



Posttest

*The Anthropology of Eating*

By

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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. Which are the four major groupings in the Origins of Dysfunctional Eating Behaviors model?**

- a. Offensive, Defensive, Passive, Aggressive
- b. Undereating, Overeating, Vomiting, Laxatives
- c. Biology, Addiction, Trauma, Learned
- d. Anorexia, Bulimia, Binge Eating, ARFID

**2. Which of the following scenarios does NOT fit into the addiction category?**

- a. Johnathan undereats and uses diet pills to curb his hunger.
- b. Rachael uses laxatives to purge after binge eating.
- c. Excelsior uses heroin to keep their weight down for modeling.
- d. Lawrence stops eating to make weight for gymnastics.

**3. All of the following are biologically based EXCEPT:**

- a. Pediatric Autoimmune Syndrome
- b. Prader-Willi Syndrome
- c. Diet Culture
- d. Concussion

**4. Which of the following is NOT an example of a traumatic event?**

- a. An event that happens only to one person
- b. An event that happens to an entire family
- c. An event that happens to an entire community
- d. All of these could be examples of traumatic events

**5. Which of the following is a learned dysfunctional eating behavior?**

- a. Counting calories
- b. Anxiety
- c. Post-traumatic stress disorder
- d. Alcoholism

**6. Which of the following is a chronic stressor that can lead to dysfunctional eating behavior?**

- a. The day you forgot to bring lunch
- b. Growing up without enough food
- c. That time you ate a bug at a picnic
- d. Losing the spelling bee by one letter

**7. What is the purpose of DSM criteria?**

- a. To facilitate insurance coverage
- b. To facilitate better treatment options
- c. To facilitate research and description
- d. To facilitate electronic health records

**8. All of the following are possible reasons why not everyone recovers from eating disorders EXCEPT:**

- a. Because we don't know what actually causes eating disorders
- b. Because the current diagnoses are based on mostly outward signs
- c. Because research has studied mostly only stereotypical patients
- d. Because some people refuse to do FBT even though it's the best

**9. When is it NOT important to determine the origin of someone's eating dysfunction?**

- a. When you're devising their long-term treatment plan.
- b. When you're devising a research protocol.
- c. When they are in medical or psychiatric danger.
- d. When you're feeling burnout from working too much.

**10. What is the main purpose of determining the origin of someone's eating dysfunction?**

- a. So they can have more effective treatment options.
- b. So they can better understand their life's journey.
- c. So they can teach their friends and family about recovery.
- d. All of the above are equally important.