



Title: Orthorexia Nervosa: Pathologically Healthful Eating vs. Pathologizing Healthy Habits

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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. Being a vegetarian is a risk factor for orthorexia.
 - True
 - False
2. Based on a research study, individuals with orthorexia are viewed by clinicians as:
 - Less likely to "improve with treatment"
 - "Harder to talk to" compared to individuals with BED
 - More of a "danger to other" compared to individuals with BED
 - All of the above
3. Orthorexia is recognized in the literature as a:
 - Eating disorder
 - Obsessive-compulsive spectrum disorder
 - Somatoform Disorder
 - All of the above
4. Signs of Orthorexia include:
 - Placing the virtue of the food above the pleasure of eating it
 - Sacrificing relationships and once-enjoyed activities in order to eat the "right" foods
 - Experiencing guilt, fear or self-loathing when straying from this diet
 - All of the above
5. People at risk for orthorexia include those who follow very strict:
 - Macrobiotic diets
 - Vegan diets
 - Raw food diets
 - All of the above
6. Individuals with orthorexia demonstrate the following:
 - Perfectionism
 - Co-occurrence with anxiety
 - Need for control
 - All of the above
7. Signs of Orthorexia can include:
 - Looking down on others who don't eat the same way
 - Becoming socially isolated in order to follow an eating plan
 - Spending considerable time thinking about healthful foods and planning what to eat
 - All of the above
8. Due to insufficient information about orthorexia, further research is needed in the following areas:
 - Diagnostic criteria and assessment
 - Prevalence
 - High-risk groups
 - All of the above
9. Effective treatment of orthorexia includes the following:
 - Individual therapy
 - Medical and medication management
 - Dietary management
 - All of the above
10. Reasons why patients with orthorexia may present in therapy include:
 - Guilt and self-loathing when they commit transgressions
 - Chronic worry about imperfection and no optimal health
 - Desire self-punishment
 - Social isolation, family pressures
 - Health related problems
 - All of the above