Working With Disorders of Body Image: A Guide for Mental Health Professionals - Revised

1) Petroski (2012) found for adolescents, _____ of males and _____ of females were dissatisfied with their body image.
   a) 54.5%, 65.7%
   b) 44.5%, 55.7%
   c) 34.5%, 45.7%
   d) 24.5%, 35.7%

2) Hilde Bruch (1973) was one of the first to recognize that the _____ aspect of body image is key in both anorexia and obesity.
   a) body mass index
   b) perceptual
   c) gender
   d) abuse

3) Which manifestation of body image difficulties involves using the body to get needs met and the use of food for soothing?
   a) Numbness
   b) Somatization
   c) Reenactment
   d) Repetition

4) Which assessment tool was developed by Williamson (2011) as a figural stimulus method for assessing body image disturbances associated with eating disorders in women?
   i) BIA
   b) EDI-3
   c) The Distressing Situations Test
   d) The Wishing Well Test

5) The DSM-5 adds a BDD specifier for _____, which is defined as a preoccupation with the idea that body build is too small or insufficiently muscular.
   a) Build distortion
   b) Muscle dysmorphia
   c) Silhouetting
   d) Shape distortion

6) Damage to the _____ can result in anorexic-like distortion of body size.
   a) Occipital lobe
   b) Temporal lobes
   c) Parietal lobes
   d) Frontal lobes
7) Veale et al. (1996) point to an innate _____ found in many with BDD.
   a) dysphoria
   b) narcissism
   c) perceptual dissonance
   d) perfectionism

8) Phillips (1996) discusses the pharmacological approach to BDD, focusing on the role of
   a) SSRIs
   b) MAOIs
   c) tricyclics
   d) atypical antipsychotics

9) Eating disorders have been reported in up to ______ of adolescents and young adults.
   a) 2%
   b) 4%
   c) 8%
   d) 16%

10) The DSM-5 bulimia specifier for severity for 8 - 13 episodes is
    a) Mild
    b) Moderate
    c) Severe
    d) Extreme

11) The DSM-5 has added _____ as a diagnosis.
    a) Obesity
    b) Binge Eating Disorder
    c) Pregnancy Related Feeding Disorder
    d) Energy Drink Abuse

12) Johnson lists all the following as precipitants of eating disorders EXCEPT
    a) major life transitions
    b) family problems
    c) illness or injury
    d) low SES or poverty

13) The phenomena which involves men described by Pope et al. (2000) is the _____ Complex.
    a) Atlas
    b) Adonis
    c) Hercules
    d) Zeus

14) The first step in treating body image disturbance is a
    a) physical exam
    b) family intervention
    c) client assessment
    d) food diary
15) Which is NOT one of the components of the “Health at Any Size” trend?
   a) Self-Acceptance
   b) Physical Activity
   c) Normalized Eating
   d) Compassionate Accountability