



Title: The Family Support role in Eating Disorder Recovery Outcomes

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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. 1. _____ numbs, _____ soothes and _____ provides relief.
 - a. isolating, social media, self-harm
 - b. starving, bingeing, vomiting
 - c. bingeing, self-harm, isolating
2. Educational intervention for the family must include more effective listening skills and opportunity to practice _____.
 - a. sports skills
 - b. meal planning
 - c. understanding
3. ED behaviors are often a means of escape from intolerable _____.
 - a. emotions/experiences
 - b. relationships
 - c. homework
4. Individuals experience renewed hope in the possibility that they may recover from their ED by means of working to identify, accept, allow and alter maladaptive emotional reactions, thereby altering _____ and rendering the eating disorder unnecessary as a means of coping.
 - a. weight
 - b. dysfunctional behavior patterns
 - c. relationship issues
5. Treatment addresses the patient's _____ and interruption of eating disorder symptoms.
 - a. emotional needs
 - b. physical symptoms
 - c. refeeding needs
6. Parents help their child: process emotions, _____, deepen parent-child relationships.
 - a. increase connections with family members
 - b. increase emotional self-efficiency
 - c. increase information retention
7. Families who receive FBT treatment experience an increase in success: _____% of adolescents with anorexia are weight restored by the end of treatment.
 - a. 50-75
 - b. 60-75
 - c. 60-90
8. Three important aspects of _____ include the skills of listening respectfully, acknowledging feelings, and avoiding lectures.
 - a. relationship building
 - b. eating disorder recovery
 - c. communication
9. Allowing differences, emotional separation, and launching are three important factors for creating _____ for your child.
 - a. autonomy
 - b. creativity
 - c. lasting friendships
10. True or False: The road to recovery is smooth, easy, and quick.