices.
  - a. True
  - b. False
7. Dietitians working with women who have eating disorders:
  - a. Should contact the therapist working with the patient to discuss concerns
  - b. Should talk with the obstetrician working with patient to discuss concerns
  - c. Should ask about ED behaviors
  - d. All of the above
8. Women with eating disorders have the following dietary concerns:
  - a. Increased worry about their pregnancy weight
  - b. Can show higher rates of nausea and vomiting
  - c. Don't have any different concerns than other women
  - d. A and B
9. The following medical complications for mothers with eating disorders have been found
  - a. Hypertension
  - b. Longer durations of labor
  - c. Higher risk for Cesarean
  - d. All of the above
10. Babies born to mothers with who have an ED
  - a. Have higher risks for preterm births
  - b. Can score lower on the APGAR tests after birth
  - c. Have lower and higher weights birthweights
  - d. All of the above