



Title: *Evidence-based Medical & Psychiatric Care for Eating Disorders: What We Know and Where We're Headed*

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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. Genetics studies suggest a heritability component of eating disorders which may be greater than:
 - A. 15%
 - B. 90%
 - C. 50%
 - D. 10%
2. A binge-eating episode is associated with which of the following according to the DSM-5 diagnostic criteria for binge eating disorder?
 - A. A sense of lack of control over eating during the episode
 - B. Eating until feeling satisfied
 - C. Occurs, on average, at least once per year for 3 years
 - D. All of the above
3. One of the most common & effective treatments for eating disorders is:
 - A. Electro-convulsive therapy
 - B. Self-help books
 - C. Family therapy
 - D. Aversion therapy
4. Which is true regarding gluten?
 - A. 75% of Americans suffer from Celiac disease
 - B. For those with Celiac disease, gluten is fine to eat in moderation
 - C. 30% of Americans say they want to eat less gluten
 - D. Sales of gluten-free products in the USA has dropped below \$1 million/year
5. Cognitive inefficiencies in Eating Disorders include:
 - A. Weak central coherence (an overly detail-focused cognitive style that obscures the bigger picture, impairs integration/organization of information, and can lead to hyperfocus on one thing)
 - B. Impaired cognitive flexibility
 - C. A & B
 - D. None of the above
6. The clinical expression of anxiety in Anorexia Nervosa consists of:
 - A. An increase in co-morbid anxiety disorder
 - B. Increased harm-avoidance
 - C. Increased pre-meal anxiety, resulting in decreased caloric intake
 - D. All of the above
7. Precipitating Biopsychosocial factors in Eating Disorders include:
 - A. Early Puberty
 - B. Exposure to food restriction or excessive food
 - C. Poor self-esteem leading to self-definition via body weight
 - D. Social pressure or body-focused activities leading to altered food intake
 - E. All of the above
8. Which is true regarding Bulimia Nervosa?
 - A. Binge/purge often used to relieve stress or anxiety
 - B. Males are 5 times more affected than females
 - C. It never happens in children or post-menopausal women
 - D. Patients usually have a BMI of less than 17.5
 - E. All of the above
9. FDA-approved treatments for Eating Disorders include:
 - A. Vyvanse for Anorexia Nervosa
 - B. Fluoxetine (Prozac) for Bulimia Nervosa
 - C. Lithium for ARFID
 - D. None of the above
10. True/False: Antidepressant medications like SSRIs are thought to be less effective when malnourished.
 - A. True
 - B. False