

***Treating Co-Occurring Disorders in Eating Disorder Populations***

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**Credit: One (1) Continuing Education Credit Awarded**

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

1. What condition is the PHQ-9 screening tool designed to assess?
  - a. OCD
  - b. Anxiety
  - c. Bipolar disorder
  - d. Major depressive disorder
  
2. Excessive shopping can be a clinical signal to screen for which disorder?
  - a. OCD
  - b. Anxiety
  - c. Bipolar disorder
  - d. Major depressive disorder
  
3. Complicating factors in eating disorder treatment generally include all but the following:
  - a. Ego syntonic
  - b. High desire to recover
  - c. Difficulty trusting treatment providers
  - d. Rigid patterns of behavior
  
4. Common eating disorder treatment approaches in therapy include all but the following:
  - a. Psychoanalytic
  - b. CBT
  - c. Family therapy
  - d. DBT
  
5. Pharmacological interventions in eating disorder treatment are:
  - a. Always effective
  - b. An important component of treatment
  - c. Not recommended
  - d. Unlikely to help
  
6. Trauma treatment is likely to be most effective at which level of care?
  - a. Outpatient care when the client is relapsing
  - b. 24-hour care
  - c. PHP or IOP
  - d. Outpatient care when the client is stable
  
7. Which of the following is MOST true regarding the development of an eating disorder?
  - a. Families are to blame for causing the eating disorder
  - b. Eating disorders arise through a combination of psychological, biological and environmental factors
  - c. Eating disorders are choices
  - d. An eating disorder can be overcome with strong enough willpower

8. "Adaptive intent" with regard to eating disorders refers to:
  - a. The protective intent of eating disorder symptoms despite the physically and psychologically damaging results
  - b. The fact that eating disorders can be "not that bad"
  - c. The positive outcomes of pro-anorexia content found on social media
  - d. The way eating disorders increase psychological flexibility
  
9. The most appropriate treatment for an eating disorder is:
  - a. Allowing a client to keep the eating disorder since the client has a right to self-determination
  - b. Journaling
  - c. A multi-disciplinary medical, dietary, therapeutic, and psychiatric treatment team
  - d. Keeping a list of all the food that has been eaten
  
10. When determining which level of care and type of treatment is needed:
  - a. The eating disorder should always be the highest priority
  - b. An assessment can be conducted to determine the type of treatment needed
  - c. Substance abuse should be addressed first
  - d. Trauma should be addressed first