



GLP-1s and the Psychology of Eating: Implications for Eating Disorder Recovery

Presented By Danielle Rhodes, MS, RD, LD

Credit: One (1) Continuing Education Credit Awarded

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

1. What is the primary function of GLP-1 in the body?

- A. Stimulates hunger
- B. Promotes insulin secretion and satiety
- C. Increases gastric motility
- D. Enhances dopamine response to food

2. Which part of the brain is known as the “hunger center”?

- A. Ventromedial Hypothalamus
- B. Arcuate Nucleus
- C. Lateral Hypothalamus
- D. Amygdala

3. Hedonic eating is primarily driven by:

- A. Low blood glucose levels
- B. The need for survival
- C. Pleasure and sensory experiences
- D. Hormonal imbalances

4. Which hormone is released by fat cells and promotes satiety?

- A. Ghrelin
- B. Leptin
- C. Insulin
- D. GLP-1

5. What impact do GLP-1 agonists have on the amygdala?

- A. Increase emotional eating
- B. Enhance dopamine response
- C. Decrease amygdala activity and food cravings
- D. Stimulate hunger signals

6. Which of the following is a psychological driver of eating behavior?

- A. Blood glucose levels
- B. Vagus nerve stimulation
- C. Appetite
- D. Insulin secretion

7. What is one concern about using GLP-1 agonists in eating disorder recovery?

- A. They increase appetite
- B. They reinforce interoceptive awareness
- C. They may blunt natural hunger/satiety cues
- D. They promote hedonic eating

8. Which hormone is known to stimulate hunger and is released by the stomach?

- A. Leptin
- B. GLP-1
- C. Ghrelin
- D. PYY

9. What is a common side effect of GLP-1 agonists related to digestion?

- A. Increased gastric emptying
- B. Constipation and nausea
- C. Enhanced nutrient absorption
- D. Reduced satiety

10. According to the presentation, what percentage of adults have taken a GLP-1 medication?

- A. 5%
- B. 12%
- C. 22%
- D. 40%