



Posttest

From Disordered to Ordered ... What is "Normal" Eating?: Equipping Our Patients/Clients for the Journey

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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. What is disordered eating?
 - a. One that is not normal.
 - b. Eating without a schedule.
 - c. Eating alone.
 - d. Following irrational rules regarding food, eating, weight, exercise, etc. that leads to guilt/shame when broken.
2. Which is an essential factor in eating disorder recovery?
 - a. Social media.
 - b. Admission to residential treatment.
 - c. Weight restoration
 - d. Cessation of the pursuit of weight loss and/or efforts to micromanage one's body.
3. Which is not a barrier to Intuitive Eating?
 - a. The diet culture's promotion of body dissatisfaction.
 - b. Early programming from family of origin regarding the practice of dieting.
 - c. Level of education.
 - d. The influence of artificial body ideals promoted by various weight/body focused subcultures such as ballet, gymnastics, track, etc.
4. Bio pedagogies are not:
 - a. Originated from misrepresentations regarding "the war on obesity".
 - b. Legislative rules
 - c. Rooted in diet culture rules.
 - d. Dietary restriction messages disguised as health promotion.
5. Why is dietary restraint dangerous behavior?
 - a. Dieting is costly.
 - b. Dietary restraint is difficult.
 - c. Dieting limits social engagements.
 - d. Dieting can lead to eating disorders.
6. What is not "normal eating"?
 - a. Eating that causes chaos in one's brain that includes guilt and shame.
 - b. Honoring hunger signals.
 - c. Overriding hunger signals by eating "filler foods" and drinking extra water.
 - d. Flexibility with food choices, timing of meals, ability to eat in social situations with ease.

7. How can we assist clients in moving towards normal eating?
 - a. Give them a rigid plan to follow.
 - b. Have them challenge dichotomous thinking.
 - c. Inform them of their BMI
 - d. Give them a copy of the U.S. Dietary Guidelines

8. Intuitive eating can become a bio pedagogy if a client:
 - a. Thinks that there is an ideal way in which to eat intuitively.
 - b. Does not read the workbook.
 - c. Starts IE too early.
 - d. Weighs themselves

9. This particular temperament/personality trait can be a barrier to IE:
 - a. Perfectionistic with OCD tendencies
 - b. Extroverts
 - c. Rebellious
 - d. Anxiety prone

10. Why is it important to include fortification against the prevalent diet culture as a part of eating disorder treatment?
 - a. Body image issues can be complicated.
 - b. The medical community can be "fat phobic".
 - c. Anyone prone to developing an eating disorder can relapse when dietary restraint/dieting is undertaken.
 - d. There are calorie counts on menus.