

“But You Don’t Look Adopted” – Eating Disorder Dynamics in Adult Adoptees”

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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. According to the Center for Treatment of Anxiety and Mood Disorders, adopted adults present with the following:
 - a. Higher than usual rates of PTSD
 - b. Higher than typical rates of self-esteem
 - c. Lowered risk of substance abuse
 - d. Exaggerated Chronic emptiness
2. According to the Center for Treatment of Anxiety and Mood Disorders, which of the following is a psychological effect of adoption:
 - a. Invalidation
 - b. Aloofness
 - c. Rejection
 - d. Intensity
3. Common risks for the adoptee attempting to connect with birth parents include all of the following except:
 - a. Primary or secondary rejection
 - b. Increased and prolonged emotional pain
 - c. Learning the truth about a negative adoption story
 - d. Strong likelihood of increased sibling set
4. In a Swedish study of psychiatric health in adoptees vs. non-adoptees, which of the following statistical differences is true?
 - a. MDD has a greater prevalence than AN and OED
 - b. MDD has a greater prevalence than only OED
 - c. MDD has a greater prevalence than only AN
 - d. MDD has a greater prevalence than neither AN, nor OED
5. In the same Swedish study, which of the following is statistically true about eating disorders?
 - a. Adopted males had a higher prevalence of AN than adopted females
 - b. Adopted males had a higher prevalence of OED than adopted females
 - c. The overall difference in male and female adoptees vs. male and female non-adoptees was higher in AN over OED.
 - d. The overall difference in male and female adoptees vs. male and female non-adoptees was higher in OED over AN.
6. According to the International Journal of Eating Disorders the following appears to be true except:
 - a. Contact with biological parents will be associated with higher rates of binge eating
 - b. Contact with biological parents will be associated with higher rates of lifetime eating disorder diagnosis
 - c. Age at adoption is not associated with rates of ED symptomology
 - d. History of being in foster care is associated with higher rates of ED symptoms

7. According to Cataldo, et al., their research concluded the following:
 - a. Pre-adoptive preventive education is a necessity
 - b. Post-adoptive managing education is a necessity
 - c. Both a and b
 - d. There is not enough education available to equip average people to effectively parent adoptees.

8. Six months after adoption:
 - a. Behavioral issues decreased across the board
 - b. Behavioral issues remained the same, but increased in their intensity
 - c. Behavioral issues broadened to include mania
 - d. Behavioral issues disappeared altogether

9. At 12 months, 50% of adoptees displayed the following new behaviors, except:
 - a. Eating Disorders
 - b. Separation Anxiety Disorder
 - c. PTSD
 - d. OCD

10. The following eating disorder behaviors are present in adoptees:
 - a. Anorexia
 - b. Binge Eating
 - c. Chewing, swallowing, regurgitation, rumination
 - d. Night Eating