

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

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

- A. Ventromedial Hypothalamus
  - B. Arcuate Nucleus
  - C. Lateral Hypothalamus
  - D. Amygdala
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**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
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**4. Which hormone is released by fat cells and promotes satiety?**

- A. Ghrelin
  - B. Leptin
  - C. Insulin
  - D. GLP-1
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**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
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**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
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**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
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**8. Which hormone is known to stimulate hunger and is released by the stomach?**

- A. Leptin
  - B. GLP-1
  - C. Ghrelin
  - D. PYY
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**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
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**10. According to the presentation, what percentage of adults have taken a GLP-1 medication?**

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