

- Q.1. Multiple choice question:** 05
- i. 'Eating disorder' is a condition, in which individuals engage in:**
- a) unhealthy eating
  - b) eating too much food c)
  - disordered eating
- ii. The problems of eating disorder usually begin in:**
- a) old age
  - b) early years
  - c) teenage years
- iii. Anorexia is an eating disorder in which the sufferer:**
- a) consumes a large amount of food in one sitting
  - b) is terrified of gaining weight and decreases the amount of food
  - c) eats small amount of food but vomits later
- iv. Bulimia is an eating disorder in which the sufferer:**
- a) Consumes a large amount of food in one sitting then purges this food by inducing vomiting b) eats a specific food only
  - c) Eats food in very small amount
- v. Binge eating is characterised by:**
- a) Eating a specific food only
  - b) Eating a large amount of food in one sitting but it does not follow the purging of this food afterwards
  - c) Eating foods in small amounts

- vi. Which of the following statements is correct?**
- a) It has been estimated that eating disorders are eight times more in women than men
  - b) It has been estimated that eating disorders are 10 times more in women than men.
  - c) It has been estimated that eating disorders are 20 times more common in women than men.
- vii. Without enough nutrients to nourish, an anorexic's:**
- a) internal organs can fail
  - b) weight can increase
  - c) appetite can increase
- viii. The standard criteria for diagnosing anorexia include:**
- a) a person's refusal to maintain a body appropriate for their health
  - b) a person's disliking for food
  - c) a person's liking for a specific food
- ix. If anorexia is diagnosed, an anorexic will also need a thorough physical examination to determine:**
- a) the person's eating habits
  - b) the extent of illness and injury that has been caused by this eating disorder
  - c) the person's stress levels
- x. Binge eating disorder can occur in;**
- a) young people only
  - b) people of any gender, race or age
  - c) elderly only

**Q.2. SHORT QUESTIONS:**

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- I. How can stress cause an eating disorder?
- II. What are effective ways of coping with stress?
- III. Explain the phrase 'a healthy balance in life'.
- IV. What is the treatment for anorexia?
- V. Describe some common symptoms of bulimia?

**Case Study**

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Sally, aged 12, liked looking at her mother's magazines and carefully read all the tips about health and beauty. She began to feel unhappy about the way her own body looked compared to the pretty models she saw in the magazines. She decided that she should put a little more effort to lose weight. She announced that she was going on a diet. At this stage her parents did not take it seriously. She began to make negative remarks about herself as a person and about her body in particular. She started weighing herself two or three times a day. Her parents insisted she ate more. They were worried because she was losing weight rapidly. This led Sally to tears and she screamed that she was already too fat and she looked disgusting.

**Questions:**

(1) What do you think Sally is suffering from?

- a) Bulimia
- b) Anorexia
- c) Binge eating disorder

(2) Sally needs a thorough physical examination. Why?

- a) So that appropriate medication can be given to her
- b) To establish whether this is an eating disorder
- d) To determine the extent of illness and injury caused by this eating disorder

(3) How can this problem be treated?

- a) Through medication
- b) Through nutritional counselling and planning
- d) Through medication and support