

Psych CE

Clinical Strategies for Treating Adolescent Eating Disorders

1. What is a defining characteristic of Anorexia Nervosa?

- A. Frequent episodes of binge eating
 - B. Compensatory purging without restriction
 - C. Persistent energy intake restriction and intense fear of gaining weight
 - D. Late onset during middle adulthood
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2. Which therapy is most supported for adolescents with Anorexia Nervosa?

- A. CBT-E
 - B. DBT
 - C. ACT
 - D. FBT
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3. Binge Eating Disorder is primarily characterized by:

- A. Fasting and purging
 - B. Recurrent episodes of binge eating without compensatory behaviors
 - C. Restricting energy intake only
 - D. Exercise addiction
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4. What role does serotonin play in eating disorders?

- A. It regulates mood and appetite, often dysregulated in EDs
 - B. It affects metabolism
 - C. It increases body temperature
 - D. It helps break down fats
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5. OSFED is diagnosed when:

- A. No symptoms of other eating disorders are present
 - B. Atypical patterns don't meet full criteria for other EDs
 - C. The patient has no nutritional deficiencies
 - D. Physical health is unaffected
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6. Which comorbidity is commonly associated with Bulimia Nervosa?

- A. Obsessive-Compulsive Disorder
 - B. Schizophrenia
 - C. ADHD
 - D. Alzheimer's Disease
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7. Which therapy targets emotional regulation in ED patients?

- A. Art Therapy
 - B. Dialectical Behavior Therapy
 - C. CBT-E
 - D. Reality Therapy
-

8. The most urgent medical complication in Anorexia Nervosa is:

- A. Bone density loss
 - B. Dental erosion
 - C. Electrolyte imbalance
 - D. Hair loss
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9. ARFID differs from Anorexia Nervosa because:

- A. It is driven by body image concerns
 - B. It involves purging behaviors
 - C. It lacks a body image disturbance component
 - D. It occurs only in males
-

10. CBT-E is effective for treating:

- A. All types of eating disorders
 - B. Only Bulimia Nervosa
 - C. PTSD
 - D. Schizophrenia
-

11. A red flag for teen eating disorders includes:

- A. Frequent bathroom visits after meals
 - B. Being vegetarian
 - C. Daily exercise
 - D. Interest in healthy recipes
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12. A common medical issue in Bulimia Nervosa is:

- A. Bradycardia
 - B. Cardiac arrhythmias
 - C. Osteoporosis
 - D. Hypotension
-

13. Which tool is commonly used to assess eating disorder symptoms?

- A. Beck Depression Inventory
 - B. WAIS
 - C. SCID-I
 - D. EDE-Q
-

14. Which population is underdiagnosed in eating disorder assessments?

- A. Elderly women
 - B. Young girls
 - C. Males
 - D. New mothers
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15. Which neurotransmitter is linked to reward in eating disorders?

- A. Oxytocin
 - B. Dopamine
 - C. GABA
 - D. Histamine
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16. The goal of nutritional rehabilitation is to:

- A. Promote supplement-only diets
 - B. Reintroduce balanced eating and stabilize health
 - C. Avoid weight gain
 - D. Decrease food anxiety only
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17. Which disorder involves a distorted body image?

- A. ARFID
 - B. BED
 - C. Anorexia Nervosa
 - D. Night Eating Syndrome
-

18. What does the EDE-Q measure?

- A. Blood glucose
 - B. Behavioral frequency and cognitive symptoms
 - C. IQ
 - D. Metabolism
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19. Which is a compensatory behavior?

- A. Vomiting after eating
 - B. Reading diet books
 - C. Attending therapy
 - D. Meal planning
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20. A common red flag for BED includes:

- A. Eating alone due to shame
 - B. Weight loss attempts
 - C. Skipping breakfast
 - D. Being underweight
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