

## Eating disorders

Are eating disorders considered to be mental illnesses?

Yes, No

Most people are able to overcome disordered eating behaviors on their own.

True, False

Recovery from an eating disorder does not always yield instant results.

True, False

Focus on \_\_\_\_\_ thoughts about your body.

Negative

Positive

Don't focus on anything

Some people are afraid that treating their disorder will cause them to \_\_\_\_\_ weight.

Have no change

Lose

Gain

People with eating disorders' bodies may be \_\_\_\_\_ to repair the damage caused by years of disordered eating.

Able

Unable

Many people find that talking with a therapist is \_\_\_\_\_ in managing eating disorders.

Not helpful

Some what helpful

Very helpful

Realize the \_\_\_\_\_ effects of believing in the thin ideal

Negative

Positive

Some companies are using more \_\_\_\_\_ images of people in their advertising.

Unrealistic

Realistic

Obese

People with eating disorders have a relatively \_\_\_\_\_ rate of relapse.

High

Low

None

Remember that images of people in the media are manipulated to create an \_\_\_\_\_ image.

Attainable

Normal

Idalized

Overweight

Who suffers from eating disorders?

Only guys

Only girls

Both girls and guys

When do eating disorders usually develop?

During the teenage years.

During childhood.

During adulthood.

At any time.

The 3 main types of eating disorders are \_\_\_\_\_.

anorexia nervosa

bulimia nervosa

binge-eating

All of them