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

2. Which therapy is most supported for adolescents with Anorexia Nervosa?

A. CBT-E
B. DBT
C. ACT
D. FBT

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

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

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

6. Which comorbidity is commonly associated with Bulimia Nervosa?

A. Obsessive-Compulsive Disorder
B. Schizophrenia
C. ADHD
D. Alzheimer's Disease

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

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

12. A common medical issue in Bulimia Nervosa is:

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

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

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

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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